



Maine Track Club

3 Grace Street - Portland, Maine 04103

- DECEMBER 1, 1979 AWARDS BANQUET -

mtc MALE RUNNER OF YEAR	- Gene Coffin
mtc FEMALE RUNNER OF YEAR	- Kim Beaulieu
OUTSTANDING HIGH SCHOOL PARTICIPATION	- Jean Connors & Sue Hayes
SMOKER OF THE YEAR	- Brian Flanders, Sr.
END OF PACK AWARD	- Charles Scribner
OUTSTANDING PARTICIPATION	- Marion Leschey & Steve Rainsford
FLAG WOMAN OF THE YEAR	- Sandy Brown
FLAG MAN OF THE YEAR	- Mike Acker
BAND-AID OF THE YEAR	- Robin McCarthy & John Keller
OUTSTANDING ACHIEVEMENT	- Pat Trombly, Mason Smith & Lloyd Cook
TROPHY OF THE YEAR AWARD	- Wayne Larochelle
HIGH SCHOOL RUNNER OF YEAR	- James Goodberlet & Angela Adams
MOST IMPROVED HIGH SCHOOL	- Guy Furbush & Roberta Holloway
JOHN FYALICA MEMORIAL AWARD	- Danny Paul
✓ OUTSTANDING CONTRIBUTION	- Dave Paul
✓ MOST IMPROVED OPEN	- Dennis Smith & Shela Colby
✓ MOST IMPROVED 30 & OVER	- Joe Bean & Barb Coughlin
✓ MOST IMPROVED 40 & OVER	- Bob Coughlin, Red Dean & Joyce Cook
MOST IMPROVED 50 & OVER	- Herb Strom
MAINE TRACK CLUB AWARD	- Ralph Thomas



MAINE TRACK CLUB

1980

AWARDS BANQUET

<u>TROPHY OF THE YEAR</u>	-	Ray Hruby
<u>SMOKER OF THE YEAR</u>	-	Steve Rainsford
<u>BAND-AID OF YEAR</u>	-	Peter Holloway & Arnie Frechette
<u>BIKER OF YEAR</u>	-	Herb Strom
<u>END OF PACK AWARD</u>	-	Joyce Cook
<u>GHOST OF THE YEAR</u>	-	Sheila Colby
<u>COMEBACK OF YEAR</u>	-	Mike Towle
<u>OUTSTANDING ACHIEVEMENT</u>	-	Bob Booker "Maine Running Magazine"
<u>APPRECIATION AWARD</u>	-	Vern Putney & Tony Cremo
<u>OUTSTANDING PARTICIPATION</u>	-	Roger Dutton & Doug Moreshead
<u>OUTSTANDING ACHIEVEMENT</u>	-	Bill Gillette & Jean Thomas
<u>OUTSTANDING CONTRIBUTION</u>	-	Ray Cooper
<u>MOST IMPROVED OPEN</u>	-	Ken Botting & Marjorie Adams
<u>MOST IMPROVED 30 & OVER</u>	-	Ron Burton & Grace Amoroso
<u>MOST IMPROVED 40 & OVER</u>	-	Russ Connors, Frank Morong, Joan Welch
<u>MOST IMPROVED HIGH SCHOOL</u>	-	Chris Kein & Rick Garica
<u>HIGH SCHOOL RUNNER OF YEAR</u>	-	Scott Mannette & Virginia Connors
<u>JOHN FYALKA AWARD</u>	-	Bob & Barb Coughlin
<u>MAINE TRACK CLUB AWARD</u>	-	Ken Flanders, Hank Pfifle, Andy Palmer
<u>PEE WEE RUNNER OF YEAR</u>	-	Dave Manthorne
<u>YOUTH RUNNER OF YEAR</u>	-	Tom LaRose
<u>MALE RUNNER OF YEAR</u>	-	Gene Coffin
<u>FEMALE RUNNER OF YEAR</u>	-	Kim Beaulieu

✓ Ask Herb

This Brian Gillespie's attempt
to decipher the attached list
for 1981.

