

Maine Track Club

P.O. Box 8008, Portland, Maine 04104

...Run with a friend...

NOVEMBER, 1985 NEWSLETTER

OFFICERS

Bob Jolicoeur	- President	799-4127
Jane Dolley	- Vice President & Chairman, Program Committee	846-6018
Rick Strout	- Treasurer	829-3216
Phil Pierce	- Secretary	781-3769
Russ Connors	- Chairman, Newsletter Committee	799-8240
Charles Scribner	- Race Committee Chairman	781-3769
Ted Cunningham	- Chairman, Membership Committee	646-9516

Reappearance
of

NEXT MEMBERSHIP MEETING

The next meeting of the Maine Track Club is Wednesday, November 13, 1985 at the SMVTI Machine Tool Auditorium in South Portland at 7:00 p.m. As mentioned in the special notice sent to all members last week, this month's meeting will include slides of various and sundry races held in 1985. This traditional program has always been a favorite with the Club, and should be a lot of fun.

Also scheduled for this month's meeting is the annual election of officers. See the write-up on this elsewhere in the newsletter.

NEXT NEWSLETTER COMMITTEE MEETING

Wednesday, November 27, 1985 at 7:00 p.m. in the Maine Savings Bank board room (2nd floor). Please come prepared with any material to be included in the December newsletter. All members are welcome to attend.

TRAVELING TO BOSTON?

Dave Paul is living at the Meridien Hotel weekdays on business until January or February, but he passes the word along that he'd love to have company from the Maine Track Club for a nice 4 or 5 mile training run any day after 4:00 or 4:30 p.m. So if you're planning an overnight trip to Boston, give Dave a call at home weekends (797-4242), or leave a message at the Meridian (617-451-1900).

Daffynition

Marathon: jogjam.

-Lois Leurgans.

In a farming community, a woman was finishing a long workout on a hot, humid day, and was feeling particularly sweaty, dirty and unattractive. As she rounded a corner, another runner came toward her from the opposite direction. "Pig!" he wheezed. The woman found the strength to shout back over her shoulder, "Up yours, jack-ass!" The next thing she did was trip over a huge hog in the middle of the road.

Maine Track Club is a non-profit organization.

From: The
Runner's Handbook



NEW MEMBERS

It appears the Maine Track Club has been discovered. A record 24 new member households were added in October. Unbelievable is all we can say to that! Welcome to all. You've just joined one of the best running clubs in the country...and with your help we'll get even better.

Credits for new members go to the following members and organizations: one each to Raphael DePrez, Athlete's Foot, Herb Strom, Rick Strout, Roy Morejon, Lloyd & Joyce Cook, Bob Jolicoeur, Ted Cunningham and James Bailey Co. Jane Dolley pulled in two new members in October and so did the Athletic Attic. We gained three from Olympia and Ted Cunningham's display at the Cape Challenge was responsible for 5 new members.

Thanks a lot, team. You're doing great!

Name & Address	Phone	Occupation	Age/Other Interests
Valerie J. Abradi P.O. Box 504 Lisbon, ME 04250	W784-3591 H353-9713	Mechanical Engineer, Philips Elmet Corp.	25-Hiking, gardening, animals
Pat Buckley 54 Grant Street Portland, ME 04101	W773-5651 H761-4690	Legal Secretary, Murray, Plumb & Murray	38-Reading, furniture refinishing
Ken & Amy Casey 121 Middle Road Cumberland Foreside, ME 04110	W775-6511 H829-5735	AVP, Fin. Svcs., Key Bank; Amy, Wilson School (3rd grade)	Ken, 33; Amy, 8
Garrett C. Clough 140-R William St. Portland, ME 04103	H761-0464	Teacher/Consul- tant Ecologist, C.E. High School	53-Sailing, x-country skiing, camping, biology, conservation
Kenneth M. Cole, III 178 Pleasant Ave. Portland, ME 04103	W775-7271 H772-7250	Attorney	39
Ron Deprez 33 Storer St. Portland, ME 04102	W622-7566 H773-8917	Epidemiologist/ Health Svc Res., Med. Care Dev., Inc.	41-Photography, his children
Andrew Dionne 1343 Broadway S. Portland, ME 04106	H799-6318	Freshman, Cheverus	14-Soccer
Richard A. Duncanson 7 Union Road Cumberland, ME 04021	H829-6265	Tractor Trailer Driver	41-Hunting, fishing, camping, skiing
Phyllis A. Goulet P.O. Box 707 Biddeford, ME 04005	W780-4040 H282-2300	Sr. Clerk Tech., USM	40-Walking, hiking, x- country skiing, biking, swimming, skating
Bob & Elizabeth Handy 181 Payne Road Scarborough, ME 04074	W775-5401 H883-5034	(B) Environmental Engineer; (E) In- vest. Prop. Owner	B(32); E(28)-Swimming, biking, cooking, gardening, stocks
James W. Henley 79 Falmouth Street Portland, ME 04103	H871-0232		39
David Houser 16 Mussey St., #406 Portland, ME 04106	W775-3911 H767-5062	Merchandise Mgr., J.C. Penney	35-Skiing, golf, tennis, hiking, biking, swimming
Joanne Karas 290 Baxter Boulevard Portland, ME 04101	W761-2310 H774-2969	Occupational Therapist, Jackson Brook Institute	36-Music, dancing, aerob exercise, photography, cycling

NEW MEMBERS cont.

<u>Name & Address</u>	<u>Phone</u>	<u>Occupation</u>	<u>Age/Other Interests</u>
Steven M. McGrath 17 Hammond Street Portland, ME 04101	H773-4587	Med. Technician, Maine Medical Center	30
Tom & Barbara McMillan 9 Mechanic Street S. Windham, ME 04082	H892-3790	Plant Worker, Burnham & Morrill	Tom, 39; Barbara, 31
Carlton E. Mendell P.O. Box 1861 Portland, ME 04104	W797-7806 H773-1736	Chartered Life Underwriter	64
Robert & Penny Morris RFD 1, Box 263 Denmark, ME 04022	H452-2606	Writer/Teacher (Self-employed)	Robert, 52; Penny, 48
Douglas G. Palmeter 101 Ledgewood Terrace Saco, ME 04072	W282-6155 H283-9377	Quality Control Manager, Shape, Inc.	25-Hiking, skiing, bicycling, triathlons
Alan R. Quinlan 15 Tall Pine Road Cape Elizabeth, ME 04107	W775-6000 H767-5289	Commercial Acct. Exec., Morse Payson & Noyes	30
Richard Robinov 108 Park St., Apt 3 Portland, ME 04101	W784-1525 H761-0313	Mgr., Applicators Sales & Services	25
Richard Stott P.O. Box 7342 DTS Portland, ME 04112	W780-3235 H883-9234	Special Agent, US Fish & Wildlife Service	41
Sylvia D. Turner 8 Heritage Lane Falmouth, ME 04105	H878-2189		50-Golf, cross-country skiing
John P. Woods Neils Point Road RR1, Box 80 So. Harpswell, ME 04079			67
Kathleen Woods 65 Reed Street Westbrook, ME 04092	W879-0766 H797-3014	Counselor (Self-employed)	29

CHANGES OF ADDRESS

Please make note of the following address changes:

Sandra Wyman
c/o Kajaani Inc., Automation
156 Danforth Street
Portland, ME 04102

Susan Stone & Brian Milliken
249 Middle Road
Falmouth, ME 04105
H781-2321

ANNIVERSARIES

Happy 25th Anniversary to Herb & Evie Strom and Barbara & Mason Smith, who all got married on November 12, 1960!

CORRECTION

Apologies to Cleyon Rameau, one of our new members who joined us in October, for misspelling his name in last month's newsletter.

MEMBER PROFILE - Roy and Sue Morejon

Roy Morejon intends to run for fun forever. Why? He loves running. Roy is a new member of the Maine Track Club. His story is what a running club and its members are all about: a winning team effort to meet the challenge...and to have fun!

Roy joined the Maine Track Club in May, 1985. His best intentions to attend meetings were thwarted by work commitments. Roy is a Federal Special Agent with the National Marine Fisheries Service under the National Oceanic and Atmospheric Administration in the Department of Commerce. Translation: Roy spends a lot of time in the field enforcing federal marine life laws. But he always finds time to read the Maine Track Club Newsletter. Last summer, his wife, Sue, read the fine print. As a result, Sue was the instigator behind their first race: the 4-Miler Spring Point Festival. The fine print read, "free trip to Bermuda - all finishers eligible for drawing." Sue, who had barely even run 1 mile, registered right along with her run-for-fun husband. Roy ran a respectable 26:32 and Sue ran all 4 miles to the finish. Someone else won the trip to Bermuda, but the Morejons won a wonderful way to spend a day. Sue's parents, up from Connecticut for the weekend, brought the children: Jill (7), Roy (4), and Amy (1½) to watch Mom and Dad. A family day.

Family is why Roy, 42, started to run. The story starts in 1983. Roy was a smoker with a good reason to stop: a young wife, 2 small children and one on the way. Today, Roy is 40 pounds lighter and nicotine-free. His oldest daughter, Jill, proudly speaks of her parents' running. No impaired daddy for that little girl. Roy recollects that as a junior high student in Massachusetts he broke a 5-minute mile. In senior high school, he ran cross-country. Then baseball stole his heart and his aerobic fitness declined. He explains that he worked hard physically as a lobsterman but...he smiles as he explains how he knew Sue was light enough on her feet to be a good little runner someday. During their courtship, it seems she moved fast enough to never be bitten by those lobsters snapping at her toes. Her job was to band the claw as Roy threw them on the floor of the lobster boat. Eventually, she didn't have to move so quickly though; she began to wear shoes. These days husband-coach Roy keeps Sue in running shoes and shorts.

The story took a dramatic turn in 1984. The running he started in 1983 conquered the nicotine and weight, but it claimed his right knee. He underwent arthroscopic surgery; cartilage was removed. The surgeon predicted, "Your running days are limited." Seven weeks later, Sue, pregnant, pleased, but surprised, watched Roy run his first mile. He had done a lot of biking and was growing anxious to feel his feet on the pavement again. He was just experimenting, but he felt fine, so he ran the mile. He hasn't stopped since.

