



Maine Track Club

P.O. Box 8008, Portland, Maine 04104

...Run with a friend...

OCTOBER, 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	781-3769
Ted Cunningham	- Chairman, Membership Committee	646-9516

NEXT MEMBERSHIP MEETING

Ruth Rohde, Founder and Director of New Routes, offering year round outdoor trips for women, and Cheryl Bascomb, Running Instructor for New Routes, will give a presentation on their work as outdoor recreational specialists at the next meeting of the Maine Track Club at 7:00 p.m., on Wednesday, October 9, 1985, at the SMVTI Machine Tool Auditorium in South Portland.

Cheryl will discuss her background and experience instructing running clinics for a wide variety of clientele, including women. Along with a brief slide show on New Routes trips, Ruth will discuss the philosophy behind offering all women's trips, the psychological benefits of outdoor experiences for women, and the instructional techniques used on all women's trips.

Ruth Rohde is a registered Maine Guide with a B.A. in Women's Studies and Creative Writing and a Master's in Environmental Studies. For the past six years she has led field trips for such organizations as The Maine Audubon Society, Interlocken, and Women Outdoors. Ruth is a graduate of the National Outdoor Leadership School and has attended courses at Tom Brown's Tracker School and Nantahala Outdoor Center. Her qualifications include certification in advanced first aid, CPR and training in backcountry medicine.

Cheryl Bascomb has been running for 17 years and has trained under such notable coaches as Brooks Johnson, coach of the 1980 and 1984 Women's Olympic Track Team. For five years while living in Hanover, New Hampshire, Cheryl conducted running clinics at Dartmouth College and in the community. Cheryl now resides in Portland, works for Union Mutual, and has several running clinics in the works.

The most important matter of business to be taken up at the meeting will be the nomination of Officers and Chairpersons of Committees. If you haven't indicated your interest yet, please call Jane Dolley to do so. She would be most appreciative.

NEXT NEWSLETTER COMMITTEE MEETING

Wednesday, October 30, 1985, 7:00 p.m., in the Maine Savings Bank board room (2nd floor) on Congress Street. Free parking in back of building. All members are welcome to attend. All material for November newsletter should be submitted at this meeting.



Maine Track Club is a non-profit organization.



NEW MEMBERS

Twelve new members represent excellent results for the month of September when many runners begin early hibernation and others are retiring from road racing for the season. This strong showing indicates our new Membership Chairman, Ted Cunningham, is already doing an effective job of recruiting. Nice going, Ted!

Helping the recruiting effort this month were the following sponsors of new members: Athletic Attic, 3; Denise Harlow, 1; YMCA, 1; George Prescott, 1; Athlete's Foot, 1; Rick Strout, 1; and Jane Dolley, 1. Thanks for the help, folks. We're doing great!

WELCOMING THE
NEW MEMBER

Name & Address	Phone	Occupation	Age/Other Interests
Phil Bartlett RR 2, Box 4 Gorham, ME 04038	W775-3461 H839-4134	Systems Analyst Nissen Baking	37 -
Michael & Barbara Frost 323 Main Street Cumberland, ME 04021	W829-5511 H829-5511	M-Dentist B-Office Manager (Self-employed)	(M) 35; (B) 34 - Camping, fishing, hiking, skiing
Rosemary Ginn 33 Christy Road Portland, ME 04103	W797-4689 H797-5154	Teacher, Pride's Corner Nursery School	32 - Weight training
Karen M. Johnson 264 Fowler Road Cape Elizabeth, ME 04107	W773-7231 H767-3958	Accounting Clerk, Ventrex Labs	29 - Tennis, bike- riding, reading
Tia LaMarre P.O. Box 8662 Portland, ME 04101	W871-2176 H774-1671	RN, Maine Med.	28 - Windsurfing, hiking
Thomas John Ledue 150 Hartley Street Portland, ME 04103	W774-7855 H774-7538	Senior, USM X-country, basket- ball coach (Deering)	22 - Rockclimbing, hiking, mountaineering, canoeing, literature
Nancy D. Lovetere 87 Mountain Road Woodbury, CT 06798	H203-263- 4841		41 - Summers in Freeport
Carol Mills 114 Commercial Street Portland, ME 04101	W783-8528 H772-5440	English teacher, Edward Little H.S.	39 - Alpine skiing flute
Clayton Rameau P.O. Box 894 Biddeford, ME 04005	W283-3661 H283-9221	Computer Operator	28 - Raquetball, tennis, swimming, softball
Robert J. Swanson RFD #1, Box 214 South Windham, ME 04082	W775-6555 H892-7763	Navy Lieutenant	28 - Downhill skiing
Jim Toulouse 32 Wisteria Way T-Ledge Condominiums South Portland, ME 04106	W780-6542 H767-2439	Underwriter, Union Mutual	37 - Spectator sports, camping
Greg Walker 92 Fairwell Road Stockton-on-Tees Cleveland, England UK TS197JB	H-064-258- 2293	Savings & Loan	21 - Biking, reading

ADDRESS CHANGES:

Wesley Rothermel
342 Bowery Beach Road
Cape Elizabeth, ME 04107

Bruce & Nancy Stedman
150 Coyle Street
Portland, ME 04103

MEMBER PROFILE - Everett and Judy Davis



BEFORE

Everett A. Davis, 47 year-old entrepreneur and USM professor, and his wife, 45 year-old Judy, started running with some of their associates in 1964. Both Ev and Judy were high school and college athletes, and Judy was a dancer. They wanted to stay in shape so they ran the cross-country trails in Gorham.

A move to Indiana for graduate studies deferred Everett from running, but Judy continued. Over the course of the next 10 years and moves back and forth from Indiana studies to USM teaching Everett lost sight of physical fitness. He ate whatever came his way and led a sedentary life. He and Judy and their two children, Mike and Dyana, still skied in the winter and swam in the summer, but that's all Everett did for exercise. Mike played varsity soccer and golf for Bonney Eagle High School division champions and St. Anselm college division runner-ups. He is now a graduate student at Catholic University in Washington, DC and runs 3-5 days a week plus plays league soccer.



AFTER WITH JUDY

Dyana was a varsity State champion, field hockey player and varsity gymnast qualifying for State All-Around from Bonney Eagle. She is now married, the mother of 2 little girls, and teaches classical dance for Dorothy Mason School of Dance.

Judy continued running 4-6 miles a day, 5 out of 7 days and exercised for $\frac{1}{2}$ hour to an hour every day.

Everett gained weight from 165 lbs. to 210 lbs. over those years, and was smoking 2 packs of cigarettes per day. Two years ago, June 2nd, all activity was brought to a halt. He had started an exercise program on his own. He and Judy were out riding their bicycles when Everett experienced back pain and nausea. There had been no prior warnings that Everett had a pending problem. Judy had been a cardiac intensive care nurse at Maine Medical Center and recognized what was happening. The rescue unit was called and Everett was whisked away to the Coronary Intensive Care Unit of Maine Med. It was 4 days before his condition stabilized. After 10 days he was released having had an "uncomplicated" heart attack. The doctors did further tests and found blockages in five arteries, so in August, 1983, Everett underwent a 5-vessel bypass.

He decided to take control of his life. As he says, "Fear does wonders for self-discipline." Since June of 1983, he has not smoked and has no desire for it. He and Judy did a lot of research in nutrition and switched to the macrobiotic way of eating with the help of the macrobiotic counselor, Michio Kushi of Brookline, MA, and the okay of Everett's cardiologist and surgeon. Ev & Judy also learned through the cardiologist of the Heartline program at USM. They started the Heartline jog program in October, 1983.

Everett only had the strength to slowly walk once around the gym. In five weeks, he was doing the walk-jog three days a week and the Heartline swim program two days a week. The first time in the pool, he could not go one length. He had been a state and New England champion swimmer. There was a lot of work ahead. By that Spring, with his persistence and courage, and the guidance of the Heartline personnel, Everett "graduated" to Lifeline. In September of 1984, Everett entered

MEMBER PROFILE cont.

the Corporate Run for Heart and was the second largest money raiser, raising over \$750 for the program that got him back to living. He ran the 10K in 55 minutes.

This September he again ran the 10K Corporate Run, this time in 48:02.

His goal is to run the Casco Bay Marathon this October - his first ever. Having been an active participant in life from school athletics to stock outboard boat racing, Everett is sure to reach his goal.

Last year, he and Judy decided to join the Maine Track Club to be a part of the ideals of the pursuit of physical excellence that the Club represents. They travel extensively in the U.S. and Canada. Their first suitcase is the running equipment. Judy wears her Maine Track Club uniform a lot so other runners can learn of the Club. (Everett's hasn't come in yet.)