See Savinay

1981 Maine Track Club Awards

Peewee Award DAVID MANTHORNE

Most Improved Peewee

mtc Male Runner of the Year HANK PIERCE

mtc Female Runner of the Year KIM BEAULIEU

Outstanding High School Participation BRIAN BERTNEY

Outstanding Participation CHARLIE SCRIBNER

Helper of the Year JEAN THOMAS

Outstanding Performer GENE COFFIN

Trophy of the Year Award MARTY DONLON

High School Runner of the Year CHRIS KEIN

Most Improved High School KEVIN KEIN

John Fyalka Award HANK PIERCE

Outstanding Contribution MERLE HARTFORD

Most Improved Open RANDY PHILLIPS -

Male & Female - GRACE AMOROSO

Most Improved 30 & over

Male & Female JIM KEIN - MARION LESNEY

Most Improved 40 & over

Male & Female

Most Improved 50 & over

Male & Female BRUCE BICKFORD

Maine Track Club Award

Director Award DAVE PAUL

1982 Annual Awards

Pee Wee Runner of the Year

David Manthorne

Most Improved High School Runner

DAVID Rohde

Outstanding High School Runner

Chris Kein

Lisa Wakem

MTC Runner of the Year

Kim Beaulieu

Russ Connors

Most Improved 40-49

Harvey Rohde

Joan Welch

Outstanding Performers

John Keller

Greg Parlin

Support of Running

Frank Noiles

Portland Policeman

Outstanding Contribution

Jean Thomas

Sandy Utterstrom

Outstanding Participation

Marion Leschey

Grace Amoroso

High School Runner of the Year

Jeff Pomroy

Fyalka Scholarship

Virginia Connors

Fyalka Award

Charlie Scribner

Trophy of the Year

Ted Cunningham

Most Improved Open

Bob Quentin

Laurie Munson

Most Improved 30-39

John Conley

Ellie Rohde

Maine Runner of the Year

Carlton Mendell

1983 Annual Awards

Pee Wee Runner of the Year

Jeff Paul, Katie Towle
Lori Towle, David Manthorne

High School Runner of the Year

Marc Welch
Sara Connors

Most Improved Open

Bob Coughlin
Jeri Bugbee

Most Improved 30-39

Greg Dugas
Jane Dolley

Most Improved 40-49

Bob Payne
Jean Thomas

Most Improved 50+

Warren Wilson

Comeback Runner

Rick Strout

MTC Runner of the Year

Greg Parlin
Laurie Munson

Fyalka Award

Dave Trussell

Outstanding Contributors

Charlie Scribner
Marion Leschey

Partial list obtained from Herb Strom.

1984 Annual Awards

Maine Runner of the Year

Danny Paul
Kim Beaulieu

MTC Runner of the Year

Bob Jolicoeur
Barbara Coughlin

Most Improved Open

Peter Dube
Sandy Wyman

MTC Runner of the Year 30-39

Harry Nelson
Joan Lavin
Honorable Mention:
Alburn Butler
Don Penta

MTC Runner of the Year 40-49

David Trussell
Brenda Cushman

Honorable Mention: Rick Strout, Dick Lajoie, Bob Cushman, Jean Thomas, Marion Leschey, Joyce Cook

Honorable Mention Open

Scott Strout

MTC Runner of the Year 50+

James McGovern
Ruth Hefflefinger
Ted Cunningham

Honorable Mention

MTC Rookie of the Year

Ron Cedrone
Margaret Soule

MTC Triathlon Award

Bob Coughlin
Barbara Hamaluk
Dick McFaul

Honorable Mention

High School Runners of the Year &
Scholarship Winners

Lisa Wakem
Kevin Kein

MTC Pee Wee Runner of the Year

Mark Cushman
Laurie Towle

Fyalka Award

Sandy Utterstrom

MTC Comeback Runner of the Year

Dennis Smith
Joan Welch

MTC Outstanding Race Director(s)

Jane Dolley
Barbara Coughlin



Maine Track Club

P.O. Box 8008, Portland, Maine 04104

AWARDS 1985

Maine Female Runner of the Year 1985

Joan Benoit Samuelson

Maine Male Runner of the year 1985

Andy Palmer

MTC Male Runner of the Year 1985

Peter Dube

MTC Female Runner of the Year 1985

Jane Dolley

Youth Runner of the Year 1985

Denise Harlow

Outstanding Contribution to Running 1985

Greg Nelson

Outstanding Contribution to Running 1985

Maine Savings Bank

John Fyalka Award for Outstanding Contribution to MTC

Jean Thomas

Outstanding Race Director 1985

Rick Strout

Triathlon Award 1985

male - Paul Merrill

Female - Jerie Bugbee

Most Improved Awards

Open Div - Wanda Haney

30-39 Joan Lavin

Ron Cedrone

40-49 Joyce Cook

Dick Lajoie

50 and Over

Russ Bradley

Maine Track Club is a non-profit organization.



