

Maine Track Club



January, 1987

Run with a friend ...

UPCOMING MEETINGS

NEXT MEMBERSHIP MEETING:

JANUARY 14, 1987

SMVTI, South Portland, 7:00PM

This month's membership program will feature Bruce Ellis who will talk about training methods which have worked for him. Don't miss this opportunity to find out Bruce's secrets. Does he have a special potion which makes him so fast, or is it something else? In addition to Bruce's talk, you will be asked to give your thoughts on the banquet - - - more specifically,

- how can it be improved?
- is Sunday the best day?
- should it perhaps be on Saturday, with the club fun run on Sunday?
- should it be shorter, with some or perhaps all of the awards being given out at a regular membership meeting?
- should it be more social, with possibly a dance band, etc?

Cheryl Bascomb is the program chairperson. If you have any thoughts or ideas on who or what subject you'd like to have on future programs, let her know - - - either at the meeting or call her (929-8259).

A Renewal Reminder!

Membership renewals are now due.. Please send in the renewal form inserted in this newsletter. If you joined the club after October 1, 1986 you are paid up through 12/31/87.

The Annual Banquet

DMH

The Annual Banquet was a tremendous success, and the outfits were not to be believed... if I keep running will I look like Cindy Vokey? Michel's cuisine was excellent and the awards went smoothly and with much laughter. It was a pleasure to meet Bob Sevene... do you think he can be humored to come to our Wed. night track workouts? About 150 members came and the following awards were given out:

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 Fiffeld

Awards can't on page 3

EDITOR'S COLUMN

Well, so far so good. We've gotten two newsletters out and haven't misspelled more than a few dozen names and other miscellaneous words. Unfortunately for the readership, the job description didn't mention anything about proficiency in spelling. To those affected by the misspellings, I apologize. To the rest, you get what you pay for!

The motto of our club is "Run with a Friend". In keeping with that theme, there is an appeal in this issue for groups that get together on a regular basis on weekends for long runs to advertise that fact in the newsletter. Long runs in the winter seem a lot shorter when running in a group. This is the ideal opportunity for new members to get to know other MTC members. A club is more than just attending meetings or wearing club colors at the races. I urge the regular old timers in the club to invite the newer members who run the same pace and distances to join them. See the article on this subject and give it some thought (and action). And, for those who would like to start a group, it's as easy as picking up the phone. 'nuff said.

You'll note that some of the race results in this newsletter are not typed. That's because I'm not a very good typist and a point comes when time and patience expire. Contributors to the newsletter are urged to provide typed copy, preferably in columns 4 1/2 inches wide. It will be greatly appreciated. Finally, don't be bashful in your comments about the newsletter. If you like it, let us know. If not, let us know how to improve it. Read on!

SOCIAL COMMITTEE CORNER

Maine Track Club's November Progressive Dinner

A total of 25 people attended the Maine Track Club's progressive dinner on November 15th. Cocktails and hors d'oeuvres were hosted by Fred and Linda Beck at their lovely ocean side home. A very fine homemade escarole soup and unique salad were presented to the dinner guests at Mary and Tony Salvo's residence. The entree home was easily located, thanks to Rick Strout's placement of the "Stroh's Run For Liberty" banner on the front lawn. Thanks also go to Rick's wife, Anne, who prepared the chicken casserole. After several suggestions for best directions to the dessert host's home, the group opted for a convoy to Ruth and Ray Hefflefinger's. Fortunately, Ray gave easement to his Pritikin diet and allowed Ruth to serve a wonderful raspberry cheesecake, pistachio cake, cookies. and yes, Ray, fresh fruit!

A thank you also is extended to Marie Wood, who doubled for my answering machine while it's in the repair shop!

"RUN WITH A FRIEND"

Each weekend several groups of MTC runners get together and go for a "long run". For some that might be 4 or 5 miles at a 10 minute/mile pace. For others, it might be 15 or 20 miles at a 6 or 6:30 minute pace. Whatever your niche, there is bound to be a group to run with and to make friends with. How do you find out about these groups? Hopefully, this newsletter will help. If you run more or less regularly with a group on the weekend and would be willing to have other club members run with you, please call Phil Pierce (781-3769) or Fred Beck (846-3111) and let them know where, when, about how far, and about what pace your group runs. If you would like to start a group, just call one of the above numbers and give the details. For starters, the following group is being listed:

Yarmouth

Where? Jane Dolley's house

When? 7:30 AM Sundays

Distance? 12-14 miles

Pace? 7:30-7:45/mile (give or take :30!)

Comments: Call Jane before coming (846-6018). Great flexibility as to distance and pace.

ULTRA ULTRA ULTRA ULTRA ULTRA ULTRA ULTRA

The Rowdy Ultra, Maine's only race of over 26+ miles will no longer be hosted by the Rowdies. Your club will not stand by and let the only Ultra in Maine die an ignoble death. Ken Dolley has agreed to be race director of this year's Ultra, to be run and organized by the Maine Track Club. A specific time hasn't yet been selected, but it will probably be in the Fall. We'll need a new name for the race also, since we can't use the name Rowdy. How about "The Maine Fifty/Fifty" (50 miles, 50 km)? Your thoughts are needed.