They also run as many beaches as they can. This past year they have run beaches from Key West to Dartmouth, Nova Scotia.

It started out one step at a time and now is a way of life. It's exciting achieving goals every day. The Davis's keep a running log of distance, places, times and people including lots of pictures. That way they don't kid themselves as to just how far they've run in a week.

Everett maintains his weight now at 155 lbs. and claims he is healthier than ever. He is not on any medication and the doctors no longer consider him a heart patient. Judy is proud of his achievement and progress. At times the going seemed slow and scary, but it was worth it.

TREASURER'S REPORT

September 30, 1985

Checkbook Balance, August 31, 1985	\$2,405.67
Receipts	1,460.42
Disbursements	511.54
Checkbook Balance, September 30, 1985	<u>\$3,354.55</u>

Baxter Boulevard Running Path \$19,486.89

Complete details will be provided at the membership meeting.

Rick Strout, Treasurer



SPORTS PSYCHOLOGY

After the Montreal Olympics, I became a keen and serious student of sports psychology. I believe very firmly that in the power of the mind lies the key to winning, as opposed to performing well and losing.

From: Born to Win, 1985, by John Bertrand

Bill Rodgers, Frank Shorter and Marty Liquori are pure amateur athletes because they've never made a cent from running . . . and if you believe that, you also believe Dolly Parton sleeps on her stomach.

From: The Runner's Handbook



PARTY TIME, OCTOBER 13, 1985 (Or, Is There Life After the Marathon?)

Here are the directions to Bob and Priscilla's house:

Take Route 77 in South Portland to Two Lights State Park. Bear left at the park toward light houses. Halfway down the next hill, bear left on Two Lights Terrace to the next left. Do a u-turn to the old light house. Look for a three-story, contemporary with large round window. Please let yourself in. We'll be too busy sorting out the Stroh's to notice!

Don't forget...all members and guests invited. Free Stroh's beer, courtesy of Tim Sullivan. Lots of snacks, refreshments, and good company. Don't miss it! Starts at noon. Any questions, please call Bob or Pris at 799-4127 (home), or 775-0065 (work).

AWARDS BANQUET REMINDER

URGENT...your responses are needed to the nomination for awards mailer. The awards mailer is due by Friday, November 1st at the latest, but the sooner we hear from you the better. If you've misplaced your copy, please contact Bob Jolicoeur or Sheryl Kieran at 775-0065 for another set.

LOW CALORIE DIET

The Road Runners Club of America encourages its member clubs to publish recipes and helpful weight control plans even to the point of including such as a criterion in judging the quality of local newsletters. Thus encouraged, we thought you might benefit from this Low Calorie Diet, the source of which is unknown:

Monday

Breakfast: Weak Tea
Lunch: One Bouillon Cube in one-half cup diluted water
Dinner: One Pigeon Thigh; three ounces prune juice (GARGLE ONLY)

Tuesday

Breakfast: Scraped crumbs from burnt toast
Lunch: One doughnut hole (without sugar); One glass of dehydrated water
Dinner: Three grains cornmeal, broiled

Wednesday

Breakfast: Shredded egg shell skin
Lunch: One-half dozen poppy seeds
Dinner: Bee's Knees and Mosquito Knuckles sauteed in vinegar

Thursday

Breakfast: Boiled-out stains of old table cloth
Lunch: Belly Button from Navel Orange
Dinner: Three eyes from Irish Potato (diced)

Friday

Breakfast: Two Lobster Antennas
Lunch: One Tail Joint of Sea Horse
Dinner: Rotisserie broiled Guppy Filet

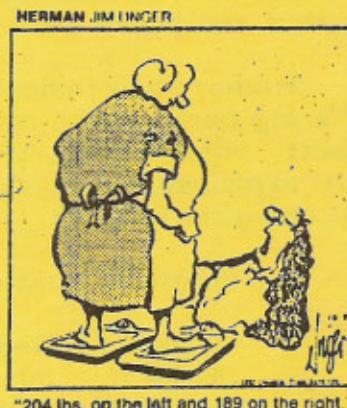
Saturday

Breakfast: Four chopped Banana Seeds
Lunch: Broiled Butterfly Liver
Dinner: Jelly Vertebrae a la Centipede

Sunday

Breakfast: Pickled Hummingbird Tongue
Lunch: Prime Rib of Tadpole; Aroma of empty mustard pie plate
Dinner: Tossed Paprika and Clover Leaf Salad

NOTE: A seven-ounce glass of steam may be consumed on alternate days to help in having something to blow off.



"204 lbs. on the left and 189 on the right"

Minutes of the Maine Track Club
September 12, 1985

President Bob Jolicoeur opened the meeting at 7:13 p.m. New members were introduced and included Dan Hutchinson, John Kester, Carol Mills, Roy Morejon, Michael White, Dorothy Stoddard, and Dave Smith. Guests included Kathryn Christie, George Towle, and Cheryl Bascomb.

Bob Payne then presented a check for the Baxter Running Path on behalf of the New England Telephone Company.

President Jolicoeur then introduced Joseph M. Pechinski, Ed.D., Professor of Physical Education and Director of the Human Performance Laboratory at the University of Maine at Orono, who summarized five years of research on human performance. The lab was established in 1977 and includes a treadmill, electro-cardiograph, underwater tanks and other equipment to measure and study physiological reactions to exercise. There are teaching, research, and public service components to the lab.

The laboratory has evaluated 1400 self-selected people over the past several years. Some of the persons studied have been described as external locators or fatalists, those who say what will be will be. Others have been described as having an internal locus of control, characterized as being self-determined and in charge of self. Another finding has been that in general, high socio-economic and highly educated persons are more likely to apply information obtained at the lab than low socio-economic, less educated persons. The population the lab studied was 60% male and 40% female, ages 20 through 84 (average age, 43), with an average body fat of 21.5%.

Oxygen uptake: average person, 34 milliliters; trained person (jogs 3 or 4 times per week), 42 milliliters; athletes, 60 to 65 milliliters per kilogram per minute, up to 86 milliliters, e.g., Derek Clayton. Athletes studied included hockey players, baseball players, basketball players, weight lifters, runners and so forth. Dr. Pechinski compared various measures across several athletic activities, e.g., running results in the greatest VO₂ uptake being developed, followed by swimming and bicycling. Baseball players, for example, do not develop this kind of oxygen uptake.

Also discussed was the onset of lactic acid buildup, tolerance of discomfort, toleration of heat, and selective sweat sites. It was pointed out that runners tend to sweat on arms and legs whereas football players are body sweaters. Some runners run poorly in heat, e.g., Salazar, others in cold, e.g., Frank Shorter.

Studies have indicated that young and old adapt just as well to exercise, with differing performance rates. Dr. Pechinski repeatedly referred to psychological effects, which may in many cases account for the variance which cannot be attributed to or explained by physiological factors (i.e., drive, motivation, volition, are psychological factors).

Dr. Pechinski next profiled a typical runner from his "Teacher Study."

Stage I: Beginner, good attitude, fired up.

Stage II: 10-12 weeks; moans, groans, excuses.

Stage III: 26 weeks; competitive set develops, runner enjoys beating others. Injuries can begin to occur at this stage.

Stage IV: 52 weeks; runner wants significant challenges, e.g., racing, marathons, etc.

Stage V: 1 to 1.5 years; runner may become "masochistic," doing double sessions, mega-miles, and running ultra-marathons.

MINUTES cont.

One point of all this is that the longer the exercise program, the greater the chance of injury. Dr. Pechinski recommended changing modes of exercise to avoid the overuse syndrome, e.g., run, bike, swim, weights, etc.

Finally, Dr. Pechinski discussed his findings that low fitness persons tended to stay that way, whereas moderate fitness persons tended to benefit in a continuing way from a fitness program. One hour a day of exercise is necessary in order to maintain basic fitness. Dr. Pechinski then entertained several questions from the audience. In response to one question he said, "the 20 minute workout is better watched." (It will not do the job.) President Jolicoeur then continued with the business meeting.

Treasurer Rick Strout reported a balance of \$2,405.67 in the Treasury as of September 11th, with nearly \$17,000 raised for the Baxter Running Path. Contributions are still coming in at a steady clip.

Vice President Jane Dolley was absent due to an important business engagement. Bob reported for Jane that Ruth Rohde and Cheryl Bascomb would speak next month on a variety of topics and issues of interest, e.g., hiking, running, sea kayaking, rockclimbing, biking, and canoeing.

