

Maine Track Club

Nov. 1988

Run with a friend...



Here it is!

The long lost newsletter has been brought back to life. I have eased up my work load in order to handle it, after both Jenifer Rood and I retired due to the workload at our jobs. I don't think anyone realizes what goes into a newsletter, but I figured for me, it was about 72 hours a year. No small potatoes, especially as it was taken out of mostly business hours. I have taken over as editor for the rest of the year, and would like to have all the relevant newsletter columns and information sent to me here at Deb Merrill Design, 47 Middle Street, Portland, ME 04101. Tel 774-0502. Charlie Scribner and I are putting together a proposal that the newsletter be published once every 2 months, and a smaller information letter go out on the alternate months. The bottom line is that we are back on line. You will be hearing from us more often. We hope your running is going well and that we will see you at the Thanksgiving Races.

This newsletter has been put together in a terrific hurry, as I leave on vacation in a few hours, and didn't get the mechanicals back until this afternoon. Forgive me and watch as the newsletter gets better with every issue! Consider writing for us! We need columns like MEMBER PROFILE to be reserected. This is a strong and active running club... so speak up and be heard.

Respectfully,
Deb Merrill

A handwritten signature in dark ink, appearing to read 'DEB'.

Running For Two

by Joan Lee

Like many, I first suspected that I was pregnant from my running. The usual running routes seemed to be twice as long; the hills twice as steep; and my breath twice as loud. So I wasn't surprised when the doctor gave me the news. He also told me I was free to run, bike and swim to my body's content. Great I thought! I'll stay in shape and come back after the baby ready to break 40. (My elusive 10K goal)

Well my body had different things in mind. Beside running more slowly, my calves hurt. At first I blamed it on the shoes, but after three pairs, my checkbook convinced me that the problem was pregnancy induced. The little twinges and discomforts increased along with my

weight. My feet would occasionally fall asleep while running so that the road felt like pins and needles. And of course, no run was completed without a side trip to the woods. (No matter whether I used a bathroom five minutes before setting out or not).

But I still plowed forward. Keeping up a Sunday 8 mile run through 4 months. Then one day, as I was entering my 8th month I felt a twinge in my hip as I headed around a corner. After that run, I could barely walk let alone run. I determined, and my doctor confirmed, that I had developed sciatica from the uneven weight distribution. After three days at home, where I laid flat on my back, I was able to resume walking. Even though the pain eventually went away, it returned anytime I tried to run.

Although the thought of giving up running was depressing to me it was even more depressing to my husband

who had to live with me. So he encouraged me to get a swim pass at the Y. And then he announced that it would be a good idea if he got me a Mountain Bike for my birthday. So between swimming and biking, I got through the last 2-1/2 months of my pregnancy.

But riding my bike on bumpy dirt roads until the bitter end did not speed things along. I was 10 days late. Despite what you may have heard, being in shape does not help in labor. Mine was long and not alot of fun. After that I faced new challenges. Getting back in shape while sleep deprived and caring for a beautiful 8 pound baby.

Well it's working. I've still got pounds to lose and I'm running only every other day (mixed in with biking) but I was able to run my first race (Pat's Pizza) only 8 weeks after giving birth. And I was only 3 minutes slower than last year. Can sub-40 be far behind ?

QI'm a triathlete. Should my summer and winter diets be the same?



AThe major difference relates to the amount of fluid you require. You may find cold foods, such as ice water, frozen yogurt or chilled beverages, help cool you off. Add a second water bottle to your bike and use extra-large bottles. Choose running routes that have access to water fountains. "Tank up" before and after swimming. Your goal is to lose less than 2 percent of body weight (3 pounds for a 150-pound athlete) per workout. Stock your refrigerator with lemonade, water and juices, plus fruits for postworkout rehydration.

NANCY CLARK, MS, RD, nutrition counselor at Sports Medicine Brookline, is author of "The Athlete's Kitchen."

7/4/88



Star: To Dick Mack of Portland for turning over a \$20 bill he found on the Forest Avenue sidewalk near Oakhurst Dairy to the

Maine Track Club's early-morning runners. The runners save the money they find in the street all year and donate it to the Evening Express Bruce Roberts Santa Claus Fund. "Twenty dollars is our record," said Mel Fineberg of Portland, who was very pleased. "Before that, it was \$5." Mack was modest about his generosity. "It's a good cause," he said.

