



Maine Track Club

P.O. Box 8008, Portland, Maine 04104

SEPTEMBER 1984 NEWSLETTER

OFFICERS:

Russ Connors	- President	799-8240
Bob Jolicoeur	- Vice President	799-4127
David Trussell	- Treasurer	767-3212
Dick McFaul	- Chairman, Newsletter Committee	799-4708
Charles Scribner	- Race Committee Chairman	772-5781

NEXT MEETING:

September 12th, SMVTI at the Machine Tool Auditorium. Join the Fun Run beginning at the gym at 6:00 p.m. Agenda will include final discussion on proposed By-Laws for the Club. Meeting starts at 7:30 p.m. (not always sharp).

NEW MEMBERS

Seven new members have been added to the Club since the last newsletter. They are as follows: Joan Benoit was presented an honorary lifetime membership by President Connors Wednesday, August 29th at her induction in the Maine Sports Hall of Fame. 20 members from the Maine Track Club were present for the occasion. Lester S. Berry, Jr., a civil engineer from BH2M, 28 State Street, Gorham (Tel: 839-2771) was presented with a free 1984 membership in appreciation of his donation of a Clain-Jones bicycle wheel calibration unit to the Club (see Course Measurement article).

Also joining this month is 28 year-old Wayne S. Pelletier of 30 Cushman Street, Portland (Tel: 772-1053). Wayne is a spot welder for Data General and wants to break his 5-mile PR of 26:00. Widgery Thomas, Jr., a 60 year-old Portland business broker who recently completed his first marathon in 4 hours even, has joined the Club. He hopes to improve his running skills and continue his focus on keeping fit. His address is 83 Carroll Street, Portland (Tel: 772-4496(W); 773-0145(H)).

Howard C. and Nan G. Jackson of 378 Black Point Road, Scarborough, ME 04074, who are into eating spaghetti, tennis, racketball, skiing and boating, have returned to the Club. Howard is a dentist and both are former active members having served as Club Secretary. Cameron S. Brown of 16 Olde Fort Road, Cape Elizabeth (Tel: 799-6298(H); 773-4771(W)) has also recently joined the Club (1:03:42 Good Sports).

It's obvious the Maine Track Club is growing rapidly. Welcome to all new members. We hope you will find your membership rewarding and productive.

"Becoming a good runner requires becoming a good physiologist."

Dave Costill:
Sports Medicine Pioneer

I feel some stretching, done properly, can be helpful. For me, properly is to run five to 10 minutes to let the muscles warm up. Then if anything feels tight, I carefully stretch that area but not much else. Like the adage goes: If it isn't broken, don't fix it.

Veteran road racer Benji Durden.

Maine Track Club is a non-profit organization.

CHANGE OF ADDRESSES

In addition to noting the above new members on your individual membership rosters, please also note the following address changes:

Sandy Wyman, 95 Percy Hawkes Road, RFD, Westbrook, ME 04092*

Douglas Moreshead, 11 Longwood Terrace, Portland, ME 04102

Joel Titcomb, 6 Lucina Terrace, Gorham, ME 04038

John Keller, P.O. Box 333, Gray ME 04039 (Tel: (W) 688-4811; (H) 657-3966)

*Sandy has moved to Tampa, Florida for approximately three months of training (new job, not athletics), but plans a return visit to run the Casco Bay Marathon.

COURSE MEASUREMENT

Lester Berry, a local civil engineer and avid runner, has graciously donated his Clain-Jones bicycle wheel calibration unit to the Club on the condition that he may borrow it from us at any time.

In addition to the donation of the unit, Lester has also established a TAC-certified baseline on Warren Avenue in Portland. An engineer's steel measuring tape was used and Lester guarantees accuracy to within $\frac{1}{4}$ of an inch. Bob Jolicoeur has the unit and is familiar with the location of the baseline, as is Charlie Scribner.

This means the Maine Track Club is now in a position to accurately measure racing courses and will soon have the necessary forms to file for course certification with The Athletic Congress.

To express our appreciation for his contribution, the Club has awarded Lester a free membership for 1984. Thank you, Lester, and welcome to the Maine Track Club.

MEDICAL BRIEFS

Our bodies become less sensitive to insulin as we grow older. This phenomenon helps explain why diabetes is more common in the elderly. Dr. Seals and colleagues from the Washington University, St. Louis, recently published their results on endurance training and insulin sensitivity in older men and women. In their eleven healthy, previously untrained, subjects (mean age: 63 years) placed on both a low or high intensity activity program, insulin responses to glucose ingestion improved. The high-intensity program had a far better impact on their blood chemistries than low activity program (walking vs. jogging, cycling or brisk treadmill walking). As already demonstrated by other studies, cholesterol profiles improved and related to the intensity of training.

Journal of the AMA, August 1984.

People with normal blood pressure are more likely to continue these healthy measurements if they remain physically fit. S.N. Blair and others reached this conclusion after following 6,000 plus patients up to twelve years (mean: 4 years). During this rather brief epidemiologic study, the physically inactive group had $1\frac{1}{2}$ times greater incident of hypertension on follow-up examination. Keep jogging!!

Journal of the AMA, July 1984.

"I'm just another Mainer."

-3-

Benoit's next goal: sub-2:20

By Rachel Shuster
USA TODAY

LOS ANGELES — In the afterglow of winning the first Olympic women's marathon, Joan Benoit on Monday rejected any possibility that her racing career was over.

"I will be very selective in my racing from this point on, (two, no more than three marathons a year)," said Benoit,

TRACK & FIELD

27. "But I have a goal in mind that I'd like to achieve before hanging up my shoes. I'd like to break 2:20. But there's no timing on that."

Benoit set the women's world mark of two hours, 22 minutes and 43 seconds at the 1983 Boston Marathon. Her Olympic victory Sunday was in 2:24:52 for the 26.2-mile distance.

"Anyone who thinks she can't run under 2:20, I tell you right now, there's no doubt about it. No doubt about it," said her coach, Bob Sevens.