Roy and Sue scheduled Pat's Pizza 5-mile Run for July. Roy ran a 33:05 and Sue ran all 5 miles. Meanwhile, Roy had his mind on JUST ONE Casco Bay Marathon. He started to train. Sue and the children would drive to predetermined spots to give him water and encouragement as he steadily increased his mileage. By the end of August, he knew he could do the marathon. He ran his first 20 miles that August while on a vacation trip to New Brunswick. Sue recollects that fishing - one of Roy's passions - was put aside on that trip in favor of running!

On that cold, rainy Sunday morning Roy drove in from Freeport to the Expo for his first marathon and his first picture-taking session with the Maine

MEMBER PROFILE cont.

Track Club. The MTC provided enough cheer to equal sunshine plus a rainbow. Friends and relatives cheered him along the way. He ran along with runners from Massachusetts and exchanged small talk. He felt great at mile 17. Then at 21 miles, his legs cramped from the cold. He paced himself carefully and finished with a 3:44 time. Sue described his condition afterwards this way: "He's walking and talking." Walking with his children and talking about which race to run in November.

Roy's membership in the Maine Track Club is more than his taking its support and information - he has a sense of "indebtedness." He worked the Stroh's Run for Liberty and intends to work many more. His family has benefitted from the association as well. Sue runs every morning while Roy watches the children and cooks breakfast. Roy's turn to run is in the afternoon. The children come home from school more often than not to a dad who has just returned from his run. Whenever she can, daughter Jill enjoys riding her bike along with whichever parent is running. Little Roy is counting the days until he's "old enough." Running has become a lifestyle in the Morejon household, and everyone is coming out a winner.

Thanks to Carol Mills for a great job on this member profile article.

Marvin



ANNUAL ELECTION

November 13, 1985 is the date of the annual election. To repeat our previous announcements, we are very fortunate to have a great slate of officers for 1986: Jane Dolley, President; Rick Strout, Treasurer; Maggie Soule, Secretary; Charlie Scribner, Race Committee Chairman; Bob Jolicoeur, Chairman, Newsletter Committee; and Ted Cunningham, Membership Chairman. In addition, Phil Pierce has agreed to run for (pun!) Vice President and assume the duties of Program Chairman if nominated.

Other committee appointments announced at the October membership meeting were as follows: Sandy Utterstrom, Clothing; Sandy Wyman, Social; John Gale, Course Certification; Joan Lavin, Publicity and Promotions; Bob Jolicoeur, Special Projects (RRCA convention); and Don Penta, Statistician.

A great team for a great club! Let's all get behind them and "railroad" them in at the membership meeting.

This month's newsletter courtesy of



Maine Savings Bank

JEAN THOMAS RUNS FRIESLAND MARATHON

By Mason Philip Smith

Maine Track Club member Jean Thomas, who will celebrate her 50th birthday in December, ran her thirteenth marathon on September 21, 1985 in Leeuwarden, the Netherlands. Her time was 4:16:22 in what proved to be a wind-plagued race. Twenty-one days later she ran the Casco Bay Marathon in 3:57:36 in the rain.

It was Jean's second Dutch marathon. In 1982, Jean, Al and Sandy Utterstom and myself and my wife, Barbara, flew to the Netherlands for the Amsterdam Marathon and half marathon. Jean set a personal best in the 1982 Amsterdam Marathon by running 3:36.

Both in 1982 and this year our hosts were Anny and Joop De Jong of Leeuwarden in the Dutch province of Friesland.

Like most Dutch men and women, both Anny and Joop are sports minded. For many years Anny coached a field hockey team and Joop coached a football (soccer) team. In addition, Joop is a professional sports masseur. Two of their four children are currently attending college to be athletic instructors.

In 1982 Jean, Al, Sandy, Barbara and I presented Joop with a Maine Track Club sweatshirt to show our appreciation for their hospitality in putting us up for a week in their home.

Last February, Joop proudly wore his MTC sweatshirt in the famous Elfstedentocht, eleven town, 124 mile, skating tour. Joop skated the tour with his brother-in-law, Theo Van Der Meer in just under 13 hours.

In Franeker he was captured by the national television as he skated through the town wearing his MTC sweatshirt, to which small American and Friesland flags had been sewn.

When Anny and Joop invited us to come to Friesland this September to run in the 1st Soucy Friesland Marathon, Jean and Barbara and I quickly accepted. However, a difficult summer work schedule put an end to my training in July, although I did find an hour here and there where I could cross-train on my bike. Jean trained by following the Galloway schedule of alternating Sundays of speed work and 20-26 mile distance runs.

On September 15th we flew to Brussels and then drove four hours to Leeuwarden. Having heard Alan Leather talk on bike touring at a recent MTC meeting I decided to take my bike with me, knowing that most Dutch bikes are balloon tire machines designed for daily wear and tear, rather than touring.

The second afternoon that we were in Leeuwarden I re-assembled the bike, which had had to be broken down into several parts to go in a "plane-bag". Then Anny, Jean (on a borrowed bike) and I took a bike ride through the town to the Kliene Wielen, a wind surfing lake, to get the kinks out of our legs and to fight a small amount of jet lag.

The next day Jean and I took an early morning ride south of the town. In addition, Jean took several short training runs through the fields and along the canals on the south side of Leeuwarden.

One day Anny and Joop and Jean and Barbara went through the canals on Joop's boat to Eernewoude, a small town on the edge of the Oude Venen, a large lake east of Leeuwarden. Heading south from Leeuwarden and then east, I did a twenty mile circuit on my bike and joined every one else at Eernewoude.

The first eight miles was directly into the wind and I used almost every gear on the bike. I stopped in a small roadside cafe for a coffee and then found I had the wind directly on my back as I headed east towards Grouw. It was high gear all the way!

Biking in Holland is a pleasure. Everywhere you go there are special bike paths. They come in various sizes and shapes and in some areas are compulsory and in others are optional. There are even special bike lanes through the towns and cities. In a large town like Leeuwarden there are both attended and unattended bike parking lots. Almost everyone in the Netherlands owns and uses a bike in their daily life. The children bike to school and on a rainy windy day you will see children biking to school in tight packs of twenty or even thirty children, jackets flapping, making their way against the wind.

Saturday, September 21, Marathon Day, dawned overcast and with a threat of rain. The temperature was 60 degrees and climbed to 65 degrees by race time.

The race started at the Wilhelmina Plein, a large square in the center of the old section of Leeuwarden. Jean and Theo Van Der Meer, who was running his first marathon, warmed up by run-

ning around the square in a light rain. However, the sun came out by the time the gun was fired and the runners were soon off, winding their way through small streets as the race left the town.

Off to an uncharacteristic slow start, Jean ran the first three miles in 32 minutes. Theo, running with the enthusiasm of a first timer, plunged through the same distance in about 23 minutes.

The race started on the streets of the town, but soon switched over to bike paths. The Dutch, unlike the residents of some Greater Portland communities, take a marathon seriously. No automobiles are allowed on the course and bikes are also banned. However, at several points race bikers were observed breaking the wind for several runners. Water and sports drinks were provided at water stations about every three miles. In addition, there were first aid and sports massage personnel at every aid station. Police manned major intersections in the race.

Miles three to six were run on a bike path. However, the runners had to run this stretch into the wind and the path was straight as an arrow, with no twists and turns to break the wind.

Turning north, the course wound through the small towns of Molenend, Roodkerk, Oudkerk, Oenkerk and Giekerk, before turning south-west and passing through Miedum and Lekkum and re-entering Leeuwarden to finish at the Waag Plein in the center of the town.

Theo had been hoping to run his first marathon in a time of between 3:30 and four hours. Jean, knowing she could not match her previous Dutch time, hoped to run under four hours.

At Giekerk, at about 18 miles, Theo and another first-timer, appeared around a corner running a solid 3:30 pace. I felt the other man, who was carrying a small card with a time schedule on it, was settling into a lock-step pace and taking Theo with him. I told Theo he could pick up the pace a little at the next corner and that he could probably sustain the increase. He did just that, picking up the pace and leaving his companion behind.

The stretch through Lekkum was especially difficult for many of the runners because everyone had to run into a strong wind for several miles. Theo plunged into and through the windy stretch, whereas Jean found the windy stretch so difficult that she had to stop and walk at several points.

The marathon finished alongside a canal in the center of the town. The

runners turned a corner from a small and then ran along the canal for about 150 feet, finishing up a slight grade to the entrance to a bridge over the canal. Every runner's name and time was announced as he or she passed over the finish.

A smiling Theo Van Der Meer appeared around the corner and seeing the finish straight ahead did a large jump into the air and then finished his first marathon in 3:21. When Jean finished the announcer gave her name and time and said she was from the Maine Track Club in the States.

The Dutch take care of their runners after a marathon. In addition to the usual water, sports drink and food stations, there were professional sports massage areas for both the men and women racers.

At the awards ceremony Jean was

presented a handsome trophy for being the first women finisher from an unorganized group, i.e. a non-Dutch sports club. She was the fifth woman finisher over-all.

At the women sports massage area, where Jean went for a massage, we met several of the Dutch women finishers. We talked to the female winner, a 37 year old woman from North Holland. She won the race with a time of 3:15. Her usual finish time is in the area of 2:50, but she ran this race as a training race and not to go all out. The week previously she had won another marathon with a time of 3:05. Both races were run as training runs to prepare for the 60 mile London-To-Brighton Classic, which was held two weeks after the Soucy Marathon.

The woman said she lived on a diet of fish and salads, and lots of protein. She

also said that she trained hard by running on the dunes of the beaches of North Holland.

She ran the Soucy race wearing a hat reversed on her head. She said she wore the hat because she admired Joan Benoit and Joan had worn a hat in the Olympic Marathon.

Last weekend, at the Maine Savings Bank office opening at the Maine Mall, I had Joan Benoit sign a poster for Theo Van Der Meer congratulating him on his first marathon success. I told Joan about the Dutch woman marathoner who wore a hat because Joan had worn one in Los Angeles. Joan quickly said, "Tell her I eat horse radish before each race!"

The 2nd Soucy Friesland Marathon will be in 1987. See you there!

Nike to abandon Maine factories; 650 to lose jobs

By SID LEAVITT
York County Bureau

SACO — Nike Inc. announced Wednesday it will close its footwear plants here and in Sanford within the next two months, putting about 650 employees out of work.

Some employees broke into tears when told the news at their work stations Wednesday afternoon, although most said they had heard rumors for weeks.