7/15/88, Kim Murphy's Column

Road racing

9th Annual St. Mary's Festival 3-mile
At Biddeford

Men's open division

1. Sammy Pelletier, 14:43; 2. Ken Bolting, 14:57; 3. Bobby Sprague, 15:08; 4. Stuart Hogan, 15:15; 5. Tom Dann, 15:21; 6. Rick Reaser, 15:29; 7. Brian Corcoran, 15:44; 8. Kevin Way, 15:44; 9. John McGarry, 15:47; 10. Robert Hoover, 15:50.

Women's open division

1. Claire Malanson, 19:44; 2. Carol Weeks, 19:57; 3. Jeanne Lantier, 20:50; 4. Michelle Mercier, 20:52; 5. Shirley Sheesley, 21:05; 6. Laurie Towle, 21:11; 7. Pamela Fisher, 21:35; 8. Leslie Coulure, 22:21; 9. Ruby MacDonald, 22:39; 10. Penelope Hans, 23:06.

FOR KIDS'SAKE

at Portland, 4 miles
Men: 1. Brian Bickford, 18:31; 2. Todd Coffin, 18:32; 3. Greg Hale, 18:38; 4. Paul Hammond, 18:39; 5. Bob Winn, 18:41; 6. Sam Pelletier, 18:48; 7. Todd McGraw, 18:50; 8. Dan Dearing, 19:07; 9. Peter Lessard, 19:09; 10. Bob Everett, 19:35; 11. Lance Gullani, 19:41; 12. George Backus Jr., 19:44; 13. James Newell, 19:45; 14. Paul Cole, 19:53; 15. Alton Muir, 19:54.
Women: 1. Sally Perkins, 21:15; 2. Brook Morrow, 22:48; 3. Rhonda Prime, 23:05; 4. Diane Louder, 23:18; 5. Ruth Hall, 23:37; 6. Wanda Haney, 23:41; 7. Erica Belyea, 25:01; 8. Joann Lee, 25:32; 9. Deb Merrill, 25:49; 10. Kathy Jenkins, 25:50; 11. Michelle Mercier, 25:54; 12. Linda Keniston, 25:55; 13. Heather Blease, 25:57; 14. Jane Rau, 25:59; 15. Linda Thayer, 26:18.

MEMB. MEETING NOTES

August 10, 1988 SMVTI 7:00 P.M.

President Charlie Scribner opened the meeting. He announced a flyer will be sent to all members regarding the August 24 meeting featuring Roy Benson, an Atlanta coach and exercise physiologist.

John Woods spoke about the National Masters Track and Field Championships. He was one of 900 participants. He also plans to attend the World Championships in Eugene, Oregon. Contact John for information if interested.

Treasurer Rick Strout reported a balance of \$7,062.28, as of July 6. This includes \$2500 from the sponsor of the Cape Challenge.

Secretary's report was in the newsletter.

Membership, Ruth Hefflefinger has membership lists for anyone who wishes one. Dale Rines volunteered to take MTC applications to the races. Applications will also be placed in the sporting goods stores.

Statistician Don Penta reported on recent performances by MTC members including Jane Dolley, Bob Jones, and the Unum 10K team with Jim Toulouse.

Refreshments, Bill Davenny thanked Phil Pierce, Roz Randall, Dale Rines, Mark Finnerty, Maureen Sproul, and Sue Davenny for the evening's refreshments.

Races

Peaks Island August 13, 10:30. Volunteers, see Charlie or call Carol and Summer Weeks. Ferry ride is \$3 round trip. Schedule in race packet.

Bowdoin 10 Miler August 21, 8:00. Volunteers, see Charlie.

Cape Challenge September 11. Ken Dolley has 46 volunteers, needs more. People running the race can make cookies for refreshments and receive credit for the race. Construction on Sawyer Road will be checked out.

50 Miler October 16. Volunteers, contact Ken Dolley, 846-6018.

Falmouth Lions Club 10 K October 2. Phil Pierce and John Gale have certified the new course. Contact Phil to help, 781-3769.

