

Maine Track Club

January 1989

Run with a friend...



UPCOMING MEETING

MTC Banquet January 14

The Maine Track Club banquet will be held at Michel's Restaurant in Westbrook. The speaker is Bruce Bickford. Deluxe Buffet is \$15 per person. \$6.95 for children under 12. Call Susan Davenny with questions. Please send in your check by Jan. 10, payable to Maine Track Club, P.O.Box 8008, Portland, ME 04104.

Handicap Race on January 14

Warm up for the banquet at the annual MTC Handicap Race. 10 am at Herb Strom's house, 164 Fowler Road in Cape Elizabeth. Free to all MTC members. You can join up that day, or pay your dues. Limited facilities, but goodies afterwards. Four mile race with staggered start, anyone can win! Know your (most recent) best time for the 4 mile distance. If there is enough interest, there will be a two mile race as well. Call Herb at 799-7705 for more information.

Congratulations

To Kim Moody and Dave Robinson who are expecting twins in March. When are they coming home from Seattle?

Jeff Galloway Fitness Vacation

Jeff is offering two running camps this year; at Lake Tahoe with Joe Henderson (Runners World), Bob "Stretching" Anderson and Jerry Lynch, and another for the Peachtree 10K in Atlanta. MTC editor Deb Merrill and husband Clint were very impressed with Jeff's last running camp and recommend this as a sports vacation. Dates: Tahoe June 10-17 and 17-24. Peachtree July 1-5. Call Deb Merrill for more information.

500 T-Shirts to Africa

Bruce Ellis wrote us to say that another 340 shirts were packaged and sent off to Africa from the Maine Track Club, bringing the total to 500. Many thanks to Bruce for the coordinating, and all the runners who donated.

Track & Field Official's Clinic

There is a clinic being held at Bowdoin College on Sat. Jan 14, 1:00 pm, training interested people the skills necessary to officiate at a track meet. The instructor will be Ken Caouette, the official starter at the L.A. Olympic Games, and the Olympic Trials. Sponsored by the Maine TAC, the registration fee is \$10. Afterwards the new officials will have a chance for practical experience at a high school track meet. Place: Farley Field House at Bowdoin College (the new field house). Call David Watson at 443-6171 for more details.

Indoor Track this Winter

The Portland Expo has a few indoor track meets this January sponsored by TAC. The open division runs between the high schoolers. You can register and pay for the meet right there. Below are listed the distances, dates and times.

Jan. 14	1:05	600 meter
	1:15	2 miles
Jan. 21	1:05	300 meter
	1:15	1000 meter
Jan. 28	1:05	600 meter
	1:15	1 mile
Feb. 4	1:05	300 meter
	1:15	2 mile

Brown University Masters Indoor Meet

Sunday, January 15, 10:30 am

Providence, R. I. for ages 30 and up

55 meters to 3000 meters

If you are interested and want to car pool down with Clint Merrill, give him a call: 729-6498.

NEW MEMBERS

<u>Name & Address</u>	<u>Phone</u>	<u>Occupation</u>	<u>Age</u>
Brian Cullen 25 Meadowbrook Rd. Brunswick, ME 04011	W729-4361	Software Utilities	47
Gerald Davis 15 Hamlin Road Falmouth, ME 04105	H797-5309 W874-8250	Teacher Portland High School	52
Douglas Dolan 8 Bunker Hill Rd. Scarborough, ME 04074	H883-2765 W761-6038	Electronic Technician National Semiconductor	25
Emerson, Willie RFD 2, Box 513 New Gloucester, ME 04260	H926-3486 W784-5445	Outside Sales Kaman Bearing	25
David Haskell 11 Sea Spray Reach Yarmouth, ME 04096	H846-6430	Healthsource Maine, Inc.	
Murray Keatinge Norumbega 61 High Street Camden, ME 04843	H236-4646	Owner - Norumbega Historic Accommodations	55
Dr. Thomas Keating 18 Tarratine Drive Brunswick, ME 04011	H729-5782 W729-1148	Maine Center for Cancer Medicine	32
Kilborn, Aleta M. 14 Ponce Street Portland, ME 04101	H774-0405 W773-1754	Manager, Maine Center for Cancer Medicine	41
Monaghan, Stephen 40 Surf Road Cape Elizabeth, ME 04107	H799-4049 W774-4523	Orthopedic Physician	
Brian Cullen 25 Meadowbrook Rd. Brunswick, ME 04011	W729-4361	Software Utilities	47
Douglas Dolan 8 Bunker Hill Rd. Scarborough, ME 04074	H883-2765 W761-6038	Electronic Technician National Semiconductor	25
David Haskell 11 Sea Spray Reach Yarmouth, ME 04096	H846-6430	Healthsource Maine, Inc.	