Nike President Philip H. Knight said from company headquarters in Beaverton, Ore., that the operations here — Nike's last company-owned footwear production lines in the United States — had lost nearly \$8 million in the past four years.

Some specialized employees will be asked to relocate to Oregon, but most of the production lines will be moved to Korea and other parts of Southeast Asia, the company said.

The news came hard to officials in the communities involved, where Nike is a major employer, and to Sen. William S. Cohen, who called the company's decision a "breaking of faith" with Maine workers.

The job loss will be one of the largest in southern Maine in recent years.

"I was very sad," said Sandra Lachance of Biddeford, a shoe top cementer who has worked at the plant here since it opened in 1978. "I never, never will find another job... well, let's put it this way. I

will need 2½ jobs to make what I was earning here."

"I was not really surprised, but a lot of people were very upset," said Arlene Andrews of Saco, a stitcher also with seven years' seniority. "There are husbands and wives who work here together, you know."

Another employee at the plant gate said her supervisor began crying when the announcement was made.

Chris Van Dyke, information officer at company headquarters, said workers here will receive severance pay, vacation pay and other benefits averaging about seven to 12 weeks' wages.

Production will be phased out, with most jobs ending from late December to early January, Van Dyke said.

A Nike news release cited increased labor and fringe benefit costs, escalating raw material and component lead times and general economic conditions in Maine as major factors for the company's decision.

Nike production workers, all non-unionized, earn \$8 to \$11 an hour. Del Hayes, a company vice president, said increases in employee benefit costs had forced the company to add \$4 to \$5 per pair to the retail price of its footwear.

Portland, Maine, Thursday, November 7, 1985

Same Meaning?

When a man is young, he's called "agile."
But I've often wondered why.
If he's still fit after fifty,
Then he's described as "spry."
—George O. Ludcke.

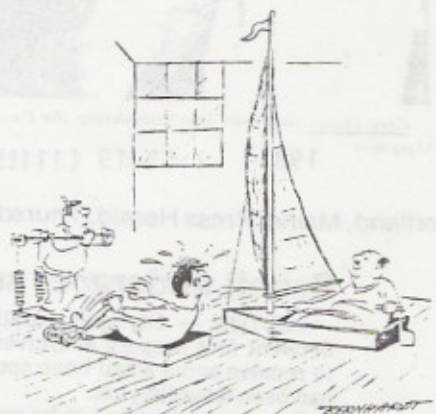


PUBLICATIONS WORTH WRITING FOR Healthy Heart Cuisine

With the weight of scientific and medical evidence indicating that lower levels of fat and cholesterol are important ingredients in reducing the incidence of heart disease, many people are altering their diets accordingly. Of course, sticking to a low-fat, low-cholesterol regimen can be difficult, especially if you dine out often. Aware of this problem, the American Heart Association has published a pamphlet, *Dining Out Guide to Restaurant Eating*. For a free copy, send a stamped, self-addressed envelope to the American Heart Association, 7320 Greenville, Dallas, TX 75321.

Pepper . . . and Salt

THE WALL STREET JOURNAL



MEMBERS IN THE NEWS

um news



Greg Dugas, moments after completing the Casco Bay Marathon

1982 2:59:19 (111th)

Portland, Maine, Press Herald, Thursday, November 7, 1985

Benoit undergoes surgery

BOSTON — Olympic marathoner Joan Benoit underwent foot surgery at University Hospital Tuesday to remove some small bone spurs and scar tissue that had been troubling her.

Benoit was reported to be recovering well after surgeon Dr. Robert Leach performed his second operation on the marathoner. Leach operated on both of Benoit's Achilles tendons several years ago. He said the surgery was not as serious as that operation or the arthroscopic knee surgery performed shortly before her Olympic victory last year.

Benoit had chosen to delay the surgery until after the Chicago Marathon Oct. 21. She beat world-record holder Ingrid Kristiansen while in running the second-fastest women's time ever, 2:21:26.



Greg Dugas, Medical Benefits, catches his breath after coming in 19th.

1985 2:31:12

Blazes win; Stags lose

Westbrook's girls finished their third successive unbeaten season Friday defeating McCauley, Portland and SP in a season-ending cross-country meet at South Portland. The final score of the meet: Westbrook 41, McCauley 57, Portland 61, South Portland 67.

Denise Harlow of McCauley was the individual winner in 16:05 over the 2.7-mile course. Sharon Bay of Portland was second, with Chris Bradbury of Westbrook third. Kris Campbell of McCauley and Marcia D'Entremont of South Portland rounded out the top five. Despite placing only Bradbury in the top seven, Westbrook clinched team honors by capturing the next four spots (8-11) with Laurie Nicholas, Krista DiBiase, Michelle Chayer and Terri Letourneau.

Portland, Maine, Evening Express,

Saturday, October 19, 1985

NET contributes \$40,000 to United Way campaign

A check for \$40,000 has been given to the Greater Portland United Way by the New England Telephone Co.



Joseph J. Kelley, NET vice president for Maine, and George Nadeau, business manager of Local 2327

of the International Brotherhood of Electrical Workers, made the presentation to Norman Brackett, account manager for the Greater Portland 1985 United Way campaign and vice president of Hannaford Bros. Co.

About 1,900 of NET's Maine employees are IBEW members.

Dean Stearns, NET public relations district manager, said the donation is part of an \$80,000 contribution the company has made to the United Way in Maine this



Kelley

Nadeau

year.

"Our goal is to continue this commitment in the years to come," said Stearns.

New England Telephone Co. employees expect to contribute a total of about \$250,000 to the United Way throughout the state as part of the company's fund-raising effort this fall.

Portland, Maine, Evening Express, Monday, October 28, 1985

BAXTER BOULEVARD RUNNING PATH

Dedications were conducted on October 20, 1985. The ceremony included Mayor Joseph Casale, and the public was invited for a fun run. The Maine Track Club received its due recognition as one of the major forces behind the project. We're pleased that the project is completed, except for a few finishing touches, and that the community is using it extensively. Everyone seems to love it. Thanks again to all who helped with the cause.

CONVENTION UPDATE

Bob Jolicoeur lied in the last newsletter when he said a progress report on the convention would be mailed to the members within two weeks. Well, a month went by and still no report. It's not because there's nothing to report. It's simply that times are a little hectic these days.

So here's a new promise. Bob says give him another two weeks, so we agreed as long as he gives us a verbal report at the meeting on November 13, 1985. Bob says not to worry...things are going well (except for his being too busy).

COURSE CERTIFICATION

Falmouth Lions 10K course was officially declared a certified course in September and granted the National Registration Code: ME 85010 GN. The race was held on November 10, 1985. Results will be announced in the December newsletter.

John Gale has agreed to be the chairman of this committee next year.

AWARDS BANQUET

Many awards to be given again this year. All members are urged to attend. We expect at least 100 people at the banquet, perhaps more. Any member who ran the Casco Bay Marathon or any other marathon in Maine in 1985 will receive a plaque with his or her best time inscribed thereon. Race directors traditionally also get recognized at this banquet. Last year, each race director and each officer received a great MTC long-sleeve t-shirt.

Just as a reminder, we are repeating your invitation with this newsletter. Don't forget the deadline of November 20, 1985. We need to call in our reservation by that date.

CARTOON

The Jay Marcinowski cartoon comes from a 1986 calendar. Come to the meeting to place your orders or call Bob Jolicoeur. (See page 23.)

H A P P Y
T H A N K S G I V I N G !



LETTERS

Maine Road Ramblers

P.O. Box 264
Augusta, Maine 04330

Attention: Maine's Running Clubs

You are invited to send representatives to a meeting to discuss a Club Relay Competition for Charity. This meeting will be held on Thursday, Nov. 28 (Thanksgiving Day) in Augusta after the Gasping Gobbler Road Races. The idea is to have a Relay Race amongst Maine's Running Clubs in the first week of June, 1986 with the proceeds donated to charity. The exact format, distance, and location of the Relay will be discussed at the Meeting. For more information contact: Lawson Noyes of the Maine Rowdies, Conrad Walton of the Aroostook Musters, or Greg Nelson of the Maine Road Ramblers.

Greely High School

Cumberland Center, Maine 04021



Warren G. Galway
Principal

John H. Leader
Assistant Principal

Joseph Gregoire
Athletic Director
Office 829-5534

Ray A. Humphreys
Guidance Director

Nancy Perry
Counselor

Guidance 829-3887

November 6, 1985

Mr. Bob Jolicoeur, President
Maine Track Club
c/o Maine Savings Bank
1 Maine Savings Plaza
Portland, Maine 04101

Dear Bob:

On behalf of the Maine Secondary School Principals Association, Dan Paul and myself I would like to express a sincere thank you to the Maine Track Club for their help and assistance at the recent Southwestern Maine Cross Country Regional Meet. The meet was a great success because of the cooperative effort of a great many people. The members of the Maine Track Club certainly share in this success; their expertise in handling a meet of this magnitude was invaluable. Please know that it was sincerely and greatly appreciated. Kindly extend Dan's and my gratitude to those members who gave of their time to help us out.

Sincerely

Joe Gregoire
Joe Gregoire, Meet Director
Greely High School
Cumberland Center,
Maine 04021

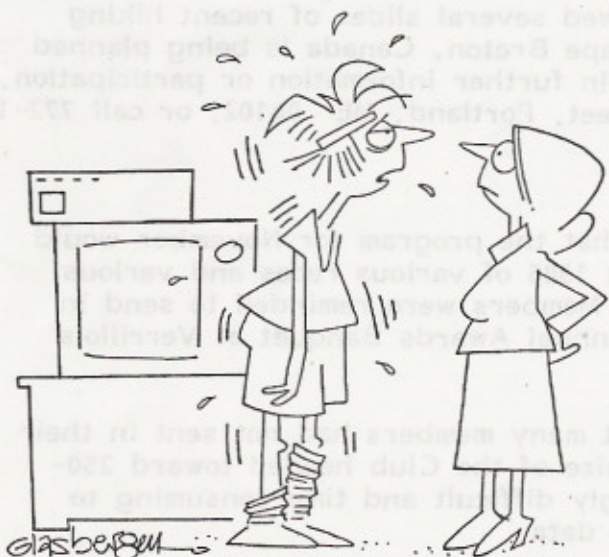
TO RUN OR NOT TO RUN...THAT IS THE QUESTION

A good business friend, Peter Webster (a racquetball player), asked me one day about running - just trying to understand - and said, "Tell me the truth - is running for everybody? Are you seriously for it or against it? It's controversial, Robert!"

