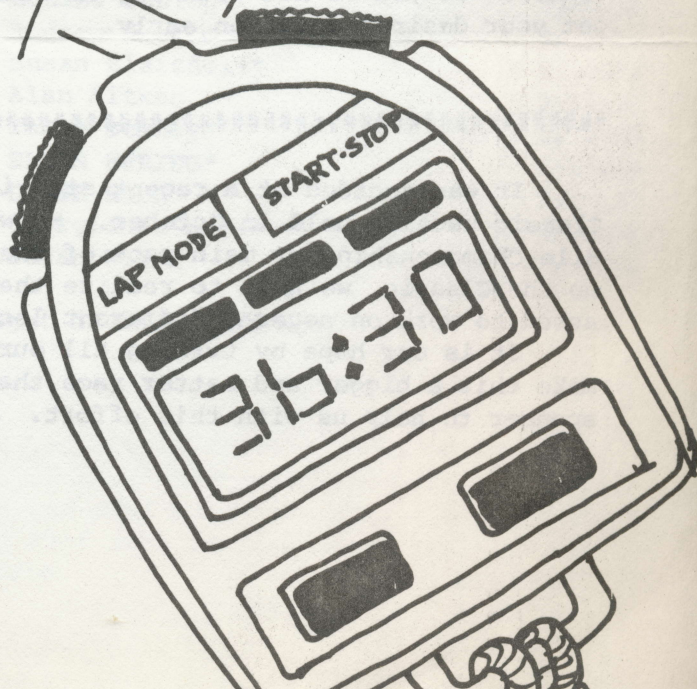
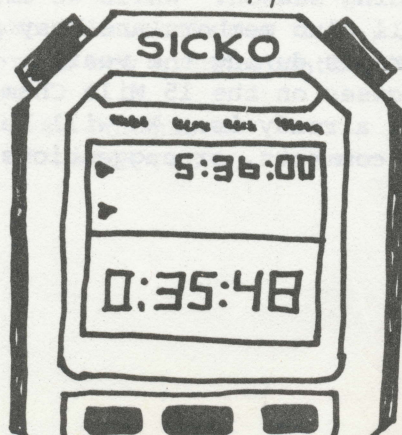
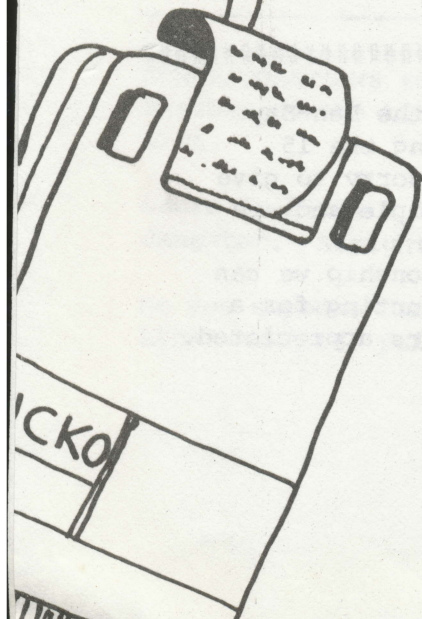
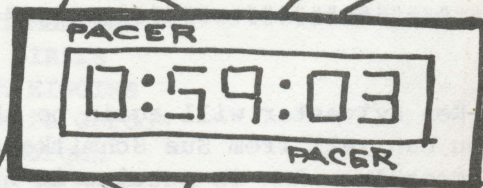
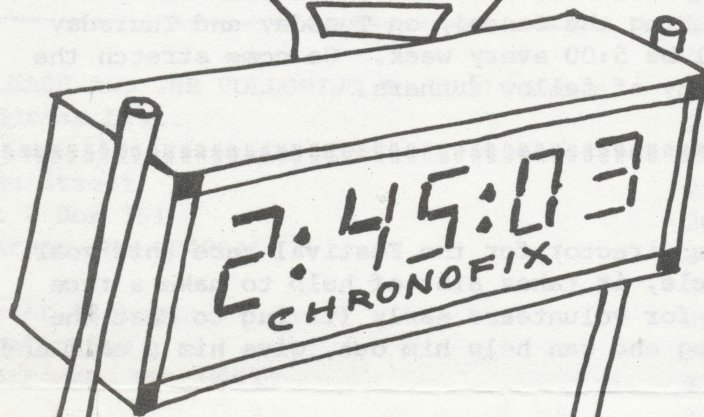
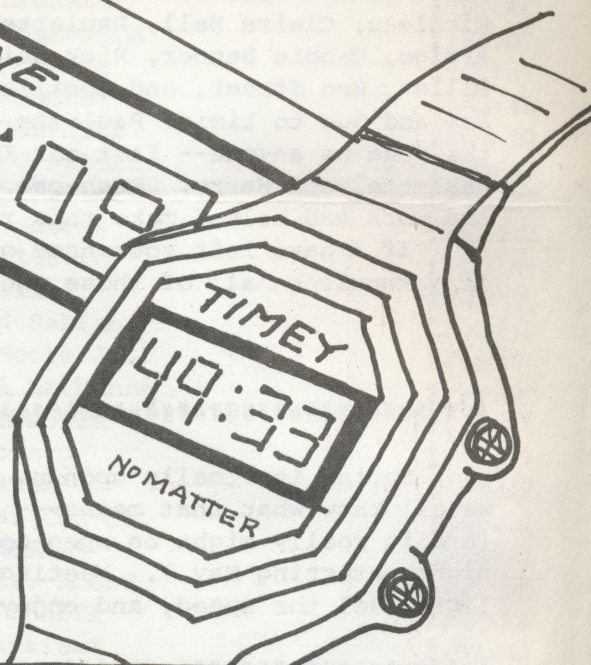
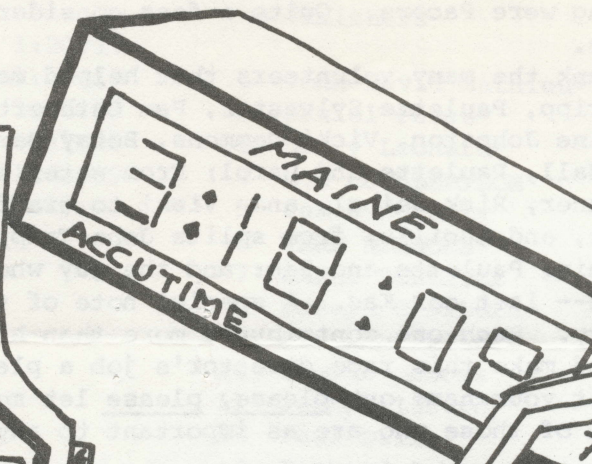
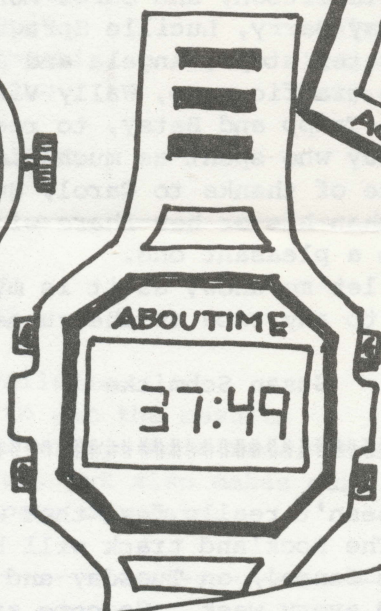