TREASURER'S REPORT

TREASURER'S REPORT November 4, 1988

Funds on Deposit October 4, 1988

\$ 8,712.93

Receipts:

*Falmouth Lions Race Fee	\$ 335.00
*Pat's Pizza Race Fees	\$ 1,157.82
*For Kids Sake Fees	\$ 2,782.00
*Memberships	\$ 69.00
*50 Miler Fees	\$ 340.00
*Check Returned	(\$ 9.00)
*Interest	\$ 56.25

\$ 4,731.07
\$13,444.00

Disbursements:

*George C. Frye Co., Pins For Kids Sake Race	\$ 36.75
*Save-A-Buck - Rope for Kids Sake Race	\$ 8.40
*Loring Short & Harmon-Poster Board & labels for Kids Sake	\$ 28.92
*Charlie Scribner - Power Surge Control for computer	\$ 46.54
*Handy Man Rental - tables - 50 miler	\$ 25.00
*Sue Davenny-postage - Pot Luck Dinner	\$ 75.00
*F.M. Beck - printing newsletter	\$ 97.30
*F.M. Beck - postage newsletter	\$ 81.25
*Charles Scribner Computer Rental - Kids Sake	\$ 75.00
*Bill Stewart - expenses-Pat's Pizza Race	\$ 217.52
*Chebeague Island Track Club Pat's Pizza Race	\$ 175.00
*Sue Davenny - phone calls	\$ 1.92
*Barbara Coughlin-postage - Cape Challenge	\$ 30.96
*Anderson Studios-Awards - Cape Challenge	\$ 665.75
*Coastal Silkscreen - Cape Challenge	\$ 540.33
*Coastal Silkscreen - 50 miler	\$ 254.00
*Sportline Trophy - 50 miler	\$ 97.05
*Bowdoin College - Gym - 50 miler	\$ 65.00
*Ken Dolley Expenses 50 miler - refreshments, etc	\$ 155.09
*Cape Elizabeth Community Service Gym - Turkey Trot	\$ 48.00
*Dale Rand Printing - 853 copies	\$ 60.53
*Dale Rand Printing-flyers - Turkey Trot	\$ 119.70

\$ 2,905.01

*Funds on Deposit November 11, 1988

\$10,838.99

*Includes approximately \$4,000 of undisbursed funds to WCSH from Kids Sake Race

Funds on Deposit November 11, 1988

\$ 10,538.99

Receipts:

Interest	\$ 37.55
Clothing	\$ 80.43
John Fyalha Scholarship	\$ 300.00
Memberships	\$ 12.00
Checkbook Charges	\$ (28.53)
Check Returned	(\$ 30.00)
	\$ 371.45
	\$ 10,910.44

Disbursements:

*WCSH - For Kids Sake Race Race fee receipts	\$ 3,653.33
*Mark Hoffmaster Memorial Fund - Race proceeds	\$ 337.00
*Falmouth Congregational Church Pot Luck Supper	\$ 150.00
*Maine Running Hall of Fame	\$ 150.00
*Charlie Scribner, Computer paper, Refreshments - Turkey Trot	\$ 57.02
*Michel's Restaurant Deposit, Banquet	\$ 150.00
*Bruce Ellis - postage - T-shirts	\$ 203.50
*Port-o-Let - 50 miler	\$ 100.00
	\$ 4,800.85

*Funds on Deposit December 5, 1988

\$ 6,109.59

Road racing 7/16

PEAKS ISLAND ROAD RACE Five Miles


Open Men — 1. Bob Winn, 25:03; 2. Robert Ralsbeck, 26:49; 3. Ken Bottling, 26:59.

Open Women — 1. Rhonda Prime, 32:15; 2. Barb Scott, 34:43; 3. Jean Hayden, 35:15.