Pat's Pizza Charlie will discuss training of water stop volunteers with the owner and the Chebeague Island Club before next year's race.

Deering Oaks Family Festival Track Meet went well with a good turnout. Mike Towle may have some other track meets that could use our help.

The Italian American Festival Race has been cancelled. No race director available.

Maine Running Hall of Fame committee member Ken Dolley is looking for names for members of the Board of Directors and nominations for inductees. 846-6018.

Maine Track Club Banquet Sue Davenny will contact Michel's Restaurant for a January banquet date.

Newsletter Deb Merrill must resign from the newsletter staff for professional reasons. Without additional support the newsletter may need to be cut in size and/or published every other month. Please let Charlie or Jennifer Rood know your ideas on this.

Fall Pot Luck Supper Sue Davenny is checking locations for the October or November meeting.

Jane Dolley reported on her activities as RRCA Vice-President East, board meetings on membership guidelines, visits to states in her region, sanctioning road races. She proposed we do a women's race, perhaps a 5K. She and Ken attended the Olympic trials and saw Bruce Bickford's 10K.

The meeting adjourned at 8:30.

Respectfully submitted

Susan Davenny
Susan Davenny

8/16/88

TREASURER'S REPORT



Maine Track Club

P.O. Box 8008, Portland, Maine 04104

...Run with a friend...

TREASURER'S REPORT

July 6, 1988

Funds on Deposit June 5, 1988 \$7,604.31

Receipts:

*Race Receipts	
*Mark Hoffmaster Race	\$ 693.00
*Membership	\$ 59.00
*Interest	\$ 35.87
*Check Returned	\$ (9.00)
	\$ 778.87
	\$8,383.18

Disbursements:

*Deb Merrill - Postage	\$ 195.00
Printing newsletter	
*John Gale - TAC Insurance	
Hoffmaster, Milk Run,	
Mid Winter Classic	\$ 105.00
*Ruth Heffelfinger - Postage	\$ 22.88
*Bobby Sprague - Scholarship	\$ 200.00
*Bob Cushman - Expenses	\$ 20.27
Mark Hoffman Race	
*Postmaster - Portland	\$ 39.00
Box rent	
*Alexander & Alexander	\$ 85.20
Insurance on Equipment	
*T-Shirts - Mark Hoffmaster	\$ 233.75
*Susan Davenny - Postage	\$ 62.50
*Eileen Hodell - SMVTI	\$ 50.00
Milk Run	
*SMVTI - Gym - Milk Run	\$ 100.00
*Rainbow Systems	\$ 180.40
Numbers - Pat's Pizza	\$1,320.90
*Rainbow System - Pins	\$ 26.90
Funds on deposit July 6, 1988	\$7,062.28*

*Includes deposit for Cape Challenge from sponsor \$2,500.00

Richard K. Strout
Richard K. Strout
Treasurer

RKS/dh/track



Maine Track Club

P.O. Box 8008, Portland, Maine 04104

...Run with a friend...

TREASURER'S REPORT

September 6, 1988

Funds on Deposit August 4, 1988 \$ 7,788.68

Receipts:

*Memberships	\$ 118.00
*Cape Challenge Race	\$ 1,015.00
*Falmouth Lions Course	\$ 194.23
Certification & Expenses	
*Clothing	\$ 132.50
*TAC Insurance Reimbursement	\$ 10.00
*Sponsor Cape Challenge	\$ 100.00
*Deering Oaks Fest.	\$ 943.53
*Interest	\$ 39.09
	\$ 2,552.35
	\$10,341.03

Disbursements:

*Ted Cunningham - Batteries	\$ 43.05
for computer, postcards	
*Sue Davanny - postage, newsletter	\$ 62.50
*Coastal Silkscreen-T-Shirts	\$ 594.83
Deering Oaks Fest	
*Trophies-Deering Oaks Fest.	\$ 278.45
*George Towle	
Ribbons, Deering Oaks Fest.	\$ 84.65
*Roy Benson, Speaker, August	\$ 100.00
*UPS - postage, computer	\$ 51.03
repairs.	
*Bob Payne - Table Rental-Milk Run	\$ 10.50
*Barb Coughlin - postage	\$ 100.00
*Phil Pierce - reimbursement	
of expenses - course	
certification - Falmouth	
Lions Race	\$ 194.23
*TAC Sanction fee For Kids Sake Race	\$ 10.00
*TAC/USA - Sanction Fee	\$ 100.00
For Kids Sake	
*John Gale - TAC Insurance	\$ 78.98
Postage - Pat's Pizza Race	
Funds on Deposit September 6, 1988	\$ 1,708.27
	\$ 8,632.81

*Includes deposit from Cape Challenge Sponsor

Richard K. Strout
Treasurer



RKS/dh/Track

Rich

Maine Track Club is a non-profit organization.



Maine Track Club 1988 Race Schedule

Distance

July 16	Pat's Pizza	5
Aug 13	Peaks Island Race	5
Aug 21	Bowdoin and Back	10
Sept 11	Cape Challenge	13.1
Oct 16	MTC Ultra	50
Oct 2	Falmouth Lion's	6.2
Oct 9	WCSH for Kid's Sake	4
Nov 20	Turkey Trot	6.2

Notes:

Katherine Christie: 5/1, Brunswick 10K, 46:20, 4th/overall
Jane Dolley: 6/18, NECTA Regional Track Meet, Dedham, Ma, 5K, 20:07, 1st/40-44, 5th/overall, 800 M, 2:46, 1st/40-44, 3rd/overall; MECTA Corporate T. M., S. Portland, 1600 M, 5:54.17, 1st, 40-49, 2 M1, 12:47, 1st/overall, 800 M, 2:54, 1st/40-49, held 6/29
Tammy Prince: 7th Annual Terry Fox 5K, 26:54, 35/88 Women, held 5/22
Lee Allen: 6th Ann. Monroe Marsh Stream 10K, 5/30, 40:14, 1st/30-39, 12th/overall
George Liming: 5/22, Monmouth Apple Blossom 15K, 1:01:12, 5th/21 overall
Neil Martin: 5/22, 7th Annual Terry Fox 5K, 20:01, 74th/310 overall
Carlton Mendell: 4/23, Searsport 4.5 M1, 30:47, 1st/60+
Robert Wyman: 4/10, Boston Milk Run 10K, 47:19; 5/14, Nashua, N.H. 10K, 46:12; 5/30, Boulder Bolder 10K, 53:02; 6/4, Nubble Light 10K, 56:39; 6/18, Market Square 10K, Portsmouth, N.H., 60:18
Triathlons: Received a nice letter with results from Barry Fifield (MTC) -- expect more on triathlons in the September Newsletter.

The Maine Track Club Newsletter is compiled monthly. Circulation is around 350. Related material may be copied with acknowledgement. Editor: Deb Merrill

NEW MEMBERS

<u>Name & Address</u>	<u>Phone</u>	<u>Occupation</u>	<u>Age</u>
Donna M. Blackman 3131A Merepoint Rd. Brunswick, ME 04011	W871-9507	Secretary, IBM	31
Catherine Costa 31 Babbidge Road Falmouth, ME 04105	H797-6599	Knitwear Designer	32
Michele Jordan 609 Ocean Ave., Apt. 9 Portland, ME 04103	H874-0855 W879-3560	Mercy Hospital USM student nurse	22
Robert Laux 3 Minuteman Drive Scarborough, ME 04074	H883-5784 W770-2580	Actuary UNUM	32
Brian Mercer 42 Bridgton Road Westbrook, ME 04092	H797-0917 W772-6692	Manager Dunham Footwear	27
Anne & Harry Pringle 44 Neal Street Portland, ME 04101	H774-0437		
Suzanne Spencer 240 Harvard St. #1006 Portland, ME 04103	H878-2086	L. L. Bean	27
Stephen DiPalma 16 Bayview Terrace Portland, ME 04103	H773-2444 W871-8431	Supervisor U.S. Postal Service	32
Jill Dolby 1 Promenade Ave. Saco, ME 04072	H282-5319	Student Thornton Academy	16
Linda Rosenberg Apt. 303 305 Commercial St. Portland, ME 04101	H761-2914		25
Carey Trimble, Jr. RR 1, Box 196 Yarmouth, ME 04096	H846-9347		
George Waterhouse 21 Green Street Bridgton, ME 04009	H647-5686	Carpenter, Better Homes	45