# PACER BULLETIN

MAY  
1985  
NO. II  
VOL. XII





What do Bob Cuthbertson, Vern Demmons, Harry Schmitke, Ken Sylvester, Carol McRea, Ken Dirkes, Rich Higgins, Ellen Spring, and Claire Hall have in common?

They all braved gusts of wind up to 40 mph and the fog of April to run in our 15 Mile Championship Race. There were 27 pre-registered runners and 22 registering race day. 39 started the race and 38 finished. This means that nearly  $\frac{1}{4}$  of those participating were Pacers. Quite a feat considering the time of year and length of the race.

I want to thank the many volunteers that helped make this race a success from soup makers Sue Tripp, Paulette Sylvester, Pam Cuthbertson, and Carol McRea to bread bakers Pauline Johnston, Vicki Demmons, Betsy Berry, Lucille Sprague, Nadine Micoleau, Claire Hall, Paulette and Carol; From water stops, Angela and Joby Bonarrigo, Debbie Benner, Rick Seibal, and Viski to traffic cops, Wally Vinal, Jim Miller, Ben Street, and Lucille; from splits John Tripp and Betsy, to registration Pam and Sue to timing Paulette and Pam; and the guy who spent as much time out on the road as anyone-- last car Kas. A special note of thanks to Carol, Sue, Pam, Paulette, and Harry. Each one contributed more than his or her share of support and work and helped make this race director's job a pleasant one.

If I have left your name out please, please let me know, as it is my intention to acknowledge all of those who are as important to any race as the runners.

