

Maine Track Club

Janurary/Feburary 1991

Run with a friend...



HIS NAME Zachary Thomas
HE ARRIVED ON 13 December 1990
HE WEIGHED 6 lbs 4 oz
HIS PARENTS Melissa + Thomas Easley

UPCOMING EVENTS

3

NEW MEMBERS

February

- 3 10th Annual Mid-Winter 10 Mile Classic; Cape Elizabeth High School; 12 Noon; TAC certified course (ME-90007-GN); Contacts: Robert Payne, RFD1, Box 305, Raymond, ME 04071, phone: (207)655-6006 or Marla Keefe, RR2, Box 1441, Casco, ME 04105, phone: (207)655-7350.
- 9 10th Annual Wild Katahdin Trust Snow Run; Houlton High School; 11:00 AM/ \$8 Fee; Contact: S.A.D. #29 Adult Education, P.O. Box 190, Houlton, ME 04730, phone: (207) 532-6554.
- 17 13th Annual Snofest 5 Miler; Augusta Civic Center, 11:00 AM/ \$5 Fee; Contact: Russell Martin, (207)622-1258 or Central Maine Striders, P.O. Box 1177, Waterville, ME 04901.
- 23 2nd Annual Maine Running Hall of Fame Banquet; TENTATIVE; Location: tentative; May Be March 2nd; Contact: MTC or CMS.
- 24 DH Jones/SMAC 10 Miler; Amherst, MA; 1:00 PM; Contact: Dave Martula, 277 Bay Road, Hadley, MA 01035, phone: (413)584-7729 or (413)586-3552.

March

- 2 Portland Head Light Bicentennial Road Race; TENTATIVE; South Portland; 12 Noon; TAC certified 8K course (ME-85016-GN) last used for Stroh's Run for Liberty and Maine Milk Run in 1985; Contact: Don Penta (207)892-4526, 54 Sebago Avenue, Windham, ME 04062 or Maine Track Club, P.O. Box 8008, Portland, ME 04104.
- 9 9th Annual Red Lobster 10K Classic; Orlando, FL; 8:00 AM; Contact: Track Shack, 1322 N. Mills Avenue, Orlando, FL 32803, phone: (407)898-1313.
- 3 8th Annual Hyannis Marathon; Barnstable H.S., Hyannis, MA; 10:30 AM/ \$10 Fee; Contact: Cape Cod AC, P.O. Box 1678, Hyannis, MA 02601; BAA qualifier; Contact Bill Stuart at 799-5961, evenings, for more information.
- 9 Frostbite 3.5 Miler; Ellsworth H.S.; 12:00 Noon; Contact: Down East Family YMCA, P.O. Box 25, Ellsworth, ME 04605; (207) 667-3086.
- 10 12th Annual Killarney's 10K; Holiday Inn, exit 34, Waterville; 11:00 AM/ \$8 Fee; Contact: Jerry Saint Amand (207)873-6753 or Central Maine Striders, P.O. Box 1177, Waterville, ME 04901; TAC certified (ME-88011-GN) course.
- 17 12th Annual Top O'The Mornin' 4 Miler; Kerryman's Pub, Route 1, Saco; 12 Noon; Contact: Ken Dion (207)934-2242, 45 Old Salt Road #10, Old Orchard Beach, ME 04064 or Steve Mooney (207)282-2903; TENTATIVE DATE!!

DON'T FORGET!

THE ROLAND DYER MEMORIAL 5K and 10K RACES
SATURDAY, FEBRUARY 23

5K at 1:00 pm 10K at 1:10 pm

At the Riverside Industrial Park

Riverside Street and Forrest Avenue

Entry Fee \$6.00

Further information call Dennis Morrill

at 772-6306 or 767-1803

Name & Address	Phone	Occupation	Age
Stephen Assante RR2, Box 64B Sebago Lake, ME 04075	H642-4298 W775-3536 x1835	Analyst - BC/RS	38
Robert Cormier 64 W. Main St. Yarmouth, ME 04096	H846-7737 W871-2935	Research Associate Maine Medical Center	42
Tom Dann P.O. Box 1163 Kennebunk, ME 04043	H985-2727 W985-1110	Teacher/Coach Kennebunk Schools	33
Thomas Decker Byrne Decker 33 Longwood Drive Kennebunk, ME 04043	H985-4076 W646-9926	Printer - Spencer Press American Univ. Law School-1992	47 23
Mark Doucette 1 Juniper Drive RR 3, Box 400-B Freeport, ME 04032	H865-4671 W856-2224	Goodwill Ind. of Maine House Supervisor	29
Nanette Jolicoeur Craig Tanner 96 Spurwink Rd. Scarborough, ME 04074	H799-8481 W781-4658-N W799-8481-C	Mgr. - Mother's Mountain Mustard Self - Fisherman & Diver	29 33
Nancy Kneeland P.O. Box 1165 Kennebunk, ME 04043	H985-8100 W985-3178	Waitress Hole in the Wall Restaurant	36
Lori MacCausland 107 Elm Street Saco, ME 04072	H283-8930 W282-3361	Teacher - Thornton Academy	30
Patty Medina Craig Tanner 20 Waterhouse Rd. Cape Elizabeth, ME 04107	H767-2844 W780-4642	Health Fitness Assistant USM Lifeline	32
Donald Rameau RFD #3, Box 111 Biddeford, ME 04005	W499-2495	Machinist - Saco Defense	33
Deborah Shaw 70 Bay View Drive Portland, ME 04103	H761-0649 W874-8185	Teacher - Portland Schools	34
Chris Spiller 33 Cabot St. Portsmouth, NH 03801	H603-431-4587 W603-926-4857	Teacher/Coach SAD 21	35

CHARLIE-HORSE

"Nous non equis circum"

SCREEN PRINTING

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color print from your camera ready art

\$3.68 each

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PRESIDENT'S PAGE

JUST DO IT!

I *really* like to run. Most of you do, too, or you wouldn't be reading this. I enjoyed running before I joined the Maine Track Club, so why did I take Russ Connors' suggestion about six years ago and attend a MTC meeting? Curiosity, and the possibility of making friendships with other runners, were my reasons. It was a good decision for me.

Being a member of the Maine Track Club gives on a chance to listen to and discuss with others, topics of common interests; a camaraderie is established and feelings of belonging and support are generated; and a new friendships are made with people who have the same keen desires in running and maintaining good health.

The benefits of belonging to the MTCC clearly outweigh the few obligations that go with membership. As Herb Strom told me when he asked me to be vice president, "The more you give, the more benefits you receive." After the past year, I know what he means.

