

# Maine Road Ramblers

P.O. Box 264  
Augusta, Maine 04330

## MAY 1985 NEWSLETTER

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Daniel Force, President & Editor of Newsletter.....395-4596  
Jim Floyd, Vice President.....293-2148  
Patty Callens Munier, Secretary.....622-4829  
Walter Taylor, Treasurer.....395-4223  
Greg Nelson, Race Committee Chairman.....582-5607

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## MAY MEETING

The next general meeting of the Maine Road Ramblers will be held at 7:00 PM, Thursday, May 30, 1985, at RUN FOR YOUR LIFE. The evening's speaker will be Walt Johansson of Johansson Rowing. Walt's company carries a complete line of Martin Marine recreational rowing shells. Walt will bring with him a shell and a video or two describing the aerobic and esthetic benefits of rowing. Don't miss this opportunity to hear about the highly touted aerobic conditioning of rowing.

## NEW MEMBERS

Please welcome the following new Road Ramblers:  
Lon Walters, age 37, lives in Hallowell.  
Jeff Holmes, age 15, lives in Augusta.  
Tim Richardson, age 36, lives in Fairfield.  
Clifford, Suzanne, and John Olson, live in Hallowell.

## MEETING FOLLOW-UP

The March meeting of the Maine Road Ramblers featured a presentation by the CENTRAL MAINE SPORTSMEDICINE CLINIC. As requested, Chaz Roth sent us a letter of information describing their orthopaedic screen to detect weakness in athletes that can pre-dispose them to injury.

The most commonly injured joints of athletes are the knee and ankle. Recent research has shown that detectable weakness in muscle balance, physical conditioning, and ligament/joint support can pre-dispose an athlete to certain types of injuries. Many of these injuries could have been prevented, or reduced in severity, through proper screening programs.

The CENTRAL MAINE SPORTSMEDICINE CLINIC offers such a screening program. Their screening includes: flexibility testing, muscle testing, anatomical alignment, cardiovascular fitness, and a body fat evaluation.

The cost of the orthopaedic evaluation is \$20.00, by appointment only, and is performed at the clinic.

## APRIL MEETING MINUTES

The April meeting of the Maine Road Ramblers was held at the Kennebec Valley YMCA. Vice President, Jim Floyd, conducted a brief business meeting, while Dan Force was busy searching for the guest speaker.

The Secretary's report was unanimously accepted as printed in the April newsletter. There was no Treasurer's report given.

Mike Cameron presented former President, Kevin Purcell, with a special photo from last year's club picnic. The photograph shows Kevin winning a race in which he started at least 20 seconds ahead of everybody else.

A check for the amount of \$30.40 was forwarded to the club by the Sno-Fest Committee. This was our share from the sale of Sno-Fest tickets. A brief discussion was held regarding the future locations of Maine Road Rambler meetings. As of January 1, 1985 the YMCA is charging all groups who use their facilities, \$25.00. Alternative sites were suggested, such as Lithgow Library, and Run For Your Life. Several members offered to look into these alternatives and to report back to President, Dan Force.

Greg Nelson reported on the progress of the Maine Event Triathlon. At this time the committee is waiting for the race flyers to be printed by Key Bank. These flyers should be in the mail by the end of the month. Greg also announced that he had been offered the job of Race Director for the New England Triathlon to be held on August 18. At this point he is undecided about accepting the job due to conflicts with the Good Sports 10 Miler and the club picnic. Greg will keep us posted on his decision.

Members were in favor of a refreshment break while waiting for the guest speaker to arrive.

The second half of the meeting was devoted entirely to Kim Moody's account of her participation in the Western States 100 Mile Endurance Run, held last summer. The audience was fascinated by her explicit description of this 100 mile odyssey. Kim also spoke briefly about her Olympic Marathon Trial run. Following Kim's superb talk a lengthy question and answer period was held.

Patty Callens Munier  
Secretary

## CREDITS

I want to thank Mike Cameron, Greg Nelson, and Kevin Purcell for taking the time to send me newsletter material. Articles, comments, suggestions, and other items of interest are always welcome.

RACE RESULTS

PORTLAND BOYS CLUB FIVE MILE ROAD RACE, Portland, ME. April 15, 1985.  
456 runners.