"Joan made this race a focal point in her running career. You know, there seems to be a tendency, especially in marathons, of money sliding in and people making a lot of money running events. That's not the focal point for Joan. The young lady holds the world record and the Olympic medal. There's no higher you can go. And to think it almost went by wayside in May (because of arthroscopic surgery on her right knee). I think someone else was on her side."



In retrospect, Benoit said the time off from training she was forced to take because of the surgery probably was "a blessing in disguise. I was in the best shape of my life before the injury. I would have won the race of my life at the (Olympic) trials, and would have left nothing for the Olympics."

Benoit, of Freeport, Maine, was well-prepared for Sunday's race.

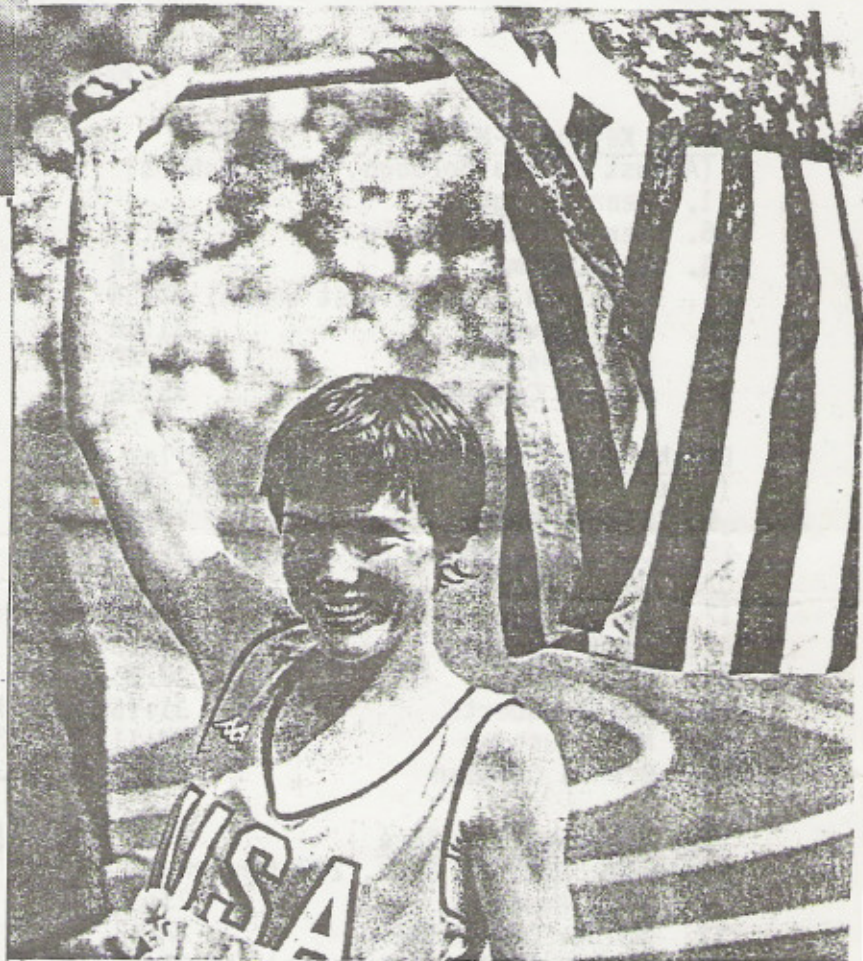
"Saturday night I said to myself, 'Are you prepared to deal with a victory?' I decided I was, so I went for it," she said.

"After the race, my fiancé (Scott Samuelson) said, 'Joan, I don't want you thinking about anything. Just have a smile on your face the next week and then you can start thinking.'"

"I just don't know what to think," she said. "But I'm getting married this fall, and I guess the thing that motivated me most during the race was that Scott really wanted to play 'Chariots of Fire' at the wedding. I said the only way he could is if I did well in Los Angeles."

Her prediction for the men's marathon? "I have a sneaky feeling Alberto (Salazar) will have a very good race," she said. "People are counting him out, but he comes through in the clutch. Alberto and I have similar styles."

8/7/84



Benoit waves the American flag after her Gold Medal win.

JOANIE'S DREAM COMES TRUE

- | | |
|-----------------------------------|---------|
| 1. Joan Benoit, Freeport, Me. | 2:24:52 |
| 2. Grete Waitz, Norway | 2:26:18 |
| 3. Rosa Mota, Portugal | 2:26:57 |
| 4. Ingrid Kristiansen, Norway | 2:27:34 |
| 5. Lorraine Moller, New Zealand | 2:28:34 |
| 6. Priscilla Welch, Great Britain | 2:28:54 |
| 7. Lisa Martin, Australia | 2:29:03 |
| 8. Sylvie Ruegger, Canada | 2:29:09 |
| 9. Laura Fogli, Italy | 2:29:28 |
| 10. Tuija Toivonen, Finland | 2:32:07 |

PARTY TIME - OCTOBER 14, 1984

All Maine Track Club members and guests are invited to Pris & Bob Jolicoeur's for afternoon refreshments starting around 1:00 p.m. following the Casco Bay Marathon. This special occasion will be used to recognize the Casco Bay Marathoners and everyone else who assisted in both the Stroh's Run for Liberty on October 13th, and the Casco Bay Marathon on October 14th.

Those who attended last year seemed delighted with the company as well as the treats. Come share your experiences or tell your war stories. Directions to the house will follow in next month's newsletter.