As we begin the new year, I am asking the following of you: take the opportunity to attend our monthly meetings; volunteer to work at some of our races; consider assisting a race director to gain knowledge of race management; join a sub-committee and offer suggestions and express your ideas so that the Maine Track Club can continue to meet the needs of you, its members. You can be an officer and/or serve on a committee, work 3 or 4 events, and still find time to race on a regular basis. Believe me, I know you like to run and race. So do I. Together, we can do our parts, share the load, and look forward to a happy and fun-filled running year.

Best regards,



~~~~~

### BRUCE ELLIS MEMORIAL CAMPSHIP THANK YOU

I am taking this time to express my gratitude to you in being selected as the winner of the scholarship to the Colby College X-Country Camp. It was a great honor to have been awarded the scholarship. I took the scholarship with great pride, especially when I was assigned to the highest group of runners at the camp. Trying to stay up with this group (which consisted of athletes two to three years older than I) was a very difficult task to carry out, yet not only did this get me in the best shape of my life, but it also improved my relationship with running greatly, which I had hoped for. All my life I had run for the glory of running, but now I have changed and am now running with heart. This has greatly improved my running and I am looking forward to attending this camp next year. Again many thanks for this scholarship.

Sincerely,  
Jonathan E. Kunz  
Hampden, ME

## VOLUNTEERISM IS NOT DEAD

If you want proof that volunteering is alive and well within the MTC, just look at the Turkey Trot race held last November 18, when 51 members volunteered to work the race.

When I agreed to co-chair the race I was a little hesitant at first. After making some calls my reluctance vanished as everyone I called was happy to come forward. As a matter of fact, people called to volunteer their services and some members even showed up the morning of the race to help out. I was proud to have had such a large, helpful and enthusiastic group. I could not have done it without them!

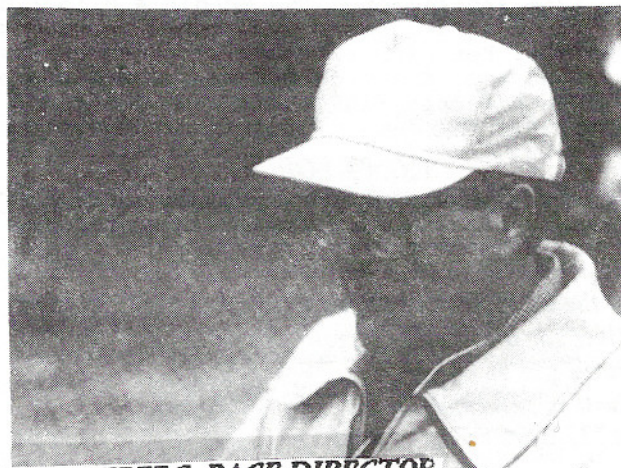
Mel Fineberg

### TURKEY TROT VOLUNTEERS

Debbie Atchison  
Peter Bastow  
Sherri Carll  
Yun Chong  
Ted Cunningham  
Bob Cushman  
Bill Davenney  
Jane Dolley  
Stephanie Fisher  
John Gale  
Jeanne Hackett  
Ruth Hefflefinger  
Steve Jacobsen  
Jenny Kim  
Loren Lathrop  
Terry McGovern  
Everett Moulton  
Don Penta  
Carol Pierce  
Charlie Scribner  
Chuck Snekvik  
Maggie Soule  
Rick Strout  
Thea Tibbetts  
Widgery Thomas

Tom Atchison  
Tom Carll  
Gordon Chamberlain  
Barbara Coughlin  
Craig Cunningham  
Sue Davenney  
Martha Deprez  
Melissa Ealsye  
Kathi Foye  
John Gilliss  
Jim Hazzard  
Donna Hubert  
Tom Keating  
John Kim  
John Lavin  
Donna Moulton  
Gayle Nappi  
Bob Perkins  
Steve Robertson  
Dick Scribner  
Marianne Snekvik  
Janet Sparkouich  
Bill Stuart  
Jean Thomas  
Sandy Utterstrom

Henry Walstad



MEL FINEBERG, RACE DIRECTOR



# MTC MEMBERSHIP MEETING

MTC MEMBERSHIP MEETING DECEMBER 12, 1990

President, Bill Stuart, opened the meeting. Vice-President, Peter Bastow, introduced Deb Merrill who gave us an excellent presentation on How to Keep Your Muscles Healthy.

**New Members and guests** included Lock Kiermaier, Don Bessey, Ray Shevenell, Tom Dann and Nancy Kneeland. Welcome!

**President's Report** New Year's 5K applications are here.

**Vice-President's Report** All banquet forms need to be mailed in. Volunteers are needed for newsletter, membership, refreshments...See Peter.

**Secretary's Report** was approved as published in the newsletter.

**Treasurer's Report** shows a balance of \$6039.82. The 1991 budget will be in the next newsletter.

**Race Report** The 1991 MTC race calendar will be available at the Banquet and in the next newsletter. Volunteer sheets for New Year's 5K and the Midwinter 10 Mile Classic on Lobby table. There will be open categories at the Expo meets starting on January 5th. The Dartmouth Relays are on the 1st weekend of January. Brown is the next weekend.

**Membership** Ruth had dues notices for those present. Rest will be mailed. Banquet invitations were enclosed.

**Report from the Board of Directors** The Board at its last meeting approved seeking a non-profit bulk mail permit, approved the cost of a DJ for the banquet, and approved a request from seven members of the Wiscasset team for financial assistance to TAC National Cross Country Championships.

**Election of Officers** The slate of officers as printed in the previous newsletter was elected.

**Maine Running Hall of Fame** A motion was made and approved to nominate Carlton Mendell and Bruce Ellis to the Maine Running Hall of Fame. Sue Davenny will submit the data. The Maine Running Hall of Fame Committee is seeking another member from the Maine Track Club. Ken Dolley has resigned. Contact Sue Davenny or Bob Payne.

**RRCA Volunteer Awards** Bill has patches and certificates from RRCA for volunteers who have devoted over 2000 hours. MTC recipients are Ted Cunningham, Sandy Utterstrom, and Jean Thomas.

**Mainly Running Magazine** John LeRoy will be publishing a new running magazine beginning in April. Subscription forms available. Go for it, John!

**Announcements** ADT Security featured in last newsletter is offering a special on Residential Pkg. to Maine Track Club members until Dec. 31.

Club Run and Brunch at Barbara Coughlin's house on December 15. The Handicap Race will be at Bill Stuart's House January 19th at 9:00am. Call with your best 4 mile time.