Susan Schmitke

#####

Spring is finally upon us (even though it doesn't really feel that way) and we all know what that means--- TRACK WORKOUTS! The Rockland track will be open (and it really might be open--no more climbing the fence!) on Tuesday and Thursday nights starting May 7. Meeting time will be 5:00 every week. So come stretch the legs, feel the speed, and enjoy the company of fellow runners.

#####

Ken Sylvester will again be the race director for the Festival race this year. As you can tell from Sue Schmitke's article, it takes a lot of help to make a race run smoothly. Ken is putting in his bid for volunteers early (trying to beat the rush!). If you're not planning on running and can help him out, give him a call and get your desired position early.

#####

It was decided at a recent steering committee meeting to forgo the Pen-Bay Classic usually held in October. We will put all efforts in to making the 15 Mile Championship our main race of the racing season. While we are sorry to give up the Classic, we have to realize that all club members are busy people and are asked to work on several different local races during the year.

It is our hope by turning all our focuses on the 15 Mile Championship we can make this a bigger and better race than it already is. We will be hunting for a sponsor to help us with this effort. Any comments, or suggestions are appreciated.



# RACE RESULTS

## THE LITE BEER 1/2 MARATHON

March 30, 1985

Bangor, Me

24	Stan Low	1:20:13
49	Bob Cuthbertson	1:26:17
84	Harry Schmitke	1:31:36
88	Carol McRae*	1:31:43
129	Bill Kasabuski	1:43:35
145	Ellen Spring	1:49:26

\* Won age division

## MAINE MILK RUN

March 31, 1985

No results available.

Don't forget to get the results of Pacers when you go to a race. This is very helpful, but also makes our race results page complete.

PLEASE ADD THE FOLLOWING TO YOUR Pacer Address List.

Ben Street  
Rt 2 Box 351  
Warren, Me 04864

Peter Slobogin  
Mystic Ave.  
Rockport, ME 04856

CONGRATULATIONS to Roger and Laura Pinkham on the birth of their daughter Liza.

Laura is Harry & Susan Schmitke's daughter. Alright proud new grandparents

Do you suppose Harry has purchased Liza her first pair of NIKES yet?

## THE 15 MILE CHAMPIONSHIP RUN

April 6, 1985

Union to Rockland

38 finishers

1	John-David Mathieu*	1:32:47
2	Daniel Pease*	1:35:24
3	Garry Leonard*	1:40:42
4	<b>BOB CUTHBERTSON*</b>	1:44:07
5	James Hogarty	1:46:47
6	<b>VERN DEMMONS*</b>	1:48:48
7	<b>HARRY SCHMITKE</b>	1:48:50
8	Joseph Washburn	1:49:03
9	Stephen Salter*	1:50:05
10	Thomas Gabois	1:50:21
11	Joseph Issgro	1:51:38
12	Paul Dall	1:53:04
13	Richard Sabine	1:54:27
14	James Moore Jr.	1:54:58
15	Micheal LaChance	1:56:24
16	<b>KEN SYLVESTER</b>	1:56:37
17	Skip Howard	1:57:37
18	Eric Ellis	1:57:47
19	James H. Cox Jr.	1:58:23
20	<b>CAROL MCRAE*</b>	1:58:53
21	Jerry St. Amand	1:59:10
22	Martin Schiff	1:59:32
23	Joan Merriam*	1:59:32
24	Fred Merriam	1:59:33
25	<b>KEN DIRKES</b>	2:00:07
26	<b>RICH HIGGINS</b>	2:00:35
27	Charlie Gordon	2:02:29
28	Ike Morgan	2:04:12
29	Larry Rich	2:05:04
30	Louise Dunlop*	2:09:20
31	Andrew Haslem	2:11:16
32	Susan Blaisdell*	2:12:21
33	Alan Aitken	2:12:21
34	Jerry Bushey*	2:14:55
35	<b>ELLEN SPRING*</b>	2:15:19
36	<b>CLAIR HALL</b>	2:19:37
37	Georgianna Hogerty*	2:27:16
38	Susan Welch	2:54:45

\*Weight division winners



## Stretch and Strengthen Your Knees

Text By Nan Silver

Skiers get them. So do ice skaters, power forwards and ballet dancers. Bum knees are endemic to active America. Play kneesy under the table these days and you're likely to discover your partner is wearing a brace.

You don't have to be an athlete to get knee woes. People get torn ligaments turning a corner or slipping on ice. But leading an active life raises the risk. Basketball and volleyball players battle "jumper's knee," joggers joust with "runners knee," After the elbow, aching knees agonize tennis players more than anything.