Maine Track Club

P.O. Box 8008, Portland, Maine 04104

Most Miles Run: Bob Coughlin - Kim Moody

Most Road Races Worked: Ted Cunningham

Most Road Races Run: Bob Jolicoeur

Comeback Runner of the Year: Greg Dugas

Rookies of the Year : Everett and Judy Davis

Pee Wee Runner Of the Year: Benjamin Davenney

Outstanding Contribution to the MTC

Ken Hutchins

Donald Penta

Ken Dolley

John Keller



Maine Track Club

P.O. Box 8008, Portland, Maine 04104

MARATHON AWARD 1985

Maine Coast and Casco Bay

	MC	CB
Jim Toulouse	2:31:10	2:31:12
Kim Moody	2:59:15	2:47:57
Bob Coughlin	2:52:20	2:49:22
Bob Jolicoeur	3:01:28	2:58:14
Dick Lajoie	3:11:57	3:14:51
Alburn Butler	3:15:56	3:06:32
Philip Pierce	3:16:24	3:06:34
Jerry Roberts	3:17:19	3:11:24
Hubert Strom	3:20:00	3:22:55
David Trussell	3:22:01	3:08:08
Ronald Cedrone	3:29:45	3:19:30
William Davenney	3:43:24	3:57:36
Jean Thomas	3:56:15	3:57:36
Sandra Utterstrom	4:27:02	4:22:11
Ted Cunningham	5:01:44	4:40:27
Maine Coast		
Bob Payne	2:59:39	
Joel Titcomb	3:07:58	
John Conley, Jr.	3:29:36	
Vincent Skinner	3:35:31	
Barbara Coughlin	3:49:29	
Elaine Regina	3:52:33	
Joan Lavin	3:54:53	
Widgery Thomas	3:58:14	

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Maine Track Club

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Maine Coast:

Gay Thomas	4:01:32
Bernard Ross, Sr.	4:02:53
James Harmon	4:03:32
Robert Cushman	4:04:23
Raphael DePrez	4:07:36
Joseph Croteau	4:09:31

Casco Bay:

Paul Merrill	2:39:51
Harry Nelson	2:42:02
Gregory Dugas	2:47:06
Frank Ferland	2:58:28
David Smith	3:00:11
Brian Milliken	3:00:28
Michael Frost	3:04:27
Peter Bastow	3:04:44
Ken Cole	3:07:04
John Braccio	3:08:46
Joseph Isgro	3:09:28
Barry Howgate	3:16:13
Rick Strout	3:16:37
Rich Littlefield	3:18:31
Jim Harmon	3:22:37
Ted McCarthy	3:30:57
Steve Woodsum	3:31:08
Dick Campbell	3:35:10
Roy Morejon	3:44:45

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Maine Track Club

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Casco Bay:

Elizabeth Handy	4:07:40
Everett Davis	4:35:34
Robert Handy, Jr.	3:50:52

Sugarloaf Marathon and Maine Coast

	SL	MC
Michael Reali	3:05:00	3:08:57
Alan Leathers	3:09:00	3:11:16

1986 Awards Banquet

Outstanding Contribution To Maine Track Club

Wayne Ross - SMVTI
Paul Rollins - City of Portland
Bernie Chapman - Bernie's Fashions

John Fyalka Scholarship

Matt Crook - Maranacook H.S.

Maine Track Club Scholarship

Laura Duffy - Kennebunk H.S.