OVERALL: Sam Pelletier	23:58	Robin Emery Rappa	29:36
CLUB RUNNERS:			
26. Greg Nelson	27:27	55. Goerge Liming	29:07
59. Mike Cameron	29:13	78. Bob Jolicoeur	30:05
112. Jim Floyd	31:07	115. Jeff Preble	31:10
177. Ray Giglio	32:52	188. Marsha Giglio	33:14
365. Muffy Floyd	39:00		

SPRING FAIR ROAD RACE 5K, Unity College, Unity, ME. April 20, 1985. 43 runners.

OVERALL: Randy Gardella	15:48	Jane Rau	19:33
CLUB RUNNERS:			
15. Tory Rau	17:58	16. Karl Rau	18:19
25. Jane Rau	19:33	29. Claudia Takacs	21:31
37. Cody Rau	23:00		

CHINA 10K CLASSIC and ONE MILE FUN RUN, China, ME. April 27, 1985.  
10K-164 runners, FUN RUN- 187 runners.

OVERALL: Stan Bickford	31:59	Robin Emery Rappa	40:19
CLUB RUNNERS:			
6. Greg Nelson	35:15	11. Mike Cameron	37:04
27. Michael O'Connor	39:15	31. Tim Roddy	39:38
33. Jeff Preble	39:39	38. Jeff Holmes	40:15
44. John Schwerdel	40:52	72. Dick Cummings (M)	43:25
73. Russ Martin	43:30	80. Jane Rau	44:32
103. Dan Force	47:28	104. Dave Gunga (M)	47:28
117. Claudia Takacs	48:48	135. Margie Force	51:20
162. Irene Purcell	59:03		

OVERALL: Fred Saban	5:33	Rachel Dunn	6:22
CLUB RUNNERS:			
5. Tory Rau	5:50	19. Erin Force	6:49
64. Cody Rau	7:42		

THE GREAT LITE BEER MAINEIacs HALF MARATHON, Bangor, ME. March 30, 1985. 178 runners.

OVERALL: Misa Fossas	1:07:53	Connie McLellan-Cuff	1:26:35
CLUB RUNNERS:			
19. Rick Lane	1:18:42	20. Greg Nelson	1:19:26
67. Joe Washburn	1:28:43	100. John Schwerdel	1:34:34
104. Jerry Gugan	1:36:54	163. William Tozier	1:55:58

MAINE MILK RUN III 5 MILES, So. Portland, ME. March 31, 1985. 241 runners.

OVERALL: Bob Winn	24:49	Kim Moody	29:56
CLUB RUNNERS:			
24. Doug Ludewig	28:36	73. Bob Jolicoeur	24:36
148. Fran Brennan	36:41		

MAINE MILK RUN III 1 1/2 MILE FUN RUN

OVERALL: Peter LaRose	9:15	Lori Towle	10:14
CLUB RUNNERS:			
32. Fran Brennan	16:13		

THE 15 MILE CHAMPIONSHIP RUN, Rockland, ME. April 6, 1985. 38 runners.

OVERALL: John Mathieu 1:32:47 Carol McRea 1:51:58:53

CLUB RUNNERS:

8. Joe Washburn 1:49:03

1985 FRANK SABASTEANSKI MEMORIAL 10K, Bowdoin College, Brunswick, ME.  
April 14, 1985. 60 runners.

OVERALL: Paul Kehoe 32:34 Elizabeth Jurkowski 43:12

CLUB RUNNERS:

3. Floyd Wilson 34:13 7. Bob Jolicoeur 37:03

42. Fran Brennan 44:13

FIFTH ANNUAL ROCKY COAST ROAD RACE 10K, Boothbay, ME. May 11, 1985.  
212 runners.

