

Tidbits

Dear Maine Track Club,

I would like to express my sincerest thanks in being awarded the John Tyalka Memorial Scholarship. I regret that I am unable to attend the banquet due to a track meet being scheduled for that evening. Thanks again!

*Yours Truly,
Sam Wilbur*

COLD WEATHER

Don't Get Cold Feet!

If you are one of those unfortunate people whose feet sweat heavily, it may be that in the winter your socks become so soaked with sweat that your feet grow cold when you run. What can you do to relieve this annoying problem?

A fabric provides insulation largely because it traps air in the spaces between fibers. If the fabric becomes wet, the air spaces are either pressed out as the fabric sags or they fill up with water. In this way fabrics lose their ability to insulate.

The exception is wool. Wool fibers are naturally crimped; this means they have very small waves and kinks. In addition, wool absorbs water, about 30% of its own weight. When wool comes in contact with water the fibers swell. Because they retain most of their crimp the fibers still trap a lot of air, and they retain much of their insulation. For this reason wet wool feels relatively comfortable and protects you from most of the effects of cold.

If wool feels itchy and uncomfortable, wear thin polypropylene inner soles to avoid this problem. The yarn of polypropylene is spun from very thin fibers that are separated by almost microscopically small spaces. Since the fibers themselves do not absorb water, moisture is wicked along the capillary spaces between fibers. Sweat from your feet will be wicked away into your woolen outer socks, which even when wet will still insulate your feet.

If you decide to wear two pairs of socks, make sure you wear them in the store when you try on new running shoes. You can buy polypropylene socks, and woolen socks of various thicknesses, at outdoor outfitters. (TS)

Top Finishers (*/: Women):		
1 Terry Hersh	37	24:12*
2 Edie Dubord	31	24:23*
3 Wanda Binette (MTC)	23	24:26*
4 Rose Prest-Morrison	27	24:40*
5 Mary Ann Doss	29	25:55*
1 Rick Garoia	25	21:36
2 Richard Perry	20	21:54
3 Mike Lyons (MTC) 1,16-18	18	22:21
4 James Harvie	20	22:28
5 David Wong	19	22:29

Top Divisions:		
9 Ellen Bowden 35-39	37	27:11*
11 Joan Lavin (MTC) 40-44	41	27:59*
20 Elizabeth Handy 30-34	32	29:49*
26 Erin Barry 16-18	16	30:40*
35 Meghan Barry 15&under	9	32:10*
38 Kathy Gardiner (MTC) 45-49	47	32:17*
40 Jean Thomas (MTC) 50-59	53	33:09*
67 Chris. DeTroy (MTC) 60&+	61	38:25*
6 Barry Fifield (MTC) 30-34	32	22:36
10 James Sackett 40-44	40	23:14
11 Dan Barker 35-39	36	23:18
15 Joel Croteau 45-49	45	23:26
82 David Stake 15&under	15	27:33
104 Richard Cavanaugh 50-59	56	28:26
132 Russ Bradley (MTC) 60&+	66	29:57

Other MTC Women (81 Total):		
13 Katie Thorne	29	28:33
14 Kay MacDonald 2,35-39	37	28:39
15 Carol Pierce 2,40-44	43	28:44
24 Diane Flanders	32	30:28
34 Gail Waitkum-Romanoff	34	31:54
37 Jeanne Clemence 3,40-44	40	32:16
39 Jeri Schroeder	40	32:48
41 Sandy Utterstrom 2,45-49	46	33:11
43 Maureen Sproul	33	34:11
44 Susan Davenny	41	34:25
50 Sherry Carll	42	36:03
51 Bambi Lovett 3,50-59	51	36:15
55 Sara Hobson	29	36:37
64 Brenda Cushman 3,45-49	48	37:56
66 Ingrid Snekvik 3,15&-	14	38:14
68 Linda Richards	26	38:30
72 Julie O'Brien	18	39:10
75 Kim Monaghan	30	39:30
76 Ruth Hefflefinger 2,60&+	60	39:30
77 Donna Moulton	40	39:36
79 Michelle Mondor	42	40:32