RACE RESULTS

Camp Ketcha 4-Miler

(August 5, Scarborough, 50 finishers)

1. Sean Keough	
6. Werner Pobatschnig	22:22
16. Bob Cushman	26:18
21. Kathleen Jenkins (1st Woman)	27:34
34. Bill Davenney	31:10
37. Mark Cushman	31:40
45. Brenda Cushman	35:16

Junior Olympic Results

(August 10, Scarborough High)

Boys - 11 and 12 year-olds

David Manthorne:	1500 Meters	800 Meters
	5:14.5	2:33.6

Girls - 11 and 12 year-olds

Katti Towle:	1500 Meters	800 Meters
	5:29.6	2:54.9

Maine Women's Distance Classic, 10K

(September 2, Augusta, 44 finishers)

1. Ann Blumer	38:16
16. Joan Lavin	48:30
33. Brenda Cushman	56:37
38. Susan Davenney	1:00:08

Beachcomber Muscular Dystrophy 4-Miler

(August 12, Old Orchard Beach, 303 finishers)

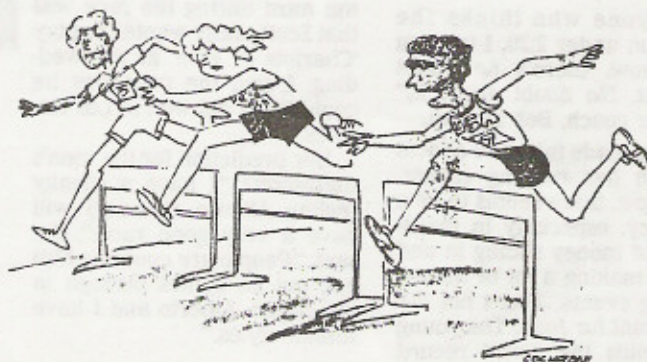
1. Stuart Hogan	20:06
25. Christine Snow (1st Woman)	22:05
102. Joel Titcomb	27:02
117. Buzzy Ross	27:36
142. Ronda Cushman	28:13
191. Joan Lavin	29:55
229. Donna Roberts	31:15
258. Mark Cushman	33:11
259. Brenda Cushman	33:12

Shop 'N Save Road Race

(July 28, Deering Oaks, 269 finishers)

1. Paul Hammond	23:35
13. Werner Pobatschnig	27:23
26. Leslie Walls (1st Woman)	28:32
34. Peter Bastow	29:10
60. Herb Srom	30:38
92. Calvin Ames	32:39
129. Barbara Hamaluk	34:05
140. Barbara Coughlin	34:41
189. Ray Hefflefinger	37:11
241. John Lavin	40:17
243. Margaret Soule	40:26
256. Susan Davenney	41:59

FUN 'N' GAMES with COCHRAN!



"The people whose endurance I admire are the ones watching all 180 hours of this on TV."

This month's newsletter courtesy of:



St. Mary's 3-Miler

(August 3, Biddeford, 174 finishers)

1.	Bob Man	13:57
2.	Hank Pfeifle	13:59
4.	Werner Pobatschnig	15:31
15.	Mike Towle	16:31
27.	Bob Jolicoeur	17:21
41.	Debbie Sawyer (1st Woman)	17:51
67.	Robert Cushman	19:36
99.	Don Penta	21:05
139.	Mark Cushman	24:11
153.	Brenda Cushman	25:25

Winthrop Lions 15K

(August 12)

10.	Bob Jolicoeur	58:37
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Brunswick Naval Air Station - 8 Miles

Bob Cushman	54:15
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The Strout Family has been burning the road this summer, as predicted, following Rick's recovery from earlier injuries as can be seen from these PR's just released:

Rick:

Windsor Fair	5 miles	31:57
Pat's Pizza	5 miles	33:16
Deering Oakes	5 miles	31:28
Good Sports	10 miles	1:06:47
Lobster Crawl	3 miles	18:00

Scott (Rick's son):

Windsor Fair	31:30
Pat's Pizza	31:46
Good Sports	1:03:47

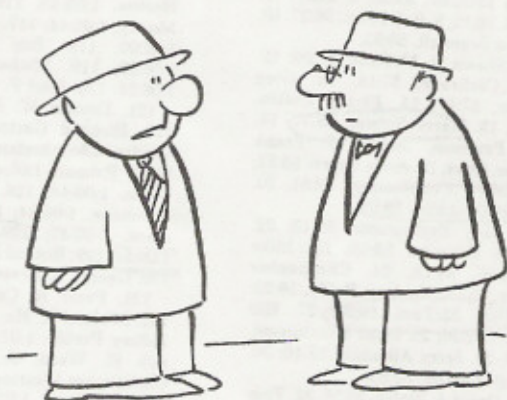
There's a remarkable story behind these numbers and the family's running that we'll be featuring in an upcoming newsletter. Watch for it!

Brodies 10K

(Labor Day, Brunswick)

1.	Danny Paul	
2.	Rock Green	
3.	Werner Pobatschnig	
25.	Bob Jolicoeur	36:48
50.	Jerry Roberts	40:33

THE WALL STREET JOURNAL



Baloo

"I'm just a mover myself, but I'm married to a shaker."

-6- Good Sports 10-miler

8/19/84

GOOD SPORTS 10-MILER

1. Rock Green, 51:42; 2. Danny Paul, 52:12; 3. Gary Wallace, 52:29; 4. Gary Dawson, 53:19; 5. Lance Galiani, 54:37; 6. Rob Spaulding, 55:08; 7. Jim Murphy, 55:59; 8. Barry G. Fifield, 56:12; 9. Bob Hunt, 56:27; 10. Gordon Cannell, 56:53;

11. Shawn P. McCabe, 57:06; 12. Gary Cochran, 57:18; 13. Greg Nelson, 57:47; 14. Phillip Coffin, 58:35; 15. Harry Nelson, 58:37; 16. Jim Paterson, 58:38; 17. Frank Brume, 58:44; 18. Arnie Green, 58:52; 19. Robert Coughlin, 59:01; 20. Robert Coughlin, 59:09;

21. Guy Berthiaume, 59:13; 22. Joseph Bennett, 59:15; 23. Mike Gendron, 59:18; 24. Christopher Miller, 59:19; 25. Alan Reilly, 59:23; 26. Dick McFaul, 59:28; 27. Bill Haney, 59:36; 28. Duke Hutchinson, 59:40; 29. Jerry Allanach, 59:46; 30. George Liming, 59:55;

31. David A. Smith, 59:56; 32. Tom Swan, 1:00:00; 33. Michael Lally, 1:00:17; 34. Stewart Jordan, 1:00:24; 35. R.J. Harper, 1:00:31; 36. David Weatherall, 1:00:38; 37. Chris Tilton, 1:00:39; 38. Jeffrey Brown, 1:00:41; 39. Donald Harden, 1:00:41; 40. Peter Bastow, 1:00:46;