Everett Moulton won the 50/50 raffle.

Charlie asked if anyone would like to videotape races or lend their recorder, please see him.

Dru Jones thanked everyone for filling in on the Turkey Trot when she was sidelined by surgery. She has Bob's address at boot camp.

Respectfully submitted,

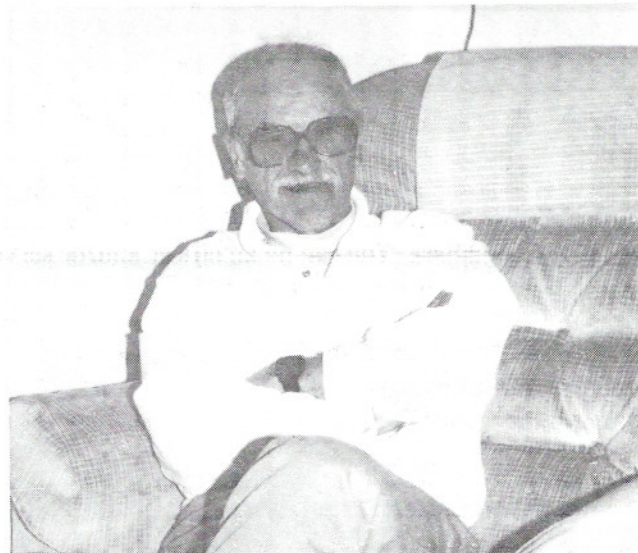
*Susan Davenny*  
Susan Davenny  
Secretary

MR JOHN FYALKA SR

I had the pleasure of meeting John Fyalka Sr on October 29th, his son's birthday. John Fyalka Jr was a member of the Maine Track Club when he was killed at the age of 30 in an automobile accident in July of 1979. Every year since then, Mr. Fyalka has given the Maine Track Club the money for the Annual John Fyalka Scholarship which goes to an outstanding high school runner. The John Fyalka Award goes to a Maine Track Club member for outstanding service.

Mr. Fyalka lives in Springfield, Illinois and formerly owned and operated a sporting goods store there. He was here to be near his son's beloved Maine coast on his birthday. The Great Pumpkin 10K was the day before. He ran the race and made contact with Mel Fineberg about some Maine Track Club clothing he had ordered from Mel. Mel told me that Mr. Fyalka was coming to his house and I invited myself over. He and Mel had a great time discussing running shoes and clothing and I had a great time learning about two men who are a part of the history of the Maine Track Club, John Fyalka Jr and John Fyalka Sr. Thank you, Mr. Fyalka.

Susan Davenny



RRCA VOLUNTEER AWARDS

## REPORT FROM THE BOARD OF DIRECTORS MEETING

Approved applying for a non-profit bulk mail permit. Newsletter deadline will be moved up. Approved the cost of a disc jockey for the annual banquet, with proceeds of a 50/50 raffle that night helping to defray this cost. Approved a request from the Wiscasset team for financial assistance to TAC National Cross Country Championship expenses. Seven members will each receive \$50 to be processed through Maine TAC.

Susan Davenny  
12/5/91



# RACE RESULTS

3rd Annual Mahoosuc Arts Council Sunday  
River Run - 3 M - 10/6/90 - Bethel, Me  
162 Finishers

## Top Women (overall):

|                                   |       |
|-----------------------------------|-------|
| Faye Gagnon 1st, over.; 1,40&over | 32:27 |
| Alice Goodwin 2nd, ov.; 1,30-39   | 32:42 |
| Nancy Babcock 3rd, ov.; 2,30-39   | 32:58 |
| Jennifer Cusick 4th, ov.; 1,19-29 | 33:13 |
| Mary Rossi 5th, ov.; 2,19-29      | 35:03 |
| Katheryn Brown 6th, ov.; 3,19-29  | 35:51 |

## Top Men:

|                                     |       |
|-------------------------------------|-------|
| Kirk Siegel 1st, overall; 1,19-29   | 24:19 |
| Peter Hall (MTC) 2nd, overall       | 24:40 |
| Robert Jones (MTC) 3rd, o.; 1,13-18 | 26:05 |
| Bob Poirer 4th, o.; 1,30-39         | 26:35 |
| Willie Emerson (MTC) 3,19-29        | 26:54 |
| Richard Mulhern (MTC) 9,0;5,30-39   | 28:16 |
| Rodney Thayer 1st, 40&over          | 28:57 |
| Bob Payne (MTC) 2nd, 40&over        | 29:18 |
| John Eldredge (MTC) 18th, 30-39     | 29:38 |
| Don Penta (MTC) 57th, overall       | 41:55 |

1990 Schoodic Point 15K - 205+ Fin.  
Winter Harbor, Me - 11 August 1990

|                           |    |          |
|---------------------------|----|----------|
| 1 Michael Gaige           | 37 | 49:51    |
| 2 Chuck Morris            | 27 | 50:05    |
| 3 Glendon Rand            | 28 | 51:29    |
| 6 Jay Paul Jenkins        | 40 | 53:14    |
| 15 Alan Reilly (MTC)      | 37 | 55:58    |
| 34 Wayne Clark            | 43 | 59:30    |
| 43 Rhonda Prime           | 25 | 1:00:43* |
| 59 Sue Frost              | 32 | 1:03:11* |
| 60 Anne-Marie Davee       | 34 | 1:03:17* |
| 64 Tom Kirby (MTC)        | 34 | 1:03:50  |
| 75 Jim Sullivan (MTC)     | 43 | 1:04:40  |
| 83 Steve Jacobsen (MTC)   | 40 | 1:05:33  |
| 88 Nancy Ellis (MTC)      | 37 | 1:06:12* |
| 112 Jane Rau              | 40 | 1:09:04* |
| 193 Everett Moulton (MTC) | 44 | 1:24:50  |
| 205 Donna Moulton (MTC)   | 41 | 1:40:17* |

Race Results are carefully  
compiled and edited by  
Don Penta each month.

22nd Annual New Years Portland 5K- 249 F.  
Monument Square, Portland, Me - 12/31/90

## Top Open Finishers (overall):

|                       |    |        |
|-----------------------|----|--------|
| 1 Tom Dann            | 33 | 15:17  |
| 2 Jeremy King         | 26 | 15:31  |
| 3 Allan Muir          | 35 | 15:35  |
| 4 Ken Botting         | 30 | 15:42  |
| 5 Rob Spaulding       | 35 | 15:45  |
| 22 Sally Perkins      | 27 | 17:31* |
| 36 Veronica Knight    | 23 | 18:03* |
| 50 Christine Braceras | 28 | 18:48* |
| 57 Coreen Corsetti    | 26 | 19:06* |
| 61 Mary Ann Doss      | 31 | 19:17* |

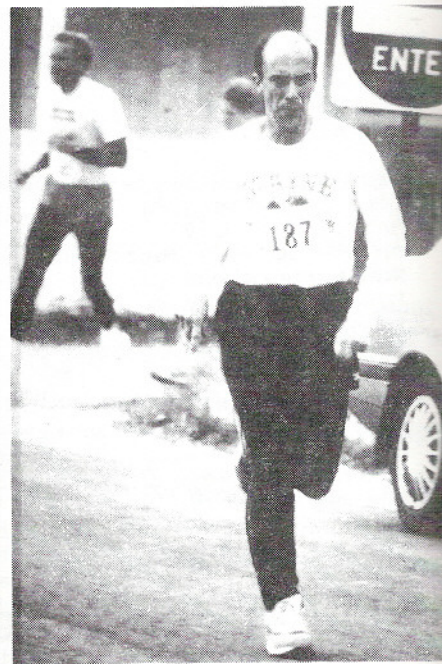
## Top Division Finishers:

|                                 |    |        |
|---------------------------------|----|--------|
| 6 Erik Nadeau 16-19             | 19 | 15:47  |
| 7 Stu Hogan 20-29               | 28 | 15:50  |
| 10 Stephen Fluet 30-39          | 32 | 16:16  |
| 12 Jim Toulouse (MTC) 40-49     | 42 | 16:40  |
| 27 Bob Payne (MTC) 50-59        | 52 | 17:45  |
| 63 Donna Hubert (MTC) 20-29     | 23 | 19:21* |