Ed. note: 4 open national records have been set at this race, all by Bernd Heinrich. They are 100K, 200K, 100 miles, and 24 hour records. In addition, Heinrich set age group records (45-49) at 40K, 30 miles, 50K, 40 miles, and 50 miles. Fred Robbins set two age group records (55-59) at 100 miles and 24 hours, and MTC member Carlton Mendell holds 4 national age group records at 100K, 100 miles, 200K, and 24 hours.

Mid-winter blues? Why not take your favorite spouse or friend to Bermuda this mid-January and run in a 10K or marathon or both? MTC members Walt and Cathy Christie tried it last year and had a ball. Ask them about it. Applications and tour packages are available from Jacky Herbert Travel in South Portland, 774-0391.

Running suits, racing uniforms, etc. have been sold now for several years to members and have become a familiar site at races and on the roads. The distinctive green and gold (with some white) clothing is normally ordered in batches of 10 so as to get a volume discount for members. It's been found by some that it occasionally takes over a year before there are enough requests to place an order. This obviously is not acceptable. Your new clothing committee chairman, Tom Norton, will be establishing a system for ordering clothing which should work more efficiently and still provide clothing to members when they need it. One suggestion being considered is to carry an inventory of the most popular things such as shorts and singlets. Another is to place orders on a quarterly basis. If less than 10 requests have been made for an item, the order would still be placed but the items would cost a little more (about 10%). Another thought being pursued is to have one of the local sporting goods stores stock the items for us. If you have any suggestions for Tom as he works on this problem, call him at 929-5548. Tom says that the club presently has in stock the following items. These are immediately available. Call him if you'd like to place an order or have him bring any of the items to the next membership meeting. Or see him at the meeting to place your order.

Maine Track Club Clothing

Item Description	Cost	S	M	L	XL
*****	*****	*****	*****	*****	*****
Wind Suits	43.00			2	
Hooded Sweatshirts	16.50				
Sweat Pants	13.75			3	
Sport Shirts	12.25	1		2	
Tee Shirts	5.25	2			1
Long Sleeve Shirts	7.50	2	4	3	
Green Mesh Singlets	8.75	5			1
Green Singlet Dolphin(W)	5.00			1	
Green/White Mesh Singlets	8.75	8	4	4	3
Green Nylon Shorts	11.00	2	1	6	5
Yellow Nylon Shorts	10.00	2	1		2
Green Nylon Shorts(W)	11.00				
Green nylon/Lycra Tights	19.95				
Convention Shirts (8.00)				22	23
Knit Caps	7.00			5	
Baseball Caps	3.25			58	
MTC Patches	3.00			23	
*****	*****	*****	*****	*****	*****

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

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

DISCOUNTS !

Several of the top sporting goods stores in the region have agreed to continue giving courtesy discounts of 10 % to MTC members who have their membership cards with them when they make purchases. This incentive and support from these stores should encourage your patronage. The stores presently offering the discounts are James Bailey, The Good Sports, Joe Jones, all 3 Olympia Sports stores, and Athletes Foot. Some other stores are giving it consideration and we will keep you advised if and when they respond.

Our condolences to Bob Coughlin and Barbara Hamiluk, both of whose mothers died during the past month.

THE RUNNER'S EDGE

The Runner's Edge

A Contemporary Running Column by Phil Pierce

The Runner's Edge is a cutting edge and a lot depends upon how you approach it. How far you run, how fast you run, how long you run, and why you run render this activity a double-edged sword.

There is the Work World, the Interpersonal World, and the World of Running. A degree of balance among and maintenance of all three worlds is necessary. This is not always easy to do as you know. This column deals with these difficulties; comments and letters are invited.

THOUGHTS ON THE RUN

December 6, 1986; After working the finish line of the MTC Handicap Race, I left before the Awards Ceremony to do a long run home. . . How good and well trained were the body of runners that day - all running 8½ minute miles or better. I remember, in 1983, when 9½ minute miles were the best that I could do. . .

Remember in 1983, in the Turkey Trot, trying to keep up with Jeri Bugbee, to no avail. . .

This run home would be unusually pleasant, wind at my back all the way; sun shining, peace in the valley. . . It was here on Sawyer Street that Stan Bickford made his move on Bruce Ellis during the Cape Challenge last September. Bruce let him go until Meetinghouse Hill, where Bruce blew Stan away, once and for all. . .

When I stopped for water at MacDonald's on St. John Street in Portland, there was a MTC member having lunch with his son. "Going a hundred miles today, Phil?" he said with a smile. "No, only 30" said I without cracking a smile. (The Western States Lottery/Selection was tomorrow). What is his name I thought. I can never remember everyone's name.

As I ran through the Oaks, there was the START and FINISH Line of the RRCA 10K. Clear as a bell I could picture that start, with Jane Dolley and Charlie Scribner on a platform and surrounded by hundreds of world class runners. It was hot that day in May and I did not do well, but the Maine Track Club outdid itself, to say the least.