Bearing in mind that Peter is a lawyer, I quickly searched for the right answer and said, "Well, if you ask me do I favor the sport that causes severe pain and suffering such as sore muscles, Achilles tendonitis, runner's knees, and joint problems...and if you ask me do I favor the sport that has claimed the lives of many, including Jim Fixx and a 48 year-old Frenchman in the New York Marathon last year...or the sport that's caused many broken marriages, loss of jobs, etc. (you all read about Mr. Marathon last month)...or the sport that's caused severe financial drains on the pocketbooks of individuals and families, perhaps even taken the bread off the table for medical help, sports orthotics, running shoes and outfits, and even travel to far-off places to run races (Boston, Montreal, Virginia Beach, Washington, DC, Tampa, to name a few places our members have covered)...if that's the sport you're asking me about, Peter, of course I'm against it."

"On the other hand, if you're asking me about the sport that's helping 30 million Americans get fit, shed dangerous, ugly, fatty pounds, and therefore the sport that's helping so many to look better, feel better, one that builds stamina, increases job productivity...and, Peter, if you're asking me about the sport that's being used as therapy for mental patients and keeping many of us on an even keel by taking the edge off our stressful jobs and lifestyles...and if you're asking me about the sport that influences eating habits and lifestyles in positive ways, and that helps people give up smoking and even drinking, to hopefully enhance the quality and longevity of life, not to mention, Peter, the sport that allows me to eat about as much as I could ever want to without feeling guilty, or one that gives a real sense of accomplishment, can produce results with extreme efficient use of time...and best of all, the sport that equalizes all who participate with its common goals and objectives, and one that provides quick and easy access to multitudes of friendships...then yes, Peter, I'm seriously for it. I do favor it above any other, but maybe it's not for everybody. On that point, I must draw the line. It's really up to each individual. Hope this answers your question, Peter."

Bob Jolicoeur



"I just completed the Jane Fonda workout, the Victoria Principal workout, and the Linda Evans workout. So how come I look like Phyllis Diller?"

☐ **Aerobic exercise danger.** One out of every two people taking aerobic exercise classes suffers an injury such as a stress fracture of the foot or ankle. The running shoes so often worn don't provide the lateral support needed for the incredible pounding the foot takes in a typical routine...and exercising barefoot is significantly more dangerous. Now shoes that are specifically designed for aerobic dance are available. You should shop for them late in the day when your feet are somewhat swollen. And try them on over the socks or leotard that will be worn in class to get enough room in the width and length.

Dr. Charles Bradley, president, American Podiatry Association, 20 Chevy Chase Circle NW, Washington, DC 20015.

From:
"Boardroom
Reports,"
9/15/85

MINUTES OF THE MAINE TRACK CLUB

OCTOBER 9, 1985

Program

President Bob Jolicoeur opened the meeting at 7:10 p.m. New members were introduced and included Phil Meech, Jim Toulouse, and Randy Legasse. Guests included Debbie Sawyer, David Ross, Betsy Brockton, Ms. Reagan, and Dick Stott. Tom Petersen of Honolulu, Hawaii returned bringing more than a dozen race and exotic t-shirts which were and will be given away to lucky MTC members attending business meetings. Three or four MTC members received t-shirts during this meeting.

Vice President Jane Dolley introduced the speakers for the evening, Cheryl Bascomb and Ruth Rohde. Cheryl spoke first about her running clinics which run five weeks. Runners participating in these clinics progress through modules on running form, the distance run, fartlets running, speed work, and racing. Twenty-five year old Cheryl has been running since seven years of age and was formerly coached by Brooks Johnson, the 1980 and 1984 Women's Olympic Track Team coach.

Cheryl addressed burn-out and avoidance of injuries, suggesting that runners cycle rest periods of one to nine months into their long-term running cycles. She also suggested alternate activities such as swimming and biking to avoid burn-out.

Ruth Rohde then made a formal presentation on her holistic health approach to women's issues, entitled "New Routes." Ruth holds a B.A. in Women's Studies and an M.A. in Environmental Studies, and provides trips for women. These trips are designed to be recreational, to develop confidence and competence in the participants, to foster environmental and social consciousness-raising, and to help women integrate what they learn on these trips into their personal lives.

Ruth sees herself as a guide and a facilitator on these trips. In limiting the trips to women only, gender roles and expectations are significantly modified and women must rely on their own resources, e.g., build fires, put up tents, carry canoes, etc. Ruth showed several slides of recent hiking and canoeing trips. A biking trip in Cape Breton, Canada is being planned for next summer. For those interested in further information or participation, contact Ms. Rohde at 242 Dartmouth Street, Portland, ME 04102, or call 772-1843.

Business Meeting

Vice President Jane Dolley stated that the program for November would be a presentation of slides taken during 1985 of various races and various MTC members. Should be interesting. Members were reminded to send in their reservations for the December 1 Annual Awards Banquet at Verrillo's Restaurant.

Statistician Art Quint reported that many members had not sent in their race results to him, and that with the size of the Club headed toward 250-300 members, it was becoming increasingly difficult and time-consuming to systematically collect and collate all this data.

MINUTES cont.

Treasurer's Report: Rick Strout reported that there was \$2,405.67 on hand on August 31, 1985, and \$3,354.55 on hand on September 30, 1985. The Treasury is probably healthier than it has ever been.

Secretary's Report: In a concerted effort to lower visibility and streamline his anorexic profile, the secretary and his position have been struck from the Newsletter Masthead and his report (however brief) eliminated from the business meeting; and shortly you will never hear, read, or possibly ever see the secretary again as he runs into infinity (see the movie "Vanishing Point" for an analogous disappearance). Now back to the Treasurer's Report.

Rick also reported that \$19,100 had been donated for the Baxter Boulevard Running Project, now under construction.

Newsletter Committee: Bob Jolicoeur reported for Russ Connors that the next meeting of the Newsletter/Executive Committee would be on October 30, 1985.

- Stroh's Run for the Statue of Liberty: Saturday, October 12, 1985 at SMVTI; Rick Strout, director; on line.
- Phil Coffin reported that 89 runners competed in the Maine Kidney Foundation 10K last Sunday and that there was not enough MTC help available to adequately staff the race. Business Equipment Unlimited filled the void.
- Falmouth Lions Certified 10K: Phil Pierce reported it was on line and volunteers to staff the race were solicited.
- MTC Handicap Race: November 30, 1985. Bob Jolicoeur requested that an MTC member step forward to direct this race. (Subsequent note - someone has.)
- The RRCA National Championship 10K will be directed by Jane Dolley, a nonpareil race director. The race will start and finish in Deering Oaks, utilizing the relatively flat and fast Baxter Boulevard.
- The RRCA 5K: This race is presenting scheduling problems for the Club presently. The race is traditional with the RRCA convention, and is usually run on the Friday before the Sunday 10K championship. Bob Jolicoeur and others are working on solving this. (What about midnight on Thursday evening with a florescent t-shirt for every starter?) ("No," says Bob.)

New Business - A motion was introduced to fund a trip to Washington, DC November 15, 16, and 17, 1985, for Bob Jolicoeur and Charlie Scribner to attend a national workshop on directing road races. So moved by Ken Dolley; seconded by Tony Salvo. Passed unanimously. Up to \$500 in expenditures was authorized. Jane Dolley subsequently decided to join Bob and Charlie.

1986 Nomination of Officers - The following slate of proposed 1986 officers and committee chairs was presented for consideration by MTC members. Voting for new officers will occur at the November meeting:

President	Jane Dolley
Vice President	(Open)
Treasurer	Rick Strout
Secretary	Maggie Soule
Race Committee Chair	Charlie Scribner
Newsletter Chair	Bob Jolicoeur
Membership Chair	Ted Cunningham

MINUTES cont.

Standing and Ad Hoc Committees

Programs	Vice President
Clothing	Sandy Utterstrom
Social	Sandy Wyman
Course Certification	John Gale
Publicity & Promotion	Joan Lavin
Special Projects (RRCA Convention)	Bob Jolicoeur
Statistician	Don Penta

Also under "New Business," Ron Cedrone moved that the Secretary write RRCA Award Nominations for Bob Jolicoeur (Club president), nominating him for the RRCA Scott Hamilton Award as Outstanding Chapter President, and for Charlie Scribner (Club Race Director) for the NIKE/RRCA Rod Steele Memorial Award as Outstanding Club Volunteer. Seconded and passed unanimously.

Meeting adjourned at 9:15 p.m.

Phil Pierce, Secretary

PARTY TIME AGAIN

Welcome in the New Year by running out of the Old! Jane and Ken Dolley are inviting all members and spouses to join them at their house for a great time on New Year's Eve.

As in the past, the evening's festivities will begin with a Fun Run, not to exceed 4 miles. Then it's back to Jane and Ken's to ring in the New Year with lots of good food, drink, and company. Jane and Ken will provide beer, soda, coffee, and other non-alcoholic drinks. It's BYOB for anything else you might desire. The pot-luck approach to food worked so well last year that we thought we'd go with it again this year. Please call Jane to discuss food ideas (W780-7274 or H846-6018). More details will follow in December's newsletter.

So mark your calendars now for this New Year's event - it's sure to be a great time. Hope to see you all there.

TREASURER'S REPORT

Checkbook Balance, September 30, 1985	\$3,354.55
Receipts	1,460.89
Disbursements	(1,218.06)
Checkbook Balance, October 31, 1985	<u>\$3,597.38</u>
Baxter Boulevard Running Path	<u>\$ 851.61</u>

Complete details will be available at the membership meeting.