Overall — 1. Bob Winn, 25:03; 2. Robert Ralsbeck, 26:49; 3. Ken Bottling, 26:59; 4. Erich Reed, 27:28; 5. Alan Muir, 27:38; 6. Jeff Dyer, 28:00; 7. Larry Greer, 28:22; 8. Kim Wetfloufer, 29:17; 9. John Eldridge, 29:24; 10. Tom McCarthy, 29:34; 11. Ken Flanders, 30:01; 12. Bill Skerritt, 30:07; 13. Steven Hightower, 30:10; 14. Ron Cedrone, 30:15; 15. Burt Carollo, 30:23; 16. Joe Richards, 30:24; 17. Tom Egan, 30:36; 18. Richard Perry, 30:46; 19. Wayne Clark, 30:51; 20. Doug Darby, 30:58; 21. Robert Jones, 31:08; 22. Bryan Lombardy, 31:22; 23. Dane Dwyer, 31:25; 24. George Liming, 31:39; 25. Jim Sullivan, 31:55.

NATIONAL ODD SHOE EXCHANGE:

As we all know, everyone has a foot which is at least a little bit different than the other. For those people who have a big difference between shoe size there is N.O.S.E. (for National Odd Shoe Exchange). Based in Phoenix Arizona, this group tries to match people who can swap shoes (this organization will try, for example, to find someone to swap shoes with you if you wear a size 8 on the left foot and a size 9½ on the left). It is reported that N.O.S.E has 15,000 members. For more info, write Jeanne Sallman at P.O. Box 56845, Phoenix, Arizona 85079-6845.


Richard K. Strout
Treasurer

RACE RESULTS

By Don Penta

1988 Pat's Pizza Classic - 438 Fin.
Yarmouth, ME - 5 Miles - 16 July '88

Top Finishers:

1 Patrick O'Malley	21	24:50
21 Mike Daly	43	28:07
35 Kelly B. Rodrigue	24	28:59*
40 Robert Marquis	50	29:35
144 Jules Fertig (?)	40	33:21*
250 Jane Rasmussen (MTC)	52	36:21*

Other MTC Finishers:

10 Robert Hoover 2,30-34	33	27:24
14 Peter Hall 3,19-29	26	27:51
29 Ron Cedrone 2,35-39	39	28:48
36 Bob Coughlin 2,45-49	49	29:02
44 Peter Carleton	30	29:42
48 Bob Jones 1,15&-	15	29:47
51 Tom Allen	32	30:04
52 Ron Deprez	44	30:06
63 Seth Denning 2,15&-	14	30:35
64 Philip S. Pierce	46	30:45
69 Ruth Hall 3,open	30	30:57*
70 Sumner Weeks	39	30:58
75 John Braccio	34	31:07
81 Rick Strout	49	31:16
82 Dick McFaul	44	31:17
85 Frank Ferland	39	31:22
95 Christopher McDonald	24	31:47
102 John Gale	32	31:57
114 Bob Hazzard 2,50-59	56	32:21
118 Harley Lee	34	32:25
125 Rosalyn Randall 1,35-39	38	32:47*
145 Cheryl MacMahon	25	33:22*
146 Richard Stott	43	33:23
147 Roy Morejon	45	33:24
149 Greg Rogers	23	33:25
150 Walter Webber	57	33:25
157 Brian T. Mercer	27	33:38
158 Rob Laskey	25	33:39
160 Douglas Aiken	35	33:41
162 Dale Rines	36	33:45
171 Jeff Babino	33	34:04
172 Dave Trussell	45	34:05
174 Carlton E. Mendell	66	34:10
195 Neil Martin	45	34:52
198 J.P. Lavoie	33	34:56
205 Loren Lathrop	39	35:10
209 Jeri Schroeder 3,40-44	41	35:20*
210 Eric Ellis	35	35:23
212 Joan Lee 1,30-34	34	35:28*
223 Richard Downs	42	35:58
224 Warren Foye	40	36:02
226 Lori Towle 1,15&-	15	36:04*
232 Paul D'Amboise	58	36:06
233 Bob Perkins	45	36:07
237 Phil Tinkham	41	36:13
241 Russ Bradley 2,60+	64	36:16
299 Nancy Rouse	35	37:58*
300 John Woods	70	37:59
321 Susan Davenny	39	38:44*
338 Donald Penta	42	39:35
342 Fred Stone	52	39:43
343 Everett Moulton	42	39:44
375 Katherine Gardiner 2,45-49	46	41:35*
383 Tammy Prince	28	42:03*
406 Wayne Newland	50	44:08
413 Susan Morejon	35	45:00*