Winter is the target season for one chief cause of knee injuries--athletic accidents. Knees can bust from a sudden fall, twist or collision. Skiing causes more of these injuries (doctors call them "acute" injuries) than any other sport, including football. Ice skating is right up there, too.

But accidents aren't the whole story. Some knee ailments sneak up gradually. The knee is a vulnerable, finicky joint. If you frequently pound or pressure it, eventually some part may wear down or tear. Doctors call these chronic or "overuse" injuries. As more people take up knee-wearing activities-jogging, cycling, aerobic dancing- these problems increase.

New technology has helped ease the pain. Advanced surgical techniques-which saved Mary Lou Retton's and Joan Benoit's knees- have shortened the recovery time for knee surgery from weeks to days. And better shoes and knee braces may also help lower the risk of injury.

But whatever your sport, your best insurance against pain and sprain is to keep the muscles that bolster your knees in tip-top shape. Together, the four muscles in the front of the thigh (quadriceps) create the powerhouse that gives the knee its strength and support. They're helped by their back-of-thigh neighbor, the hamstring muscle, and some hip and buttock muscles. Building the strength of these muscles cuts down on knee wobbling. Stretching them back widens the span of their movements, making the knee and its muscles more flexible and resilient.

Every sports doctor has a slightly different set of exercises to recommend. But they do agree on the basics. While nothing can guarantee that your knees will stay healthy, here are some simple stretching and strengthening exercises to improve the odds. (Stretches should be done first.)

Don't overdose on these exercises, but try them and see which ones feel right for you. Then do your favorites as part of your regular warm-up. If you've already got a knee problem, you may find that these same workouts help you on the road to recovery. Just be sure to check with your doctor or a physical therapist first.

### STRETCHES

Never bounce or overly strain yourself when stretching. As the muscles become more supple, increase the duration and intensity of each stretch.

Quadriceps and Hip Stretch-While sitting, bend your right leg at the knee to your side so that the upper surface of your foot rests at the side of your right hip. Bend your left leg in front of you so that it forms a right angle at the knee. Place your hands behind you, well spread apart for support. Lean back slightly on your hands. Now lift your hip as high as you can as your body rotates toward the left. Hold this position for about 10 seconds as you continue to reach up and forward with your right hip. Return to initial position. Repeat with left leg.

Hamstring Stretch-Sit with left leg stretched out in front, right leg bent so the foot rests against your left inner thigh. Slowly bend forward from the hips toward your left foot. Hold for 30 seconds. Return to starting position. Switch legs and repeat.

### STRENGTHENERS

You'll need small ankle weights (2 to 5 lbs.) for these exercises. As the muscles build, increase the weight and number of repetitions.



Side Lifts- (front and back thigh muscles, hip muscles) Lie on left side, legs straight, left arm under head, right hand on floor in front of chest for support. Slowly raise right leg about 45 degrees, then lower without touching floor. Do 10 lifts each leg.

Lower Leg Lifts- (hip and inner thigh muscles) Lie on left side. Place right leg on top of a chair. Slowly lift left leg toward right, then bring it back to floor. Repeat 4 times. Switch legs.

Back Lift- (hamstrings and buttocks muscles) Lie flat on stomach, legs straight. Slowly lift one leg about 6 to 10 in. Slowly lower. Without touching floor, begin again. Do five lifts each leg.

Wall Sitting- For the quadriceps. Stand with your back against a wall, feet 6 to 10 in. away from the wall and shoulders-width apart. Slowly slide your back and pelvis down the wall until your knees are bent at a right angle. Hold the position for a few seconds. Slowly return to standing. Start with 5 repetitions.

#### OVERALL CONDITIONING

These exercises will both stretch and strengthen muscles.

Stair Step- Walk up one regular staircase step with your right foot. Bring left foot up to same step. Descend, right foot first. Repeat for 30 to 60 seconds. Switch starting foot each time.

Hill Walking- Walk up a hill at a good pace (about 15-minute miles) until you tire. The trick is to build endurance, walking for longer periods each time out.

Exercise With Special Equipment- The Nordic Track, a wooden contraption that simulates cross-country skiing, is great for giving knees over-all conditioning. There's no jolting impact as there is in running, and the knee's movements are limited, so there's less chance of throwing the knee out or working it in an unnatural position.

Finally, a pogo stick (yes, a pogo stick) can give your knees a healthy workout. Try bouncing on one for up to 10 minutes.