41. Robert Jolicouer, 1:00:50; 42. Bernard Boisvert, 1:00:57; 43. John Leeming, 1:01:02; 44. Dean Rasmussen, 1:01:05; 45. Donald Wilson, 1:01:06; 46. David Delois, 1:01:06; 47. Greg Parlin, 1:01:14; 48. Robert Jarratt, 1:01:18; 49. Michael D. Aldrich, 1:01:17; 50. Paul Cote, 1:01:19;

51. Bill Fitzsimmons, 1:01:39; 52. Benjamin Cremore III, 1:01:46; 53. Timur Galen, 1:01:51; 54. Michael Simoneau, 1:01:52; 55. Ed Rice, 1:01:57; 56. Gregory Bridgman, 1:02:02; 57. Thomas Bull, 1:02:05; 58. John T. Adams, 1:02:05; 59. Brian Milliken, 1:02:09; 60. Michael A. Cameron, 1:02:10;

61. Paul J. Engineer, 1:02:17; 62. Gerry Mirabile, 1:02:19; 63. Timothy J. Walter, 1:02:20; 64. Chris Salamone, 1:02:24; 65. Jorge Leon, 1:02:30; 66. Peter D. Hansen, 1:02:34; 67. Charles S. Towle Jr., 1:02:36; 68. Harry Schmitke, 1:02:48; 69. Frank Ferland, 1:02:52; 70. David M. Toothaker, 1:02:54;

71. Ronald Cedrone, 1:02:57; 72. Jack Mercier, 1:02:58; 73. Mike Daly, 1:03:01; 74. Ed Doughty Jr., 1:03:03; 75. Gene Awakuni, 1:03:04; 76. William Paul Phillips, 1:03:05; 77. Tom Allen, 1:03:07; 78. John Edwards, 1:03:08; 79. Kevin Jenkins, 1:03:11; 80. Linda LaRue-Keniston, 1:03:16;

81. Ronald Gerygis, 1:03:26; 82. Robert Payne, 1:03:28; 83. Joseph A. Meehan, 1:03:29; 84. John Moncre, 1:03:30; 85. Curtis Cote, 1:03:35; 86. Larry Fortin, 1:03:35; 87. Don Best, 1:03:40; 88. Cameron Brown, 1:03:42; 89. John W. Braccio, 1:03:45; 90. Scott Strout, 1:03:47;

91. David Comeau, 1:03:48; 92. Margaret Dessau, 1:03:48; 93. Pete Galle, 1:03:49; 94. Don White, 1:04:00; 95. Matthew Nixon, 1:04:01; 96. Peter Tozier, 1:04:06; 97. Ralph A. Salamone, 1:04:07; 98. Edward Miller, 1:04:10; 99. Paul Lajoie, 1:04:13; 100. James Floyd, 1:04:18;

101. Darren S. Billings, 1:04:30; 102. David Trussell, 1:04:37; 103. Mark Dorsey, 1:04:38; 104. Al Butler, 1:04:45; 105. Jonathan Brown, 1:04:50; 106. Bill Gayton, 1:04:51; 107. Frank Knight, 1:04:53; 108. Debbie Sawyer, 1:04:55; 109. Paul A. Cole, 1:04:58; 110. Gary Grady, 1:04:59;

111. Donald Sanborn, 1:05:07; 112. Joseph Washburn, 1:05:12; 113. Gladys Jean Dewick, 1:05:20; 114. Joel Titcomb, 1:05:27; 115. Denise P. Harlow, 1:05:33; 116. Douglas W. Moody, 1:05:44; 117. Michael Reali, 1:06:00; 118. Roy G. Crawford, 1:06:16; 119. Michael D. Abbott, 1:06:24; 120. Karl F. Wolf, 1:06:24;

121. Donald W. Moser, 1:06:26; 122. Richard Gatto, 1:06:30; 123. Gordon Chamberlain, 1:06:39; 124. Steve Palmer, 1:06:43; 125. Arthur Tome, 1:06:44; 126. Kevin Gerard Salamone, 1:06:44; 127. Mark Seamans, 1:06:47; 128. Rick Strout, 1:06:54; 129. Roland Moulin, 1:06:59;

130. George E. Prescott, 1:07:01; 131. Peter R. Carleton, 1:07:01; 132. Michael H. Hayes, 1:07:10; 133. Jeffrey Preble, 1:07:13; 134. Frederick H. Ward, Jr., 1:07:22; 135. Christopher Westropp, 1:07:24; 136. John Lemieux, 1:07:29; 137. David Toothaker, 1:07:30; 138. Peter N. Connell, 1:07:34; 139. Sally Perkins, 1:07:37; 140. Ron Olson, 1:07:46;

141. Paul E. Dall, 1:07:47; 142. William Mercier, 1:07:49; 143. John Edmondson, 1:07:51; 144. John B. Rush, 1:07:52; 145. Patricia Melton, 1:07:55; 146. Marc D'Amour, 1:08:04; 147. Thomas H. Allen, 1:08:06; 148. Rich Wells, 1:08:07; 149. Bruce Kingdon, 1:08:08; 150. Dick Colburn, 1:08:18;

151. Carlton E. Mendell, 1:08:20; 152. John P. Conley, Jr., 1:08:21; 153. Guy Higgins, 1:08:22; 154. Malcolm McPhee, 1:08:26; 155. Bruce Fenelon, 1:08:26; 156. Howard B. Sagnans, 1:08:27; 157. Jo Comeau, 1:08:28; 158. Barbara Sauer, 1:08:29; 159. Fred Beck, 1:08:32; 160. Joseph Aloisio, Jr., 1:08:39;

161. William Kasabuski, 1:08:40; 162. James Glazer, 1:08:42; 163. Carol McRea, 1:08:44; 164. James K. Hogerty, 1:08:53; 165. John Schwerdel, 1:08:54; 166. Ray Cooper, 1:08:55; 167. Marjorie Adams, 1:09:06; 168. Paul S. Connor, 1:09:06; 169. Fred Currie, Jr., 1:09:10; 170. Al Miller, 1:09:15;