Maine Runner of the Year

Lance Guliani
Robin Emery - Rappa

Youth Runner of the Year ✓

Terri Jordan

Most Improved Runners

Open: Jim Harmon and Cindy Vokey ✓
30-39: Don McGilvery and Joan Lavin ✓
40-49: Phil Pierce ✓
50+ : John Woods and Jean Thomas ✓

Comeback Runner

Dick McFaul

First Marathon Award

Valerie Abradi	Tom Norton
Edd Cabral	Toni Parise
Mark Clinch	Don Penta
Sandra Collis	Dick Scribner
Judy Davis	Eileen Stergiou
Mel Fineberg	Cindy Vokey
Jean Frankovic	Larry White
Bob Morris	

Marathon Triple Crown

Steve McGrath
Debby Sawyer
Carlton Mendell

Ironmen

Roz Randall
Paul Merrill

Triathletes

Deb Hewson
Barry Fifield

Major Contributors

Ken Hutchins	Ted Cunningham
Everett Davis	Priscilla Jolicoeur
Nancy Stedman	Bob Payne

Officers and Chairmen Certificates of Appreciation

Phil Pierce	John Gale
Rick Strout	Joan Lavin
Maggie Soule	Nancy Stedman
Charlie Scribner	Don Penta
Bob Jolicoeur	Sandy Utterstrom
Ted Cunningham	Sandy Wyman
Carol Mills	

Race Directors' Jackets

Bob Payne	Vin Skinner
Dave Paul	Lloyd Cook
Bob Coughlin	Phil Pierce
Pat Titcomb	Charlie Scribner
Phil Coffin	Barb Coughlin
Jane Dolley	

Outstanding Race Director

Jane Dolley - RRCA 10K

**Maine Track Club
Runners of the Year**

Wanda Haney
Bruce Ellis

**John Fyalka Award For
Outstanding Contribution To
The Club**

Bob Jolicoeur

✓ **Outstanding Contribution To Running**

David Paul

The President's Special Helper Award

Charles Scribner

Plate Description	Sex	Code	Size	Price
Support of Running ✓ in Maine 1987 Sara Hobson	Female Runner	P1004 with run emblem	6X8	\$15.90
Support of Running ✓ in Maine 1987 George Towle	Male runner	P1004 with emblem	6X8	\$15.90
Youth Runner of the ✓ Year 1987 Kristen Berabe	Female runner	P1004 with emblem	6X8	15.90
Youth Runner of the ✓ Year 1987 Seth Dunning	Male runner	P1004 with emblem	6X8	15.90
Open Most Improved ✓ 1987 Ruth Hall	Female	P1009 with emblem on glass	5X7	11.50
Open Most Improved ✓ 1987 Joel Titcomb	Male	P1009 with emblem on glass	5X7	11.50
30-39 Most Improved ✓ 1987 Carol Weeks	Female	P1009 with emblem on glass	5X7	11.50
30-39 Most Improved ✓ 1987 Ron Cedrone	Male	P1009 with emblem on glass	5X7	11.50
40-49 Most Improved ✓ 1987 Sandy Uttersstrom	Female	P1009 with emblem on glass	5X7	11.50

ate Description	Sex	Code#	Size	Price
49 Most Improved 1987 ✓ Bill Davenny	Male	P1009 with emblem on glass	5X7	\$10.50
50-59 Most Improved 1987 ✓ Ruth Hessleringer	Female	P1009 with emblem on glass	5X7	\$10.50
50-59 Most Improved 1987 ✓ Russ Connors	Male	P1009 with emblem on glass	5X7	\$10.50
Outstanding ✓ Race Director 1987 George Prescott		PM1017 with run emblem	7X9	\$18.90
Comeback Runner 1987 ✓ Peter Bastow		P1009 with emblem on glass	5X7	\$10.50
Triathlon ✓ Marie Wood	Female	P1004 with victory emblem	6X8	\$15.90
Triathlon ✓ Barry Fifield	Male	P1004 with victory emblem	6X8	15.90
Ironman ✓ Roz Randall		PM1017 with victory emblem	7X9	18.90
Ironman ✓ Paul Merrill		PM1017 with victory emblem	7X9	18.90
Maine Track Club ✓ Runner of the Year Deb Jensen	Female	PM1018 with runner emblem	8X10	22.00
Maine Track Club ✓ Runner of the Year Tim Toulouse	Male	PM1018 with runner emblem	8X10	22.00

ate Description	Sex	Code #	Size	Price
Maine Runner of the Year 1987 Cindy Lynch ✓	Female	PM1019 with runner emblem	9X12	\$28.80
Maine Runner of the Year 1987 Brace Ellis ✓	Male	PM1019 with runner emblem	9X12	\$28.80
John Fyalka Award ✓ For Outstanding Service to the Maine Track Club and Promotion of Running in Maine 1987 Ken Dolley		P1000	10 1/2 X 13	\$36.90