Excerpt from AMERICAN HEALTH December 1984.

---

The Corn-on-the-Cob Booth for the Lobster Festival is pending and will be finalized by the end of May. If our bid for the booth is accepted, this will be a major money maker for the club. Sue Schmitke has done a lot of the groundwork from finding a corn supplier to placing our bid. We will need support of the entire club for this to be a successful fund-raiser. We will pass more details on as we receive them.

---

Don't forget the MAINE COAST MARATHON to be held May 26, Sunday. Pacers running in this year's race are Ellen Spring, Rich Higgins, and Ken Sylvester. If you are not planning to run this year go down and support them on the course. If you are planning to run please let us know so you can get the recognition you deserve.

While we're on the subject of marathons CONGRATULATIONS To Carol McRae and Stan Low for successfully completing the BOSTON MARATHON on April 15. Unfortunately at the deadline for this issue we had neither their official times or place. Hopefully either one or both will provide us with an article about their experiences. Right Carol and Stan??



## KNEES

The knee is the largest joint in the body, but it has much less protection for its size than the hip and the ankle. As one orthopedist puts it, "The knee is just out there in the middle between the floor and your center of gravity." No surprise, then, that doctors know of more than 20 things that can go wrong with the knee--and that's just the injuries they can figure out.

If you are an active athlete, using the right kind of gear can help protect this vulnerable joint. Kneepads help stave off injury in contact sports. They prevent bursitis, or the irritation of the bursa, a fluid-filled sac that acts as a cushion in front of the kneecap. And tape is recommended by some doctors--though not by all--to keep the kneecap on the track. If you have runner's knee it may help to put the tape under the kneecap, lifting it up slightly so it glides on the thighbone more easily.

Knee problems can also begin at your foot. If your arches roll inward, or pronate, your leg will turn and your knee will twist; enough of this, and your knee aches. Well-designed, supportive running shoes, shoe inserts, or orthotics can help solve the problem. Even the best preventive measures, though, can't guarantee that your knee will never be injured; there are too many things that can go wrong. Here are the main trouble spots along the way with appropriate exercises for each. . . as well as the treatments your doctor may consider if injuries become more severe.

**KNEE BONES:** The end of the thighbone (femur) fits snugly onto the top of the shinbone (tibia), creating the knee joint. The kneecap (patella) moves within a track near the end of the thighbone, and protects the joint. A severe sudden twist, or constant stress, can throw the kneecap off track. Front and back thigh exercises, stretching, orthotics, knee brace, surgery.

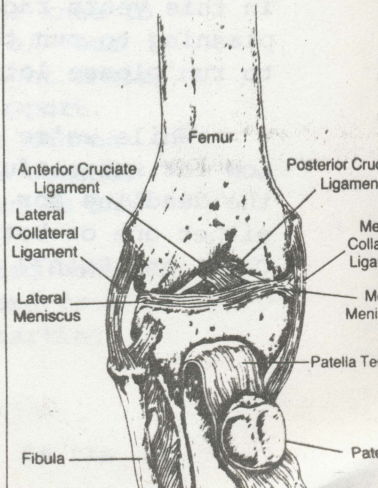
**PATELLA TENDONS:** Connect the kneecap to the front thigh muscle and shinbone. A tear here is called "jumper's knee" common among basketball and volleyball players. Rest, ice, knee extension exercise, orthotics, cast and surgery.

**ANTERIOR & POSTERIOR CRUCIATE LIGAMENTS:** Overlapping girders within the knee joint. They form an X that helps control backward and forward movement. The front girder (anterior cruciate) is often torn in contact sports. Some athletes can get by without it, others need a knee brace or surgery.

**COLLATERAL LIGAMENTS:** Vertical cables that support the joint from the sides. The inner (medial) cable is the most common site of knee sprains. Rest, ice, elevating and compressing knee, front-thigh exercises, cast and surgery.

**CARTILAGE (MENISCI):** Two triangular chunks of mobile, shock-absorbing tissue wedged between the bones of the knee joint. Sudden "unnatural" movement can pinch the cartilage between the bones, causing tear. Ragged cartilage can batter other parts of the joint leading to more injury. The treatment of choice for most doctors is arthroscopic surgery.

**JOINT SURFACE CARTILAGE:** Smooth coating that covers ends of knee bones. When coating behind the kneecap wears away (usually from overuse), an arthritis-like condition called chondromalacia may develop. Front thigh muscle exercises, orthotics, arthroscopic surgery.