As I headed onto Baxter Boulevard I recalled the BEU 10K and the feeling - 39:57 on a certified course. I had finally done it, broken 40 minutes for the 10K. In the middle of the Boulevard, I recalled the "Run for Your Heart" 10K. There was Charlie again in his station wagon, hollering at me. "You are going the wrong way! You went the wrong way! Go back!" I continued unabated (I have found it impossible to turn around in a race and "retrace my steps") and finished in 33:38(!), the fastest, shortest 10K I will ever run!

Nearing home, I considered the battle for women's first place which I had witnessed in the last mile of the Casco Bay Marathon. Entering Baxter Boulevard from Payson Park, Debbie Sawyer had finally passed me and was in first place. Then, on the last turn where Forest Avenue starts to come into view, a slim Rhode Island girl flew by me, her sights set on Debbie Sawyer. And then another woman from Massachusetts passed me. As we entered Deering Oaks I could see all three women. It all shook out in that last mile. On this day, it was (1) Kim Goff (Rhode Island), (2) Disqualified Female (Mass.) (disqualified for using sister-in-law's number), and (3) Debbie Sawyer (Maine).

So what does it all mean? I guess, for me, it is inspirational and aspirational.

For example, you have Russ Bradley and Carlton Mendell. They are inspirational.

You have Rick Strout and Bruce Ellis - they both tuck their singlets in.

You have Bob Coughlin, Bob Payne, and Bob Jolicoeur, three of the fastest Bobs you will ever see. They are hard to catch.

And then there was Joan Lavin and Jane Dolley at the difficult and trying Great Maine Race. They both ran a great race and you know who won. . .

And finally, Brian Milliken marries Sue Stone and catches Tom Allen, finishing off 1986 the way it should be done, in a blaze of personal glory.

But that is not the way it has been for some of us. Some of us have endured tragedy, calamity, catastrophe and one unfortunate event after another. To you, and you know who you are, to you I say "hang in there". Most of us have been there in one way or another. Hang in there and keep running. When the Interpersonal World goes sour, or the Work World is not much fun, the World of Running (and perhaps some of the people in your running club) can help.

The best to you in 1987! May the wind be ever at your back (as it was on this day), may the sun shine on you (except on race day), and may you perform at the level to which you have aspired!

The following letter to MTC treasurer Rick Strout is printed here for the interest of members.

Dear Rick:

I want to thank the Maine Track Club for the generous support you provided for the Hawaii Ironman. I apologize for taking this long to extend my thanks and appreciation - I feel like I've been in a "catch-up" mode since returning!

The Ironman is a great event, perhaps leaning towards the absurd (at least I always thought so), but not an impossible challenge. It's remarkable that all Mainers that entered, finished! It must be the Maine pride and tough spirit! In any case, another enjoyable aspect of such an event is the friendships that can develop through the camaraderie that gets one through the intense, anxious days prior to the race to the relaxed, satisfied day afterwards.

I would like to return some of the support shown to me by joining the Maine Track Club. I've thought about joining over the past year, and just never got around to it. So now is as good a time as any - please find my application enclosed. I look forward to supporting and participating in club events.

Thanks again.

David Crawford

by Jodi Reali

I am happy to be the lucky person to be taking over this fun column. This month I had a chance to ask a few members "What race are you most looking forward to running this year and why?"

Russ Bradley - "I am looking forward to running the Sugarloaf 15k this year. I really love the scenery during the race and the course is nice also. I had a PR on the course last year."

Peter Bastow - "Since my surgery last February my mileage has been cut way back and therefore I must limit myself to 4 - 5 and 10K races. But the race that sticks out most in my mind is the Portland Boys Club, I enjoy that race every time I run it."

Kathryn Tolford - "I ran the Casco Bay Marathon last year and enjoyed it alot, I liked the course and I am looking forward to it this year in hopes to improve my time a little."

Maureen Sproul - "I guess I am most looking forward to the Boys Club since it is the first race of the season."

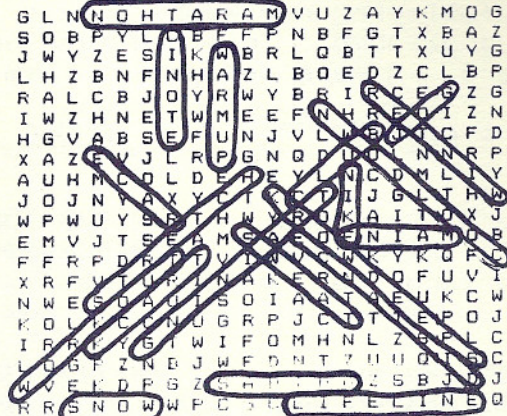
Richard Stott - "Pat's Pizza is what I am looking forward to since I've ran it two summers in a row. I like the crowds and the course it nice too."

John Conley Jr. - "I am looking forward to Running the Maine Coast or Casco Bay Marathon because I recently turned 40 and therefore hope to qualify for Boston by running 3:10 or better."

Al Butler - "I'm looking forward to my fall Marathon which will probably be the Casco Bay, I hope to set a PR and possibly qualify for Boston."

Note: Any one who has any suggestions for any questions that I should ask the Pack, please give me a call at (home) 767-5218.

MAINE TRACK CLUB PUZZLE - DECEMBER



PUZZLE OF THE MONTH

To play, line up words forwards, backwards, upside down, diagonally, across, etc. Have fun!