OVERALL: Hank Pfeiffle 30:50 Ann-Marie Davee 39:22

CLUB RUNNERS:

10. Rick Lane 36:05 17. Greg Nelson 36:55

26. Tim Roddy 39:02 33. Jeff Holmes 39:40

36. Jim Floyd 39:56 48. Tory Rau 40:55

66. Joe Washburn 41:55 82. Marsha Giglio 42:54

83. Karl Rau 43:08 88. Ray Giglio 43:28

116. Jane Rau 45:55 120. Dick Cummings 46:25

122. Dave Nagug 46:36 127. Sam Mitchell 46:46

132. Roy Wells 47:27 135. Joanie Rhoda 47:34

165. Muffy Floyd 51:28 176. William Clardy 53:22

FOURTH ANNUAL TOGUS 5 MILE ROAD RACE, Augusta, ME. May 12, 1985. 27  
runners.

OVERALL: Bill Hine 26:57 Barbara Mauthe 37:40

CLUB RUNNERS:

2. Floyd Wilson 27:50 12. Gerry Mirabile 32:22

22. Barbara Mauthe 37:40

#### RAMBLINGS

Congratulations to Chuck Munier and Patty Callens. The happy couple were married on April 19, 1985. Despite rampant rumors, they were not married while running the Betty & Bob's Hilltop 10K. Good luck goes out to Chuck & Patty.

World renowned Italian master chef announces the THIRD ANNUAL CARBO LOAD OUT! Reserve May 23 for this eagerly awaited event. Guest speaker will be none other than 1985 Maine Road Rambler of the Year, Dave Gugan.

Despite many pleas, the Blues Brothers movie will not be shown this year. Replacing the Blues Brothers will be that box office smash, the Terminator. Dinner will be served at 6:30. Please call John Schwerdel for reservations. John's telephone number is 622-4507.

Many have been the weeks that a hardy core of Ramblers have been training for the Maine Coast Marathon. Despite cold and often rainy weather this spring, these mile weary runners have stuck with it. By now the 20 mile runs are but just a memory. Thoughts, and probably a few prayers, are now directed toward May 26 in Kennebunk. Good Luck for the entire 26.2 miles and may the weather god smile on you.

Tom Wells, Road Rambler, and Cony Track Coach, wants all of you to know that there exists an opening for Fall of 1985, for Cross Country Coach at Cony High School. Tom would love to see a person fill this position who is interested in guiding young runners through a common sense program appropriate for this age. Any Rambler, or friend, interested in this position can call Tom Wells, 377-2806 or Athletic Director, Pete Meagher, 623-1174.