1988 Maine Track Club Awards

Outstanding Contribution to Running in Maine
Sara Hobson, Jerry Saint Amand, and Chuck Morris

Maine Track Club Scholarship
Amy Patterson

John Fyalka Scholarship
Mike Lyons

Maine Track Club Youth Runner of the Year
Dan Berube

Maine Track Club High School Runners of the Year
Robert Jones and Lori Towle

Maine Track Club Open Most Improved
Peter Hall and Kim Konieczny

Maine Track Club Outstanding Open Runner
Wanda Haney

Maine Track Club Most Improved 30-39
Paul Merrill and Maureen Sproul

Maine Track Club Outstanding 30-39
Nancy Stedman and George Towle

Maine Track Club Most Improved 40-49
Ron Deprez and Jeri Schroeder

Maine Track Club Outstanding 40-49
Jim Toulouse and Jane Dolley

Maine Track Club Outstanding 50-59
Bob Payne

Maine Track Club Most Improved 60-69
Widgery Thomas

Maine Track Club Outstanding 60-69
Carlton Mendell

Maine Track Club Outstanding Over 70
John Woods

Maine Track Club Special Award
Jim Carroll

Maine Track Club Olympic Trials Qualifier
Bruce Ellis

Maine Track Club Comeback Runner of the Year
Frank Ferland

Maine Track Club Triathletes of the Year
Joel Titcomb and Suzanne Spencer

Maine Track Club Ironman of the Year
David Crawford and Roz Randall

Maine Track Club Outstanding Race Director
Will Stackpole and Sandy Utterstrom

John Fyalka Award for Contributions to the Maine Track Club
Ted Cunningham

Maine Track Club Runner of the Year
Dan Dearing and Ruth Hall

Maine Runner of the Year
Sally Perkins and Red Dean

1988 Maine Track Club Awards

First Marathon

Bob Hazzard, Loren Lathrop, Susan Davenny, Maureen Sproul,
Lloyd LaFountain, John Hayes

Outstanding Contributions to MTC - *plaque*

Ruth Hefflefinger, Fred Beck

SMVTI - Scholarship

Committee Chairpersons - *certificates of appreciation*

Ruth Hefflefinger, Pat Buckley, Tom Norton, Mel Fineberg, Maggie Soule, Don Penta, Bill and Susan Davenny, John Gale, ?Dan Fitzgerald

Officers *Subscriptions to MR&D*

Charlie Scribner, Herb Strom, Susan Davenny, Rick Strout, Deb Merrill,
Jennifer Rood

First Time Race Directors Jackets

Herb Strom, Bob Cushman, Jean Thomas, Carol & Sumner Weeks, Sandy Utterstrom, Will Stackpole, John Conley

Repeat Race Directors *MR&D logs*

Ken Dolley, Jane Dolley, Barbara Coughlin, Rick Strout, Bob Payne,
Dave Paul, Charlie Scribner, Phil Pierce

Volunteer T-Shirts

Officers' Spouses Flowers / *Gift certificates to Bookland*

Norma Scribner, Evy Strom, Bill Davenny, Anne Strout, Clint Merrill

Sara
Hobson

On Running



Runners devising own Hall

The Maine Running Hall of Fame — that's right, Running Hall of Fame — is ready to accept nominations for admission in 1989.

"We want to recognize outstanding Maine runners who have competed regionally, nationally or internationally, and those coaches, race directors, track officials and runners who have made a significant contribution to running in Maine," said Bob Payne, one of the nine members of the running community who will be selecting the candidates for the Hall.

The Hall will admit three to five runners each year, Payne said. Those selected will be honored at an annual banquet. A plaque, photograph, a list of each individual's accomplishments and other mementos will be placed in the Hall. The location for the Hall is as yet undecided, but Payne said the committee is actively seeking a site.

The Hall of Fame selection committee is comprised of Payne, Joe Dahl of Houlton; Red Dean of Farmington; Danny Paul of Cumberland; Ed Rice of Brewer; Diane Fournier of Topsham; Wendy Sayres of Readfield; Jerry Saint Amand, president of the Central Maine Striders; and Ken Dolley, past president of the Maine Track Club. The committee members will serve terms of one, two or three years.