171. Arnold E. Green II, 1:09:18; 172. Mark Danyla, 1:09:20; 173. Robert J. McIntyre, 1:09:21; 174. Gary Monroe, 1:09:43; 175. Walter Webber, 1:09:44; 176. Stephen P. Jewell, 1:09:49; 177. William W. Lynch, 1:09:54; 178. Kerry G. Reynolds, 1:09:55; 179. Ken Sylvester, 1:10:10; 180. Kenneth Gaecklein, 1:10:13;

181. Philip Pierce, 1:10:14; 182. James H. Cox, Jr., 1:10:16; 183. Donna Taylor, 1:10:20; 184. Ken Casey, 1:10:32; 185. Bob Cushman, 1:10:34; 186. Douglas Smith, 1:10:42; 187. Gary O. Barrett, 1:10:45; 188. Rosalyn Randall, 1:10:48; 189. Dave Conley, 1:10:49; 190. Chris Grant, 1:10:56;

191. Ray Charest, 1:11:03; 192. Barbara Coughlin, 1:11:10; 193. Todd Lajeunesse, 1:11:21; 194. Brian Hall, 1:11:21; 195. Rodney Paul Lane, Jr., 1:11:23; 196. Earle Kenney, 1:11:37; 197. James Chase, 1:11:39; 198. Michael J. Duprey, 1:11:43; 199. Barry L. Miller, 1:11:45; 200. Bill Higbee, 1:11:52;

201. Patrick Keim, 1:11:56; 202. Walter L. Higgins, 1:11:56; 203. Richard Higgins, 1:12:01; 204. Cathrine Jarratt, 1:12:02; 205. Charlie Gordon, 1:12:05; 206. Paul McCourt, 1:12:08;

207. John Reitman, 1:12:15; 208. Douglas Wood, 1:12:23; 209. Sheldon I. BelMain, 1:12:25; 210. Jim Wright, 1:12:26;

211. Jeanne S. Desjardins, 1:12:28; 212. Craig Hagggett, 1:12:37; 213. Wes Stanhope, 1:12:38; 214. David H. Wilson, 1:12:42; 215. Kathy Jenkins, 1:12:47; 216. Joseph McGovern, 1:12:50; 217. Rich Abramson, 1:12:51; 218. Chris Hill, 1:12:52; 219. Jacqueline Bolduc, 1:13:10; 220. Walter DeVault, Jr., 1:13:30;

221. Martin Desmarais, 1:13:37; 222. Barbara Hamaluk, 1:13:41; 223. Robert Waddle, 1:13:47; 224. Raymond Picard, 1:14:01; 225. Jane Dolley, 1:14:04; 226. Don Spear, 1:14:10; 227. David Vail, 1:14:16; 228. Ron Pelton, 1:14:18; 229. Wendy Delan, 1:14:22; 230. Russell G. Martin, 1:14:23;

231. John A. Linhard, Jr., 1:14:24; 232. Howard LaPorte, 1:14:26; 233. Alfred M. Hathaway, 1:14:28; 234. Sue Blood, 1:14:29; 235. John J. McGovern, 1:14:32; 236. Al Mack, 1:14:35; 237. Doug Prouty, 1:14:34; 238. John Ouellette, 1:14:36; 239. Meg May, 1:14:41; 240. Anthony I. Anderson, 1:14:42;

241. Walter Taylor, 1:14:42; 242. Paul M. Roane, Jr., 1:14:49; 243. Gordon Smith, 1:14:56; 244. David Bright, 1:15:02; 245. Joel Peter Slager, 1:15:05; 246. Bruce King, 1:15:06; 247. Peter Ladner, 1:15:09; 248. Warren Wilson, 1:15:13; 249. Veronica Knight, 1:15:23; 250. William F. Fox, 1:15:24;

251. Heather Higbee, 1:15:32; 252. Wyatt L. Anderson, 1:15:46; 253. Tommy Neal Kitch, 1:15:50; 254. Richard Eugene Howard, 1:15:50; 255. Richard Dudley, 1:15:53; 256. Steven M. Wilson, 1:15:58; 257. Linda Patrick, 1:16:00; 258. Brian Perkins, 1:16:06; 259. Barry Lohnes, 1:16:08; 260. Lori Sargent, 1:16:10;

261. Jean Herlihey, 1:16:24; 262. Wayne A. Darinzo, 1:16:29; 263. Paul McFarland, Jr., 1:16:33; 264. Charles James Farrell, 1:16:34; 265. Stephen Dewick, 1:16:43; 266. Russell Bradley, 1:16:46; 267. David Edward Blake, Jr., 1:16:54; 268. Pamela Lauerson, 1:17:02; 269. Dave Gagan, 1:17:06; 270. Wayne Hamilton, 1:17:11;

271. Eric J. Dee, 1:17:13; 272. John J. Mulrooney, 1:17:16; 273. John Mulrooney, 1:17:16; 274. Daniel Force, 1:17:20; 275. Dan T. Lounsbury, Jr., 1:17:32; 276. Pam Lajeunesse, 1:17:52; 277. Stephen Dorey, 1:17:56; 278. Monica Knight, 1:18:04; 279. Robert Caron, 1:18:05; 280. Muffy Floyd, 1:18:11;

281. Joanie Lorraine Rhoda, 1:18:14; 282. Ellen Spring, 1:18:19; 283. Susan A. Stone, 1:18:23; 284. Michael Detcher, 1:18:53; 285. William D. Davenne, 1:18:55; 286. Kathryn Perry, 1:19:06; 287. Kim Tarnower, 1:19:10; 288. Yvette Knight, 1:19:12; 289. Mike McRae, 1:19:19; 290. Tracy Adams, 1:19:52;

291. Gerald D. Hoff, 1:19:56; 292. Tracy Pooler, 1:20:15; 293. Marcy McGuire, 1:20:19; 294. Bruce Pooler, 1:20:22; 295. Harold Jones, 1:20:24; 296. Jean M. Thomas, 1:20:34; 297. Jan Mokros, 1:20:34; 298. Donald Chertham, 1:20:51; 299. Jack Vreeland, 1:20:57; 300. Karl W. Geib, 1:21:04;