Dennis Connelly, membership chairman, has agreed to create a new puzzle each month. He needs ideas and new names from the members. If you want to see a group of your suggested names immortalized in a cross work puzzle, send them to Dennis at 99 Commonwealth Dr. East, Portland, 04103.

MAINE TRACK CLUB PUZZLE - JANUARY

H T Q V N Z D E F A L M O U T H Y S F B
J I P X T V J Y N D N A L T R O P C R E
S E D O D H T U O M R A Y U B I Z J E J
K M Y V B F Y P F R O S T B I T E B E D
J R R T P R D L J E N L S S G A H B P L
F M U X F U Z P Y A T Q N Z D K U E O O
T O R O J H M Z Q J J W V P E Q C M R C
O W A L F Y A A G N K O J A F N T D T R
I G T J X O L P V D Z T Y K A I R E L B
U H W I S G H W P K M O Y L P N A C G G
T D S I G F I E O Y C J A H S T C U D P
C W S G N E W O I J S B O G V E K M X F
I E H E W T R Q B Q W L E S Y R W B T S
S W U N W B E S U E I C R T P V O E A P
J P Q N T Y I R N D N Y M R G A R R C Y
U Y H S L T H B A A H S L I B L K L X L
O N E U V I B Y T V W F W D V S J A Z O
A W F M T B S S K L O K B E M C I N W D
L S S J G H I H L X H D I E X P Y D O V
G U P K N D K J H M H P K Q R A W C H

PHOTOGRAPHERS!

Have an empty camera you'd like to put to good use? Bring it to the next MTC race (Jan 4th), look around for Frank Ferland, the new MTC photography chairman, ask him for some film, take a roll of dramatic pictures of race scenes, and give Frank the exposed roll or rolls at the end of the race or MTC event. This activity will count toward your expected volunteer work! The pictures may be used in the newsletter, at award banquets, and at other MTC gatherings. Call Frank for more information if interested (829-3390).

HAPPY
HOLIDAYS
FROSTBITE
FOUR
WINTER
COLD
SMVTI
STRIDE
INTERVALS
PUMA

TIGERS
NEWBALANCE
TRACKWORK
DISTANCE
YARMOUTH
FREEPORT
PORTLAND
FALMOUTH
CUMBERLAND
WESTBROOK

NEW MEMBERS

The following new members have joined our club since the last newsletter was published. This New Year holiday season brings us TWELVE new members. A warm welcome to them all.

<u>NAME & ADDRESS</u>	<u>PHONE</u>	<u>OCCUPATION</u>	<u>AGE/SPONSOR/ INTERESTS</u>
David W. Crawford 18 Mill Ridge Road Cumberland, Me. 04021	(W)773-3020 (H)829-5948	Manager (Envirologic Data)	37 Triathlons, biking, hiking, and tennis
Timothy Haley 74 Glenhaven-West Portland, Me. 04102	(H)772-4372	4th. year med. student Unv.of New England	26 Fishing (fly & ice)
Tom McDonald 4 Flintlock Lane Falmouth, Me. 04105	(W)780-6738	2nd. VP-IDD (Unionmutual/UNUM)	
Patricia Monterio 757 Main St.. # 14 Portland, Me. 04102	(B)772-1894 (H)772-7177	Financial Planner (IDS Fin.Serv.)	28/Roy Dunfey Skiing, Tennis, Hiking
Dennis, Georgianna, and Melody Morrill 16 Clifton Road Falmouth, Me. 04105	(H)772-6306		47
Joan Radjieski P.O. Box 285 Biddeford Pool, Me. 04006	(H)282-5482	Student Unv.of New England (Osteopathic Med.)	
Tim Smith Central Avenue Peaks Is., Me. 04108	(B)780-6121 (H)766-4407	Marketing Communi- cations (Unionmutual/UNUM)	29
Chris Stanley and Arlene Stanley C-19 Juniper East Yarmouth, Me. 04096	(B)775-1874 (H)846-6602 (B)773-9635 (H)846-6602	Asst. Store Mgr. The Athlete's Foot Asst. Floor Mgr. The Curtain Shop	30 21
Rod Stanley Sr. RFD #1, Box 475 W. Buxton, Me. 04093	(B)797-6111 (H)642-3263	Sales Southworth, Inc.	53
George Towle 28 State Street Portland, Me. 04101	(B)775-5631 (H)761-2197	Teacher (Portland Schools)	36
David R. Volin 17 Lawson Road Cape Elizabeth, Me. 04107	(B)871-9620 (H)799-5456	Advisory Marketing Representative (IBM)	42/Andrew Meyer Fishing, Skiing, Hunting, and Photography
Barbara J. White P.O. Box 972 W. Buxton, Me. 04093	(B)775-4669 (H)727-3025	Environmental Control (Fairchild)	46/Peter Vachon

UPCOMING RACES

UP COMING RACES IN MAINE

JANUARY 4 FROSTBITE 4-MILER - 1.00 P.m. SMVTI CONTACT MAINE
TRACK CLUB, P.O.BOX 8008, Portland Maine 04104

FEBRUARY 8 6th ANNUAL MID-WINTER 10 MILE CLASSIC
12 noon SMVTI, 50, PORTLAND Contact: Bob Payne, RFD
1, BOX 305 Raymond, Me 04071, Tel (207) 655-4156
or Marie Wood, 4 Shady Run Lane Gorham Me. 04038
(207) 839-6785.