| 105 Jody King (MTC) 30-39       | 30 | 20:44* |
| 116 Brigitte Edquid (MTC) 40-49 | 42 | 20:56* |
| 137 Carlton Mendell (MTC) 60&+  | 69 | 21:45  |
| 138 Liz Brown 15&under          |    | 21:57* |
| 173 Chris Sporic 15&under       |    | 23:22  |
| 227 Gail Browning (MTC) 50-59   | 53 | 26:31* |
| 234 Dolores Billings (MTC) 60&+ | 60 | 27:26* |

## Other MTC Finishers:

|                              |    |        |
|------------------------------|----|--------|
| 16 Bill Bristol              | 34 | 17:05  |
| 24 Joel Titcomb              | 32 | 17:36  |
| 25 Harry Nelson              | 36 | 17:38  |
| 26 Tom Clemence              | 34 | 17:40  |
| 31 Philip Coffin             | 30 | 17:55  |
| 37 Jim Bunnell               | 33 | 18:05  |
| 41 Charles Snekvik           | 48 | 18:26  |
| 42 Mike Boyson               | 30 | 18:27  |
| 49 Carl Fogg                 | 42 | 18:47  |
| 65 Dale Rines                | 38 | 19:24  |
| 70 Jeanne Lamontagne 2,20-29 | 27 | 19:34* |
| 71 Bradford Davis            | 36 | 19:46  |
| 76 Erich Reitenbach          | 40 | 19:50  |
| 77 Yun Chong                 | 30 | 19:54  |
| 79 Clint Merrill             | 42 | 20:04  |
| 80 Deanna Hodgkin            | 23 | 20:05* |
| 85 Peter Bastow              | 50 | 20:10  |
| 92 David Houser              | 40 | 20:27  |
| 94 Neil Martin               | 47 | 20:28  |
| 98 Les Berry                 | 43 | 20:33  |
| 101 Michael Cowell           | 53 | 20:37  |
| 103 Richard Robinov          | 30 | 20:42  |
| 106 Steve Jacobsen           | 41 | 20:45  |
| 117 Deb Merrill 2,30-39      | 34 | 21:01* |
| 119 Ed Doughty               | 42 | 21:08  |
| 127 Carol Pierce 2,40-49     | 44 | 21:30* |
| 129 Nancy Lund               | 38 | 21:32* |
| 131 Mike Cavanaugh           | 39 | 21:33  |
| 133 Dana Seguin              | 37 | 21:36  |
| 134 Orlando Delogu           | 53 | 21:39  |
| 140 Russ Bradley 2,60-69     | 67 | 21:59  |
| 141 Jack Ireton Hewitt       | 53 | 22:05  |
| 153 Dan Sobel                | 43 | 22:44  |
| 155 Marla Keefe              | 37 | 22:46* |
| 156 Patti Tableman           | 32 | 22:47* |
| 157 Henry Wolstat            | 56 | 22:49  |
| 161 Dennis Connelly          | 42 | 22:55  |
| 162 Richard Cavanaugh        | 57 | 22:57  |
| 163 Carol Hooper             | 31 | 22:58* |
| 164 James Hooper             | 32 | 23:03  |
| 165 Carol Gillis             | 32 | 23:07* |
| 170 Steven Mondor            | 18 | 23:16  |
| 176 Patty Titcomb            | 33 | 23:25* |
| 181 Warren Wilson            | 57 | 23:43  |
| 184 Bob Cushman              | 53 | 23:45  |
| 194 Eric Tableman            | 10 | 24:34  |
| 199 Patricia Lerwick         | 33 | 24:50* |
| 201 Wendy Hall               | 24 | 24:54* |
| 205 Linda Richards           | 27 | 25:02* |
| 215 Paul D'Amboise           | 61 | 25:38  |
| 217 Brenda Keene             | 37 | 25:44* |
| 220 Bob Wyman                | 53 | 25:56  |
| 222 Don Penta                | 44 | 26:11  |
| 225 Beverly Strout           | 39 | 26:30* |
| 226 Rodney Mondor            | 23 | 26:33  |
| 230 Judith Grassi            | 36 | 27:01* |
| 235 John Gilliss             | 36 | 27:36  |
| 241 Maggie Soule             | 49 | 28:20* |
| 242 Stephen Monaghan         | 64 | 28:23  |
| 246 Michelle Mondor          | 43 | 29:44* |

Many thanks to Race Director Bill  
Stuart for complete results!



Sandy Utterstrom and Barbara  
Coughlin smiling as usual.

Top to Bottom: Warren Foye, Erin MacL  
Bob Jolicoeur at the GREAT PUMPKIN.



# A YEAR IN THE LIFE OF A PRESIDENT



1990



1991



# 1991 BUDGET

| INCOME                  | 1990 BUDGET        | 1990 ACTUAL        | 1990 VARIANCE      | 1991 BUDGET        |
|-------------------------|--------------------|--------------------|--------------------|--------------------|
| Fund Raiser             | \$ 0               | \$ 1,567.00        | \$ 1,567.00        | \$ 700.00          |
| Patron Don.             | \$ 3,000.00        | \$ 0               | \$ (3,000.00)      | \$ 500.00          |
| Membership              | \$ 3,500.00        | \$ 4,420.00        | \$ 920.00          | \$ 4,000.00        |
| Scholarships            | \$ 200.00          | \$ 300.00          | \$ 100.00          | \$ 300.00          |
| Clothing                | \$ 2,500.00        | \$ 1,072.00        | \$ (1,428.00)      | \$ 2,000.00        |
| Road Races              | \$ 5,000.00        | \$ 5,319.80        | \$ 319.80          | \$ 5,000.00        |
| Banquet                 | \$ 1,642.00        | \$ 2,407.50        | \$ (765.50)        | \$ 1,700.00        |
| Interest                | \$ 500.00          | \$ 363.88          | \$ (136.12)        | \$ 500.00          |
| Misc.                   | \$ 500.00          | \$ 264.00          | \$ (235.00)        | \$ 500.00          |
| Speakers                | \$ 0               | \$ 500.00          | \$ 500.00          | \$ 0               |
| Course Cert.            | \$ 250.00          | \$ 0               | \$ (250.00)        | \$ 0               |
| Bruce Ellis Fund        | \$ 500.00          | \$ 1,182.78        | \$ 682.78          | \$ 500.00          |
| Race Ins.               | \$ 775.00          | \$ 775.00          | \$ 0               | \$ 880.00          |
| Race Mgt.               | \$ 3,000.00        | \$ 7,735.53        | \$ (4,735.53)      | \$ 4,700.00        |