Change of Address

Bill Bristol 234 Woodford St. Apt. 1A Portland, ME 04103	Geoff & Sara Hobson 6 Robie Street Gorham, ME 04038
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RACE RESULTS

By Don Penta

10th Annual Casco Days 4 Miler - 7/30/88
Casco Village, Me - 317 Fin.(Record)

1 Stephen Hall 22:15
32 Rhonda Prime 25:38*

MTC Finishers:

6 Joel Titcomb 23:04
12 Bob Payne 1st/50 & Over 23:43
20 Joe Richards 25:03
23 Phil Pierce course PR 25:13
25 Tom Allen 25:17
28 Lee Allen 25:28
30 Frank Ferland 25:35
36 Bob Jolicoeur 2nd/50 & Over 26:10
42 Barry Howgate 26:36
70 J.P. Lavoie 28:24
88 Warren Foye 29:43
108 Oscar Cloutier 30:37
110 Dave Conley 30:40
132 Patty Titcomb 2nd/30-39 31:32*
144 Marla Keefe 32:11*
145 Fred Stone 32:13
146 Sandy Utterstrom 2nd/40-49 32:16*
175 Don Penta 34:04
232 Roxanne Cloutier 39:06*

8th Annual Rocky Coast 10K - 5/7/88
Boothbay Harbor, Me - 217 Finishers

1 Bruce Ellis (MTC) 36 31:23
36 Deborah Potter 33 39:05*

Other MTC Finishers:

7 George Towle 2nd/35-39 38 35:42
56 Ron Deprez 43 40:48
64 Dick McFaul 43 41:40
79 Deb Merrill 3rd/Open 32 43:06*
80 Fred Beck 2nd/50-54 54 43:06
92 Dale Rines 35 44:20
101 Eric Ellis 35 44:50
102 Clint Merrill 39 44:57
108 Carlton Mendell 2nd/60+ 66 45:09
118 Joan Lavin 3rd/40-49 40 46:07*
135 John Rasmussen 51 47:22
141 Jane Rasmussen 1st/50-59 51 47:55*
151 Robert Wyman 51 49:00
170 John Woods 70 51:13
205 Theresa Cameron 27 61:40*

7th Annual China 10K Classic - 138 Fin.
South China, Me - 5/14/88

1 Lee Stover 34:01
11 Kelly Rodrigue 37:03*

MTC Finishers:

21 Joe Richards 38:45
24 George Liming 39:18
71 Rosalyn Randall 5th/Overall 44:23*

Peter Ott's 10K - Camden - 119 F. - 6/5/88

1 Dan Dearing (MTC) 32:40
32 JoAnn Nealey 40:48*

Other MTC Finishers:

6 George Towle 34:34
40 Sumner Weeks 41:18
52 Carol Weeks 2nd/Overall 42:42*
72 Carlton Mendell 45:01

12th Annual Bridgton 4 On the 4th - 7/4/88
718 Finishers (Record)

1 Todd McGraw 23 19:34
48 Sally Perkins 25 23:12*

MTC Finishers:

36 Richard Mulhern 34 22:41
60 Bob Payne 2nd/50-59 50 23:45
66 Joe Richards 44 23:56
76 Wanda Haney 3rd/Open 22 24:27*
84 Lee Allen 33 24:49
86 Robert Jones 15 24:54
91 Philip Pierce 46 24:58
103 Jennifer Rood 3rd/19-29 27 25:27*
126 Carol Weeks 3rd/30-39 39 26:17*
127 Sumner Weeks, Jr. 39 26:18
132 Neil Martin 45 26:27
160 Paul Alpert 53 27:22
178 Carlton Mendell 2nd/60+ 66 27:41
181 Clint Merrill 39 27:43
245 Richard Downs 41 28:59
257 Deb Merrill 32 29:28*
284 Sandy Utterstrom 44 30:26*
292 Marla Keefe 34 30:34*
347 Donald Penta 42 32:17
355 Richard Scribner 37 32:30
397 Stanley Harmon 66 33:43
466 Bob Cushman 50 35:13
467 Warren Wilson 54 35:14
555 Brenda Cushman 47 38:33*