Rick Strout, Treasurer

UPCOMING RACES - MAINE

This month we see a slight drop in the number of upcoming races. Just as well...some of us are getting a little tired of pushing all the time just to keep up with the young ones. Here are a few you might want to check out, however:

- Nov. 9 - TAC Cross Country Championships - All age groups, various distances. At Pine Tree Recreational Area, West River Road, Waterville. Contact Steve Clark at 465-3197.
- Nov. 10 - Falmouth Lions 10K and one-mile Fun Run (all ages). TAC certified 10K. 10:30 a.m. at Falmouth High School. Contact Dr. Len Saulter, 9 Colonial Village, Falmouth, ME 04105, or call 781-2003.
- Nov. 10 - Veterans Memorial Road Race - Wiscasset High School, Rt. 27, Wiscasset at 12:30 p.m. for 1 miler (ages 12 and under) and 1:00 p.m. for 4.5 miler. Contact Wiscasset Recreation Department at 882-7533.
- Nov. 10 - Rowdy Ultra - 50 Miler - TAC certified. Bowdoin College campus, 7:00 a.m. Contact Gary Cochrane, 30 Cumberland Street, Brunswick, ME 04011.
- Nov. 11 - Veteran's Day Half Marathon & 5K Run - 10:00 a.m. at Hodgkins School, Malta St., Augusta. Contact Maine Heart Association, P.O. Box 346, Augusta, ME 04330, or call 1-800-462-4202.
- Nov. 17 - Turkey Trot - MTC 5.8 miler - annual favorite. At Cape Elizabeth High School, 1:00 p.m. Contact Vin Skinner, 35 Foreside Road, Cumberland Foreside, ME 04110. 35 turkeys donated by Shop 'N Save.
- Nov. 17 - The Great Osprey Ocean Run - 10K at noon at Wolf Neck State Park, Freeport, ME. Contact Freeport Community Education at 865-6171.
- Nov. 23 - 5K Turkey Trot - 9:00 a.m. at Brewer High School. Contact Brewer High School, Parkway South, Brewer, ME.
- Nov. 28 - Gaspig Gobbler - 10:00 a.m., Thanksgiving Day 10K and 2-mile run at the Augusta Civic Center, Augusta, ME. 85 frozen turkeys to be awarded.
- Nov. 28 - Shaw's Thanksgiving Day 4-Miler - 8:00 a.m. at the Portland Expo, 239 Park Avenue, Portland, ME. Contact George Towle, Portland High School, or phone 775-5631 or 761-2197 (evenings).
- Nov. 30 - MTC Members Only - 5 miler, "Predict Your Own Time" race 9:00 a.m. at Cape Elizabeth High School. No watches allowed and no splits. (We'll make it up to you with coffee, juice and donuts after the race.) Contact Jean M. Thomas, 22 Skylark Drive, Portland, ME 04103. Deadline for registration - November 26th. (No post registration allowed.) \$3 fee.

UPCOMING RACES OUTSIDE OF MAINE

- 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 for the Worldwide Running Club for Peace (sponsor). Write Boston Peace Marathon, Box 60, Boston, MA 02130 for info.

UPCOMING RACES - OUTSIDE OF MAINE cont.

- Nov. 24 - Fitness Resources Turkey Trot - 5 miles at Heights Community Building, Concord, NH. Contact Fitness Resources, RFD #3, Box 198, Concord, NH 03301.
- Nov. 28 - Jordan Marsh Thanksgiving Day - 5 miles at Jordan Marsh, Downtown Boston. Contact Coventures, Inc., 45 Newbury Street, Boston, MA 02116.
- 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. 14 - Humana Rocket City Marathon - 9:00 a.m., Grissom High School, 7901 Bailey Cove Road, SE, Huntsville, AL. Contact Harold Tinsley, 8811 Edgehill Drive, Huntsville, AL 35802.
- 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.
- Jan. 18-19 Bermuda Marathon and 10K - 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.

RUNNING WITH THE PACK

Carol Mills recently polled several MTC members with the following question: "The light is fading; the temperature is dropping. What are you doing to maintain aerobic fitness?" Here are some of the answers she got:

- Beth Lunt - I won't run in downpours, below 20°, or in windy weather. I wear polypropylene and gloves. And my Sony Walkman serves as earmuffs!
- Roy Dunfey - I get a "winter glow." My mileage doubles. But wind will stop me. Waffled shoes help on the ice.
- Bob Hoover - Dressing warmer. I like nylon layers. Once I adjust to the evening darkness, I enjoy long, slow running. Wind kills me.
- Sue Young - I switch to a Lifecycle.
- Joe Wildman - I switch to running indoors. I use the Cape Elizabeth indoor track in the evening. My mileage is slightly reduced.
- Russ Bradley - No change. I work, then run 50 weeks a year. I do wear a reflector...and a hat...and gloves. I used to swim, but not anymore.
- Jamie Hill - Last winter I switched to morning running. I didn't reduce my mileage. I also tried to walk the 2 miles to work. This winter I'm not doing anything except taking care of my injury: runner's knee.

Thanks for the info, folks, and thanks to Carol for conducting the survey.

RACE RESULTS

5th Annual Tinman Triathlon - Camden YMCA - 1/2 Mile Swim, 22.5 Mile Bike, 10K Run (75 Finishers) - September 8, 1985

1. John Holton	2:06:00	41. Jerie Bugbee	2:37:19 4th Woman
13. Joseph Isgro	2:18:51	43. Steve Woodsum	2:38:13
29. Les Berry	2:27:23	44. Barbara Hamaluk	2:38:42 5th Woman
35. Marilyn Wilkoff	2:33:37 1st Woman	57. Alvin Bugbee	2:49:47

Thanks to Marie Wood for sending in these results.

THE WADDLE-FOURNIER MEMORIAL 10 MILE Topsham Sep 15th

1. Andrew Whelan	53:08
2. George Towle	55:04
3. Gary Leonard	56:23
4. David Roberts	56:36
5. Floyd Wilson	57:08
6. Jim Murphy	57:11
7. Dennis McWhorter	57:39
8. Wayne Clark 180 lbs	58:27
9. Gary Cochrane 43	59:14
10. Ray Johnson	61:02
11. Stephen Westbrook	61:16
12. Bill Fitzsimmons	61:20
13. Mike Towle	62:00
14. David Barker	62:05
15. Kimberly Moody	62:58*
16. Joe Meehan	63:15
17. Joel Titcomb	64:21
18. David Troussell 42 180	64:58
19. Mark Seamans	64:58
20. Martin Schiff 46	65:46
21. Art Warren 44	66:05

22. Howard Spence	66:18
23. Bob Wight	66:38
24. Donald Sanborn 40	66:42
25. Robert LaNigra 43	67:05
26. Philip Pierce 44	67:36
27. Jim Anderson	68:11
28. Tom Tiher	68:12
29. Carlton Mendell 63	68:41
30. John Moncure 43	69:20
31. David Delois	69:20
32. Lance "Gus" Strider	69:21
33. Don McGilvery 180 lbs	69:33
34. Gary Heald 47	70:05
35. Ron Labbe	70:19
36. Diane Fournier	70:24*
37. Jim Hogerty 180 lbs	71:24
38. Bill Gayton 45	71:26
39. John Mulrooney 40	71:40
40. Dave Grant	72:03
41. Walter DeVault 55	72:07
42. Martin Desmarais 42	72:22

43. Rich Wells 40	73:09
44. Bruce Kingdom 45	73:09
45. Marsha Giglio 41	73:14*
46. John Murchie	73:16
47. Fred Ward	73:34
48. Pete Duffy 41	73:37
49. Deb Hewson	74:03*
50. Ted Silver	75:13
51. Charlie Gordon 180 lbs	75:52
52. Wayne Bryant	76:21
53. Matt Waddle 180 lbs	76:48
54. Bob Waddle 56	76:50
55. Poppy Thatcher	78:29*
56. Don Colban 45	79:26
57. Ellen Spring	80:15*
58. Patty Titcomb	81:51*
59. Jane Waddle	82:34*
60. Philip Soule 44 180 lbs	84:32
61. Don Atkinson	89:57

Results courtesy of Bob Waddle
Race Director

Business Equipment Unlimited Run for Kidneys Sunday, October 6, 1985 - 89 Finishers

1. Ken Botting	25	31:40	29. Ron Deprez	41	39:28
2. Andrew Whelan	24	31:45	30. Laurie Munson	26	39:58*
3. Dan Paul	31	32:19	34. Joseph Isgro	31	40:49
4. Jim Toulouse	37	33:29	42. Tim Drury	30	43:16
5. Steve Carlton	26	33:37	46. Tia Lamarre	28	43:27*
10. Bob Coughlin	46	35:05	47. Richard Stott	40	43:33
16. Paul Merrill	31	36:10	50. Raphael DePrez	45	44:06
17. Greg Dugas	31	36:17	53. Jane Dolley	37	44:58*
20. Steve McGrath	30	37:04	68. Don Penta	39	48:07
21. Brian Milliken	32	37:13	71. Carol Mills	39	49:16*
27. Dave Trussell	42	38:54	75. Susan Young	36	52:02*
			84. Ted Cunningham	58	57:25



Stroh's Run for Liberty II 8K - 10/12/85 South Portland - 313 Finishers

1. Bob Winn	25	24:33	119. Philip Bartlett	37	36:39
2. Henri Bouchard	24	25:12	122. Russ Bradley	61	37:00
3. Andrew Whelan	24	25:42	124. Carol Mills	39	37:19*
4. Peter Dube	35	26:19	126. Dave Horne	48	37:24
11. Dan Hutchinson	28	28:25	128. Craig Hall	37	37:30
20. Tony Owens	36	29:49	135. Don Penta	39	37:41
35. Wanda Haney	19	31:07*	139. Rosemary Ginn	32	37:52*
82. Gary Monroe	36	34:52	150. R. Duncanson	41	38:31
96. Terri Jordan	13	35:33:8*	160. Jean Abradi	25	38:56
109. Stephen Grow	30	36:09	193. D. Stoddard	33	40:20*
110. Robert Swanson	28	36:15	194. James Legere	52	40:22:5

RACE RESULTS cont.

Stroh's Run for Liberty II cont.