|                         | <u>\$21,367.00</u> | <u>\$25,907.49</u> | <u>\$ 4,540.49</u> | <u>\$21,280.00</u> |
| EXPENSES                | 1990 BUDGET        | 1990 ACTUAL        | 1990 VARIANCE      | 1991 BUDGET        |
| Clothing                | \$ 2,000.00        | \$ 956.00          | \$ (1,043.18)      | \$ 2,000.00        |
| Scholarships            | \$ 500.00          | \$ 500.00          | \$ 0               | \$ 500.00          |
| Bruce Ellis Camperships | \$ 0               | \$ 450.00          | \$ 450.00          | \$ 500.00          |
| Potluck/Picnic          | \$ 200.00          | \$ 93.00           | \$ 107.00          | \$ 200.00          |
| Newsletter              | \$ 1,800.00        | \$ 1,948.87        | \$ 148.87          | \$ 1,900.00        |
| Printing                | \$ 1,000.00        | \$ 1,366.85        | \$ 366.85          | \$ 1,000.00        |
| Postage                 | \$ 1,500.00        | \$ 1,430.85        | \$ (69.15)         | \$ 1,650.00        |
| Road races              | \$ 5,000.00        | \$ 4,578.23        | \$ (421.77)        | \$ 5,000.00        |
| Film                    | \$ 100.00          | \$ 145.07          | \$ 45.07           | \$ 200.00          |
| Speakers                | \$ 600.00          | \$ 536.35          | \$ (63.65)         | \$ 600.00          |
| Insurance               | \$ 775.00          | \$ 775.00          | \$ 0               | \$ 880.00          |
| Membership              | \$ 263.00          | \$ 35.00           | \$ (228.00)        | \$ 335.00          |
| Convention              | \$ 800.00          | \$ 375.00          | \$ (425.00)        | \$ 800.00          |
| Equipment               | \$ 1,500.00        | \$ 1,622.50        | \$ 122.50          | \$ 500.00          |
| Banquet                 | \$ 4,196.00        | \$ 4,065.80        | \$ (130.20)        | \$ 3,775.00        |
| Running Hall of Fame    | \$ 200.00          | \$ 200.00          | \$ 0               | \$ 100.00          |
| Youth Comp.             | \$ 500.00          | \$ 500.00          | \$ 0               | \$ 500.00          |
| Misc.                   | \$ 400.00          | \$ 722.06          | \$ 322.06          | \$ 500.00          |
| Course Cert.            | \$ 0               | \$ 119.13          | \$ (119.13)        | \$ 50.00           |
| Advertising             | \$ 0               | \$ 0               | \$ 0               | \$ 290.00          |
| Auction                 | \$ 0               | \$ 207.75          | \$ (207.75)        | \$ 0               |
|                         | <u>\$21,367.00</u> | <u>\$20,627.46</u> | <u>\$ (739.54)</u> | <u>\$21,280.00</u> |
| Profit (Loss)           |                    | \$ 5,280.03        |                    | 0                  |



22nd Annual Turkey Trot 10K - 194 Fin.  
Cape Elizabeth, ME - 18 November 1990

Top Finishers (overall):

|    |                             |    |        |
|----|-----------------------------|----|--------|
| 1  | Rob Spaulding 1,30-39       | 35 | 33:07  |
| 2  | Erich Reed 1,17-29          | 23 | 33:22  |
| 3  | Dan Dearing 2,17-29         | 29 | 33:23  |
| 4  | Peter Hall (MTC)            | 29 | 34:04  |
| 5  | Dennis Weeks 2,30-39        | 35 | 34:09  |
| 44 | Rose Prest-Morrison         | 27 | 40:41* |
| 67 | Eileen Dunfey (MTC) 1,30-39 | 34 | 42:02* |
| 73 | Carol Weeks 2,30-39         | 36 | 42:25* |
| 75 | Laurie Nicholas 2,17-29     | 22 | 42:45* |
| 80 | Joan Lavin (MTC) 1,40-49    | 42 | 43:27* |

Other Top Divisions:

|     |                            |    |        |
|-----|----------------------------|----|--------|
| 13  | Jim Toulouse (MTC) 40-49   | 42 | 36:16  |
| 17  | Bob Payne (MTC) 50-59      | 52 | 37:26  |
| 88  | Tammy Wheeler (MTC) 16&-   | 16 | 44:10* |
| 103 | Russ Bradley (MTC) 60&over | 67 | 45:33  |
| 124 | Jean Thomas (MTC) 50-59    | 54 | 48:13* |
| 135 | Patrick Devcu 16&under     | 13 | 49:40  |
| 183 | Dolores Billings(MTC) 60&+ | 60 | 58:21* |

Other MTC Finishers:

|     |                        |    |        |
|-----|------------------------|----|--------|
| 8   | Paul Merrill           | 36 | 35:07  |
| 12  | Joel Titcomb           | 31 | 36:13  |
| 15  | Harry Nelson           | 36 | 36:55  |
| 18  | John Eldredge          | 36 | 37:32  |
| 20  | Ronald Deprez          | 46 | 37:43  |
| 23  | Philip Coffin          | 34 | 37:55  |
| 27  | Howard Lewis           | 46 | 38:27  |
| 32  | Thomas Allen           | 34 | 38:58  |
| 36  | Joe Richards           | 47 | 39:35  |
| 38  | David Brink            | 28 | 40:04  |
| 41  | Russ Connors           | 58 | 40:16  |
| 42  | Dick McFaul            | 46 | 40:20  |
| 47  | Les Berry              | 42 | 40:55  |
| 48  | Rick Strout            | 52 | 41:01  |
| 50  | Michael Towle          | 42 | 41:09  |
| 52  | Peter Bastow           | 54 | 41:13  |
| 53  | Frank Ferland          | 42 | 41:17  |
| 55  | Dick Lajoie            | 50 | 41:28  |
| 56  | Harley Lee             | 37 | 41:31  |
| 64  | Lloyd LaFountain       | 28 | 41:54  |
| 66  | Michael Cowell         | 53 | 42:00  |
| 68  | Donald Main            | 30 | 42:05  |
| 69  | Dale Rines             | 38 | 42:08  |
| 78  | Malcolm Washburn       | 37 | 43:18  |
| 82  | Richard Trafton        | 41 | 43:32  |
| 85  | Joan Lee               | 36 | 43:42* |
| 86  | Steve Woodsum          | 35 | 44:03  |
| 92  | Joan Tremberth         | 45 | 44:25* |
| 96  | James DiVirgilio       | 33 | 45:02  |