301. Eugene Nowe, 1:21:10; 302. Linda McNett, 1:21:23; 303. Gary Richardson, 1:21:33; 304. Dr. Robert Tanner, 1:22:04; 305. Betsy Berry, 1:22:13; 306. Winifred Wood, 1:22:14; 307. Thomas Patrick, 1:22:14; 308. Betty Hahn, 1:22:40; 309. Edmond Brissette, 1:23:07; 310. John Power, 1:23:14;

311. Ingrid Scott, 1:23:16; 312. C. R. Davis, 1:23:22; 313. Thomas Murtha, 1:23:26; 314. Tom Garrity, 1:23:27; 315. Joe Sopko, 1:23:29; 316. Richard D. Haney, 1:23:38; 317. Clark Turner, 1:23:47; 318. John Baldwin, 1:23:47; 319. Beverly B. McCoid, 1:23:52; 320. Ann McGovern, 1:24:16;

321. Bonnell Gardner, 1:24:16; 322. Harry W. Giddings, 1:24:36; 323. Carol J. Wells, 1:25:00; 324. Peter J. Mendall, 1:25:15; 325. Anthony J. Theodore, 1:25:21; 326. Sue Davis, 1:25:34; 327. Irving Faunce, 1:25:49; 328. David Bean, 1:26:03; 329. Don Atkinson, 1:26:14; 330. Lon Walters, 1:26:15;

331. Lynn Olson, 1:26:22; 332. Fredrick E. Gage, 1:26:37; 333. Georgeanna Hogerty, 1:27:06; 334. Catrons Dowling, 1:27:16; 335. Margaret Soule, 1:27:17; 336. William H. Miller, 1:27:54; 337. Sandra U. Gerstrom, 1:28:31; 338. Perry W. Barnard, 1:28:57; 339. James H. McGovern, 1:28:42; 340. Patricia Ruiman, 1:29:29;

341. Amanda Lambert, 1:31:06; 342. Debra Richard, 1:31:48; 343. Dr. Donald McRae, 1:31:51; 344. Richard Bell, 1:31:57; 345. Brenda Cushman, 1:32:04; 346. Lynne Wetherall, 1:32:05; 347. Holly Bernstein, 1:32:13; 348. David Wetherall, 1:32:22; 349. Lilly Vail, 1:34:24; 350. Russell E. Stalters, 1:34:25;

351. Mark R. Miller, 1:34:30; 352. Sally Paterson, 1:34:31; 353. Lester Rhoads, 1:34:03; 354. Katherine Theodore, 1:36:32; 355. Helen Z. Duprey, 1:37:20; 356. Barbara Bull, 1:37:48; 357. Keith Prouty, 1:53:48.

At least 30 Club members ran the Good Sports 10-Miler.

A great turn-out!



UPCOMING RACES

- September 8 - Corporate Run for Heart 10K, USM. Registration from 7:00 - 7:45, Portland Campus Gymnasium. For more information, call Marjorie Podgajny at Lifeline (780-4170).
- September 9 - First Annual Cape Challenge Half-Marathon, Maine Track Club. SMVTI through Cape Elizabeth - 9:00 a.m.
- September 9 - 5,000 Meter Cross-Country Run, Mackworth Island, Baxter School for the Deaf - 9:00 a.m.
- September 15 - Great Lewiston Mill Festival, 5-Miler and 1 Mile Fun Run, Downtown Lewiston (Lisbon Street - Between Ash & Main) - 5-Miler - 10:00 a.m. 1 Mile Fun Run - 11:15 a.m.
- September 15 - Readfield 10-Miler and Fun Run, Readfield Elementary School, South Road, Readfield. 10-Miler - 10:00 a.m., Fun Run - 10:10 a.m. Call Rich Harper for more information - 685-9239 (before 8:30 p.m.).
- September 15 - 7th Annual Bar Harbor 13-Miler, Mt. Desert Island - 10:00 a.m. (starting at athletic field).
- September 15 - "Danville Junction" Brick & Rail Run, 10K Plus 2-Mile Fun Run, Danville Junction, Auburn, ME. Run Run - 9:30 a.m.; 10K - 10:15 a.m.
- September 16 - Mt. Ararat 10-Miler, Topsham, ME - 9:00 a.m.
- September 22 and 23 - Kingsfield 10K Weekend. Kid's K - Saturday, 10:15 a.m. Kingsfield 10K, Saturday, 11:15 a.m. Registration begins at 8:30 a.m. at the Kingsfield Savings Bank. Sunday - Run up Sugarloaf. Reminder: If interested, check with Ron Cedrone or Al Butler on whether group outing has been organized.
- September 23 - Marathon de Montreal, Jacques Cartier Bridge - 9:20 a.m.
- September 29 - Old Mill Pub 10K, Skowhegan - 9:30 a.m.
- September 30 - James Bailey Co., 11th Annual Cross Country Run, 5 Miles - 1:00 p.m., Hill Gymnasium, University of Maine, Gorham. Call David Paul (797-4242) for information.
- October 7 - The Great American Dream 4-Miler, Old Orchard Beach - 10:00 a.m.
- October 8 - Portland Rotary Club Triathlon (Bike, Canoe, Run), 10:00 a.m.
- October 13 - Stroh's Run for Liberty, Maine Track Club, SMVTI - 10:00 a.m.
- October 14 - 7th Annual Casco Bay Marathon, Portland, 8:30 a.m.
- October 21 - Downeast 4-Mile Classic, Sanford-Springvale YMCA - 12:00 p.m.

THE RUNNER, JULY 1984 29

Coach's corner: Going out too fast

The phenomenon is all too familiar: You explode off the starting line in the best shape of your life, legs feeling great. Then you pass by the first mile marker and hear a split time 20 seconds faster than you meant to run. Your euphoria vanishes as oxygen debt sets in, leaving you to struggle slowly home on leaden legs.

"Everybody complains about going out too fast for the first mile of a race," says Rich Castro, founder of the Boulder Road Runners in Colorado, and coach of several national-class runners. "They don't realize that often

the damage is being done in the first 880 yards. The first mile might be a 5:20, but the real problem is that the first half-mile was run at sub-5:00 pace. The enthusiasm of the start is entralling, and people get sucked into a faster pace than they want to run."