Secretary's Report - The obsessive-compulsive secretary noted a mistake in the minutes of the August meeting: that 100 miles of running equals 400 miles of biking, not 10 miles of running. Also, it was noted that the Winthrop Lions Race was a 15K, not a 10K as stated in the September MTC newsletter. With these changes, the minutes and newsletter stood corrected. The secretary also wondered about Stage VI of Pechinski's profile of a runner...and whether he fits the mold! ? (Phil has been using "heavy hands" and averaging 80+ miles per week lately.)

Race Director's Report - Charlie Scribner reported:

- Bailey's X-Country, September 29th, Gorham. Volunteers should report at 11:30 a.m.
- Business Equipment/Kidney Foundation Race, October 6, on line. Volunteers and runners needed.
- Stroh's Run for Liberty - October 12. Volunteers needed.
- Falmouth Lions 10K - November 10; on line.

Charlie commented that both the Brunswick Goodsports Run to the Coast and the Cape Challenge were exceedingly well directed, managed, and run, with over 100 volunteers participating in the latter race. Recognition of volunteers will be made in the October newsletter.

Membership Report - Ted Cunningham and Bob Jolicoeur reported that people keep joining MTC at the rate of 15-20 per month. We now stand at 231 paid members.

President's Report - Bob Jolicoeur stated that a small group will be present at the September 12th groundbreaking for the Baxter Boulevard Path and a larger family-type affair will be held in October.

- Election of officers coming. Please consider yourself and/or others for possible nomination and election. Permission to nominate someone else should be obtained from the nominee prior to nominating a candidate.
- Awards Committee - Please assist this committee because the size of MTC renders this a necessity. You will receive a letter regarding this (was sent right after the meeting).

MINUTES cont.

- Remember to register for the Annual Banquet. See page 20 in the September MTC newsletter.

RRCA Committee Report - On line and developing nicely. A separate progress report will be sent to all members in September or early October.

Bob Jolicoeur presented Charlie Scribner with the Brodie's 10K Lite Beer Trophy which the Club won on September 2, 1985.

Meeting adjourned at 9:16 p.m.

Phil Pierce, Secretary

BAXTER BOULEVARD UPDATE

Work has finally started (three cheers!). The path has been leveled and stone dust is being laid at both ends of the two-mile path. This is "end-of-day" work for Blue Rock Industries so we must continue to be patient, but it is getting done. A family day celebration is being planned for Sunday, October 20, 1985. Hope to see you all there for at least a short visit.

Additional contributions have been received from WCSH-TV 6 Community Fund via Bill Green, \$200; New England Telephone (via Bob Payne), \$100; Joe Wishcamper and Walter E. Corey both as individuals as as partners of Back Cove Housing Associates, \$1,000. Also received were the proceeds from the Perfect 10K Road Race resulting in a contribution of \$1,964.93 from the joint efforts of the Maine Track Club and the Athletic Attic (Doug Ingersoll) at Back Cove. Nancy Stedman and Ted Cunningham coordinated for the Maine Track Club.

SAFETY NOTE - TUKEYS BRIDGE

Speaking of Back Cove, work is also being done to expand the Tukeys Bridge connector at the end of the running path. Unfortunately, even though there's a big sign at the end of the path indicating "Sidewalk Closed," runners continue to go around the sign to run up the sidewalk and onto the bridge.

Arnold Cutting, Tukeys Bridge engineer (774-5638) and John Hodgkins, an engineer for the DOT in Augusta, have both asked that we pass the word along to all runners to please stay out of the restricted areas. They are particularly worried about those who wear walkman radios for fear they might not hear the trucks backing up.

FOR THE HEALTH OF IT (from "Revenge is the Best Exercise")

Comedian David Brenner suggests the following exercises for those of us who aren't cut out to be joggers, weight lifters, or kung-fu experts:

- Keep a large scale in your bathroom. Every morning step over it.
- When your alarm sounds, don't drowsily reach over to turn it off. Lift your arm into the air and, in a swooping arch, slam it down on the snooze button. Alternate left and right arm from day to day.
- Get off the elevator in your office building two or three floors before yours and walk to another elevator.
- Stretching is important. When the phone rings, reach for it without taking your feet off the desk.
- Lean against a washing machine while it's agitating.
- Remember - jumping is good for you. Play checkers!
- Always use a manual can opener. Keep the can still and walk around it.

ODDS AND ENDS

1. Maine Freeze Campaign - Kim Moody and Debbie Sawyer are running the entire relay run from Bangor, leaving September 28th at 10:00 a.m., and arriving in Portland, October 5th at 10:00 a.m., in Deering Oaks Park over three days. The final leg will start in Brunswick at 6:00 a.m., at the Gazebo on the Mall and will head down Route 1. Runners are invited to join.

This is a non-competitive on-going (3rd year) run to celebrate the positive effect the Freeze Movement is having on halting the arms race and to keep the urgency and timeliness of the Freeze in the public vision. Contact Patrick Foster, State Freeze Walk Coordinator, at 725-6880.

2. The 2nd quarter issue of the Pineland Observer, published by the Pineland Center (Pownal, Maine) has great coverage on the Maine Rowdies' Fort Kent to Kittery relay held in May each year (400 mile run).

These annual runs (seven including 1985) have cumulatively raised over \$40,000 for special projects at the Center to help the developmentally disabled. At a way to go, Rowdies!

3. Al Butler, our favorite barber and hair stylist, has recently announced going into business for himself with his lovely spouse, Tammy. Al says he taught her everything she knows about the job, so she's got to be good, too. Bob Jolicoeur says he can vouch for both of them. When Al left his job, he took Tammy with him!
4. MTC baseball hats and visors for sale. Call Sandy Utterstrom. Al Butler has a lead on knitted hats for the winter months. He and Sandy are coordinating.
5. Wedding Bells

Larry Greer, former MTC member, was just married to Jane Caterina at the Spurwink Church. Larry was on the Cape Elizabeth Track Team, coached after that, and worked the annual Turkey Trot with the high school track team for years. Best of luck to the newlyweds.

Speaking of newlyweds...what could be more new than Mike Reali and Jodi Morong tying the knot on October 5, 1985. Three cheers and best of luck to both. (Hope Mike doesn't attempt Casco Bay after this performance....)

7. Casco Bay Marathon Group Picture at 6:30 a.m., in front of the Expo Building (if the photographer shows up! This is the earliest start ever for the hometown marathon.) Bring your MTC outfit and a big smile if you're not hurting too much from all the training.
8. The Board of Directors has agreed to recommend sending Charlie Scribner and Bob Jolicoeur to the Road Race Management Conference in Washington, DC November 16 and 17, 1985. Bob and Charlie will share a room - no extra charge for double occupancy. Bob will find a sponsor for the rest of his cost. Members will be asked to ratify the board's decision at membership meeting. To keep costs down, People Express will be utilized.
9. Convention Update - Bob Jolicoeur says the convention is coming along fine and will be issuing a progress report to all members within two weeks. Still needed are race directors for the races - Friday noon and Sunday morning - experience in race directing is required.

RACE RESULTS

Thanks to all members who continue to send in results of road races. Don Penta is especially helpful and deserves special thanks for keeping a sharp eye out for any MTC member running in out-of-town and out-of-state races. Russ Connors also tracks a number of people and informs us this month that Peter Dube has won his last three races.

Here are the results of races that have been brought to our attention since the last newsletter:

Falmouth Road Race (Massachusetts), 7.1 Miles - August 18, 1985

Top 17 males and top 15 females were reported in last month's newsletter. Now we learn that Phil Dube completed the race in 1:01:06.

Tour De Kingwood Bike Race - Wolfboro, NH 18 Miles (Hilly), August 24, 1985 - 113 Finishers

- | | | |
|--------------------|-------|------------------------|
| 1. Stephen Jackson | 45:56 | |
| 56. Martha Swatt | 54:27 | 1st Woman |
| 81. Nancy Stedman | 59:20 | 1st Woman in Age Group |

Mainers shine in Triathlon

CAPE COD, Mass. — Three Portland natives, including Rosalyn Randall and Paul Merrill, represented Maine with high finishes in the National Championship Triathlon for Ultra Distance held here Sunday.

Randall and Merrill finished second in the 30-39-year-old age group and David Roberts finished third in the same group. Merrill was the ninth finisher overall, while Roberts came in 15th in 211 finishers.

