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by a low a short time later. Wait until the race starts to being using these sources.

During the marathon, drink at every mile if possible. Make sure to take in the entire cup. Many runners spill half or take just a few sips. By losing much of the water, you are guaranteeing a case of dehydration by the end of the marathon. Just a slight drop in your hydration level will affect your performance negatively. Also, make sure you are using a sports drink during the race. This will give you some of the extra calories you will need. The longer you are out there racing, the more you will need to make it to the finish line.

Your race strategy should be simple. Start very easy! Too many runners start out fast. This is due to many factors, such as feeling very rested, being over-anxious, or getting caught up in a large pack. These situations usually take runners through the halfway point too quickly. This will assure a struggle during the last few miles of the marathon. To find your ideal marathon pace, take your current 10-mile race pace and add 30-45 seconds to it. Use this as a starting point. Remember, it is easier to increase your pace as you go instead of finishing very slowly or having to walk. Use this to remind yourself of the challenge that lies ahead: The marathon is a training run for the first 20 miles. You then have to race the last 10K. This requires smart running so you can have a positive experience.

The recovery following the marathon is extremely important. Your body will be very tired and your muscles in need of protein repair. Make sure you eat plenty during the first couple of days after the race. Concentrate on quality food that include protein, carbohydrates and fats. Protein is especially important at this time. It will be the building block responsible for repairing broken down muscle tissue.

Your training should consist of walking, swimming and some easy cycling for the first five days. Do not try to run for at least seven days. The body will be in need of rest and rejuvenation. Running too soon will only slow your recovery.

Your marathon race day is fast approaching. Enjoy your taper and have a great race. See you on the roads.

*Maine Track Club coach Steve Fluet conducts weekly workouts at Portland's Fitzpatrick Stadium from May to early October. His column appears monthly in the MTC newsletter.*

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second at the end, 13 minutes back.

"The North Medford Club thought they had a fast team, so they were surprised that we were ahead of them," said Sutton.

The race began in a steady rain, but the weather improved as the day went on.

"It poured for the first three legs of the race, then after that it stopped raining, and toward the end of the race it got pretty warm," said Rodrigue.

The men's open team featured Bob Winn, Todd Coffin, Peter Bottomley, David Weatherbie, Rob Pierce, Rob Edson (a ringer from New Hampshire), Tom Dann and Scott Brown. Pierce set a course record for his leg, but the Mainers had to settle for second place overall behind the powerful Central Mass Striders.

"Tom Littlefield put a lot of effort into organizing the (open) teams and gathered probably as impressive a crew of runners as you can get from Maine," said Brown. "It would have been a longshot for us to beat the Central Mass Striders, but any time you can run close to them and make them nervous for a little while, you've done well."

CMS, featuring noted hill runners such as Dave Dunham and Dan Verrington, blazed its way to a time of 5:39:14. The Maine team finished 13 minutes later, eclipsing the vaunted six-hour mark.

"We accomplished our goal, which was to become only the

second team to break six hours," said Brown. "The only other team to do it is Central Mass, which does it almost every year."

Eight Men Out wasn't able to defend its men's masters title, as first-place honors went instead to Eight More Men Out (6:40:07). It was tight competition throughout, with the top four teams finishing within six minutes of each other. John Tarling, running the anchor leg for Eight More Men Out, passed a team from Brockton, Mass., with about two miles remaining to put his team in front for good.

"That was an exciting finish," said Sutton. "They went back and forth the whole race."

The victorious squad included Randy Bartlett, Mike Reali, Alan Muir, Robert Ashley, Will Lund, John Eldredge, Gordon Scannell and Tarling. Eight Men Out (6:46:52) consisted of Marlon Conrad, Rob Craig, David Roberts, Alburn Butler, Steve Moriarty, Harry Nelson, Sean Keough and Don Stowell.

In the men's senior division, the Maine Class of 50 overcame a last-minute lineup change to finish third in 7:11:31. Members of that team were Bob Payne, Bob Coughlin, Chase Pray, Guy Berthiaume, Lawson Noyes, Wayne Newton, Ron Deprez and Dick McKenney.

"It's a fun time," said Payne. "I just wish more teams from Maine would do it. This is the sixth year I've done the race. The first three years, we were the only team from Maine, but now more people are finding out how much fun it is, and we're getting more Maine teams."