FEBRUARY 8 9th SnoFest 5-mile Road Race, University of Maine
Augusta at the Civic Center at 12 noon. Contact:
Joania Rhoda, RFD#2 Box 1092 Union, ME 04862 (207) 845-
2437

UPCOMING RACES - OUTSIDE OF MAINE

JANUARY 10 NORTH WIND 10 KILOMETER, Central Park 10:00am

JANUARY 18 THE FROSTBITE 10 Central Park 9:30am

JANUARY 25 20 KILOMETER RUN (12.4 Miles) 9:30am

JANUARY 4 5 Mile SEASON OPENER Central Park New York

Information For All the Above Races:

NYRRC BOX 881, NEW YORK, NY 10150-0881

UPCOMING RACES OUT OF COUNTRY

JANUARY 24 BERMUDA INTERNATIONAL MARATHON AND 10K RACE
Hamilton, Bermuda. Contact: Bermuda Marathon
Committee, Box DV 397 Devonshire4, Bermuda.

MEMBERSHIP CHANGES

Carolyn and Hans Krahn: RR4, Box # 4405C, Freeport, Me. 04032
865-6832

Paul Merrill: 530 St. John Street, Portland, Me. 04102

Jim Orr: c/o UNUM Life Ins. Co., 2211 Congress Street,
Portland, Me. 04122

Norman and Patti Locke: 257 Stevens Avenue, Portland, Me. 04103

Frank and Diana Ferland: 1 Balsam Drive, Cumberland, Me. 04021

RACE RESULTS

Veteran's Day Road Races
4.5 miles, Wiscasset

MTC FUN RUN-PREDICTED TIME RACE

	Weight	Time	Predicted	Diff.
1 Bruce Ellis	F	22:55	24:00	65
2 Barry Fifield	F	24:16	23:42	34
3 Peter Hall	F	25:36	25:10	26
4 James Hogerty	G	26:21	28:08	107
5 Joel Titcomb	G	26:23	26:50	27
6 Brian Milliken	G	27:18	27:18	0
7 Tom Allen	F	27:39	27:30	9
8 George Liming	H	27:52	26:45	7
9 Russ Connors	E	28:22	28:47	25
10 Ruth Hall	BB	28:26	27:47	39
11 Hans Krahn	G	28:40	29:52	72
12 Bob Jolicoeur	E	28:44	30:10	86
13 Rick Strout	F	28:59	28:52	7
14 David Houser	E	29:01	29:30	29
15 Eric Ellis	F	29:04	27:45	79
16 Sumner Weeks	H	29:10	31:00	110
17 Dick Marino	B	29:11	29:00	11
18 Dale Rines	H	29:48	30:30	42
19 Carol Weeks	DD	29:57	31:00	63
20 Gordon Chamberlain	H	30:23	31:30	67
21 John Conley	G	30:29	29:30	59
22 Peter Bastow	G	30:35	29:39	56
23 Carlton Mendell	F	30:37	30:23	14
24 John Gale	G	30:47	29:00	107
25 Nancy Ellis	BB	30:58	33:00	122
26 Frank Morong	H	31:36	31:18	18
27 David Volin	G	31:43	31:30	13
28 Rodger Smith	G	31:54	31:30	24
29 Susan Milliken	EE	32:12	31:30	42
30 Pattie Locke	FF	32:21	32:25	4
31 Dick Lajoie	E	32:28	33:45	77
32 Michael Frost	F	32:29	32:30	1
33 Michael Reali	E	32:30	33:00	30
34 Barb Footer	DD	32:33	32:15	18
35 Joan Lavin	AA	32:35	32:15	20
36 Roy Dunfey	I	32:36	33:40	64
37 Bob Cushman	F	32:40	31:27	73
38 Dave Conley	H	33:05	37:12	247
39 Rick O'Brien	G	33:10	31:30	100
40 Patty Rulman-Titcomb	FF	33:27	34:00	33
41 Russ Bradley	G	33:53	33:48	5
42 Nancy Stedman	DD	34:21	34:52	33
43 Jean Thomas	EE	34:34	34:15	19
44 Everett Davis	G	34:55	37:07	132
45 Warren Wilson	G	34:57	36:00	63
46 Bill Devenny	G	35:03	38:30	207
47 Bob Perkins	H	35:18	35:00	18
48 Dick Manthorne	G	35:37	36:00	23
49 Herb Strom	E	31:52	31:20	32
50 Georgie Hogerty	HH	37:34	38:15	41
51 Jan Beckwermert	FF	37:49	41:00	191
52 Don Johnson	G	38:10	35:22	168
53 Sandy Utterstrom	FF	38:15	38:12	3
54 Maggie Soule	EE	38:21	38:26	5
55 Widgery Thomas	G	38:39	40:30	111
56 Mel Fineberg	G	38:42	37:12	90
57 Judy Davis	BB	38:58	41:02	124
58 Ruth Hefflefinger	DD	41:30	42:45	75
59 Wilbur Holmes	G	42:16	43:20	64

HEFFLEFINGER WINS !