## RACE SCHEDULE

- May 25 SRI CHINMOY 12-HOUR RACE- Boston. 8 AM. Dripan Snell-Doyle, 1375 Mass Ave., Arlington, MA 02174. 617-646-7575.
- May 26 TWIN RIVER TRIATHLON- 10K run, 10 mile canoe, 19 mile bike, Bedford, NH. Noel Taylor, MDA Office, 258 South River Road, Bedford, NH 03102. 203-668-0800.
- May 26 4TH MEMORIAL DAY MDI-WESTSIDE RIDE BICYCLE RACE- 1 PM from the Harbor House, Southwest Harbor, Maine 04679. Distance 25 miles.
- May 26 MAINE COAST MARATHON- \$10 before 5/1, \$15 after, 7 AM start from Kennebunk High School
- May 27 3RD MARSH STREAM STAMPEDE- 10K from Rte's 139 & 141 in Monroe, Contact Bill DoPheide 525-7708
- May 27 THE INN RACE- 11 AM from the Sports Inn in Caribou. 10K, Contact: Nancy Jackson, Director, 93 Boston St., Presque Isle, ME 04769.
- June 1 2ND OTTER CREEK CREEP 10K- 10 AM start from the Blackwoods Restaurant on Rt. 3 in Otter Creek.
- June 1 BRADLEY 5K RUN- 9 AM from the Viola Rand School. T-shirt to 1st 100 registrants.
- June 1 SUBLUXATION SHUFFLE 5K & 10K- Caribou Country Club at 9 AM. Mike Mendonca, Director-764-3842.
- June 1 OFFICER FREINDLY CHILDREN'S RUN- From So. Portland Elem. School. Contact: Bob Coughlin (Maine Track Club).
- June 2 2ND NORTHERN TIMBER CRUISERS ROAD RACE- 11 AM start from Stearns Alumni Field, Millinocket, 5 miler, \$5, T's to first 50 to pre-register. Contact: Terry Barnes, 31 Minuteman Dr., Millinocket, ME 04462, 723-4250 evenings.
- June 2 PETER OTT'S 10K- 11 AM start from the restaurant on Bayview St. in Camden. \$5/6, T-shirts to 1st 100 entrants.
- June 5 CAMP KETCHA 5 MILES- Scarboro, contact: Bob Hodgdon.
- June 8 CHILDREN'S TRIATHLON- 50 meter swim, 5K bike, 2K run, Medford, MA. \$5. Dave McGillivray, Sports Enterprises, Inc., 430C Salem Str., Medford, MA 02155. 617-329-7700.
- June 8 TRIATHLON- 10 AM from the Caribou Rec. Dept., Kathy Mazuchelli, Race Director.
- June 8 2ND BAR HARBOR SPRING 5K & FUN RUN- 9:45 AM, Haskell's Sporting Goods, free T-shirts to 1st 150 entrants.
- June 9 THE GREAT MAINE RACE- 9 AM from the head of Mackerel Cove, Bailey's Island, Maine, run 15K, canoe 10 miles.
- June 9 SOLSTICE STRUT- 4 miler starts at 9 AM from the Auburn Mall.
- June 9 2ND APPLETON BIATHLON- (Bike, Run) Contact: Rich Higgins, 785-4753. 9:30 AM, 5 mile run, 15 mile bike, Rt. 131 & 17.
- June 15 LIONS HALF MARATHON- 9 AM from Bicentennial Park, Presque Isle, Eddie St., John, Race Director.
- June 15 THE GREAT BANDAID RACE- (The Agony of De-Feet) 4 mile race or 8 mile walk. 8:00 AM walkers, 10:00 AM runners. Massabesic HS, Waterboro, \$5 minimum donation.
- June 15 UNION TRUST 4 MILER- 9:30 AM from the Union Trust, State St., Ellsworth, T-shirts to 1st 150 entrants.
- June 15 OCEAN NATIONAL BANK NUBBLE LIGHT RUNAWAY- 9 AM, 3 mile Nubble Light Fun Run and 10:30 AM 10K. \$5 pre/\$6 post for 10K; \$4 pre/\$5 post for 3 mile. T-shirts to all. T.A.C. certified.
- June 22 COOKIE RUN- 9 AM 10K, 1/4 mile and 1/2 mile at East Loring AFB. Mike Mendonca, Race Director
- June 22 WESTPORT ISLAND RECREATION COMMITTEE 4TH ANNUAL- 3.75 mi., 10:30 AM from the town hall. Contact: Loren Arford, 882-6350.
- June 22 MOUNT WASHINGTON ROAD RACE- 8 mile, Gorham. Mount Washington Road Race, Granite State Race Services, 95 Summer St., Newport, NH 03773. Entries closed for 1985.

## **Maine Race Ramblings**

**by  
Greg Nelson**

### **Triathlons Galore**

The Gardiner area and especially the Gardiner Sportsmans Club will be the scene of two major triathlons this summer including Maine's first major swimming triathlon. Naturally, you are familiar with one of the triathlons: the MAINE EVENT, which is the biggest event the club organizes. In addition the first New England Triathlon Series-Maine swimming triathlon will be held on August 18. More information can be found below on this event.

### **The MAINE EVENT**

The MAINE EVENT in only two years has established itself as one of the premier sporting events of the year. Last year's race attracted over 150 entries (425 individuals) and featured some of New England's best athletes in three sports as well as hundreds of people just having fun. This year's race promises to be just as competitive and as enjoyable. All competitors will receive long-sleeve T-Shirts instead of the usual short-sleeves. Recreational Canoe 3-4 person Team and Masters Ironman categories have been added. The 10K run should be measured and certified by me, the TAC Certifier for Maine, by the July 28 race date. This year the bike finish will be moved to the Pond Road for safety reasons. Since the Pond Road can be closed to traffic, spectators will be able to get closer to the finish line action than they have for the past two years. All in all it promises to again be the MAINE EVENT.