Other MTC Men (210 Total):		
7 Joel Titcomb 2,30-34	31	22:55
18 Richard Mulhern 2,35-39	36	23:43
19 Jim Bunnell	32	23:51
29 Ron Cedrone	40	24:43
39 Charles Snekvik 2,45-49	46	25:17
45 Steven Robertson	30	25:42
46 Dale Rines	37	25:43
52 Richard Scribner	38	25:56
60 Al Butler	36	26:35
67 Thomas Carll	45	27:00
68 Roy Morejon	46	27:02
77 Norman Locke	30	27:17
84 Peter DeTroy	41	27:38
93 Scott Fone	29	27:57
99 Loren Lathrop	40	28:14
100 James DiVirgilio	32	28:16
109 Michael Cavanaugh	38	28:38
121 Dick Lajoie	49	29:17
113 Bob Jolicoeur 2,50-59	52	28:46
125 John LeRoy	52	29:36
130 Tom Menendez	36	29:47
137 Chris Taylor	12	30:22
145 Bob Cushman	52	31:06
156 Tom Atchison	40	31:44
170 Robert Wyman	52	32:18
182 Widgery Thomas 3,60&over	65	33:48
187 Joey Fifield	13	34:29
189 Bill Lovett	48	34:49
190 Wayne Newland	51	34:56
193 Don Penta	43	35:02
196 Stephen Monaghan	63	36:19
199 Raymond Neveu	51	36:30
207 Joe Richards	46	38:31
209 Rick O'Brien	43	39:18

Top Finishers (open division):		
1 Kenneth Flanders	38	16:46
2 Kip Bachman	18	17:02
3 Trey Cassidy	21	17:13
4 Gregory Wilson	31	17:18
5 Robert Jones (MTC)	17	17:23
13 Christine Snow-Reaser	23	18:22*
14 Lisa Wakem	22	18:25*
24 Ellen Grant (MTC)	32	19:13*
25 Erika Maddaleni	23	19:15*
33 Christine Braceras (MTC)	27	19:46*

Top Age Divisions:		
6 Richard Davee 30-39	33	17:38
7 Allen Livingood 20-29	26	17:46
8 Joel Croteau 40-49	45	17:55
17 Bob Payne (MTC) 50-59	51	18:37
20 John Olson 16-19	17	18:53
26 Josh McCarthy 15&under	14	19:19
33 Christine Hendrich 20-29	23	19:52*
75 Kathryn Tolford (MTC) 30-39	35	22:10*
77 Carlton Mendell (MTC) 60-69	68	22:17
85 Erin Barry 16-19	16	22:54*
122 Kim Murphy 40-49	43	26:13*
125 Gail Browning 50-59	52	26:28*
139 Terri Morris 60-69	61	28:23*
156 Frank Long 70&over	72	32:53

Other MTC Finishers:		
9 Harry Nelson 2,30-39	35	18:02
10 Joel Titcomb 3,30-39	31	18:07
11 Thomas Clemence	33	18:15
12 Jim Bunnell	32	18:18
34 Dale Rines	37	19:47
41 Philip Pierce	48	20:22
44 Donna Hubert 2,20-29	22	20:35*
47 John LeRoy 3,50-59	52	20:49
48 Eric Ellis	37	20:58
49 Loren Lathrop	40	20:59
53 Craig Robinson	43	21:15
54 Jeanne Lamontagne 3,20-29	26	21:18*
59 Nathan MacDuffie	30	21:39
60 Michael Cavanaugh	38	21:40
64 Michael Towle	41	21:44
65 Steven Jacobsen	40	21:47
68 Neil Martin	46	21:53
69 Susan Daignault	28	21:54*
78 Andy Braceras	27	22:28
80 Orlando Delogu	52	22:34
81 Richard Robinov	29	22:38
92 Marla Keefe 3,30-39	36	23:34*
93 Diane Flanders	32	23:36*
95 Tom Atchison	40	23:38
113 Patti Tableman	31	24:59*
114 Robert Wyman	52	25:21
124 Patricia Titcomb	32	26:22*
127 Donald Penta	43	26:32
129 Daniel Sobel	42	26:58
135 Maggie Soule 2,40-49	48	27:48*
133 Paul D'Amboise 2,60-69	60	27:22
137 Judy Wilson	44	28:10*
143 Stephen Monaghan 3,60-69	62	28:42
148 Linda Richards	26	29:18*
151 Lori Garon	40	29:30*
157 Michelle Mondor	42	33:13*
158 Ruth Hefflefinger 2,60-69	60	33:38*

11th Annual January Thaw 4.5 Miler CMS Event - 66 Fin. - 21/January/90

1 Todd Coffin open	28	23:21
2 Steve Reed 40-49	41	25:52
10 Bob Payne (MTC) 50-59	51	27:58
12 Deb Potter open	35	28:30*
24 Richard Scribner (MTC)	38	30:42
27 Dale Rines (MTC)	37	31:11
45 Carlton Mendell (MTC) 60&+	68	34:25
55 Wendy Sayres 50-59	56	40:06*
66 Mardie Brown 60&over	72	1:01:53*