STATE OF MAINE  
RACE CALENDAR MAY 1985  
from MAINE RUNNING & OUTING MAGAZINE

- 4 2ND ANNUAL INSURANCE WOMEN'S SCHOLARSHIP RUN 5K. 10am from Machias Memorial H.S. Gym. Contact: Julie Millay 255-4047 after 5pm
- 5 "PEOPLE DIE DREAMS DON'T" - TERRY FOX 5K. 10am from the Bangor Motor Inn See Flyer April MAINE RUNNING & OUTING.
- 5 THE FALMOUTH LITTLE LEAGUE BENFIT RACES.  $\frac{1}{2}$ , 1, 4 miler. 10am. See flyer April Issue MAINE RUNNING & OUTING.
- \*\*5 THE DOWNEAST DOGTROT. 11am from Beauchamp Point. See flyer April Issue MAINE RUNNING & OUTING.
- 11 LION'S 5K. 10am from the Boy and Book park in Houlton
- 11 ATHLETIC ATTIC ROAD RACE SERIES - BANGOR 5 MILER. 8:30am from the Bangor Mall. See flyer April Issue MAINE RUNNING & OUTING.
- 11 5TH ANNUAL ROCKY COAST 10K. 10am from the Boothbay Harbor YMCA. Contact: Jay Krouse 633-2435.
- \*\*11 SEASIDE CARNIVAL ROAD RACE. 9am from the Camden-Rockport high School. Contact: Ellen Spring 354-8041
- \*\*12 SKYWARD MOTHER'S DAY 5K. 1pm from the ROCKLAND Rec. Center. Contact: Skyward in Rockland.
- 18 KENNEBEC VALLEY YMCA 10,000 METERS. 10am from the Hodgkins Jr. High School in Augusta. See flyer April Issue MAINE RUNNING & OUTING.
- 19 TRIBUTE TO TERRY FOX. May 19 is Correct, but that's a Sunday and not Saturday as seen on flyer. See flyer April Issue ME. RUNNING & OUTING.
- 19 SPECIAL OLYMPICS BENEFIT RACE. 5 & 2 miles. Maramont, Saco
- 19 HELEN P. KNIGHT 5K. 1pm from the downtown Mall in Caribou.
- 26 MAINE COAST MARATHON. 7am from Kennebunk High School. See flyer March Issue MAINE RUNNING & OUTING.
- 27 THE INN RACE. 11am from the Sports Inn in Caribou.
- 27 THIRD MARSH STREAM STAMPEDE 10K. Monroe (Junction of Rte. 139 & 141) 9:30 am at School. Contact Bill DoPheide 525-7708.

\*\* Local Race

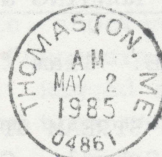
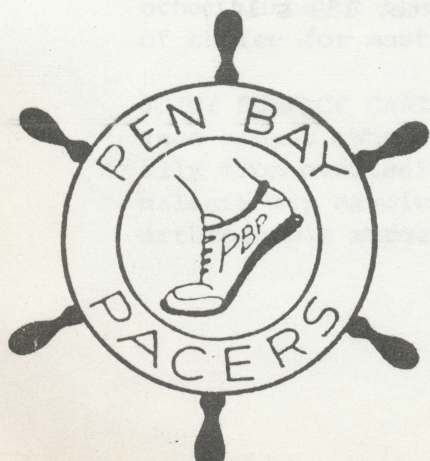


PACER CALENDAR  
MAY 1985

- 5 Sun Downeast Dogtrot - Beauchamp Point, Rockport  
11:00 AM
- 11 Sat Seaside Carnival Road Race - Camden-Rockport High  
9:00 AM - 3.2 miles - Age division prizes
- 12 Sun Skyward Mother's Day 5K - Women only  
Women Run - Men Work
- 19 Sun Fun Run - 9:00 AM - Organizer: Betsy Berry  
Location: Betsy's House, Finntown Road, Warren
- 21 Tue Steering Committee Meeting - 7:00 PM  
Location: Cuthbertson's, 1 North St., Thomaston  
ALL CLUB MEMBERS WELCOMED
- 26 Sun Maine Coast Marathon - Kennebuc to Biddeford  
7:00 AM - Support Pacers who plan to race, and enjoy the  
beautiful scenery.

TRACK WORKOUTS - Every Tuesday and Thursday at 5:00 PM at Wasgett Field, South  
end, Rockland

PEN BAY PACERS RUNNING CLUB  
PO BOX 302  
ROCKLAND, ME 04841



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