(From The Boston Globe)

September 8, 1985

Endurance Triathlon

at Hyannis
(2.4-mile swim, 112-mile bike ride, 26.2-mile run)

1. Scott Tinley, San Diego, 8:21:34; 2. Marc Suprenant, Centerville, 8:51:37; 3. Gary Passler, Amesbury, 9:19:56; 4. Mark MacGregor, Natick, 9:29:02; 5. Jamie Sarkesian, Wellesley, 9:31:25; 6. Bob Weatherby, Rye, N.H., 9:31:59; 7. Paul Merrill, Portland, Maine, 9:32:13; 8. Don Lake, Wrentham, 9:34:45; 9. Jerry Rangers, 9:45:12; 10. Pierre Bouduc, 9:55:06.

Women

1. Tie between Patricia and Sylvian Puntous, Elcide, Ca., 9:30:32; 3. Kate Delhagen, Demmaus, Pa., 10:24:32; 4. Marge Webber, Worcester, 10:26:40; 5. Kimberly Walsh, Narragansett, R.I., 10:45:13; Master — 1. Conrad Will, Rancho Santa Fe, Ca., 10:09:01.

Roadracing

Ray Insurance 5-K 9/2/85
on Mackworth Island, Falmouth
1. Hogan, 15:50; 2. Bockus, 16:38; 3. Halley, 17:01; 4. Libby, 17:09; 5. Crocker, 17:10; 6. Norton, 17:11; 7. Ricciuti, 17:16; 8. Fritz, 17:21; 9. Lyons, 17:30; 10. Leonard, 17:37; 11. Brooks, 17:41; 12. Kimball, 17:55; 13. Weatherbie, 18:00; 14. Stover, 18:03; 15. Noves, 18:06; 16. Martin, 18:10; 17. Jeffrey, 18:11; 18. Cirillo, 18:16; 19. McGarry, 18:20; 20. Dugas, 18:25; 21. Ray, 18:39; 22. Mullin, 18:41; 23. O'Flynn, 18:44; 24. Jensen, 18:47; 25. Payne, 18:49; 26. Comara, 18:53; 27. Cedrone, 19:01; 28. Turner, 19:04; 29. Gattani, 19:09; 30. Hewgate, 19:20; 31. O'Donel, 19:22; 32. Lynn, 19:29; 33. Reapon, 19:34; 34. Butler, 19:51; 35. Wallace, 20:00; 36. Sutton, 20:03; 37. Sargant, 20:04; 38. Haney, 20:10; 39. Moody, 20:25; 40. Berenson, 20:39; 41. Parrin, 20:51; 42. Ellis, 20:55; 43. St. Hillaire, 21:03; 44. Pierce, 21:05; 45. May, 21:09; 46. Foran, 21:17; 47. Wood, 21:43; 48. Darling, 22:11; 49. Solomone, 22:49; 50. Horkavy, 22:59; 51. Rupatilis, 23:46; 52. Wood, 24:11; 53. Safford, 24:56; 54. Mills, 25:04; 55. Burgess, 25:09; 56. Corbett, 25:26; 57. Ryder, 26:06; 58. Cook, 29:24.

Cape Challenge Half Marathon - September 8, 1985, Cape Elizabeth, ME - 308 Finishers

A great success again this year for co-directors Jane Dolley and Barbara Coughlin. Results are as follows:

	<u>Male</u>
<u>Open</u>	
Bruce Ellis	1:08:43
Ralph Duquette	1:10:41
Danny Paul	1:11:01
Rock Green	1:13:44
Jim Toulouse	1:13:59

<u>Under 19</u>	
Todd Boothby	1:30:39

<u>19-29</u>	
Bob Kent	1:16:08
Dennis Weeks	1:18:10
Tom Thibau	1:18:43

	<u>Female</u>
<u>Open</u>	
Nancy Ellis	1:27:19*
Jennifer Rood	1:30:43
Wanda Haney	1:30:53
Lisa Muller	1:31:55
Ellen Chandler	1:33:25

<u>Under 19</u>	
<u>19-29</u>	
Claudia Takacs	1:38:33
Gayle Richards	1:38:56
Eileen Stergiou	1:41:45

*=Course Record

RACE RESULTS cont. Cape Challenge cont.

Male

30-34	
Dave Patterson	1:16:05
Harry Nelson	1:18:00
Alan Quinlan	1:18:20

35-39	
George Towle	1:14:06
Terry Gallagher	1:18:13
Wayne Clark	1:18:43

40-44	
Lynn Presby	1:19:04
David Smith	1:26:55
George Waterhouse	1:27:16

45-49	
Bob Coughlin	1:19:19
Frank Brume	1:21:08
Bob Jolicoeur	1:25:07

50-59	
Russ Connors	1:24:42
Al Dingley	1:32:39
Walter Webber	1:36:41

60+	
Carlton Mendell	1:36:00
Russ Bradley	1:48:10
Terri McGovern	1:58:37

Last Finisher	
Charlie Serritella	3:03:54

Wheelchair	
Stephen Carlton	1:16:58

International	
Greg Walker	1:26:40

*=Course Record

Portland, Maine, Press Herald,

Thursday, September 5, 1985

Jogging

The newly-resurfaced South Portland High School track will be available daily for community jogging use from sunrise to sunset, the South Portland Parks and Recreation Department announces. Joggers are requested to use the outside lanes of the track. For further information, call Parks and Recreation, 799-7996, or the high school athletic office, 799-3515.

Female

30-34	
Gail Kinney	1:37:11
Mary King	1:42:33
Nadeen Plourde	1:55:44

35-39	
Linda Woodward	1:41:11
Connie Gilman	1:41:58
Sandee Prescott	1:52:03

40-44	
Jo Comeau	1:34:52*
Cecile Gahan	1:51:55
Jean Fletcher	1:52:13

45-49	
Susan Blaisdell	1:48:43
Jean Thomas	1:55:13
Marion Leschey	2:01:19

50-59	
Marie Lueders	1:44:02
Terri Morris	2:15:21

60+	

Last Finisher	
Susan Davenny	2:20:07

Road racing

Cape Challenge 9/8/85 13.1 Miles

1. Bruce Ellis, 1:08:43; 2. Ralph Duquette, 1:10:41; 3. Danny Paul, 1:11:01; 4. Rick Green, 1:13:44; 5. James Toulouse, 1:13:52; 6. George Towle, 1:14:06; 7. Dave Patterson, 1:16:05; 8. Bob Kent, 1:16:08; 9. Stephen Carlton, 1:16:58; 10. Dennis Weeks, 1:17:14; 11. Harry Nelson, 1:18:00; 12. Terry Gallagher, 1:18:13; 13. Alan Quinlan, 1:18:20; 14. Tom Thibault, 1:18:43; 15. Wayne Clark, 1:18:44; 16. John Crespy, 1:18:56; 17. Lynn Presby, 1:19:04; 18. Raymond Parr, 1:19:16; 19. Bob Coughlin, 1:19:19; 20. Judson Esly-Kendall, 1:20:26; 21. Richard Parr, 1:20:27; 22. Gordon Scannell, 1:20:49; 23. Frank Brume, 1:21:08; 24. Larry Parkinson, 1:21:31; 25. Muzzy Barton, 1:21:46; 26. Robert Hartley, 1:21:54; 27. Greg Duggan, 1:21:56; 28. James Madden, 1:22:21; 29. Jonathan Cook, 1:22:41; 30. Phil Vezina, 1:22:43; 31. Paul Cole, 1:22:53; 32. Stewart Jordan, 1:23:27; 33. Paul Conley, 1:23:38; 34. Gary Weber, 1:23:42; 35. Brian Miliken, 1:23:45; 36. George Liming, 1:24:03; 37. Barry Howapple, 1:24:18; 38. Austin Forrar, 1:24:24; 39. Philip Coffin, 1:24:25; 40. Keith Higgins, 1:24:30; 41. Russ Connors, 1:24:42; 42. David Barker, 1:24:52; 43. Cross Hutton, 1:25:00; 44. Frank Ferland, 1:25:04; 45. Robert Jolicoeur, 1:25:07; 46. Gregory Baston, 1:25:24; 47. Richard Maimon, 1:25:34; 48. Craig Kinney, 1:25:56; 49. Peter Bastow, 1:26:00; 50. James Herman, 1:26:06.

