

Member Profile: Paul D'Amboise

Award-Winner Leads Three-Generation MTC Running Family

With its 300+ members, MTC has many couples and various mother-father-son-daughter combinations, but Paul D'Amboise, Maureen Sproul and her daughter Becky may be our only three-generation team.

They certainly are the most awarded, as all three were recognized for their 1991 running accomplishments at the MTC banquet in January. Paul was cited as *Most Improved Male 60+*, Maureen was recognized for *Most Improved Female 30-39* and Becky was named *Pee Wee Runner of the Year*.

Now 63, Paul started running in 1977 and made his debut with a 49-minute 10K in the Lewiston Heritage Bank Run. He was hooked. Now retired from the state Department of Labor, he enjoys a variety of training sites, from Baxter Boulevard to the hilly terrain near his New Gloucester home. Paul is a man who enjoys challenges, saying that his favorite



running experience was the tough, hilly Readfield Primer for the Boston Marathon. Further challenging him is the fact that since 1989 he has had an internal cardiac pacemaker. When the pacer had a minor malfunction in the 1990 Shaw's Thanksgiving Four Miler, Paul collapsed at mile three and finished the race in the emergency room at Maine Medical Center, where at a later date he received an implanted half-pound defibrillator to regulate his heart rhythm. Since then, his training has continued as before - strong and consistent.

Paul's daughter, Maureen Sproul, has contributed to MTC as club photographer for the past two years. She began running almost to her surprise, going along "for the ride" to the Gaspig Gobbler race in Augusta in 1981. She finished last, but it was the beginning of a rather remarkable running career. This past summer, Maureen finished second overall in the six-race Alpine Series, running ski trails such as Saddleback, Sugarloaf USA and Shawnee Peak. An amazing season accomplishment itself, the series preceded a 3:09 finish (second female) in the Pine Tree Marathon in October. This was 35 minutes faster than Maureen's previous marathon time and qualified her for Boston in April.

While I talked with Paul and Maureen for this article, six-year-old Becky took in every word, more than willing to add her own observations. She's been running in kids' races for about three years and has brought home some prizes. When asked what she likes most about running, her pretty, freckled face lit up and she chortled, "Nothing!" I think, though, that she'll probably follow in the family "footsteps."

This article was written by Pat Buckley, MTC marriage and multigenerational-family reporter.