MTC member Ruth Hefflefinger won a weekend trip for two to Sugarloaf Mountain (including lift tickets) as the best costumed runner in the Candy Kane run. Ruth was dressed as a Christmas Tree.

Men	
1. Stephen Grygiel	23:19
2. Steven McGrath	24:44
3. Floyd Wilson	24:57
4. Barry Fifield	25:03
5. Steven Peterson	25:09

Women	
21. Diane Wood	27:51
27. Ruth Hall	28:57
29. Dianne Fournier	29:27
36. Joan Lavin	30:51
41. Judy Barone	31:21

Other MTC finishers	
9. Peter Hall	25:40
18. Bob Jolicoeur	27:33
39. Howard Spence	31:04
43. Barbara Coughlin	32:07
52. Rick O'Brien	34:46
55. Warren Wilson	35:09
58. Bob Perkins	35:38
67. Ed Lopes	39:04

RUNNING DATA CENTER

As many of you know the National Running Data Center has been the only organization in the country to keep track of road racing records on certified courses. This effort has been supported by donations from running clubs, equipment makers, the TAC and individuals. It has been a labor of love(?) for the Tucson couple who have been running it (Ken and Jennifer Young). They are retiring and the function of the NRDC will be turned over to a new couple in Miami and to individual state running data centers. The Miami group will be called TACSTATS, and the Maine group will be the Maine Running Data Center. Greg Nelson from Gardiner, Maine will be the Maine director. All race directors are aware of these changes and times from certified courses will be channelled through Greg. Records for Maine will be kept for no fewer than 19 distances in 19 age categories. Anyone interested in more information should contact MTC race committee chairman Charlie Scribner.

Bates Indoor Open Track Meet

MTC was well represented at the December 20 indoor track meet at Bates College in Lewiston. The following members participated: Jim Hogerty, Bruce Ellis, Ken Dolley, Jane Dolley, Wanda Haney, Dave Costa, Clint Merrill, Deb Hewson, Maggie Soule, Barry Fifield, Jerry Allanach, Bob Payne, Ralph Duquette, Phil Pierce, and Rob Laskey. Results might be found in this newsletter, or they might show up in the February issue. It all depends on whether they are available by the deadline.

Great Pumpkin 10K

Camp Ellis

October 26, 1986

292 Finishers

Top Women

Chris Maisto	36:36
48 Wanda Haney 20	37:43
57 Diane Wood 24	38:14
73 Donna Seamans 28	39:16
90 Jane Rau 37	40:10

Top Men

1 Andrew Whelan	25	32:10
2 Patrick O'Malley	20	32:54
3 Brian Flanders	24	33:04
4 Chris Bowie	36	33:09
5 Greg DiBiase	27	33:23

Other Top MTC Finishers Include:

9 Jim Toulouse	38	33:47
11 Barry Fifield	29	34:24
18 Bob Coughlin	47	35:17
30 Greg Dugas	32	36:22
37 David Smith	45	36:49
41 George Liming	35	37:03
44 Frank Ferland	37	37:17
52 Ron Cedrone	37	37:52
61 Alburn Butler	32	38:29
62 Mike Reali	32	38:36
70 David Brink	23	39:09
75 Leonard Sanborn	40	39:22
82 Donald McGilvery	35	39:49
100 Philip S. Pierre	43	40:17*
102 Dick McFaul	42	40:48
104 Carlton Mendell	65	40:55
113 John Gale	30	41:26
134 Tom Norton	34	42:40
137 Gordon Chamberlain	48	42:46
139 Dale Rines	34	42:56
149 Jane Dolley	38	43:48*
150 Cindy Vokej	28	43:55*
154 Phil Bartlett	38	44:19
160 Sandra Wyman	30	44:34
168 David Horne	49	44:55
177 Russ Bradley	62	45:50
179 Don Penta	40	46:07
181 Doug Palmeter	26	46:09
182 Rob Laskey	23	46:21
191 John Woods	68	46:57
*192 Jean Thomas	50	47:06
*196 Sandra Prescott	37	47:14

200 Rick O'Brien	40	47:38
201 Bill Davenney	41	47:45
206 Joseph Crotsell	37	48:24
*224 Susan Davenney	38	50:00
237 Melvin Finetberg	51	51:10
*252 Roberta Greenfield	38	52:27
258 Donald Johnson	56	53:26
*275 Brenda Cushman	45	56:50
*280 Ruth Heffelfinger	57	58:44

Wheelchair: Paul Cole 31:41

Masters:

Dick Neal	40	33:43
Jean Thomas		47:06 *

18th Annual Turkey Trot

Cape Elizabeth Nov. 23, 1986

116 Finishers and an
astounding 54% were
MTC members!

Top Women

*x6 Joan Benoit-Samuelson	34:07
26 Rosemary Priest	38:05
34 Wanda Haney	39:29
37 Ruthie Hall	39:52
42 Jennifer Rood	40:36