Organizational efforts this year have been much easier than in the previous two. In 1983 we got the MAINE EVENT going and did so with very little sponsorship money. Naturally, with a new project, especially as one as complex as a triathlon, a lot of work was involved. Thanks to the efforts of many people from the Ramblers and the Penobscot Wheelmen it was a big success. Last year the triathlon expanded and obtained a major sponsor: Key Bank. This expansion, dealing with a sponsor, and the upgrade of our materials and prizes again required a lot of work plus many meetings of the Organizational Committee. But again, the MAINE EVENT was successful and established itself as one of the major endurance events in Maine.

This year things are easier for the organizers, at least so far. No major changes have been made to the race and we again have Key Bank as the sponsor. There have been only a few Committee meetings and progress has been swift. The experience gained in the past and the fact that most of the key people are still with the race has helped tremendously. If you would like to help please contact either Dan Force or Jim Floyd or me. We need you to keep the MAINE EVENT the great race it has been so far.

### **New England Triathlon Series**

August 18 will see the first edition of the Maine Race in the New England Triathlon Series (NETS). This series consists of six triathlons, one in each New England state, culminating in the September 1 race in Massachusetts which will be both the Northeast Regional Championship as well as the NETS Championship.

The distances of all NETS races will be the same: Swim 1 mile; Bike 25 miles; and Run 10K with some slight differences because of the various sites (27 mile bike in Maine, for example). The series will have a point scoring system so rankings can be made permitting triathletes to see how they compare to each other. Rankings will be determined by adding your top two races to the points you earn in the Championship Race.

The NETS races feature a weekend of events. In addition to the triathlon itself, there will be a Carbo-Loading Supper and clinics the day before. Hank Lange, noted Nordic skier (coach of U.S. Marathon Ski Team) and triathlete (first New England finisher: 20th, at the 82 Ironman) will conduct his "Train Smarter" clinics featuring individual coaching on the day before each NETS race. He will also be conducting his "Race Smarter" seminar, featuring Race Day hints on such things as the transitions that evening. Murray Banks, a noted triathlete in the 30-39 age group (winner of 10 of 11 races) and Race Director for NETS-Vermont will also be holding his "The Complete Triathlon Clinic" the day before.

The NETS series will be conducted by Dave McGillivray Sports Enterprises (DMSE) of Medford, Massachusetts with myself as the Director for the Maine Race. Dave McGillivray, founder of DMSE brings a lot of experience to triathloning. He is Director of Promotions for Saucony and has competed in more than 60 marathons as well as 20 triathlons, including three appearances in Hawaii's Ironman. His firm will be organizing 11 triathlons this year, including the Bud Light Endurance Triathlon on Cape Cod. This triathlon which is the same distance as the famous Ironman in Hawaii (2.4 mile swim, 112 mile bike, and 26.2 run) will be the national championship as the Ironman serves as the World Championship.

I wish to emphasize that the NETS race is not a club sponsored race but one put on by DMSE with me serving as the local Race Director. I am in fact for the first time being paid for directing a race. However, I still need help from others to organize the race and this leads to my biggest problem. The triathlon will be held on the same day as the Good Sports 10 Miler. This has been a popular race with many club members and for the past two years we have had a summer outing afterwards at Thomas Point Beach. I wish I could change the date but I can't at least for 1985. Thus, I expect to have problems in getting help from the people I know best: you, both because of the date and the fact that this is not a club sponsored event.

However, the triathlon will start at 7-7:30 a.m. and should be over, except for Awards and post-race party, by 11 so you could still make the Rambler outing if you don't plan to run the Good Sports race. I would appreciate your help and can offer you the usual volunteer T-Shirt and perhaps some other items. In addition, I hope to obtain reduced rates for volunteers who wish to attend the Carbo Supper and Clinics. Also, DMSE will be bringing up a team to work on the race and they will need places to stay. If you could put someone up on Saturday you will get a free pair of Saucony shoes. If you are interested in helping or would like to know more about this event please contact me.

August 17-18 promises to be an exciting weekend as it brings to Maine its first major swimming Triathlon. For more information and applications on the NETS races contact: DMSE, Inc., 430C Salem St., Medford, MA 02155, (617) 396-3001.

(I get one of these as a member of their club) (RTF)

Maine Track Club  
P.O. Box 8008  
Portland, ME 04104



Frank DeLaney

Maine Road Ramblers  
P.O. Box 264  
Augusta, Maine 04330



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