6th Annual Gorham Arts Council Races
3 & 1.5 (Kids) Miles - 7/2/88

3 Miler (85 Finishers):

1 Ken Botting** (non-MTC) 14:41
5 Peter Dube 15:53
9 Joe Richards M/3rd 16:27
21 Sumner Weeks 17:33
24 Robert Jolicoeur S/1st 17:42
25 Erica Maddaleni** (non-MTC) 17:51*
28 Larry White 18:12
30 Carol Weeks 2nd/Open 18:29*
33 Rosalyn Randall 4th/Overall 18:58*
35 Greg Rogers 19:04
36 Phil Bartlett 19:11
37 Dale Rines 19:14
40 Carlton Mendell V/1st 19:41
43 Robert Laskey 19:54
45 Nancy Stedman 5th/Overall PR 20:09*
49 Fred Stone 20:35
52 Maureen Sproul 6th/Overall 21:13*
53 Robert Wyman 21:15
57 Bob Cushman 21:41
60 Rodney Stanley 22:18
64 Suzanne White 7th/Overall 22:50*
70 Kathy Parsons 23:19*
78 Brenda Cushman 25:00*

1.5 Miler (13 Finishers):

1 Ethan Higbee 7:26
5 Jaclyn Quillette 1st/Overall 8:36*
6 Philip Bartlett II (MTC) 8:46

/**/: Male & Female Open Division Leaders

Ziggy Gillespie/ Coach

St. Joseph's College Cross-Country Coach

Brian Gillespie, was recently named 1987 NCAA Cross-Country Division III New England Coach of the Year. During the past fall, "The Running Monks" were Maine College Champions; ECAC Runnerups; NCAA New England Champions; and finished 8th in the country in the National Championships. Coach Gillespie seven year dual meet coaching record is now an amazing 146-11. His teams have qualified for the National Championship all seven years. A remarkable feat when you consider St. Joe's has a male enrollment of 145 and gives no athletic aid.

"Ziggy" graduated from Cape Elizabeth High in 1965. He was a varsity cross-country runner for four years, setting numerous course records. Also, a four year varsity baseball player as a pitcher and outfielder. After high school, it was four years in the Navy, where he ran for the special services in track and cross-country. He was the 5th Naval District Cross-Country Champion two years in a row. He entered UMPG in 1970 majoring in education. Again was four varsity years in cross-country and baseball. He was cross-country MVP for two years. Gillespie also played semi-pro baseball in the Portland Twi-light League for 13 years. He was founder and player/coach of the strong "Maine Merchants," league champions of two years.

His success at St. Joe's stems from his tremendous involvement in the Maine road racing history. He founded such races as the James Bailey Invitational, and for many years organized the AAU XC Championships. In 1973, Brian organized Maine's first 24-Hour Relay Team. He also was on the team that broke the New England record and ranked 9th in the world among 400 teams sending results to Runner's World Magazine. In 1975, Ziggy organized the Sebago Lake Marathon, southern Maine's first such race. He upgraded women's road racing by finding sponsors such as Maine Savings Bank, for "Women Only" races. Gillespie also installed a new race scoring system in his races, designed to improve event organization and reduce the time lag for posting race results. His system all but eliminated that post race drag and now is still employed statewide.

In 1979, Ziggy and a group of running enthusiasts organized the Maine Track Club. Also during that year, he organized and directed 27 road races so that southern Maine had, in effect, a year round race schedule. That year, Rick Krause, Editor/Publisher of the original "Maine Runners Magazine" wrote that if it were not for the late Rollie Dyer and Gillespie, Maine running would be 10 years behind the times. A few years later, at the demise of the "Maine Runner," Krause sent his last copy of his prized booklet to Gillespie, "The greatest contributor to Maine Road Racing in the sport's history." The puzzle of how little St. Joe's can be a national ranked power in cross-country is now solved forever.