Ed Rice said he became involved in the Running Hall of Fame because he was discouraged by the Maine Sports Hall of Fame's repeated rejection of Maine runner Ralph Thomas.

Thomas, now 53, set a national age group record in 1975 when he placed 44th at the Boston Marathon in two hours, 23 minutes and 30 seconds at age 39. Thomas set more than 25 course records in races throughout New England after picking up running when he was 33.

"He is a person of national caliber, clearly a legend," Rice said. "He was the quintessential Maine runner. He'd drive down to Massachusetts — this was when there weren't that many races in Maine

Maine Sunday Telegram, January 15, 1989

Maine Track Club picks Dean, Perkins as runners of year

Warren "Red" Dean and Sally Perkins were named Maine Runners of the Year by the Maine Track Club Saturday.

Dean, of Farmington, who is undefeated in Maine in the over-50 age group, celebrated his 52nd year with a string of personal records, including a 4-minute, 51-second mile, and 57:47 for 10 miles.

Perkins, a cross country coach in Kennebunk, won seven races around the state, including the Great Pumpkin 10-K, the Forest Avenue Mile and Bridgton's Four on the Fourth.

Dan Dearing and Ruth Hall were named Maine Track Club Runners of the Year. Dearing won the Bowdoin and Back 10-mile race. Hall won the Kingfield Cup for her performance at the Kingfield 10-K and Uphill Climb.

Bruce Ellis was honored for finishing 29th in the 1988 Men's Olympic Trials Marathon.

Frank Ferland was named Comeback Runner of the Year. Joel Titcomb and Suzanne Spencer were named Triathletes of the Year. Dave Crawford and Rosalyn Randall, who competed in the 1988 Ironman Triathlon in Hawaii, were named Ironmen of the year. Crawford was the first Maine finisher, with a time of 10:09:25.

The track club gave a special commendation to Jim Carroll. Carroll, 78, finished the Oakhurst Milk Run 4-mile race in 37:54.

Will Stackpole and Sandy Utterstrom were named the club's Outstanding Race Directors. Amy Patterson received the Maine Track

Club Scholarship, and Mike Lyons was awarded the John Fyalka Scholarship. Dan Berube was named the Youth Runner of the Year. Robert Jones and Lori Towle were named High School Runners of the Year.

Central Maine Striders president Jerry Saint Amand, Maine Running and Outing publisher Chuck Morris, and Maine Sunday Telegram columnist Sara Hobson were honored for Outstanding Contribution to Running in Maine.

Ted Cunningham received the John Fyalka Award for Contributions to the Maine Track Club.

Other awards included:

- First marathons: Bob Hazzard, Loren Lathrop, Susan Davenny, Maureen Sproul, Lloyd LaFountain and John Hayes.

- Most improved, open division: Peter Hall, Kim Konieczny.

- Outstanding open runner: Wanda Haney.

- Most improved 30-39: Paul Merrill, Maureen Sproul.

- Outstanding 30-39: Nancy Stedman, George Towle.

- Most improved 40-49: Ron Deprez and Jeri Schroeder.

- Outstanding 40-49: Jim Toulouse and Jane Dolley.

- Outstanding 50-59: Bob Payne.

- Most improved 60-69: Widgery Thomas.

- Outstanding 60-69: Carlton Mendell.

- Outstanding over 70: John Woods.

— Sara Hobson

— and he'd run one race on Saturday, sleep in his Volkswagen and drive to another race the next day, and then come back and work all week as a chicken farmer."

While the Sports Hall of Fame has admitted runners — including marathoners Joan Benoit Samuelson and Andrew Sockalexis — Saint Amand said that represents

only token recognition of a sport that encompasses "young and old, male and female, people from every walk of life.