Top Men

1 Stu Hagan	32:06
2 Kim W & H Jauffer	32:34
3 Peter Lessard	33:16
4 Rick Green	33:40
5 Christopher Bowie	33:51

8 Barry Fifield	34:19
11 Jim Toulouse	34:55
13 Steve McGrath	35:00
15 Paul Merrill	35:19
17 Peter Hall	36:19
20 Greg Dugas	36:44
22 John Eldredge	37:08
23 David Smith	37:50
29 Mike Towle	38:23
30 Bob Jolicœur	38:46
32 Russ Connors	39:15
33 George Liming	39:23
35 Dick Brink	39:31
36 Frank Ferland	39:39
39 Alvin Bugbee, Sr	40:11
40 David Brink	40:17

41 Phil Pierce	40:21
46 Peter Bostow	41:14
47 Alan Leathers	41:19
48 David Houser	41:22
49 Herb Strom	41:30
50 Rick Strout	41:33
51 Carol Weeks	41:34 *
52 Summer Weeks	41:36
53 Joan Lee	41:38 *
54 Harley Lee	41:39
55 Dick McFaul	41:41
56 Dan Fitzgerald	42:03
57 Eric Ellis	42:38
58 John Campbell	42:41
60 Paul R. Alpert	42:47
61 Richard Scribner	43:05
62 Gordon Chamberlain	43:09
63 Dale Rines	43:30
64 Frank Morong	43:47
68 Joan Lavin	44:03 *
69 Barb Coughlin	44:12 *
73 Clint Merrill	45:02
74 David Vokej	45:18
77 David Horne	46:09
79 Fred Stone	46:15
80 Barbara Footer	46:19
83 Arabella Eldredge	46:41 *
84 Russ Bradley	46:47
85 Rick O'Brien	46:49
86 Richard Finney	47:16
90 Cindy Vokej	47:32 *
92 Dave Conley	47:35

93 Don Penta	47:39
94 Al Mack	48:05
95 Jean Thomas	48:44 *
97 Heidi Hanscom	49:19 *
100 Warren Wilson	50:02
101 Katherine Christie	51:28 *
110 Sandra Ullstrom	55:59
112 Mark Clinch	57:11
113 Bill Lovett	58:40
115 Jamis Carroll	1:00:06
116 Ruth Heffelfinger	1:01:44 *

Duffy 14th at Kinney in San Diego

Laura Duffy this year's MTC women's scholarship winner, placed 14th at the National High School Championships sponsored by the Kinney Shoe Company. Only the top 32 high school runners in the country are invited to run in this prestigious race. Laura's fine showing guarantees a steady flow of recruiting calls and letters from college track coaches. Her time for the 5K moderately hilly well-groomed course was 17:55.

1986 Fun Run
For Maine Track Club Members
12/6/86

The second annual "predict your time" fun run held on Saturday, 12/6 was another success. Sixty people started the race which was 20 more than last year. (I think they all came for the cookies and pies that were raffled off!). All runners and volunteers received a complimentary pair of running gloves with the MTC log stenciled on them. Thanks to Charlie Scribner for that great idea. Hot coffee (brewed by Everett Davis), fresh-baked Uncle Andy's donuts, and orange juice were served afterward.

Congratulations to all finishers who did a remarkable job in predicting their times on the "slightly rolling terrain". Can you believe Brian Milliken - guessing his time right to the second?!

Trophies, certificates and sundry goodies were awarded to these winners:

- Best guess: Brian Milliken (27:18 exactly!)
- The Dreamer: Dave Conley
(4:07 slower than predicted)
- Hold Your Horses!: Don Johnson
(2:48 faster than predicted)
- First overall: Bruce Ellis & Ruth Hall
- The Sweeper: Wilbur Holmes
- Middle of the pack: Rodger Smith
- Welcome back: Dick Manthorne
- Newest Club member: David Volin
- Family Team: Brian & Sue Milliken (:42 faster)
- Little Lost Lamb: Herb Strom (started 5:00 late!)

Just so that no one had an unfair advantage on those hills, prizes were also awarded in 9 different weight divisions.

- | | | |
|----------------------|---------------|--------------------|
| • Flyweight: | ----- | Joan Lavin |
| • Bantamweight: | Dick Marino | Ruth Hall |
| • Featherweight: | ----- | ----- |
| • Lightweight: | ----- | Carol Weeks |
| • Welterweight: | Russ Connors | Sue Milliken |
| • Middleweight: | Bruce Ellis | Pattie Locke |
| • Lt. Heavyweight: | Jim Hogerty | ----- |
| • Heavy Weight: | George Liming | Georgianna Hogerty |
| • Super Heavyweight: | Roy Dunfey | ----- |

Fun Run Volunteers

Many thanks to these members who volunteered to help in the fun run while everyone else ran!

Grace Amoroso	Dick Marino
Barb Coughlin	Sue Milliken
Ted Cunningham	Don Penta
Everett Davis	Phil Pierce
Ken Dolley	Jerry Roberts
Frank Ferland	Charlie Scribner
Warren Foye	Jean Thomas
Ray Hefflefinger	Jonnie Thomas
Rob Laskey	

fare

Duffy, Crook - - Scholarship winners

Laura Duffy of Kennebunk and Matt Crook from Readfield were this year's winners of the Maine Track Club's annual scholarship given to the outstanding male and female High School runners. This award was funded in part this year (as in past years) by a grant of \$300 from John Fyalka Sr., given in memory of his son who was an active early member of the Maine Track Club.