202. <u>Judith Davis</u>	45	40:51*	284. <u>Kathleen Woods</u>	29	53:42*
209. <u>Eleanor Vance</u>	30	41:38*	301. <u>Charles Serritella</u>	72	1:05:25:5
222. <u>B. Cushman</u>	44	42:12*			

The following volunteer Club members and friends helped us make this year's Stroh's Run for Liberty II a great event:

Tom Cannon	Jerie Bugbee	Bob Caron
Ted Cunningham	Kim Moody	Laurie Quint
Ken Hutchins	Sandy Utterstrom	Bob Coughlin
Bob Jolicoeur	Tony Owens	Conrad Demers
Ron Cedrone	Peter Bastow	Jeff Lunt
Harry Nelson	Warren Wilson	Philip Meech
Dave Trussell	Brian Milliken	Tom Peterson
Herb Strom	Frank Ferland	Jerry Roberts
Herb's daughter	Joan Welch	Phil Pierce
Steve Woodsum	Joe Wildman	Evelyn Strom
Greg Dugas	Jane Wildman	Susan Davenney
Dick Lajoie	Mike Reali	Bill Davenney
Jane Dolley	Jodi Reali	Benjamin Davenney
Ken Dolley	Bruce Stedman	Ray Hefflefinger
Steve Strout	Nancy Stedman	Ruth Hefflefinger
Scott Strout	Roy Morejon	Judy Noonan
Jean Thomas	Widgery Thomas	Cindy Meech

In addition, we are grateful to Tim Sullivan, our Stroh's Beer representative, and Cumberland York Distributors for their involvement with sponsorship and promotions.

Rick Strout, Race Director

Casco Bay Marathon - October 13, 1985

Portland, Maine - 243 Finishers

Congratulations to all 35 Maine Track Club Casco Bay Marathon finishers. Special recognition noted for Kim Moody for taking first prize and Jim Toulouse for 2nd overall in 2:31:12, only two seconds off a personal best. It should also be noted that three of our members finished in the top 10 group.

Many members claimed a Personal Record on the course, perhaps aided by the cool temperature of the day, steady drizzle, and occasional rain. Greg Dugas was one as was Al Butler, Frank Ferland, Michael Frost, Phil Pierce, and Kenneth Cole, III.

Everett Davis ran his first marathon and thus became the first member of the Portland Heartline program to ever complete the marathon. Ted Cunningham, 58, completed his 2nd marathon this year and in his life. Jean Thomas did her 2nd marathon in 3 weeks with another one scheduled in early November. Tough lady, that Jean.

The post-Marathon party at Bob and Priscilla's house was enjoyed by all who came. In all, 115 cans of Stroh's beer was consumed as well as 2½ bottles of wine and other liquid refreshments.

RACE RESULTS cont.

Casco Bay Marathon

26.2 miles at Portland
 1. Rock Green, 2:29:09; 2. Jim Toulouse, 2:31:12; 3. Conny Paul, 2:32:12; 4. Jon Williams, 2:35:29; 5. Lance Guiliani, 2:36:31; 6. Robert Haydock III, 2:37:27; 7. unknown; 8. Barry Fildell, 2:39:35; 9. Paul Merrill, 2:39:51; 10. Harry Nelson, 2:42:02; 11. Bruce Jones, 2:42:02; 12. Glynn Gassett, 2:43:12; 13. Walter Williams, 2:43:42; 14. Michael Mendonco, 2:43:54; 15. John Ottaviani, 2:44:06; 16. Robert Frail, 2:44:06; 17. Peter Hagerman, 2:44:38; 18. David Roberts, 2:46:11; 19. Gary Cochran, 2:46:28; 20. Gregory Dugas, 2:47:06; 21. Joel Croteau, 2:47:33; 22. Alan Quinlan, 2:47:52; 23. Dennis Evangelos, 2:48:29; 24. Jerry Allonach, 2:48:46; 25. Fred Whitehouse, 2:48:52.
 26. Brian Ladner, 2:49:03; 27. Bob Coughlin, 2:49:22; 28. Tom Tibbault, 2:50:06; 29. N. San Martino Jr., 2:51:42; 30. Tom Pipala, 2:51:48; 31. Paul Libby, 2:52:01; 32. Brian Robinson, 2:52:07; 33. Gary Hale, 2:52:11; 34. Mike Doore, 2:52:34; 35. Steven McGrath, 2:52:45; 36. John Cook, 2:52:49; 37. Al Spraul III, 2:53:13; 38. Raymond Johnson, 2:53:33; 39. J. Esty-Kendall, 2:53:45; 40. G. Bourgeois, 2:53:51; 41. Stephen Alle, 2:55:32; 42. Phil Vezina Jr., 2:55:39; 43. Jack Gerber, 2:56:51; 44. Mark Fontaine, 2:56:51; 45. John Lunt, 2:57:35; 46. David Barker, 2:57:43; 47. Bill Fitzsimmons, 2:57:53; 48. Malcolm Naves, 2:58:09; 49. Robert Jolicœur, 2:58:14; 50. Doug Kay, 2:58:24.
 51. James Strickland, 2:58:29; 52. Frank Ferland, 2:58:28; 53. Kimberly Moody, 2:59:15; 54. Fran Richards, 2:59:37; 55. Richard Moiman, 3:00:00; 56. David Smith, 3:00:11; 57. C. McLeish-Cull, 3:00:15; 58. Brian Wilkins, 3:00:28; 59. David Sirk, 3:00:34; 60. Carl Reetz, 3:00:55; 61. George Liming, 3:02:07; 62. Jay Sweeney, 3:02:21; 63. John Edwards, 3:02:52; 64. Scott Spaulding, 3:02:54; 65. Peter Cuff, 3:03:06; 66. Stewart Jordan, 3:03:32; 67. Ed Malone, 3:03:47; 68. Mark Reynolds, 3:04:13; 69. Lee Nicely, 3:04:16; 70. Jennifer Road, 3:04:25; 71. Michael Frost, 3:04:27; 72. Peter Boslow, 3:04:44; 73. Don Best, 3:04:45; 74. Thomas Carli, 3:05:43; 75. Alburn Butler, 3:06:32.

76. Philip Pierce, 3:06:34; 77. Lawrence Bridges, 3:06:38; 78. Cory Cuchetti, 3:06:44; 79. Daniel St. Pierre, 3:06:55; 80. Kenneth Cole III, 3:07:04; 81. Ben Fudge, 3:07:25; 82. Robert Steluck, 3:07:35; 83. John Roberts, 3:07:57; 84. David Trussell, 3:08:08; 85. Fred Merriman, 3:08:21; 86. Tom Allen, 3:08:36; 87. William Ellis, 3:08:39; 88. John Brocchio, 3:08:46; 89. Eric Ellis, 3:09:17; 90. Richard Colas, 3:09:22; 91. Joseph Isaco, 3:09:28; 92. Vicki Wechsler, 3:10:00; 93. David Jenney, 3:11:13; 94. Jerry Roberts, 3:11:24; 95. Andrew Gilman, 3:12:33; 96. Bev Williams, 3:12:34; 97. Jo Comeau, 3:12:41; 98. Carlton Mendell, 3:13:04; 99. Edward Miller, 3:13:11; 100. Daniel Oliveira, 3:13:14.
 101. James Gwilym, 3:13:21; 102. Joseph Washburn, 3:13:28; 103. Colky Keefe, 3:13:28; 104. William Bennett, 3:13:44; 105. Don Kelly, 3:14:21; 106. Charlton Ames, 3:14:28; 107. Peter Lodge, 3:14:42; 108. Dick Laipke, 3:14:51; 109. Edward Loden, 3:15:05; 110. Thomas Bassols, 3:15:21; 111. Larry Bedrasian, 3:15:52; 112. Barry Haggard, 3:16:13; 113. Thomas Coran, 3:16:32; 114. Nick Stroud, 3:16:37; 115. Robert Corv, 3:16:45; 116. Debbie Sawyer, 3:16:52; 117. unknown, 3:17:03; 118. Norman LaFortune, 3:17:09; 119. Terr. Eldridge, 3:17:15; 120. Grant Whiteway, 3:17:33; 121. Joe Cesko, 3:17:51; 122. James Lightfoot, 3:17:57; 123. Edward Stoll, 3:17:57; 124. Bob Keating, 3:18:14; 125. Kent MacDonald, 3:18:24.
 126. Rich Littlefield, 3:18:31; 127. Carl Bowen, 3:18:49; 128. Rosalyn Randall, 3:19:02; 129. C. Cuchetti, 3:19:19; 130. Ronald Cedrone, 3:19:30; 131. Michael Blum, 3:19:37; 132. Ken Goeklein, 3:21:23; 133. Curtiss Shiga, 3:21:38; 134. John Perham, 3:22:08; 135. Roger Burns, 3:22:13; 136. Thomas Hines, 3:22:24; 137. Eric Gottung, 3:22:37; 138. James Harmon, 3:22:37; 139. Hubert Stron, 3:22:39; 140. Bill Payne, 3:23:13; 141. Peter Connell, 3:23:46; 142. William Spraul, 3:24:38; 143. Linda Woodward, 3:24:56; 144. James Madden, 3:25:30; 145. Carol McElwee, 3:25:52; 146. Roger Zimmerman, 3:26:08; 147. John Angert, 3:26:11; 148. Barry Keahan, 3:21:33; 149. Art Chapman III, 3:26:36; 150. Paul Vane, 3:27:16.

