



NEWS • RUN

Run with a friend . . .

February 1993

President's Column:

It is early in 1993, or so it seems with all the snow and cold. The spring racing season is just around the corner, however, and as usual we will probably feel a sense of urgency to "get in shape." In addition, if you have run an early race like the mid-winter classic 10-miler or, in my case, the Las Vegas half-marathon, you're probably wondering how in the world you raced so fast last year!

Never fear, though, because these early season tests are only barometers for the upcoming spring and summer seasons. The year is plenty long enough, with many races to choose from. These early tests should simply be for breaking the monotony of winter training, to give you an idea of your current fitness level, and to give you sufficient motivation to "get off your duff," particularly on those days when it is easy to say "it is too cold to run."

While it is time to increase your mileage, to become more consistent in your training, and to hit the track once a week, make sure you have a plan. Don't just start grinding it out without thinking about where you want to go. Remember the fundamentals of increasing your training:

- 1 Don't increase weekly mileage more than 10% or one mile for each session per week, (i.e..5 workouts = 5 mile increase)
- 2 Don't increase mileage, days of running, and intensity of training, all at the same time
- 3 Increase your training only every two to three weeks, not weekly

Breaking any of these "rules" greatly increases your risk of injury, certainly not worth the price of "getting in shape" quickly. You cannot make up for lost time, so accept your current level of fitness and just go from there.

As I mentioned, I had the wonderful opportunity of running the Las Vegas half-marathon, which runs in conjunction with the 27th annual marathon. The busses dropped us off in darkness out in the desert, and after warming up with the sunrise the gun got us on our way at 7:00 a.m. The first nine miles is a slight downhill (700 foot drop) with majestic views of mountains all around. Within four miles of the start, the city is in view, giving us somewhat of a false hope, though quite stunning indeed. In addition, the sixty degree weather was a nice break from the Maine winter. I had a great time and I certainly recommend the Las Vegas Marathon or Half-marathon for a wonderful running vacation. Be sure to bring a little casino money too, as that is another whole adventure!!

**Run and have fun
Tom Dann, President**



Outstanding Youth Runners: Alex Dann, Ricky Meinking and Jesica Parker receive award at Annual Awards Banquet. See page 4 for more!

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1992 Award Winners Honored

At the Annual Award Banquet, the following people were recognized for their achievements during 1992:

Maine Runner of the Year:

Carlton Mendell and Tina Meserve

Maine Track Club Runner of the Year:

Bob Winn and Carol Weeks

Outstanding Contributors to Maine Running:

Dave and Sandra Shennan

Outstanding Race in Maine and Race Directors:

The Presidential Race, Tom Dann and Steve Jacobsen

Outstanding Contributors to the Maine Track Club:

Sandy and Al Utterstrom

Outstanding Contributor to Youth Running:

Ron Kelly

John Fyalka Scholarship:

Scot Laliberte

Maine Track Club Scholarship:

Sara Fieweger

MTC High School Runners of the Year:

Rob Panetta and Renee Lathrop

Outstanding Youth Runners:

Alex Dann, Ricky Meinking, and Jessica Parker

Most Improved 20-29:

Chris Rolfe and Wanda Binette

Most Improved 30-39:

Al Butler and Nanette Dyer

Most Improved 40-49:

Reggie Sargent and Carol Hogan

Most Improved 50-59:

Phil Pierce and Sally Patterson

Most Improved over 60:

Walter Webber and Sally Armory

Comeback Runner of the Year:

Herb Strom and Liz Gendron

Outstanding Running Achievement:

John Kim

Outstanding Triathlon Achievement:

David Crawford

Outstanding Ultra-running Achievement:

Carol Pierce

Handicap Run Winner:

Wilber Holmes

John Fyalka Award:

Ruth Hefflefinger

Three Winners of the RRCA National Volunteer Award:

Don Penta, Rick Strout, and Brian Gillespie.



Most Improved 40-49: Carol Hogan



Outstanding Triathlon Achievement: David Crawford



Outstanding Contributors to MTC: Al and Sandy Utterstrom

Volunteers Contributing to At Least Three Races:

Steve Assante,
 Larry Barker
 Pam Barker
 Jan Bastow
 Peter Bastow
 Don Bessey
 Dolores Billings
 Russ Bradley
 Mary Anne Champeon
 Jeanne Clemence
 Ted Cunningham
 Bob Cushman
 Paul D'Amboise
 Tom Dann
 Susan Davenny
 Bill Davenny
 Jane Dolly
 Ken Dolly
 Kathleen Duddy
 Eileen Dunfey
 Brigitte Edquid
 Mel Fineberg
 Katherine Foye
 Warren Foye
 John Gale
 Brian Gillespie
 Jeanne Hackett
 Bob Hazzard
 Ray Hefflefinger
 Ruth Hefflefinger
 Herb Hoppe
 David Houser
 Suelene Houser
 Kathy Jacobsen
 Steve Jacobsen
 Don Kent
 Nancy Kneeland
 Jennifer Labreque
 Brian Latham
 Jane Latham
 Loren Latham
 Renee Latham
 Shelley Latham
 Diana Laskey
 Rob Laskey
 John Lavin
 George Liming

Nancy Lund
 Carlton Mendell
 Denny Morrill
 Donna Moulton
 Everett Moulton
 Ed Murphy
 Pat Murphy
 Harry Nelson
 Jack Opper
 Greg Parker
 Jessica Parker
 David Paul
 Bob Payne
 Mary Ann Peck
 Don Penta
 Tom Peterson
 Carol Pierce
 Phil Pierce
 Rae Pierce
 Laurie Quint
 Jeannie Richmond
 Betty Rines
 Dale Rines
 Harry Rohde
 Christopher Rolfe
 Reggie Sargent
 Charlie Scribner
 Dana Seguin
 David Shennan
 Sandra Shennan
 Ray Shevenell
 Sharon Simpson
 Stan Simpson
 Maggie Soule
 Marshall Spiegel
 Herb Strom
 Bill Stuart
 Eric Tableman
 Patti Tableman
 Jean Thomas
 Al Utterstrom
 Sandy Utterstrom
 Malcolm Washburn
 Walter Webber
 Carol Weeks
 Sumner Weeks
 Robert Wyman



*Outstanding Contributors to Maine Running:
 Sandra and Dave Shennan (with Tom Dann)*



*RRCA National Volunteer Award:
 Rich Strout, presented by Sumner and Carol Weeks*



*RRCA National Volunteer Award:
 Brian Gillespie (with Sumner and Carol weeks)*