To avoid this, Castro has his runners do "blind splits," as he calls them.

"I'll have them run a series of intervals—usually a half-mile each—on the track or some other measured surface, and then they'll tell me how fast they think the split was. This way they begin to learn the sensation of running at certain paces, so they can say 'Oh, that's what 6:00 or 5:00 pace feels like.'

"I also have them do

teaching workouts. They'll run a 440 really fast, then go right into a half-mile or three-quarters at race pace. This is *hard*, they'll say, and I'll tell them, 'That's exactly what you're doing in races when you go out too fast.'

At times, however, a faster-than-normal start is necessary for competitive reasons. To prepare for these cases Castro modifies the teaching workout a bit, putting his runners through a series of fast runs alternated with race-tempo intervals. "That way," he says, "they not only learn to run race pace—but they learn to run it even after a fast opening split, when they're tired."

—Royce Flippin



MEMBERS' FORUM

Guard Your Health

While chasing Herbie Strom up a hill on the new Cape Challenge course, he asked if I had any advice to pass on in his Masters column. I told him if he'd slow down, I'd try to discuss it with him. Obviously, he did.

The day of our run was August 5, hereafter known as Joan Benoit Day. My emotions were torn between two extremes; Joan's win and Jim Fixx's death. Joanie's accomplishments speak for themselves.

In reflecting on Jim Fixx's death, several points come to mind. Even great runners are mortal. Sure, we shift the odds in our favor by exercising, but there are other risk factors. Fixx's big risk was a strong family history of early cardiac death. Other risk factors like smoking, hypertension, elevated cholesterol and diabetes we can control or modify. We can't change our heredity yet.

Most cases of sudden death in experienced joggers are due to some abnormality, which is either causing symptoms, which are ignored or misunderstood, or could be detected by careful cardiac exam and testing. The message here is if you are having symptoms while jogging or need help in interpreting your risk factors, talk to your family doctor. He should be able to counsel you and assist in any necessary testing. The American College of Sports Medicine recommends this for all those over 35.

By the way, the Cape Challenge course is a beauty; hope you can make it on September 9th.

Tony Owens, MD
Medical Director, The Runner's Clinic

1985 OFFICERSHIPS

We're pleased to announce that the following members have agreed to be placed in nomination for officer positions in the Maine Track Club for 1985:

President - Bob Jolicoeur
Vice President - Jane Dolley
Treasurer - Rick Strout
Race Committee Chairman - Charlie Scribner
Chairman-Newsletter Committee - Dick McFaul

Two officership positions remain without nominee. They are Secretary and Membership Chairman. The Secretary is responsible for keeping club minutes of all regular meetings and conduct correspondence of the Club; the Membership Chairman is responsible for promoting memberships in the Maine Track Club, advising new members of upcoming meetings and races, and otherwise assuring they are properly indoctrinated.

Any Club member is eligible to run for any of the above offices even though a nominee is in place for most of the positions. Several names can be placed in nomination for each position.

If interested in running for office, please submit your name and position desired to the P.O. Box 8008, to Russ Connors or Bob Jolicoeur before the next Newsletter Committee meeting, to be held at the end of September.

Our plan is to publish, in accordance with proposed By-Laws, the list of candidates in the October newsletter and to ask for a membership vote at the regular November membership meeting.



HERBERT L. FRED

An opposing view

I may be a fanatic, but I'm a healthy one

HOUSTON, Texas — I am a 55-year-old physician, a specialist in internal medicine, and a running fanatic.

In 1966, I was a sedentary, overweight smoker. My only exercise was jumping to conclusions.

Dissatisfied with that existence, I decided to restructure my lifestyle and realign my priorities. I gave up my cigarettes, paid attention to my diet, and began to run. Since then, I've run more than 100,000 miles — 20 miles a day, rain or shine, hot or cold.

Even though the health benefits of a regular exercise program are medically incontrovertible, no one needs to run 20 miles a day to be healthy. But almost anyone could work up to it.

In fact, I don't run high mileage just for my health. I also do it because it makes me feel better, it keeps me trim, it makes me more productive in my profession, and because I like to run.

Many people seem determined to condemn strenuous exercise. Yet that attitude reveals a curious double standard.

In our society, if you toll eight hours a day at a job you don't like, it's a virtue; you're "hard-working." Olympic athletes often train more than 50 hours a week to perfect their skills, and they are held up as

Herbert L. Fred is director of medical education at St. Joseph Hospital, Houston. Mark Scheid, co-author of *The Self-Coached Runner*, assisted in writing this column.

examples of dedication and patriotism.

But when people like me spend three or four hours a day doing something that we enjoy — which helps us and hurts no one — newspapers carry editorials decrying "exercise fanatics."

Why? I think I know. My type of exercise — running — is a rather public sport, often done in parks and along roads. It is easily seen by non-exercisers.

That wouldn't matter except that most non-exercisers, I suspect, believe that they ought to be exercising, and at the sight of a jogger, they indict themselves for sloth.

The largest group of fanatics in this country — the fanatical non-exercisers — will use the recent death of Jim Fixx as evidence that "all that exercise doesn't really help anyway, and it's dangerous."

The medical facts belie such logic. The best way to avoid illness and protect against premature coronary artery disease is to bypass smoking, overeating, and inactivity — the kind of triple bypass therapy all of us can afford.

12A • TUESDAY, AUGUST 7, 1984 • USA TODAY



"USA TODAY hopes to serve as a forum for better understanding and unity to help make the USA truly one nation."

—Allen H. Neuharth
Chairman and Founder
Sept. 15, 1982

John C. Quinn
Editor

John Seigenthaler
Editorial Director

OPINION

The Debate: FITNESS FANATICS

Today's debate includes our opinion that an obsession with exercise can endanger our health, an opposing view from Texas, other views from Arkansas, California, and Maryland, and voices from across the USA.

Exercise fanatics risking their health

Neither snow nor rain nor heat nor gloom of night stays these couriers from the swift completion of their appointed rounds. Or laps. Or miles.

They are American exercise junkies.