151. Beth Gottung, 3:28:44; 152. Bill Shea, 3:28:48; 153. John Schwerdel, 3:28:55; 154. Leon Magdoris, 3:29:08; 155. Dale Perreault, 3:29:12; 156. Ronald Howard, 3:29:44; 157. Edward Disv Jr., 3:29:51; 158. John Ringa, 3:30:10; 159. Douglas Pride, 3:30:28; 160. Frank Bednar, 3:30:40; 161. Mark Seamans, 3:30:47; 162. James Chase, 3:30:54; 163. Ted McCarthy, 3:30:52; 164. Gene Walters, 3:30:58; 165. Bub Predham, 3:31:07; 166. Stephen Woodsum, 3:31:08; 167. William York, 3:31:23; 168. David Wooley, 3:31:29; 169. Wendy Wagner, 3:31:37; 170. Louise Dunlop, 3:32:04; 171. Tom McMillan, 3:32:29; 172. Peter Hanson, 3:33:14; 173. Richard Campbell, 3:35:10; 174. Kevin Shule, 3:36:03; 175. Ronald Otis, 3:36:16.
 176. John O'Donnell, 3:36:59; 177. Gary Ambrose, 3:37:50; 178. Gerard Cassidy, 3:38:45; 179. Melissa Lee, 3:38:50; 180. Nancy Lefriere, 3:39:39; 181. Sharon Kingma, 3:39:52; 182. William Fox, 3:39:54; 183. Jennie Gwilym, 3:41:12; 184. George Young Jr., 3:41:40; 185. Robert Johnston, 3:42:19; 186. Laurence Longalis, 3:43:46; 187. Roy Moreau, 3:44:45; 188. Dennis Orfstein, 3:45:10; 189. Will Orlowski Jr., 3:47:17; 190. James Gorsky, 3:47:27; 191. Richard Butler, 3:47:38; 192. John Murchie, 3:47:46; 193. Stephen Steiner, 3:47:55; 194. Michael Cassidy, 3:48:20; 195. Patrick Kamara, 3:48:25; 196. Allan Bissett, 3:48:44; 197. Carl Comstock, 3:48:46; 198. Robert Morris, 3:49:52; 199. Peggy Fallon, 3:50:34; 200. Robert Handy Jr., 3:50:52.
 201. Pat Heath, 3:51:07; 202. Mark St. Pierre, 3:52:10; 203. Sally Paterson, 3:53:19; 204. Ken Casey Jr., 3:53:42; 205. David Gauld, 3:54:05; 206. Jeanne Steciuk, 3:54:23; 207. Paula Dubois, 3:54:56; 208. Michael White, 3:55:50; 209. Robert Tapley, 3:56:09; 210. Ben Stephenson, 3:56:59; 211. Dana O'Donnell, 3:57:20; 212. Jean Thomas, 3:57:36; 213. William Davenney, 3:57:56; 214. Jean Goldfine, 3:57:37; 215. Betsy Parker, 4:00:44; 216. Anne Matthews, 4:00:44; 217. Richard Nadeau, 4:02:33; 218. Daniel McGowan, 4:03:25; 219. Harold Dowse, 4:06:55; 220. Elizabeth Hardy, 4:07:40; 221. Gerry Morrill, 4:08:07; 222. Margaret Craven, 4:08:36; 223. W. Vickerson III, 4:08:46; 224. S. Crockett, 4:09:10; 225. John Mottar, 4:09:20.
 226. Michael Elliott, 4:10:12; 227. Richard Roberts, 4:12:51; 228. Marleen O'Leary, 4:12:52; 229. Gary Snee, 4:13:03; 230. Steven Clark, 4:13:28; 231. Ken Tanino, 4:15:04; 232. Ted Beaulieu Jr., 4:21:59; 233. Sandra Lutterstrom, 4:22:11; 234. Daisy Schullz, 4:22:55; 235. Margolaine Over, 4:30:13; 236. O. Connolly Sr., 4:30:14; 237. John Buck, 4:34:23; 238. David Kimball, 4:35:25; 239. Everett Davis, 4:35:34; 240. Gary Falsom, 4:36:13; 241. Michael McManus, 4:39:53; 242. Ted Cunningham, 4:40:27; 243. James Elliott, 5:05:23.

Downeast Four Mile Classic - October 20, 1985

Sanford, Maine - 167 Finishers

Top Male Finishers:

1. Bob Winn	19:16
2. Shawn Gardner	20:03
3. Hank Pfeifle	20:20
4. Jon Rummler	20:22
5. Mike Turner	20:36

Top Master:

8. Lawson Noyes	?
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Maine Track Club Finishers:

21. Joel Titcomb	22:33
30. Arnold Amoroso	23:57
77. Bob Cushman	26:51
101. Don Penta	29:07
105. Grace Amoroso	29:18
106. Danforth DeSena	29:27

Top Female Finishers:

1. Wendy Delan	23:10
2. L. St. Laurent	24:15
3. Cheryl Pennell	25:04
4. Carol Rowe	25:31
5. Linda Holton	26:48

Top Master:

79. Yvonne Jurkowski	27:11
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107. Jim Puckett	19:28
109. Patty Titcomb	29:38
122. Judith Davis	31:28
123. Everett Davis	31:32
128. Eleanor Vance	31:55
138. Maureen Puckett	32:51
147. Brenda Cushman	34:17

A beautiful, sunny, windy day, in the high fifties, in the peak of foliage season, over a relatively flat, scenic course circling around the Mousam River.

Thanks to Don Penta for these results.

10/20/85

-20- Benoit masters Chicago

RACE RESULTS cont.

Winning time of 2:21:21 is history's second fastest

American's Marathon in Chicago (October 20, 1985) belongs to Joan Benoit Samuelson who conquered it with a Personal Best for the distance and a course record of 2:21:21. After the race, she told the reporter that she's not through yet... at least not until she breaks that 2:20 target. The Maine Track Club is betting Joanie will get that job done either in Los Angeles or Boston next Spring. Great going Joanie...you did us proud again!

Steve Jones of Wales did better than OK, too. Jones also set a course record and Personal Record with a 2:07:13, thus missing a \$50,000 prize on October 20, 1985 by just 2 seconds. Big money has come to Chicago. Sponsor Beatrice Foods put up \$2 million this year for the exclusive promotional rights. Not bad!

Great Pumpkin 10K - October 27, 1985 Saco, Maine - 310 Finishers

Results not available as of print time, but many members seen there including Don Penta, Joan Lavin (another PR), Bob Coughlin (in his Rowdies outfit), Phil Pierce (trying desperately to catch Bob Jolicoeur) Peter Dube, Dave Trussell, Ron Cedrone, Gary Monroe, Carol Mills and many others. Hopefully we'll get results from the Maine Coast Roadrunners who conducted the race.

First Annual Ralph Thomas 5K - 89 Finishers November 3, 1985 - Modified loop course starting and finishing at Gardiner Common

Top Men:

1. Bob Winn 47:22
2. Roy Morris 50:21
3. Floyd Wilson 51:34
4. W. Pobatschnig 52:07
5. Barry Fifield 52:14

Top Women:

1. Joan Samuelson 54:54
2. Mardi Reed 63:42
3. Mimi Mattson 64:36
4. Nancy Lavin 67:26
5. Joan Lavin 68:59

Other Maine Track Club Finisher:

15. Randy Hastings 55:19
17. Bob Coughlin 55:40
76. Don Penta 73:47
83. Dorothy Stoddard 84:44

A fun run celebrating a great pioneer of Maine long distance running over rolling and varied terrain with cool and breezy conditions.

Thanks to Don Penta for providing these results.



Benoit's winning way

Freeport's Joan Benoit Samuelson accepts congratulations from Norway's Ingrid Kristiansen, left, after winning America's Marathon —

Chicago. It was Benoit Samuelson's first marathon since winning the gold medal in the 1984 Olympics. Story, page 21.

Road racing 10/27

The Village Cafe Halloween Classic 3 miles

1. Andy Kimball, 16:05; 2. Wayne Pelletier, 17:04; 3. Rick Krause, 17:29; 4. Don Coke, 17:45; 5. Bill Jensen, 18:28; 6. Eric Logios, 18:53; 7. Andy Alexander, 19:09; 8. David Glover, 19:09; 9. Mike Garland, 19:13; 10. Jerry Poirer, 19:45; 11. Dan Berube, 20:10; 12. Deb Hewson, 20:11; 13. Sam Elliot, 20:13; 14. Dawn Darlings, 20:16; 15. Becca Harkavy, 20:21; 16. Lenora Feckler, 20:47; 17. Mark Amara, 21:08; 18. Eric Worcester, 21:08; 19. Fred Stone, 21:09; 20. Todd Glover, 22:37; 21. Eben Graves, 23:41; 22. Seth Kanan, 24:34; 23. Chad MacDonald, 24:35; 24. Grace Amoreso, 24:35; 25. Mary Craven, 24:53; 26. Kristin Berube, 24:56; 27. Mary Curran, 25:03; 28. Megan Valleeau, 25:06; 29. Coreen Donnelly, 25:13; 30. Elaine Goodrich, 25:20; 31. Kate Coyne, 27:38; 32. Julie Campbell, 27:38; 33. Tom Craven, 29:25; 34. Chelsie Smith, 30:02; 35. Roger Smith, 30:03; 36. John Mack, 31:10; 37. Tracey Glover, 32:47; 38. Lisa Knox, 33:07; 39. Jackie Herbert, 33:07.

RACE RESULTS cont.

Marine Corps Marathon - Washington, DC - November 3, 1985

A number of Maine Track Club members and friends traveled to the Marine Corps Marathon in early November. Word is that they had a great time going down on People Express. All stayed at the Stouffer Hotel in Arlington, Virginia.

The gang included Ken and Jane Dolley, Barbara Footer, Barbara Hamaluk, Jean Thomas, Widgery and Jon Thomas, 5 Hefflefingers, Sandy Wyman, Sandy and Al Utterstrom, Bill and Sue Davenny and son. Also included were Ned Vadakin and family (Unionmutual connection). A total of 26 Mainers had their pre-race dinner together.

Also spotted at the marathon was brand new member (and also a Maine Rowdies member), Carlton Mendell, one of Maine's most famous runners.

If we're lucky, we'll report race results for you next month. Thanks to Widgery Thomas for this story.

Falmouth Lions - Certified 10K and 1 Mile Run Falmouth, Maine - November 10, 1985

Eighty-seven runners competed in the first Falmouth Lions certified 10K race. It was a great day for a road race with morning temperatures at 45°, but a railroad train left Portland late and held up the start of the race for 20 minutes.

No such problem with the one mile run since it was held on the track - 4 laps around with 12 people participating.

Congratulations to Wanda Handy for winning the women's race in the 10K and Marty Howgate for winning the one mile run. (MTC took the team trophy!!!) Complete results will be included in next month's newsletter.

Sandy Utterstrom, Race Director

Rowdie Ultra - 50 Miles - Brunswick, Maine - November 10, 1985 - 19 Finishers

1. <u>Lance Guliane</u>	6:17:43
4. <u>Kim Moody</u>	6:46:52 1st Woman
6. <u>Phil Pierce</u>	7:07:54 1st Ultra and 1st over 40
16. <u>Dave Trussell</u>	8:47:19 1st Ultra
17. <u>Carlton Mendell</u>	8:55:34 63 years old

Carlton is our 3rd known member who is also a member of the Maine Rowdies. We just received his membership in November. Welcome to the Maine Track Club, Carlton. You've been an inspiration to us all for years...now it's great to have you as a member. The other Maine Rowdies in the Club include past president, Bob Coughlin and David Smith.

Bob Jolicoeur saw Charlie Gordon of the Maine Rowdies at the Veteran's Day Half-Marathon in Augusta on November 11, 1985, and told him all Rowdies are welcome to also join our Club. Charlie said he'd pass the word along.