51. Mike Cirillo, 1:26:16; 52. David Silk, 1:26:26; 53. Greg Walker, 1:26:40; 54. Bradley Fitzgerald, 1:26:47; 55. Robert Poucel, 1:26:47; 56. David Smith, 1:26:55; 57. Stanley Sheldon, 1:26:58; 58. Steven McGrath, 1:27:09; 59. Michael Frost, 1:27:13; 60. Thomas Frederick, 1:27:14; 61. George Waterhouse, 1:27:16; 62. Nancy Ellis, 1:27:19; 63. Peter Flaherty, 1:27:25; 64. Donald Wilson, 1:27:27; 65. Stephen Podgorny, 1:27:29; 66. Richard McFaul, 1:27:30; 67. Mike Dooper, 1:27:48; 68. Andrea Butler, 1:27:49; 69. Stephen Westbrook, 1:27:53; 70. Dick Lalonde, 1:28:04; 71. Gary Grady, 1:28:27; 72. Joseph Regali, 1:28:35; 73. Michael Reall, 1:28:53; 74. John Lunt, 1:28:55; 75. Michael Towle, 1:29:30; 76. Steve Harriman, 1:29:37; 77. David Trussell, 1:29:37; 78. Bill Pavliska, 1:29:50; 79. Daniel Rooney, 1:29:57; 80. Ed Daugherty, 1:30:12; 81. Tom Bassals, 1:30:22; 82. Jeff Arsenault, 1:30:26; 83. Todd Boothby, 1:30:29; 84. Jennifer Road, 1:30:43; 85. Sanford Wilder, 1:30:48; 86. Ken O'Quinn, 1:30:48; 87. Wanda Honey, 1:30:53; 88. Donald Best, 1:30:56; 89. Douglas Smith, 1:31:03; 90. James Garland, 1:31:15; 91. Gerry Mirabile, 1:31:16; 92. Howard Wright, 1:31:20; 93. Gary Salamone, 1:31:24; 94. Kris Sorensen, 1:31:30; 95. Joseph Washburn, 1:31:47; 96. John Schwerdtel, 1:31:53; 97. Lisa Muller, 1:31:55; 98. John Coray, 1:32:05; 99. Richard Quinby, 1:32:22; 100. Al Dingley, 1:32:29.



RACE RESULTS cont.
Cape Challenge cont.

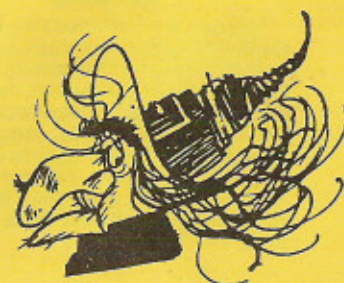
The newspaper clipping lists the top 100 finishers. Other Club members finishing with their order of finish were as follows:

103. Joel Titcomb	1:33:09	221. Russ Bradley	1:48:10
110. Phil Pierce	1:33:48	235. James Puckett	1:50:29
118. Robert Quentin	1:34:24	237. Gerald Monroe	1:50:52
130. David Paul	1:36:01	257. David Conley	1:54:38
131. Rick Rand	1:36:20	262. Jean Thomas	1:55:13
139. Bob Cushman	1:37:29	266. Ives Harmon	1:56:24
147. Richard Scribner	1:39:02	268. Stephen Grow	1:56:40
155. Brian Hall	1:40:06	270. Patty Titcomb	1:57:19
158. Richard Littlefield	1:40:27	273. Terry McGovern	1:58:37
159. Richard Strout	1:40:33	278. Carol Mills	1:59:28
163. Dale Kessler	1:40:46	281. Richard Lemieux	1:59:31
165. George Prescott	1:40:57	284. Marion Leschey	2:01:19
169. Dave Canarie	1:41:23	286. Susan Young	2:01:33
179. Raphael DePrez	1:42:15	295. Joseph Croteau	2:07:18
193. Bill Davenny	1:43:55	298. Philip Jones	2:09:44
203. Norman LeClerc	1:45:38	305. Joyce Cook	2:15:41
207. Ted McCarthy	1:45:48	307. Susan Davenny	2:20:07
209. Cleyon Rameau	1:45:57	308. Charles Serritella	3:03:54 Walker

In all we had 59 members finishing which is probably a record for Club participation in a race. Add to that the 100 or so volunteers from the Club who helped and you know what a great job was done.

The co-directors send along their heartiest thanks to all volunteers with special thanks to Ken Hutchins and Bob Payne for organizing the water stops; Charlie and Dick Roberge at the finish line; Len Sanborn, Laurie Munson, Denise Harlow, and Herb Strom all came to race but helped instead; several members helped at the front end, ran the race, and then came back to clean up!; and Joe Wildman and his family and Jonnie Thomas did a great job at the water stop by the finish line (had to refill the buckets in the men's showers!). The Cape Challenge would never have been so successful without the help of the following volunteers:

Brian Alward	Conrad Demers	Janice Kenney	Craig Robinson	Jean Thomas
Lee Allen	Bill Davenny	John Keller	Dick Roberge	Jonnie Thomas
Candy Allen	Joan DellaTorre			
Carlene Anderson	Ken Dolley			
Cheryl Bascomb	Greg Foley	Joan Lavin	Art Quint	Anne Vadakin
Joy Bokelman	Barb Footer	John Lavin	Len Sanborn	Robert Vadakin
Al Barthelman	Dave Fitzpatrick	Marion Leschey	Greg Stanley	Chuck Vadakin
Penny Barthelman		Dick Manthorne	Maggie Soule	Joan Welch
Marilyn Bronzi		David Manthorne	Jim Singer	Jane Williams
Carol Bailey	Liz Grover	Diane McCarthy	Tony Salvo	Joe Wildman
Peter Bronzi	John Gale	John McCarthy	Charles Sloan	Joanna Wildman
Barbara Bronzi	Erin Gilmartin	Christian McCarthy	Evie Strom	Jane Wildman
	Dave Goodwin	Terry McGovern	Jennie Strom	Larry White
Bob Cushman		Mary McGovern	Susan Stone	Warren Wilson
Mark Cushman	Carol Hanson	Jodi Morong	Liz Skofield	Sandy Wyman
Lloyd Cook	Chad Hanson	Laurie Munson	Jill Stanley	
Barb Cross	Barb Hider	Tom Norton	Vin Skinner	
Cathy Cross	Ruth Hefflefinger		Linda Sorensen	
Jackie Caiola	Ken Hutchins	Susan Pelletier	Charlie Scribner	
Micky Caiola	Chad Hutchins (Ken's son)	Shirley Packard	Brian St. Pierre	
(daughter) Caiola	Denise Harlow	Steve Palmer		
Ted Cunningham	Priscilla Jolicoeur	Jeanine Poulin		
Bob Caron	Lisa Joyce	Maureen McG. Puckett		
Tricia Conley	Howard Jackson	Don Penta		
Bob Coughlin		Bob Payne		



RACE RESULTS cont. Cape Challenge cont.

Race winner Bruce Ellis wrote Jane and Barbara a thank you note which in part said:

"I forgot to compliment the person driving the pace car with the clock. He was giving me directional hand signals which really helped me when running the tangents. Please thank that person."

Great Lewiston Mill Festival - 5 Miles September 14, 1985 - 98 Finishers

Male Leaders

1. Peter Paul Dube	25:01	Course Record
2. W. Kim Wettlaufer	25:20	
3. Bill Kline	26:12	
4. Joel Croteau	26:51	1st Masters
5. Jolin Creasy	27:08	

Female Leaders

26. Kelly Bennett	29:40	1st Woman
30. Joanne Cole	30:29	
48. Faye Gagnon	33:41	1st Masters
54. Joan Lavin	34:38	PR

Other MTC Finishers

63. Don Penta	35:34	
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Weather was sunny, 58°, and moderately windy.

Our thanks to Don Penta for these results.

Joan Benoit Continues Her Winning Tradition

MTC lifetime honorary member and Olympic Marathon gold medalist Joan Benoit won the Philadelphia Distance Run on September 15, 1985 with an unofficial time of 1:09:44. Joan ran this half-marathon (13.1 miles) on a fast, flat course in cool, fifty degree temperatures and finished well ahead of Judi St. Hilaire who placed second.

A new World Masters record, for runners over 40, was set that day by Priscilla Welch with a time of 1:13:06.

Sandy Wyman ran the race in the excellent time of 1:31:24. Mark Curp of Lee's Summit, MO, posted a half-marathon world record of 1:00:55 and beat 6,500 other athletes to win the men's race.

Bix 7-Miler

Bettendorf, IA. July 27. Since winning the Olympic Marathon, Joan Benoit has been leading a hectic life. She's obviously been training, though. At the Bix 7-Miler Benoit led from the start, covering the hilly course in 37:38, only eleven seconds off her own course record. Last year's winner, Kellie Cathey, took second, 1:03 behind.

Among the men, Mark Curp needed a course-record 32:54 to turn back Bill Rodgers, whose 32:56 was also under the old record 33:02 set by last year's winner Ashley Johnson.