Some run 25 miles every day, regardless of weather. Some ride their bikes to their tennis matches or jog to their aerobics classes. They pant and puff through their ever-expanding, usually painful regimens — trying to lift one more pound, swim an extra lap, punish their bodies a little more.

They devote their lives to achieving Superman's strength, Man o' War's speed, the agility of a feather in the wind. But are they physically fit or emotionally healthy?

The potential physical problems of compulsive exercisers go far beyond shin splints and sore muscles. Prolonged exercise can cause a dangerous increase in heart rate and blood pressure. When the heart is damaged by disease or heredity, the hormone tide can trigger a potentially fatal irregularity in heart beat.

Doctors say that long periods of vigorous exercise also can cause other hormonal problems: the loss of bone, delay of puberty for youngsters, cessation of women's menstrual periods, and diminished sex drive in males.

Researchers note emotional similarities between compulsive runners and people suffering such eating disorders as anorexia and bulimia.

This week the world is thrilled by the feats of Olympic athletes. But the bodies and minds of those performers have been developed to handle the stress and fatigue. Not many people have the body, the stamina, or the training to be an Olympian. It is great to admire and cheer them. It could be harmful to try to emulate them.

But before the Olympics, Americans spent \$34 billion last year on gym memberships, exercise lessons, records, videos, equipment, and apparel. Fitness books are best sellers; exercise gurus are celebrities. Exercise made Richard Simmons a star and gave Jane Fonda a new image.

And then there was Jim Fixx, the running and weight-loss authority and author. He died after suffering a heart attack during his daily run. He was 52. His death should make exercise junkies stop in their tracks — and think.

Exercise is a great personal habit. It relieves stress, improves appearance, and increases strength and endurance. The overwhelming majority of people who exercise regularly will live longer, look better, and be happier.

But it should not become an unhealthy compulsion. Joggers are not impervious to disease. Weight-lifters should not ignore doctors. Those who engage in intense exercise programs must not ignore the body's warning signals, nor the admonitions of medical science.

Physical exercise can be a prescription for good health — if we don't let it become a sick obsession.

QUOTELINES

"We can now prove that large numbers of Americans are dying from sitting on their behinds."

— Dr. Ralph Paffenbarger, Harvard University

"We're seeing injuries now in kids that 15 years ago we'd only see in male college scholarship athletes."

— Dr. Bernard Cahill, orthopedic surgeon, Peoria, Ill.

"Healthy people who exercise vigorously do not develop heart attacks, as a rule."

— Dr. Larry Gibbons, Aerobics Research Institute

"Exercise will not make you healthy. It will not make you live longer. Fitness and health are not the same thing."

— Dr. Henry Solomon,
New York Hospital-Cornell Medical Center

"You are more likely to die if you don't jog than if you do."

— Dr. George Sheehan, Runner's World

THE GREAT MAINE TRACK CLUB SPAGHETTI DINNER

SATURDAY, OCTOBER 13, 1984 7 - 9 PM

**Location: Southern Maine Vocational Institute Cafeteria
Vocational Drive, South Portland, Maine**



The price of a ticket is \$ 5.00, payable in advance and includes spaghetti, sauce, bread, butter, salad, cake and coffee, tea or milk and the evening's program. Admission will be by prepaid ticket and the dinner will be limited to 230 persons on a first ordered, first ticketed basis.

In addition to the pre-Casco Bay Marathon Dinner, there will be a speaker from the Maine Track Club:

BOB PAYNE will talk about carrying the Olympic Torch across America. Bob carried the torch in Massachusetts and was a member of the torch support team in the Northwest. Bob will show slides of the torch relay and tell about his experiences while with the relay and will show the torch he carried during the relay.

Maine Track Club Spaghetti Dinner, c/o Mason Philip Smith, PO Box 1020, Portland, ME 04104:

Please send me _____ tickets @ \$ 5.00 each for the MTC Spaghetti Dinner.

I enclose my check for \$ _____ made out to the **MAINE TRACK CLUB**
(Please PRINT the information requested below)

Name:

Address:

City:

State:

Zip:

Note: Tickets will be sent out on a first ordered, first mailed basis.

The GREAT MAINE TRACK CLUB SPAGHETTI DINNER is being conducted by the Maine Track Club and is not an activity of the Casco Bay Marathon Committee. The spaghetti dinner has been planned by and is the sole responsibility of the Maine Track Club.

STOP PRESS!!!!

SPECIAL ADDED ATTRACTION AT MTC SPAGHETTI DINNER

ULTRA-MARATHONER KIM BEAULIEU WILL PRESENT A PROGRAM ON

ULTRA-MARATHONING

Kim will present a program on ultra-marathoning. Besides winning Casco Bay five times Kim has won the Maine Coast Marathon three times.

Kim, five time winner of the Casco Bay Marathon, has decided to pass up the Chicago Marathon this year and will again run the Casco Bay Marathon.

Just this year Kim was the third place woman's finisher in the WESTERN STATES 100 MILER with a time of 20 hours and 55 minutes.

SEND IN YOUR SPAGHETTI DINNER TICKET RESERVATION FORM TODAY. YOU WILL NOT WANT TO MISS KIM'S PROGRAM!!!!

Portland, Maine, Press Herald, Friday, August 24, 1984

Beaulieu challenges U.S. record

BRUNSWICK — Kim Beaulieu, of Portland, is expected to challenge the existing U.S. Women's record in the Maine Rowdy 24-Hour Ultramarathon to be held at Whittier Field at Bowdoin College beginning at 6 p.m., Sept. 1.

Beaulieu, who last year ranked number one in the U.S. at 50 miles and this past July finished third at the Western States 100-Miler, will attempt to break the U.S. record of 131 miles. She should be pushed by six-day Canadian record holder, Trishul Cherns, who's run 479 miles in that period.

Ultra-marathoners from nine states have registered for this year's event, including pre-race favorites George Gardiner of Hope Valley, R.I., who holds the Canadian record for a six-day race with 564 miles, and Jack Bristol of Bethel, Conn, who won the 1982 Rowdy with a total of 132 miles.

Another Mainer in this year's event is 62-year old Carlton Mendell, who boasts an American age-group record for 100-miles.

The race begins at 6:00 p.m. September 1.