| 98  | Carol Pierce           | 44 | 45:10* |
| 99  | Bradford Davis         | 36 | 45:15  |
| 105 | Loren Lathrop          | 41 | 45:37  |
| 109 | Orlando Delogu         | 53 | 45:52  |
| 111 | Maureen Sproul         | 34 | 45:59* |
| 118 | Frank Morong           | 57 | 47:43  |
| 121 | Thomas Easley          | 26 | 47:53  |
| 131 | Susan Inches           | 35 | 49:20* |
| 132 | Warren Wilson          | 57 | 49:27  |
| 142 | Claire Edwards         | 35 | 50:01* |
| 143 | Patricia Titcomb       | 33 | 50:19* |
| 144 | Daniel Sobel           | 43 | 50:25  |
| 151 | Barbara Trafton        | 41 | 51:24* |
| 153 | Barbara Coughlin       | 47 | 51:43* |
| 154 | Sandra Utterstrom      | 47 | 51:44* |
| 155 | Ben Trafton 2,16&under | 13 | 51:56  |
| 156 | Jeanne Richmond        | 32 | 52:07* |
| 157 | Herb Strom             | 61 | 52:13  |
| 158 | Wayne Newland          | 52 | 52:26  |
| 161 | Carol Gillis           | 31 | 53:07* |
| 162 | Nina Stoddard          | 38 | 53:07* |
| 163 | Nancy Stedman          | 39 | 53:07* |
| 167 | Linda Richards         | 27 | 53:51* |
| 168 | Rick O'Brien           | 44 | 54:00  |
| 169 | David Hynes            | 53 | 55:32  |
| 172 | Warren Foye            | 42 | 54:52  |
| 175 | Gail Browning          | 53 | 55:32* |
| 182 | Judi Grassi            | 31 | 58:12* |
| 189 | Jenny Kim              | 49 | 62:56* |
| 191 | Susan Arledge          | 44 | 65:02* |
| 192 | Mary McAleney          | 45 | 67:06* |
| 193 | Jim Carroll            | 81 | 67:40  |

Congratulations to the seventy-one record Maine Track Club finishers of the 22nd Annual Turkey Trot 10K!



**Top to Bottom: Dolores Billings, Jim Carroll, Jean Thomas at the TURKEY TROT.**

**Joan Tremberth and Jeanne Richmond at the TURKEY TROT.**



**1990 MAINE TRACK CLUB ANNUAL AWARDS**

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

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 - Theresa Pratt of Livermore Falls

Outstanding Race Directors - Bill & Bambi Lovett

John Fyalka Award - Nancy Stedman

Outstanding Contributor to MTC - Dennis Smith

Outstanding Contributor to Running in Maine - Jerry Saint Amand

**CONGRATULATIONS! PHOTOS WILL BE IN THE NEXT ISSUE.**

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MAINELY RUNNING

THE MAGAZINE FOR MAINE ENDURANCE SPORTS ENTHUSIASTS!!!

INAUGURAL ISSUE----APRIL, 1991

**FULL RACE RESULTS....RACE APPLICATIONS....RUNNING
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2 Howard's Hill Road
Brunswick ME 04011

WILLIE EMERSON-FIRST AMERICAN AT THE GREEK MARATHON

In 490, B.C., a messenger ran from Marathon to Athens, Greece to announce a victory over the Persians. When the messenger arrived in Athens, he delivered his message and died of exhaustion from the 26.2 mile trip. Today, over 2,000 years later, the marathon is still being run on the same course that cost the messenger his life. Only today, athletes are so well trained that they survive the trip and then some. Willie Emerson of Poland Springs, is one of those athletes.

On October 21, 1990 Willie ran the Greek Marathon, a course that goes from Marathon to Athens, ending at the Olympic Stadium.

"My finishing time was 3:01:27," said Emerson. "I've run six marathons and that's my slowest time yet. It was a function of the course. There were ten miles of flat followed by ten miles of continuous uphill. The last leg of the race was downhill, but you can never really make up for the lost time. It was the toughest course I've ever run." It may have been the slowest marathon he has run, but it was fast enough to earn him the honor of being the first of the 90 Americans to cross the finish line. Overall, Willie placed 39th out of 1,250.

Willie trained for the race for a long time. To prepare, he ran in several race put on by ski resorts in Maine. "For three weekends, I ran in uphill races at area ski resorts. In the first race, I finished seventh overall. In the second, I finished third in my age group and won lift tickets for the resort. The last weekend, I finished fifth overall."

Willie will try any sport or athletic event to improve his stamina, or sometimes, just to have fun. In the winter, he runs up Mount Washington in New Hampshire with a plastic sled in tow; then he turns around and rides the sled back to the bottom.

When he isn't involved in some sporting activity, Willie works at Kaman Industrial Technologies Corporation in Auburn as an Account Manager. Among his goals for the future are the 25th running of the New York Marathon in four years and the 100th running of Boston. Meanwhile, look for Willie at meetings and at races. He always has a smile and an encouraging word for those of us behind him.

Thanks to Kaman Industries for this Article.

RUNRUNRUNRUNRUNRUNRUNRUNRUNRUN

IF YOU DON'T GET YOUR NEWSLETTER...

The 1991 newsletters are being mailed as non-profit bulk mail. This means they will not be forwarded or returned if an address has changed or is otherwise incorrect. If you or anyone you know does not receive a newsletter before the meeting date of the 2nd Wednesday of each month, call Membership Chairperson, Ruth Hefflefinger, at 797-4625. Please notify her immediately of any change of address.

Thank you.

RUN TO THE FAR SIDE VI SAN FRANCISCO - NOVEMBER 25