THE RUNNER, OCTOBER 1985 99

(Boston Globe)

Distance Run

at Philadelphia
(half-marathon)

1. Mark Curp, Lee's Summit, Mo., 1:00:55 (world record); 2. Mike Masyoki, El Paso, Texas, 1:00:57; 3. Nick Rose, England, 1:01:03; 4. Guy Stearns, Portsmouth, N.H., 1:03:14. Women — 1. Joan Benoit Samuelson, Freetown, Maine, 1:09:44; 2. Judi St. Hilaire, Boston, 1:11:13; 3. Julie Brown, San Diego, 1:12:15.



With her win at Bix, Joan Benoit proved she's as strong as ever.

Bar Harbor Half-Marathon - September 21, 1985 (Thanks to Joan Lavin for results.)

Males

1. Michael Gaige	1:14:32
2. Bill Hine	1:16:34
3. Steven Gross	1:18:05
4. Dick Fournier	1:19:49
5. Marc Plantico	1:20:10
48. Carlton Mendell	1:34:19

Females

21. Robbin Rappa	1:27:45
39. C. McLellan-Cuff	1:31:14
54. Carol McRea	1:36:35
55. Sharyn Kingma	1:36:49
85. <u>Joan Lavin</u>	1:45:14
112. <u>Barb Footer</u>	1:56:31

RACE RESULTS cont.

8th Annual Gray Race, 4 Miles September 22, 1985 - 47 Finishers

1. Peter Dube	20:17	1st Open
11. Joel Titcomb	22:31	2nd Age Group
25. Nancy Stedman	27:12	1st Open
32. Don Penta	28:43	
33. Pat Titcomb	29:21	3rd Open

runners (compared to 19 last year). Jack Thornhill won it in 1:09:37. Bob Jolicoeur, who was attending a bankers' conference at the Notch, finished 4th in 1:15:01. Linda Tillotson, wife of the race director, finished first in 1:39:58.

Holland Marathon

We understand Jean Thomas ran a marathon in Frysland, Holland in a time of 4:16. More on this one next month was promised by Mason Smith who made all the travel arrangements.

Kingfield 10K - September 28, 1985 - 391 Finishers

1. Andy Palmer, 29:54.16; 2. Misa Fossa, 31:13.71; 3. Peter Lessard, 31:30.88; 4. Kim Weiffauffer, 31:43.62; 5. Glendon Rand, 32:03.81; 6. Roy Morris, 32:14.01; 7. Michael Golos, 32:23.36; 8. Jim Toylouse, 33:15.70; 9. Stephen Gills, 33:22.00; 10. Lance Gifford, 33:34.49; 11. Bill Hine, 33:38.53; 12. Conrad Walton, 34:41.17; 13. Rick Lane, 35:48.87; 14. Allan Stevens, 35:54.47; 15. John Condon, 36:02.65; 16. Wade Chipman, 36:20.46; 17. Hank Chlaman, 36:21.30; 18. Steve Mollay, 36:37.08; 19. Bruce Freme, 36:42.14; 20. Don Pennock, 36:44.73; 21. Lawson Naves, 36:47.62; 22. Brian Ladner, 36:54.45; 23. Allen Pierce, 36:51.36; 24. Tom Thibodeau, 36:55.02; 25. David Harrison, 36:55.68.	51. Bob Stuart, 37:22.44; 52. Dean Rosmussen, 37:25.25; 53. Cecily Currier, 37:27.38; 54. Sam Merrill, 37:37.27; 55. David Smith, 37:38.87; 56. Anne Marie Davee, 37:40.80; 57. Ronald Cedrone, 37:45.30; 58. Todd Olsen, 37:49.54; 59. Robert Salisbury Jr., 37:51.71; 60. Joe Repall, 37:54.56; 61. Peter Bostow, 37:58.60; 62. Joshua Hanna, 37:59.61; 63. Jeffrey Arsenault, 38:04.20; 64. Robert Culbertson, 38:11.11; 65. Brian Kelly, 38:23.45; 66. Tom Trivick, 38:30.97; 67. Robert Wight Jr., 38:34.77; 68. David Cathern, 38:35.21; 69. Norman Jackson Jr., 38:38.08; 70. Alburn Butler, 38:44.52; 71. David Freeman, 38:45.48; 72. Chip Howe, 38:46.59; 73. Rick Strout, 38:50.87; 74. Roger Berle, 38:52.15; 75. Tony Rau, 38:57.97.
26. Bob Coughlin, 35:07.49; 27. Mark Luebbert, 35:12.07; 28. Gary Weber, 35:23.33; 29. Jerry Allonach, 35:26.76; 30. Michael Cameron, 35:36.69; 31. Wayne Clark, 35:38.79; 32. Greg Parlin, 35:42.45; 33. Alan Howard, 35:47.01; 34. Gary Cochran, 35:50.84; 35. Warren Dean, 35:55.93; 36. Richard Smith, 36:21.95; 37. Gene Ray, 36:22.42; 38. Thomas Wells, 36:26.71; 39. Fred Karler, 36:28.83; 40. Jeff Frown, 36:41.15; 41. Randy Hastings, 36:41.51; 42. Phillip Coffin, 36:49.67; 43. Robert Poirier, 36:52.36; 44. Douglas Ludewig, 36:53.21; 45. Charles Nichols, 36:54.64; 46. Rick Davee, 37:03.51; 47. Peter Lodge, 37:09.62; 48. Don Reimer, 37:10.17; 49. Jeffrey Byrne, 37:19.10; 50. Stephen Harriman, 37:20.64.	76. John Schwerdel, 39:02.89; 77. Bill Yates, 39:04.68; 78. John Fischer, 39:06.08; 79. Paul Niehoff, 39:08.46; 80. Charles Weymouth, 39:10.64; 81. Joanne Cole, 39:12.59; 82. Raul Siren, 39:13.76; 83. Tony Lepore, 39:16.99; 84. Martin Schiff, 39:18.35; 85. Steven Ives, 39:19.49; 86. Ed Daughtry Jr., 39:22.30; 87. Diane Wood, 39:24.23; 88. Mark Simpson, 39:26.10; 89. David Trussell, 39:27.97; 90. Robert Duprey, 39:27.74; 91. Michael Reilly, 39:32.50; 92. Stanley Stark, 39:36.40; 93. Neal Genz, 39:37.43; 94. Norman Twaddell, 39:40.12; 95. Charlie Woodworth, 39:45.61; 96. Geoffrey Hill, 39:47.71; 97. David Comeau, 39:48.38; 98. Gregory Nelson, 39:49.62; 99. Ron Paquette, 39:53.02; 100. Dick Laloue, 39:56.32.

Dixville Notch International Marathon and 12 Mile Race (NH), September 22, 1985

Gordon Johnson was the winner of the marathon in 3:06:46. There were no women finishers this year and only 6 runners participated.

In the 12 mile race, there were 32 runners (compared to 19 last year). Jack Thornhill won it in 1:09:37. Bob Jolicoeur, who was attending a bankers' conference at the Notch, finished 4th in 1:15:01. Linda Tillotson, wife of the race director, finished first in 1:39:58.

114. Craig Boyd	40:32:12
183. Barbara Coughlin	43:07:42
188. Bob Hazzard	43:16:63
199. John Gale	44:02:53
243. Russell Bradley	46:30:13

Kingfield Children's K Race

106. Lesley Cedrone	8:36 6 years old
158. Adam Trussell	10:13
161. Marco Cedrone	10:27 4 years old

Bailey's Cross-Country 5 Miler and 1.5 Mile Children's Run September 29, 1985 - Gorham, ME

5 Miles - 56 Finishers, 1.5 Miles - 22 Finishers

James Bailey 5 Mile Children's Run
Sept. 29 of USA, Gorham

1. Stuart Hogan, 27:04; 2. Danny Paul, 27:22; 3. Peter Dube, 28:40; 4. George Towle, 28:59; 5. Etich Reed, 29:36; 6. Werner Pabalschig, 30:19; 7. Dick Neal, 30:27; 8. David Crawford, 30:29; 9. Sid Solombrier, 30:40; 10. Bob Hartley, 30:52; 11. Paul Conley, 30:59; 12. Michael Kimball, 31:06; 13. Mike Sargent, 31:09; 14. Joel Titcomb, 31:50; 15. Michael Crilla, 32:07; 16. Phil Stuart, 32:25; 17. Philip Pierce, 32:55; 18. Steve Gifford, 33:00; 19. Dennis Smith, 33:07; 20. Ted Foster, 33:48; 21. Seymour Solombrier, 34:05; 22. Rod Stanley, Jr., 34:35; 23. Chuck Mossie, 35:28; 24. Bob LaNigra, 35:39; 25. Brian Daly, 35:43; 26. Sam Solombrier, 36:29; 27. Sam Solombrier, 36:29; 28. Laurie Munson, 36:37; 29. John Howe, 36:38; 30. Dale Rines, 36:38; 31. Carlton Mendall, 36:46; 32. Elizabeth Jurowski, 36:49; 33. Rachel Veilleux, 36:58; 34. Dennis Morrill, 37:57; 35. Tom Hebert, 38:19; 36. James Oliver, 38:32; 37. Wanda Haney, 38:53; 38. Robert Green, 39:10; 39. Philip Meech, 39:25; 40. Steve Sargent, 39:31; 41. Richard Stoll, 39:44; 42. Wendy Wagner, 40:28; 43. Ted Wagner, 40:29;