The committee is welcoming nominations from the public. The names of the nominees, as well as biographical information detailing their accomplishments, should be submitted by Feb. 1 to Ken Dolley

copy for annual
awards
folder

TENTH ANNIVERSARY BANQUET

1989

Congratulations to:

MTC Youth Runners Ingrid Snekvik & Chris Taylor
MTC High School Runners Tiffany Tobiassen & Jeff Paul
MTC Scholarship Michelle Severance, Lee Academy
John Fyalka Scholarship Sam Wilbur, Mattanawcook
MTC Comeback Runner Richard Scribner
MTC Most Improved Open Virginia Holmes & Willie Emerson
MTC Most Improved 30-39 Maureen Sproul & Stephen DiPalma
MTC Most Improved 40-49 Carol Pierce & Loren Lathrop
MTC Outstanding Master Carol Weeks
MTC Most Improved 50-59 Pat Buckley & Paul D'Amboise
MTC Most Improved 60+ Ruth Heffelfinger & Russ Bradley
MTC Triathletes Deb Merrill & Joel Titcomb
MTC Ironman Rosalyn Randall & Dave Crawford
First Marathon Awards John LeRoy, Ron Deprez, Marla
Keefe and Candace Karu
MTC Runners of the Year Wanda Binette & Carlton Mendell
Maine Runners of the Year Tina Meserve & Greg Hale
Outstanding Contribution to Running in Maine Brian
Gillespie
John Fyalka Award Rick Strout
Outstanding Contributors to MTC Don Penta & Nancy
Stedman
10th Anniversary Award Charles Scribner
Outstanding Race Director Susan Davenny & Ruth Heffle-
finger for the Women's Distance Festival

Thanks to:

Co-Chair Nancy Stedman
Master of Ceremonies Bill Stuart
Awards Committee Ken Dolley, Charles Scribner, Don
Penta
General Committee & Advertising Nancy Stedman, Charles
Scribner, Ken Dolley, Marla Keefe, Maureen Sproul
Photographers Nina Stoddard & Frank Ferland
Calligrapher Julie Grant
Reservations Ruth Heffelfinger
Video Bruce Stedman

Sue Davenny, Co-Chair

1989

ANNUAL AWARDS

Confirm for newsletter

1990 Annual Awards

MTC Youth Runners - omit

MTC High School Runners of the Year - Ethan Crain & Ingrid Snekvik

MTC Open Most Improved - Peter Hall & Stephanie Fischer

MTC Most Improved 30-39 - Mike Reali
Gail Waitkun-Romanoff & Nancy Lund -co-winners

MTC Most Improved 40-49 - Tom Atchison & Donna Moulton

MTC Outstanding Master - Joan Lavin

MTC Most Improved 50-59- Rick Strout & Jean Thomas

MTC Most Improved 60 and Over - Russ Bradley & Dolores Billings

MTC Comeback Runner of the Year - Dennis Smith

MTC Triathletes of the Year - Jody King & David Crawford

MTC Runners of the Year - George Towle & Gail Turner

Maine Runners of the Year - Peter Lessard & Edie Dubord

John Fyalka Scholarship - Ethan Nadeau of Lincoln Academy

MTC Scholarship - ~~Malissa Lockman of John Bapst of~~ Theresa Pratt of
Livermore Falls ~~See Don Penta.~~

Outstanding MTC Race Directors - Bill & Bambi Lovett

John Fyalka Award - ~~Nancy Stedman~~ Susan Davenny

Outstanding Contributors to MTC - Dennis Smith & Nancy Stedman

Outstanding Contributor to Running in Maine - Jerry Saint Amand

Phil Pierce Psychotic Award - John Kim

Photos & more in
next issue!

MAINE TRACK CLUB AWARDS HISTORY

Pee Wee Runner

1981 David Manthorne
1982 David Manthorne
1983 Jeff Paul, Katie Towle
Lori Towle, David Manathorne
1984 Mark Cushman, Lori Towle
1985 Ben Davenny

Youth Runner

1980 Tom LaRose
1985 Denise Harlow
1986 Terri Jordan
1987 Kristen Berube, Seth
Dunning
1988 Dan Berube

High School Runner

1979 James Goodberlet, Angela
Adams
1980 Scott Mannette, Virginia
Connors
1981 Chris Kein
1982 Chris Kein
1983 Marc Welch, Sara Connors
1988 Robert Jones, Lori Towle

Open Most Improved or Outstanding

1979 Dennis Smith, Sheila Colby
1980 Ken Botting, Marjorie Adams
1981 Randy Phillips
1982 Bob Quentin, Laurie Munson
1983 Bob Coughlin, Jeri Bugbee
1984 Sandy Wyman
1985 Wanda Haney
1986 Jim Harmon, Cindy Vokey
1987 Ruth Hall, Joel Titcomb
1988 Peter Hall, Kim Konieczny,
Wanda Haney