Sunday, November 25, was cool (45 degrees), foggy, and rainy - classic San Francisco weather, and quite unlike the warm sunshine of the rest of the Thanksgiving weekend. The weather certainly did not deter anyone from participating in the "Run to the Far Side" 5- and 10-K races; my guess is that there were about 9,000 runners, walkers, dogs, people in drag, giant carrots, and even something that called itself "The Running Nose." Remember, this is California.

With such a throng, it took two or three minutes just to get to the starting line, so my hope of a world record was dashed from the outset. Actually, I had just planned to jog the race (my first since being sidelined with a pulled muscle last winter), so the enforced slow pace of the first mile or two was quite convenient.

One feature I had never seen before was the ability to choose, at any time up until the 10-K course split off from the 5-K at about the 2.5 mile mark, which race you wanted to run. All the race numbers were apparently fed into the same computer, and through some sort of electronic wizardry it could sort us all out at the end. (Unfortunately, about 5000 people too many elected the 5-K, so all my hopes of winning were dashed, too.)

It seemed odd that there was such a spirit of camaraderie and good cheer among the runners and such silence from the relatively few people who turned out to watch. The crowds in Maine that I've seen are much more enthusiastic, fair weather or foul. In fact, the large black dog who paced me for the second mile had the biggest cheering section - an excited German Shepherd on the sidelines who barked vociferous encouragement. My friend only responded with a few out-of-breath woofs as he padded along.

Since the 5-K only gave official times to the first 1000 or so runners, I had to settle for the semi-glacial 31:07 that I recorded on my watch. Since this was my first 5-K, I guess that's a PR, and one that shouldn't be too hard to improve on. I'm looking forward to a good winter of running.

John Gilliss

RUNRUNRUNRUNRUNRUNRUNRUNRUNRUN

FEBRUARY CLUB RUN AND POT LUCK BRUNCH

Saturday, February 16

Hosts: Tom and Jeanne Clemence
5 Shady Lane
Falmouth, ME
781-5122

Distance and Time:

16 miles or more	7:00am
10-12 miles	8:00am
4-6 miles	9:00am
Pot Luck Brunch	10:00am

Bring: Juice, fruit, bagels, muffins, breakfast breads or Debbie Atchison's chocolate chip cookies.

Directions: Take Johnson Road off Route 1, going toward Route 88. Take the first right, Valley Ave. The house facing you at the end of Valley Ave. is 5 Shady Lane.

Come run with old and new friends at a friendly pace.



12

Peter Bastow	President	829-3669	John Leroy	Course Certification	725-8680
Sumner & Carol Weeks	Vice President	774-7302	Loren Lathrop	Course Certification	772-8356
Susan Davenny	Secretary	772-1787	Ruth Hefflefinger	Membership	797-4625
Bob Laskey	Treasurer	729-4104	Bill Stuart	Past President	799-5961
Charlie Scribner	Race Committee	772-5781	Melvin Fineberg	Clothing	774-8868
Candace Karu	Newsletter Editor	967-4257	Don Penta	Statistician	892-4526
Barbara Coughlin	Member at Large	799-0463	Rick Strout	Member at Large	829-3216
Carelton Mendell	Member at Large	797-7806			

Maine Track Club, Box 8008, Portland, Maine 04104 * A non-profit organization

TREASURERS REPORT

December 11, 1990

Funds on Deposit November 11, 1990 \$ 6,039.82

Receipts:

Receipts		
Membership	\$	111.00
Woman's Distance Race Mgt. Fee	\$	514.00
Auction	\$	1,567.00
Turkey Trot Receipts	\$	485.00
Bowdoin & Back Race Mgt. fee	\$	420.00
Fyalka Scholarship	\$	300.00
50 Mile Receipts	\$	105.00
Fore River Challenge insurance	\$	100.00
Replacement of returned check	\$	4.00
Interest	\$	36.64
		\$ 3,642.64

Dispersements:

<u>Dispersements:</u>		
*Maine Running Hall of Fame	\$	100.00
*Subscription: Road Race Mgt. Newsletter	\$	84.00
*Cyclemania: Auction Bike	\$	207.90
*Peter Bastow: Expense Pot Luck	\$	17.85
*Dale Rand: Address Stamp	\$	15.75
*Postage: Newsletter	\$	225.00
*Sue Davenny		
Misc.	\$	2.99
Auction Expense	\$	9.72
Photos: Boy's Club & 50 Mile	\$	31.80
*Rick Gilde: Massage @ 50 Mile	\$	90.00
*Donation to Wiscasset Youth Runners for trip to national competition: 7 donations of \$ 50.	\$	350.00
*Bill Stuart: Chronomix Repair	\$	117.13
*Nancy Stedman: Auction Expense	\$	23.91
*Big Red Q Printing: Newsletter	\$	297.00
*Marla Keefe: 1/2 Cost of D.J. for Banquet	\$	100.00
		<u>\$ 1,688.88</u>

Funds on Deposit as of December 11, 1990	\$ 7,993.66
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TREASURERS' REPORT

REASONERS REPORT
January 6, 1991

Funds on deposit as of December 11, 1990	\$ 7,993.66
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Receipts:

<u>Receipts:</u>	
Membership	\$ 168.00
Banquet	\$ 320.00
Auction	\$ 239.00
Newsletter Donation	\$ 50.00
Clothing	\$ 84.00
50/50 raffle	\$ 11.00
50 Miler	\$ 5.00
Turkey Trott Receipts	\$ 664.30
Pat's Pizza Race Mgt. Fee	\$1,375.00
Interest	\$ 48.00
	<u>\$ 2,964.30</u>
	<u>\$10,957.96</u>

Dispersements:

<u>Expenses:</u>		
*Ruth Hefflefinger		
Postage, membership notices	\$ 100.00	
*Road Runners Club of		
America, Club Dues, Insurance	\$1,165.50	
*Postmaster Brunswick, Treas.	\$ 25.00	
*Imageset Design		
Fore River Challenge Flyers	\$ 242.50	
*Mel Fineberg		
Turkey Trott expenses	\$ 74.77	
*Ruth Hefflefinger		
Printing, Dues Renewal	\$ 14.97	
*Ruth Hefflefinger		
Copies for membership packets	\$ 6.30	\$ 1,629.04

Funds on Deposit as of January 6, 1991	\$ 9,328.92
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Respectfully Submitted,

Robert M. Laskey