MTC Membership Discounts

Here is a list of area sporting goods stores that have agreed to give MTC members discounts on running shoes and running clothing. Please note that most have asked that members show their club ID card when requesting discounts.

Olympia Sports Center, Maine Mall

10% on shoes only

Joe Jones, 265 Western Ave, South Portland

10% on shoes, 20% on clothing (non-sale items)

The Shed, 315 Marginal Way, Portland

10% on shoes and clothing

The Athlete's Foot, Maine Mall

10% on shoes only

Sports East, Topsham Mall

10% on shoes and clothing

Guidi Graphics, 675 Forest Ave, Portland (they sell and produce T-shirts and have some running clothing)

10% on clothing

Swim Skin, Maine Mall

10% on shoes and clothing

Foot Locker, Maine Mall

10% on shoes and clothing

1988 MTC Newsletter Sponsors

Individual Sponsors

Barry Fifield
Debbie Borduas
Jennifer Rood
John Woods

Prime Sponsors

Sportingwoods
Barbara Footer
Jeri Schroeder

Corporate Patron

Team Maine

We need Newsletter Sponsors!

Become an patron and get fame and recognition for your support and generosity by having your name in the above box! Feel guilty about not volunteering for enough races? This donation will put you in good graces and we especially need help now that postal rates have gone up...

To be an individual patron, send \$10 to the Maine Track Club, Box 8008, Portland, ME 04104. To Become a corporate patron, your donation of \$25 should be sent to the same address. Please note on the check that it is a patron's contribution to the newsletter. And MANY thanks!

To be a Prime sponsor, contact ~~Jennifer Rood~~ ^{DEB MERRILL} 774-0502. The sponsorship is \$50 and includes recognition and any message you may have in a box on the front page. Your support will be noted by all who pick up and glance at the front page- about 400 newsletters are mailed out each month.

1988 Officers and Committee Chairpersons



Charlie Scribner	President	
Herb Strom	Vice-President	799-7705
	Secretary	
Rick Strout	Treasurer	829-3216
John Gale	Race Committee	775-5017
Deb Merrill	Newsletter	739-4000
Jennifer Rood		739-4000
Ruth Hefflefinger	Membership	797-4625
Phil Pierce	Past President	781-3769
Tom Norton	Clothing	929-5548
	Social Direct.	
Maggie Soule	Publicity	846-3631

Don Penta	Statistician	892-4526
	Programs	
Bill/Sue Davenney	Refreshments	772-1787
John Gale	Course Certif.	775-5017
Dan Fitzgerald	Photography	846-3031

P.O.Box 8008, Portland, Maine 04104

Run with a friend...

Maine Track Club is a non-profit organization

MAINE TRACK CLUB MEMBERSHIP FORM

___ Individual (\$12.00) ___ Family (\$15.00) ___ Student (\$5.00)
(18 yrs. old maximum)

LAST NAME _____, TODAY'S DATE ____/____/____

1ST. NAME _____, INITIAL _____, SEX (M/F) _____, D.O.B. ____/____/____

1ST. NAME _____, INITIAL _____, SEX (M/F) _____, D.O.B. ____/____/____

1ST. NAME _____, INITIAL _____, SEX (M/F) _____, D.O.B. ____/____/____

1ST. NAME _____, INITIAL _____, SEX (M/F) _____, D.O.B. ____/____/____

ADDRESS _____, HOME PHONE _____

CITY _____, STATE _____, ZIP CODE _____

EMPLOYER _____, OCCUPATION _____, PHONE _____

EMPLOYER _____, OCCUPATION _____, PHONE _____

IF STUDENT: SCHOOL _____, YEAR OF GRADUATION _____

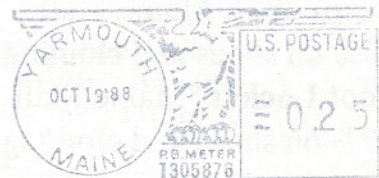
SCHOOL _____, YEAR OF GRADUATION _____

OTHER INTERESTS: _____

YOUR SPONSOR (IF ANY): _____

Maine Track Club

P.O. Box 8008
Portland, Maine
04104



First Class Mail