Candy Cane Fun Run
December 17, Portland

A new holiday tradition began with this benefit for the Maine Special Olympics. Joan Benoit-Samuelson and Bruce Bickford hosted the event which was sponsored by the Maine Association of Life Underwriters and the Maine Track Club.

Santa led the costumed runners and Special Olympians down Baxter Boulevard to the Seaside Nursing Home where they sang Christmas caroles. They returned to the U.S.M gym to enjoy post race festivities. Nancy Ellis, Ruth Heffelfinger, and Vin Skinner won awards for outstanding costumes.

Thanks to the following volunteers for contributing to the success of the run: Marrian Bouchard, Diana Champeon, Carol Comstock, Jane Dolley, Warren Foye, Betsy Green, John Green, Rob Laskey, Tom Norton, Richard Robinson, Jeanette Strickland, Nancy Tonneson, Vin Skinner.

Ed. note: The following excerpt is from **Footnotes**, the quarterly publication of the RRCA (Road Runners Club of America). It is part of a column titled "Not for Women Only".

by Dot Skofronick

Women's Distance Committee

The "Not For Women Only" column was originated by Henley (Roughton) Gible some years ago to reflect some of the concerns of women runners. The Women's Distance Committee (WDC) also grew out of her efforts. While Henley is a hard act to follow, our present committee will try to do just that.

These running committee women were chosen because of their involvement with the sport and interest in promoting running for women; many of them have directed Women's Distance Festivals in their areas. Some are speedsters; some are middle of the packers; all are inspirational in their own way.

Enough. Let's meet them:

Some of you met Jane Dolley at the RRCA National Convention at Portland, Maine in May. She is the president of the Maine Track club, which so beautifully hosted us. She started running eight years ago because it was an all-season sport. She's stayed motivated to run "because of the positive effects of running itself: I'm healthy; I have a lot of energy (at least till 9 o'clock); and I've seen improvement in my running performance."

Jane sees RRCA's role for women's running as striving for equality in the awards structure of the races. Clubs should encourage women to hold officer positions and become race directors. RRCA should also promote more all-women races, locally and nationally. Besides being president '86 and vice-president '85 and founder and race director of the Maine Cape Challenge Half Marathon, she directed a first class act called the "1986 RRCA National Championship

10K," which the convention delegates will remember.

This lady is two years short of 40 and says she can't wait to reach that age. (Somebody take her temperature!) She thinks that women are getting faster and gaining more respect from the running community. Jane's advice for a beginning woman runner:

- run with a friend and always carry identification
- join a running club; that's where your friends are
- buy good shoes
- watch your running style . . . emulate other women runners
- be smart don't overdo it . . . treat yourself to a day off a week
- have a goal and stick to it, e.g., to run two miles without stopping or to run that first race or a first marathon
- follow a nutritious diet
- keep a runners' log—and be faithful.

Part of the Maine Track Club logo is the phrase "Run with a friend." Sounds like Jane would be a great one to run with.

USM LIFELINE PROGRAM

Tom Downing of the USM Lifeline and Adult Fitness program wants the MTC membership to be aware of the facilities available at the USM gym on the Portland campus. A membership in the program will provide a variety of facilities for those who want to run from or in the gym or take advantage of the other gym facilities such as weight room, sauna, lockers, showers, and racquetball courts. Applications and information are available by writing to Lifeline-USM, 96 Falmouth Street, Portland, Maine, 04103. If you decide to join, you'll meet lots of MTC runners who are already using this convenient intown facility. The cost is \$80 for 6 months, \$150 for the year. The hours are 6AM to 10PM Monday thru Thursday, 6AM to 7PM on Friday, 7AM to 6PM on Saturday, and 10AM to 6PM on Sunday.

Officers and Committee Chairpersons

Phil Pierce	President	781-3769	Tom Norton	Clothing	929-5548
Cheryl Bascomb	Vice President	929-8259	Nancy Stedman	Social	774-4013
Susan Milliken	Secretary	781-2321	Maggie Soule	Publicity	846-3631
Rick Strout	Treasurer	892-3216	Don Penta	Statistician	892-8259
Charles Scribner	Race Committee	772-5781	Cheryl Bascomb	Programs	929-8259
Fred Beck	Newletter	846-3111	Brian Milliken	Refreshments	781-2321
Dennis Connelly	Membership	797-2007	John Gale	Course Certific.	775-5017
Jane Dolley	Past President	846-6018	Frank Ferland	Photography	829-3390

Maine Track Club is a non-profit organization.

P.O.Box 8008, Portland, Maine 04104
Run with a friend...



MAINE TRACK CLUB MEMBERSHIP FORM

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

___ Individual (\$12.00)

___ Family (\$15.00)

___ Student (\$5.00)

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): _____

Make check payable to: MAINE TRACK CLUB PO BOX 8008 PORTLAND, ME 04104

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