Most Improved or Outstanding 30-39

1979 Joe Bean, Barbara Coughlin
1980 Ron Burton, Grace Amoroso
1981 Grace Amoroso
1982 John Conley, Ellie Rohde
1983 Greg Dugas, Jane Dolley
1984 Joan Lavin, Harry Nelson
1985 Joan Lavin, Ron Cedrone
1986 Joan Lavin, Don McGilvery
1987 Carol Weeks, Ron Cedrone
1988 Maureen Sproul, Paul Merrill
Nancy Stedman, George Towle

Most Improved or Outstanding 40-49

1979 Bob Coughlin, Red Dean, Joyce Cook
1980 Russ Connors, Frank Morong, Joan
Welch
1981 Jim Kein, Marion Leschey
1982 Harvey Rohde, Joan Welch
1983 Bob Payne, Jean Thomas
1984 Dave Trussell, Brenda Cushman
1985 Joyce Cook, Dick Lajoie
1986 Phil Pierce
1987 Sandy Utterstrom, Bill Davenny
1988 Ron Deprez, Jeri Schroeder
Jim Toulouse, Jane Dolley

Most Improved or Outstanding 50 & Over

1979 Herb Strom
1983 Warren Wilson
1984 James McGovern, Ruth Hefflefinger
1985 Russ Bradley
1986 John Woods, Jean Thomas
1987 Ruth Hefflefinger, Russ Connors
1988 Bob Payne, Widgery Thomas,
Carlton Mendell, John Woods

Outstanding Race Director

1981 Dave Paul
1984 Jane Dolley, Barbara Coughlin
1985 Rick Strout
1986 Jane Dolley
1987 George Prescott
1988 Sandy Utterstrom, Will Stackpole

Comeback Runner

1980 Mike Towle
1983 Rick Strout
1984 Dennis Smith, Joan Welch
1985 Greg Dugas
1986 Dick McFaul
1987 Peter Bastow
1988 Frank Ferland

Triathletes

1984 Bob Coughlin, Barbara Hamaluk
1985 Paul Merrill, Jeri Bugbee
1986 Deb Hewson, Barry Fifield
1987 Marie Wood, Barry Fifield
1988 Joel Titcomb, Suzanne Spencer

Ironman

1986 & 87 Roz Randall, Paul Merrill
1988 Roz Randall, Dave Crawford

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Runner of the Year

1982 Kim Beaulieu, Russ Connors
1983 Greg Parlin, Laurie Munson
1984 Bob Jolicoeur, Barbara Coughlin
1985 Jane Dolley, Peter Dube
1986 Wanda Haney, Bruce Ellis
1987 Deb Jensen, Jim Toulouse
1988 Dan Dearing, Ruth Hall

John Fyalka Award

1979 Danny Paul
1980 Bob & Barbara Coughlin
1981 Hank Pfieffe
1982 Charlie Scribner
1983 Dave Trussell
1984 Sandy Utterstrom

Outstanding or Major Contributors to Maine Track Club

1979 Dave Paul
1980 Ray Cooper, Roger Dutton, Doug Moreshead
1981 Merle Hartford
1982 Jean Thomas, Sandy Utterstrom
1983 Charlie Scribner, Marion Leschey
1984 Ken Dolley, Dick McFaul, Art Quint, Bob & Priscilla Jolicoeur, Wayne &
Betsy Ross, Charlie Scribner
1985 Ken Hutchins, Don Penta, Ken Dolley, John Keller
1986 Wayne Ross, Paul Robbins, Bernie Chapman, Ken Hutchins, Ted Cunningham,
Everett Davis, Priscilla Jolicoeur, Nancy Stedman, Bob Payne
1988 Ruth Hefflefinger, Fred Beck

Maine Runner of the Year

1980 Gene Coffin, Kim Beaulieu
1979 Gene Coffin, Kim Beaulieu
1982 Carlton Mendell
1984 Kim Beaulieu, Danny Paul
1985 Joan Samuelson, Andy Palmer
1986 Lance Guliani, Robin Emery-Rappa
1987 Cindy Lynch, Bruce Ellis
1988 Sally Perkins, Red Dean

John Fyalka Award cont'd

1985 Jean Thomas
1986 Bob Jolicoeur
1987 Ken Dolley
1988 Ted Cunningham

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