James Bailey 1.5 Mile Children's Run Sept. 29 of USA, Gorham	1. Daniel Berude, 10:23; 2. Mark Amoroso, 10:41; 3. Eric Worcester, 10:53; 4. Michael Colazzo, 10:54; 5. Jenny Popp, 10:58; 6. Eben Graves, 10:58; 7. Gregory Popp, 10:59; 8. Chad MacDonald, 11:07; 9. Janine Jurkowski, 11:11; 10. Kristen Jankowiak, 11:19; 11. Ryan Kemna, 11:35; 12. Jennifer Reali, 11:39; 13. Kristen Berube, 11:39; 14. Jovelle Decker, 12:19; 15. Sarah Boemmes, 13:23; 16. Joshua Sturges, 13:28; 17. Joclyn Guillette, 13:30; 18. John Reali, Jr., 14:11; 19. Melissa Nicely, 14:11; 20. Sarah Sturges, 15:19; 21. Jessica Sturges, 16:44; 22. Greg Colazzo, 18:39.
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Hurricane Gloria adversely affected preparations for this 12th annual race, co-directed by Dave Paul and Lloyd Cook. All was set to go one week in advance, but nevertheless Dave, George Towle (who owed Dave a favor), and Dennis Morrill were using a chain saw to clear the course of fallen trees on Saturday.

The field was down slightly this year perhaps also due to Gloria. Many thanks go to all the Club member volunteers who assisted (see next page).



RACE RESULTS cont.

James Bailey Race Volunteers

Jeff Paul	F. Gray
Mel Paul	A. Kuklinski
Jim Paul	L. Cyr
Sylvia Turner	Barb Coughlin
Joyce Cook	Jane Dolley
Brian Flanders	Teresa Hichens
Conrad Demers	George Nadeau
Ken Hutchins	Jay Wildman
Joan Lavin	Russ Bradley
John Lavin	Katie Towle
Bob Cushman	Denise Harlow
Warren Wilson	Dave Horne
John Keller	Mike Towle
Norma Charetts	Lori Towle
Ted Cunningham	Sherri Towle
USM Girls X-C	Bob Jolicoeur
George Towle	Jennifer DeSena
Laurie Munson	Dan DeSena

* Maine Women's 10K Classic - Gardiner * August 25, 1985 - 30 Finishers

Last month we noted the top 3 Club members from a newspaper clipping. The October issue of Maine Running & Outing also shows that Jean Thomas came in 17th in 51:10; Sandy Utterstrom was 23rd in 52:30; and Dail Martin finished 27th in 58:09.

* Bath Elks Labor Day Classic - Bath, ME * September 2, 1985 - 5 Miles - 70 Finishers

1. Jason Cakouros	25:29
2. Jon Bell	26:33
3. Ric Schaaf	27:14
4. Barry Fifield	27:22
5. Daniel Hutchinson	27:33
6. John Mathieu	28:19
7. Wayne Clark	28:22

Portland, Maine, Press Herald, Monday, September 23, 1985

Scottish marathoner collapses, dies near finish line

GLASGOW, Scotland (AP) — A competitor in Sunday's rain-plagued Glasgow Marathon collapsed and died not far from the finish line, organizers said.

In an apparently unrelated incident, one of an estimated 35,000 fans lining the route also died after collapsing suddenly, said officials.

Torrential rain in Glasgow during the past few

days made conditions damp and uncomfortable for the runners, said race director Bob Daigleish.

He said the runner, Duncan Kerr, 28, of Glasgow, collapsed only 800 yards from the finish line of the 26-mile, 385-yard race. Kerr was given emergency treatment in an ambulance, but died shortly afterwards.

Daigleish said: "I understand he was one of the

better-prepared athletes and this was his fourth marathon race."

Dr Robin Knill-Jones, who tried to revive Kerr at the scene, said: "The man was apparently perfectly fit, although he may have had a cold recently. He was quickly taken to the finish line, where resuscitation was attempted, but his heart had stopped before he reached us."

Portland, Maine, Evening Express,

Wednesday, September 25, 1985

Runners urge money for nuclear freeze

Supporters of a mutual, verifiable nuclear weapons freeze between the U.S. and Soviet Union will be walking and running in Portland and eight other Maine communities to raise money for the Maine Freeze Campaign.

The third Maine Freeze Walk will be held Oct. 5 in Portland, Sanford, Norway/South Paris, Lewiston/Auburn, Brunswick, Augusta, Waldoboro and Presque Isle.

Bangor's ninth Freeze Walk will be held Saturday, and will kick off a relay run for marathon runners Kim Moody and Debbie Sawyer, both of Portland. They will run 90 miles throughout the state during the following week, completing the final Brunswick-to-Portland leg in time to send off participants on their 10-kilometer walk or run around the city.

Sen. George Mitchell, who recently returned from a congressional trip to the Soviet Union, has been invited to speak at a rally preceding the walk in Deering Oaks.

For more information or to register for the walk, contact the Maine Freeze campaign at 772-0680.

\$935,919

Isn't it great when a good guy finishes first? That's exactly what happened last week when Richard Campbell of the Maine Track Club was awarded the first grand prize in the Tri-state Megabucks Lottery. He can afford to run in Hersey Original Plus (custom) shoes now!

HAPPY HALLOWEEN!!



Boardroom Reports □ September 15, 1985

□ "Things may come to those who wait, but only the things left by those who hustle." —Abraham Lincoln.

□ Early morning workouts boost your metabolism for added energy all day. **Warning:** Don't cheat your body of sleep—if you plan to run at 5 a.m., go to sleep at 9 p.m. Work out at the same time each day—it's kinder to your body's time clock. **Caution:** Muscles are stiffer in the early morning than in the afternoon, so take it easy. Start slowly, then work up to your usual exercise pace as you limber up.

Executive Action Series, 24 Rope Ferry Rd., Waterford, CT 06386, monthly, \$60/yr.

This month's newsletter courtesy of:

UNITED
ONE

Maine Savings Bank

UPCOMING RACES - MAINE

It's the Fall season already. The leaves are turning bright yellow, orange and red, and the early morning temps are dipping into the fifties and mid to high forties. It's generally a great time of the year for running with reduced dangers from heat exhaustion and many PRs falling.

Best of luck to all marathoners. Traditionally, we have the greatest number of Club members running the Casco Bay Marathon than any other. New time this year is 7:00 a.m., instead of 12:00 noon. Last year's starting time was not popular with local runners. Accommodating church groups seems to be the problem with the old 8:00 a.m. start.

Here's the schedule:

- Oct. 6 - 10K for Kidneys and 2 mile Fun Run for ages 6-14 at 10:00 a.m. on Portland's Perfect 10K course starting on Preble Street across from the Athletic Attic. Contact Phil Coffin of the MTC or Kidney Foundation of Maine, P.O. Box 1134, Portland, ME 04104, or call 772-7270.
- Oct. 6 - Benjamin's 10,000 Meter Road Race - 12:00 noon at Benjamin's Tavern in Bangor. Fast course; recertified. Contact Benjamin's Tavern at 942-7492.
- Oct. 12 - Stroh's Run for Liberty II - 8K at 10:00 a.m. from SMVTI. Certified course. Medallion and certificate to each person completing the race. Contact Rick Strout of MTC at 829-3216.
- Oct. 13 - Casco Bay Marathon - Ready or not, here we come. 7:00 a.m. from Portland Expo Building. (See cartoon next page.)
- Oct. 13 - Elks Run for Diabetes & 1 Mile Fun Run - 11:00 a.m. from Waterville Elks Club, Appleton Street, Waterville, ME. Contact Bill Johnson at 873-1515 or Jerry St. Amand at 873-6753.
- Oct. 19 - Third Annual 10 Kilometer Autumn Gold Road Race - 11:00 a.m. from Willey's in Ellsworth. Contact Sheldon Booze at Down East YMCA, 667-5647 or Chamber of Commerce, 667-5584.
- Oct. 19 - Seventh Annual Fall Foliage Foot Race - 1:00 p.m. from Harbor House in Southwest Harbor. 5.5 mile race. Contact Harbor House, Southwest Harbor, ME 04679, or call 244-3713.
- Oct. 20 - Waldo County Challenge Triathlon - Belfast, 11:30 a.m. start time. One or two person teams only. 5 mile canoe, 17.5 mile bike, 5 mile run. Contact Waldo County YMCA, 125 High Street, Belfast, ME 04915, or call Dale Cross at 338-4598.
- Oct. 20 - *VOLKSMARSCH 10K (Non-competitive) - Start anytime between 8:00 a.m. and 1:00 p.m. - must complete the course by 4:00 p.m. Start and finish at the Ramada Inn, 1230 Congress Street, Portland. Contact Peter A. Borghini, P.O. Box 554, DTS Portland, ME 04112, or call 775-1000 ext. 2467.
- Oct. 20 - Downeast 4 Mile Classic - 1:00 p.m. at Sanford-Springvale YMCA, River Street, Sanford, ME. Long sleeve t-shirts to first 150 registrants. Pool, sauna, whirlpool and showers available to all runners and guests. Contact Richard L'Heureux, Downeast Roadrunners, RFD #2, Box 103, North Berwick, ME 03906, or call 676-2265.
- Oct. 27 - *VOLKSMARSCH (Non-competitive) - 11K (6.8 miles). Start and finish between 8:00 a.m. and 1:00 p.m. at Oak Hill Grammar School, Scarborough, ME. Contact Mark Sangster at 883-2631 evenings, or write NONESUCH VOLKSSPORT, P.O. Box 154, Scarborough, ME 04074.

*Note: The purpose of VOLKSMARSCH is to promote family leisure sports in the interest of health, recreation, companionship, and fun for all. It has been extremely popular throughout Europe for decades and seems to be gaining popularity here in Maine.

UPCOMING RACES - MAINE cont.



Oct. 27 - 8th Annual Great Pumpkin Race & 1.5 Mile Fun Run - 9:00 a.m. for fun run; 10:00 a.m. for 10K at Our Lady of Victory Church, Camp Ellis. Individual and special awards for men's and women's teams (4 per club team), husband/wife team. Day of race registration at Wormwood's Restaurant, Camp Ellis, Saco, ME. Contact Ken Dion, 14 Roebuck Avenue, Saco, ME 04072.

Oct. 27 - Village Cafe Halloween Classic - 3 mile run, 10:00 a.m. at St. Joseph's College, North Windham, ME. All runners must wear a mask or costume. Report to Gym at 9:00 a.m.

Nov. 10 - Falmouth Lions 10K and 1 mile Fun Run, 10:30 a.m. at Falmouth High School. Certified 10K on newly paved roads. 5 year age breakdowns and Club trophy. Contact Dr. Len Saulter, 9 Colonial Village, Falmouth, ME 04105, or call 781-2003 (days).

Nov. 17 - The Great Osprey Ocean Run - 10K from Wolf Neck State Park, Freeport, ME. More details to come next month.



UPCOMING RACES - OUTSIDE MAINE



Chicago Marathon Coming Up

Shortly following the Philadelphia run, Joan Benoit Samuelson announced her plans to enter the upcoming Chicago Marathon on October 20th. According to some reports, this is the "fastest field [of women runners] ever put together." Seven women with times under 2:30:00 will be participating, so the competition should be outstanding. Ingrid Kristiansen from Norway (she claims to hold the current women's world record for marathons pending re-measurement of the course) and Rosa Mota, who finished third in the Olympics behind Greta and Joan, will both be there.

The Chicago course is a loop course which, according to some, makes for a fairer run. In point-to-point races, where a runner begins at one point and ends at a different one, a tailwind or headwind can play a significant factor in runners' times. So the Chicago loop with its fast flat course should make for quite a competition.

Best of luck, Joan. We're all rooting for you! Sub 2:20...Go for it!

- Oct. 6 - Leaf Peepers Half Marathon - 11:00 a.m. Start and finish at the Waterbury, Vermont Recreation Field. Certification pending. Contact Waterbury Area Lions Club, P.O. Box 6, Waterbury Center, VT 05677. (Bob Jolicoeur has applications.)
- Oct. 6 - Saucony Freedom Trail Road Race - 8 miles at noon from Waterfront Park, Boston. \$10,000 prize money. Contact Saucony Freedom Trail Road Race, P.O. Box 233, Boston, MA 02101.
- Oct. 13 - AMJA Ultramarathons - RRCA 50 miler and 100K National Championship. Contact Noel D. Nequin, MD, Cardiac Rehabilitation Center, Swedish Covenant Hospital 5145 N. California Ave., Chicago, Illinois 60625, or call (312) 989-3804.
- Oct. 13 - Nationwide Bank One Marathon - 9:00 a.m., Columbus, Ohio. Contact Nationwide/Bank One Marathon, Corporate Processing, Columbus, Ohio 43271-0980, or call (614) 889-9079.



UPCOMING RACES -OUTSIDE MAINE cont.

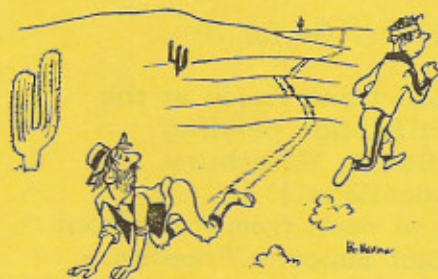
- Oct. 14 - Tufts 10 - 10K (formerly Bonne Bell 10K). Boston. \$15,000 prize money. Contact Coventures, Inc., 45 Newbury Street, Boston, MA 02116 for race form.
- Oct. 20 - America's Marathon/Chicago - 10,000 runners in 1984 - won by Steve Jones. 12,000 runners expected this year. Big purse. Contact America's Marathon/Chicago, 214 W. Erie, Chicago, Illinois 60610, or call (312) 951-0660.
- Nov. 3 - Ocean State Marathon - 11:00 a.m., Newport, RI. Certified course. Contact Kevin Pilkington, 591 Angell Street, Providence, RI 02906, or call (401) 273-0615.
- Nov. 3 - Marine Corps Marathon - 9:00 a.m., Washington, DC. Contact Marine Corps Marathon, P.O. Box 188, Quantico, VA 22134, or call (703) 640-2225. (Sandy Utterstrom has registration forms.)
- Nov. 17 - *Tokyo Women's - Japan
- Nov. 17 - *Auckland Marathon - New Zealand
- Nov. 24 - Philadelphia Independence Marathon - Contact Philadelphia Independence Marathon, Memorial Hall, Philadelphia, PA 19131.
- Nov. 24 - Boston Peace Marathon - Features international parties throughout the week in different locations in Boston and International Peace Breakfast. Route: Concord, Lincoln, Lexington, Arlington, Cambridge, Boston. Joan Benoit is listed as Honorary President of the Worldwide Running Club for Peace (sponsor). Write Boston Peace Marathon, Box 60, Boston, MA 02130 for info.
- Dec. 1 - *Fukuoka Men's - Japan
- Dec. 8 - *Honolulu Hawaii
- Dec. 10-19 - International Running Tour of the Holyland - Contact Lifeco Travel Services, 16030 Ventura Boulevard, Suite 530, Encino, CA 91436, or call (818) 789-9495 or 800-824-3353.
- Dec. 15 - Avon Women's International 10K Championships in Guadalajara, Mexico. Contact Marathon Tours, Inc., 1430 Mass. Ave., Harvard Square, Cambridge, MA 02138, or call (617) 492-3088.

*Contact: International Running Center, 9 East 89th Street, New York, NY 10128, or call (212) 860-4455.

Pepper . . . and Salt

9/12/85

THE WALL STREET JOURNAL



Hail, the Baby-Boomer
It's the age of the quiche and
tofu,
Of the sprout and the tough
running shoe.
Lifting gold weights,
Doing ego inflates,
Makes a healthier, yuppie
you.

-W.I. Zeldin.



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It's official. John Hancock Mutual Life Insurance Co. will sponsor the Boston Marathon for the next 10 years. The Boston insurance giant will put up \$10 million to be the official race sponsor. Under terms of the agreement, the race will still start in Hopkinton, but the finish line will be moved nearer to the base of the John Hancock Tower. The race will take place on Sunday, and a sum of \$250,000 will be available for the runners, with more cash set aside for record paces.

Don't be envious of athletes who have natural talent. Be grateful for the things they have but you don't: tendonitis, heel spurs, stress fractures and groin pulls.

(From The Runner's Handbook)