Treasurer, MTC

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The Officer Friendly Youth Runs will be held on Saturday, May 18 at the South Portland High School.

Traditionally the club has recycled trophies which are used as awards at the Youth runs. Members who wish to contribute old trophies to be used in this manner are asked to bring them to club meetings or give me a call (729-4104) and we can exchange them. Thanks!

Rob Laskey

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Dear MTC members,

I am new to Maine, and a new member of the MTC, but my class schedule does not permit me to attend the monthly meetings yet. I am looking for running partners in the Spring Point/SMTC area. I run from 4 miles to 20+ during marathon peaking season (one spring and one fall) and my marathon PR is 3:28. Any takers, please call. Thanks!

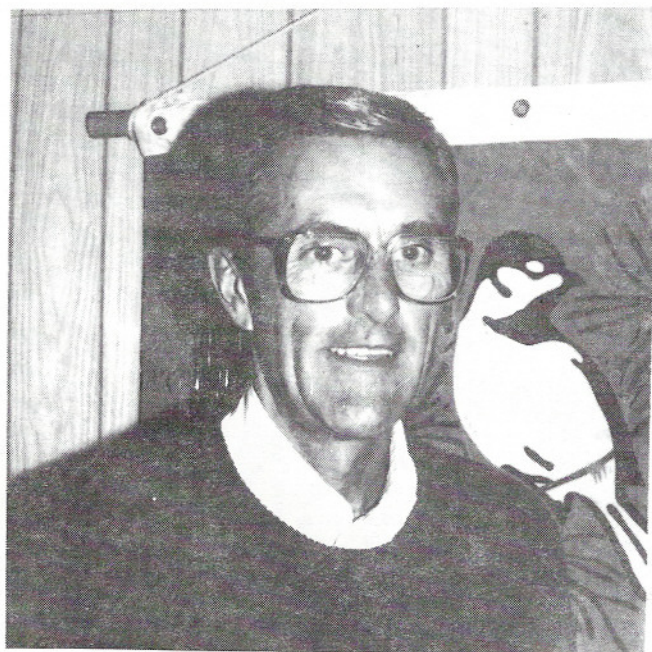
Ed Patton
799-6012

MEMBER PROFILE

PETER BASTOW

Our newly elected President, Peter Bastow, can be easily recognized at meetings by his easy smile and his ever-present saddle shoes, in keeping with the presidential preppy mode of George Bush. Peter was an outstanding Vice President last year, providing us with a variety of informative speakers and events. I spoke with Peter by phone last week and delved into his history. Thought somewhat hesitant at first, our interview warmed up when Peter started talking about his running career.

A native of Oakland, Maine, a small town near Waterville, Peter grew up playing varsity and junior varsity sports. His love of athletics carried through his college career at Bowdoin and UMO, where he played baseball under Coach Jack Butterfield. After graduating from UMO in 1959, Peter worked as a teacher and later a principal in the York school system. It was around this time that he married his wife, Jan, whom he met as a Senior in college. Jan and Peter soon moved to Gorham, where Peter was appointed Guidance Director at Gorham Junior/Senior High School. There he coached both varsity baseball and cross country for the Junior High. While a Gorham, Peter played basketball in an educator's league. After receiving a particularly vicious blow during a game, Peter began to rethink his athletic options. Running started to look better and better.



**PETER BASTOW, PRESIDENT OF
THE MAINE TRACK CLUB.**

1979 was the first year Peter began to run seriously and keep a log. Intrigued by the thought of racing, he turned out one freezing January day at SMVTI for his first road race. It was 5 degrees, the winds were 30 mph; but he had a good, in spite of the icicles on his eyebrows. Looking around he thought to himself, "there are a lot of kooks out here, this isn't bad!"

Since 1979, Peter has run over 15,000 miles including 10 marathons. His best marathon time was recorded at the 1982 Maine Coast Marathon, where he finished in 2:59:03. He also had two terrific finishes at the Boston Marathon in 1981 and 1985. Four or five years ago Peter was sidelined with knee problems which required arthroscopic surgery. Since then he has cut his mileage and now runs four to seven miles three or four days a week.

The Bastows have two grown children; Judy, 27 and Peter, Jr., 25. Though Peter, Jr. does not run, Judy ran track at Greely High School and has recently started running again. She beat her father in November at the Thanksgiving 4 Miler, a fact he proudly reports.

When asked about his goals for his term as President of the MTC, Peter immediately mentions new races for Masters runners. Another priority is expanding and involving the membership in all aspects of club activities, especially race related events.

Having established a Race Committee to assist Race Committee Chairman Charlie Scribner, Peter's top priority remains the promotion of top-notch races. He plans to be there for as many as possible. "I'll be a running President," he states confidently. "I can fulfill all my commitments and still do all the races I want."

R U N R U N R U N R U N R U N R U N R U N R U N R U N R U N

RUNNING SHORTS

1990 MTC FIRST TIME MARATHONERS

Tom Atchison	Twin Cities	3:59:13
Kathy Beauregard	Sugarloaf	3:59:00
John Bird	Marine Corps	3:22:00
Roger Dionne	Pine Tree	4:25:15
Stephanie Fischer	Pine Tree	3:41:46
Scott Fone	Sugarloaf	3:40:04
Carol Gillis	Pine Tree	4:03:54
Doris Healey	New York	5:03:57
Linda Hunt	New York	5:23:55
Steven Jacobsen	Marine Corps	4:21:15
Thomas Kirby	Pine Tree	4:26:04
Diana Laskey	Marine Corps	4:16:02
Michele Ohman	Pine Tree	3:35:14
Carol Pierce	Delta Dental	4:03:29
Charles Snekvik	Sugarloaf	3:03:37
Patti Tableman	New York	4:07:42
Malcolm Washburn	Pine Tree	3:12:44

CONGRATULATIONS!

MAINE TRACK CLUB MEMBERSHIP FORM

MEMBERSHIP APPLICATION

I hereby make application to the Maine Track Club as follows: (Check 1)

☐ Individual (\$12.00)

☐ Family (\$15.00)

☐ Student (\$5.00) (18 yrs. old maximum)

TODAY'S DATE _____

ME _____	FIRST NAME _____	SEX (M/F) _____	D.O.B. _____
ME _____	FIRST NAME _____	SEX (M/F) _____	D.O.B. _____
ME _____	FIRST NAME _____	SEX (M/F) _____	D.O.B. _____
ME _____	FIRST NAME _____	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 _____

IF STUDENT: SCHOOL _____, YEAR OF GRADUATION _____

SEND TO: Membership c/o Maine Track Club, P.O. Box 8008, Portland, Maine 04104



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Maine Track Club



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