Spoke to Phil Pierce about his first ultra. He praised the Rowdies for putting it on and said it was a great experience. Phil ran the entire distance without taking any food. After the race he said he couldn't move for a long time (something like rigor mortis setting in).

RACE RESULTS cont.

Rowdie Ultra cont.

Congratulations to all four MTC finishers. To Phil and David for their first ultra, and to Kim for her second ultra in only 8 days.

Veteran's Day Race - November 11, 1985

Augusta, Maine - Certified 13.1 Miles - 73 Finishers

1. Barry Fifield	1:15:11	23. Bob Jolicoeur	1:26:45
2. Ron Newberry	1:16:49	40. Herb Strom	1:33:19
3. John James	1:18:14	61. Jerie Bugbee	1:46:37
13. Paul Merrill	1:22:51	64. Dave Conley	1:47:37
22. Russ Connors	1:26:26	66. Cliff Fletcher	1:50:47

Veteran's Day Race - 5K - 54 Finishers

1. Chris Bovie	16:19	2. Floyd Wilson	16:36	35. Pat Titcomb	23:10
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Temperatures were 10° colder than Sunday and hovered around 35° the entire duration of the race. Winds were also very strong at times. The Elks Club did their usual great job with the beef stew, sandwiches and beer after the races. Greg Nelson did his usual great job as race director.

Miscellaneous Race Results

From various sources, we note a few additional race results of interest: Nancy Lovetere, our member from Woodbury, CT, had a busy fall season in Maine. She was first masters in the Bath Labor Day Classic 5 miler with a 35:58, and first in the two miler in 13:00 (a double header!). Nancy also ran in Brode's 10K on September 2, 1985 where she placed first masters again with a 44:20. In Boston's Freedom Trail on October 5, 1985 Nancy did a 58:29 and won a \$25 prize for being 5th woman masters. Nancy topped all this off with a 3:32:34 marathon on October 20, 1985 in East Lyme, CT. She was 5th female. The field was 400 strong. Nice going, Nancy!

Andy Palmer won this year's recharged Benjamin's 10K in Bangor on October 6, 1985. Peter Dube was 11th in 32:53.8; Wanda Haney was 161st in 40:51.0; Russ Bradley was 289th in 45:43.0; and Dave Horne pulled up the rear for the MTC with a 47:04.0 and 310th position. 431 runners finished including last but not least, 82 year old Sam Ouellette who took 83:34.

Mike Frost, dentist and new Club member, not only did the Casco Bay Marathon on October 13, 1985 in 3:04:27, but also completed the New York City Marathon only two weeks later. Rick Strout said Mike ran New York just to have a good time but got caught up in it and ran a great marathon that was only 30 seconds slower than his Casco Bay. Great to have you on board, Mike!

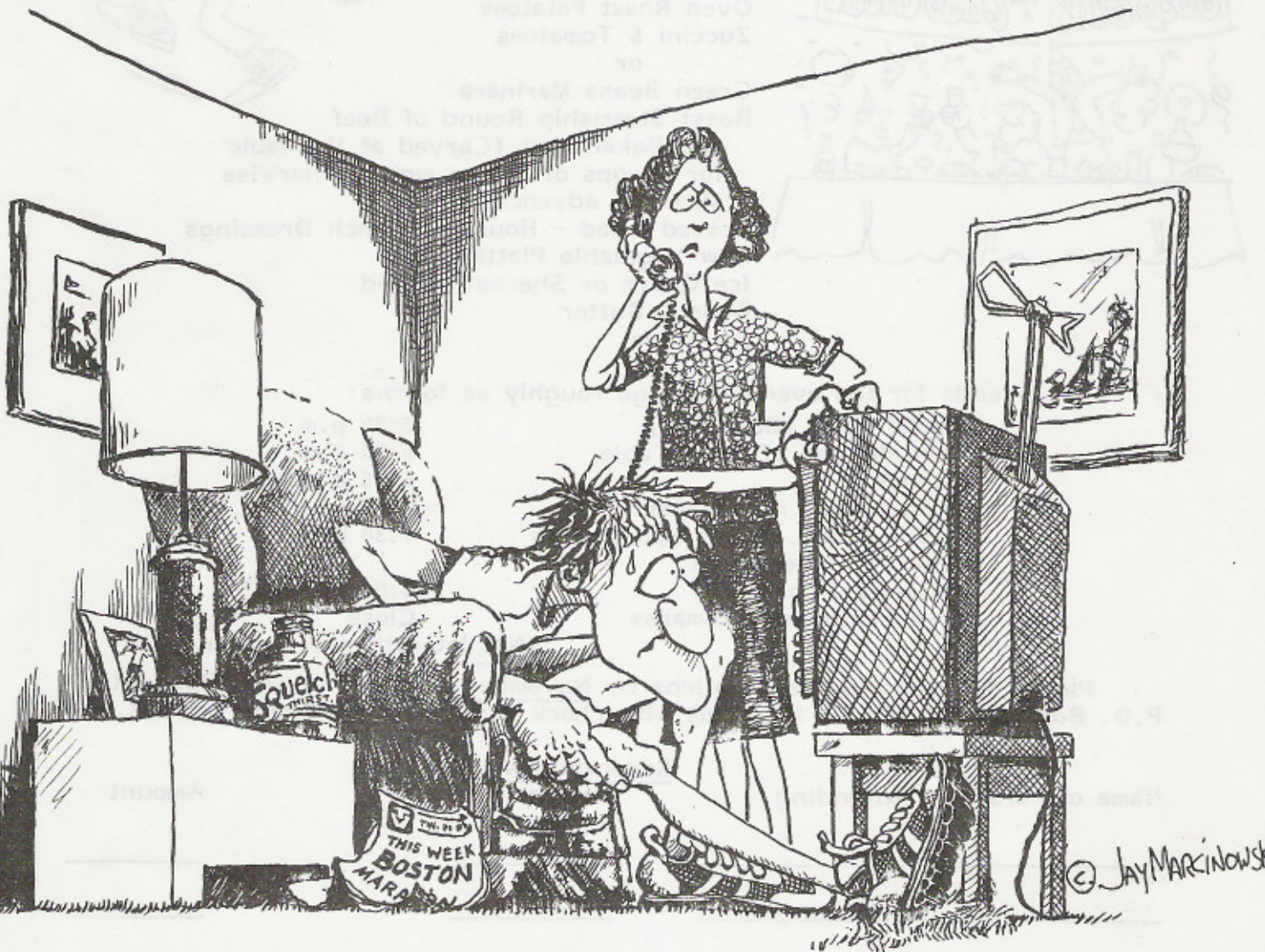
Orlando DeLogu wants us all to know he hasn't been sluffing off since moving to the other Portland. In early October, he did the Portland, Oregon Marathon in 3:22:53. He says the course is "not as scenic as the front half of Casco Bay and not as difficult...but it was an extremely well-organized race with a lot of civic support."

RACE RESULTS cont.

College Competition

Boston College captured the 1985 Women's Cross-Country Big East Championships in late October and the New England Championship on November 2, 1985, beating out favored-to-win UConn by 79 points. Qualifying meet will be held at Lehigh University for the NCAA Division I Championships next week and finals will be held at Marquette University in Wisconsin a week later. This is the second year in a row that BC makes it to the finals. In the New England Championships (11/2/85), Michelle Hallet of Mars Hills placed 2nd in 18:04, Virginia Connors of Cape Elizabeth was 9th in 18:44, Therese Doucette of Scarborough placed 19th in the competition also representing BC (out of about 300 runners).

Thanks to Russ Connors for this information.



"GOTTA GO LOIS. HARRY JUST GOT LEG CRAMPS WATCHING THE BOSTON MARATHON."

SECOND REQUEST

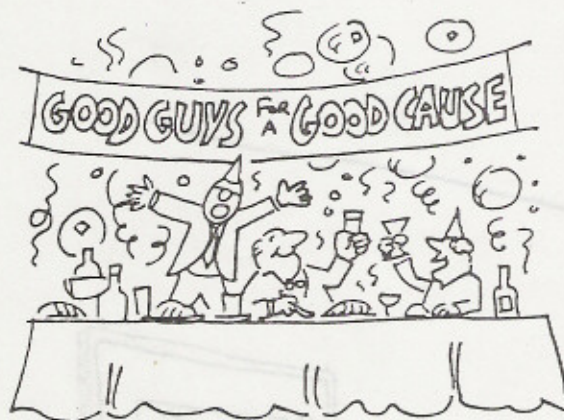
ANNUAL BANQUET (Response Requested)

REMINDER

The Annual Awards Banquet and Installation of Officers will be held on December 1, 1985, at Verrillo's. In addition to the many awards to be presented to various deserving Club members, Bill Green, sports newscaster for News Center 6 (WCSH-TV) will be our featured attraction. Bill has been close to the Club and receives our monthly newsletter. He has also run marathons and knows what running is all about. We think you'll enjoy him.

An Italian-American buffet will be served for \$8.75 to members and \$10.75 to non-members, including tax and gratuity, with the Club subsidizing the member discount.

Here's what we'll get (you don't have to eat it all):



Ziti in Sauce
Sausage & Peppers
Meat Balls
Chicken Oreganata
Oven Roast Potatoes
Zucchini & Tomatoes
or
Green Beans Marinara
Roast Steamship Round of Beef
and Baked Ham (Carved at the table
for groups of 100 or more, otherwise
sliced in advance)
Tossed Salad - House & French Dressings
Raw Vegetable Platter
Ice Cream or Sherbet Served
Rolls & Butter
Beverage



The agenda for the evening will go roughly as follows:

Social Hour (Cash Bar)	5:30 p.m.
Introduction of Head Table	6:30 p.m.
Dinner	6:45 p.m.
Introduction of Speaker:	
Bill Green, WGAN Sports TV6	7:30 p.m.
Awards Presentation:	
Sandy Wyman, MC	8:00 p.m.
New President's Remarks	Close

(Not later than 9:30 p.m.)

Please forward your reservations by November 20, 1985 to MTC Banquet, P.O. Box 8008, Portland, ME 04104 with check payable to the Maine Track Club.

Name of Person(s) Attending	<u>Reservations</u> Telephone #	Amount
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
Total Amount Enclosed		\$ _____