1988 JBI Run - 4 Miles - 245 Finishers
S.Portland, ME - 25 June '88

Top Finishers:

1 Jim Toulouse (MTC)	40	20:58
21 Russ Connors (MTC)	55	23:30
22 Wanda Haney (MTC)	22	23:31*
81 Jane Dolley (MTC)	40	26:16*
156 Jane Rasmussen (MTC)	52	29:25*

Other MTC Finishers:

2 David Crawford	39	21:01
6 Bill Bristol 1,30-34	31	21:59
7 Malcolm Kidd 2,30-34	32	22:27
8 Richard Mulhern 3,30-34	34	22:27
20 Joe Richards 1,40-44	44	23:25
32 Peter Bastow 2,50-59	51	24:13
33 Michael Cowell 3,50-59	50	24:13
45 Sumner Weeks	39	24:30
48 Bob Jolicoeur	51	24:48
50 Rick Strout	49	24:51
53 Roy Morejon	45	24:56
68 Carol Weeks 1,35-39	39	25:46*
70 William Davenny	43	25:49
72 Barry Howgate	39	25:58
74 Brian Mercer	27	26:07
75 Herb Strom	58	26:10
79 Bob Hazzard	56	26:15
93 Dale Rines	35	26:42
95 Richard Stott	43	26:52
100 Joan Lavin 2,40-44	40	27:00*
102 Warren Foye	40	27:02
113 Philip Bartlett	40	27:46
114 Jeri Schroeder	41	27:51*
118 Robert Laux	32	27:58
124 David Conley	48	28:10
126 Richard Downs	42	28:24
127 Greg Rogers	23	28:25
130 Frank Morong	55	28:28
138 Bob Perkins	45	28:39
145 Fred Stone	52	28:55
157 John Rasmussen	51	29:28
158 Maureen Sproul 1,30-34	32	29:35*
162 Russ Bradley 1,60+	64	29:43
163 Sandy Utterstrom	44	29:45*
167 Jay Evans	40	30:01
171 Susan Davenny 2,35-39	39	30:50*
173 Don Penta	42	30:52
174 Marla Keefe 3,30-34	34	30:53*
184 Jill Dolby 1,16-18	16	31:48*
189 Stanley Harmon 2,60+	66	32:05
200 Anne Hazzard 2,50-59	54	35:06*

More MTC Finishers:

209 Jill Morejon 1,12 & -	09	36:28*
210 Ruth Hefflefinger 3,50-59	59	37:00*
211 Julie Wilson 3,35-39	36	37:05*
219 James Carroll	78	38:44
223 Roy Morejon, Jr.	07	39:32
224 Susan Morejon	35	39:47*
235 Joe Wildman	50	47:29



CENTRAL MAINE STRIDERS

1989 Road Race Schedule



Club #480

NOTICE: All dates and times subject to change. Please check with race directors before race.

Date & Time	Location	Event	Race Director
Jan. 22 : 12 noon	Belgrade	"January Thaw" 4½ Miler	Gene Roy
Feb. 20 : 11 am	Augusta	11th "Snowfest 5 Miler"	Russell Martin
Mar. 12 : 11 am	Waterville	10th "Killarney's 10-K"	Jerry/Ruth Saint Amand
Mar. 19 : 11 am	Readfield	11th "Boston Primer" 15 Miler	Dave Gugan
Mar. 25 : 9 am	Waterville YMCA	Club Clinic & training runs	Jerry/Ruth Saint Amand
Apr. 16 : 9 am	Waterville	Thomas College "Terrior Trot" races	Jerry/Ruth Saint Amand
Apr. 22 : 9 am	Unity College	"Spring 5-K"	Ed Riola
Apr. 23 : 9 am	Oakland	1st "K & K 15-K"	Verne Pinney
Apr. 30 : 10 am	Togus	"Togus 5 Miler"	Chris Bovie
May 13 : 11 am	China	"China 10-K Classic"	Fred/Carol Montgomery
May 21 : 7 am	Eustis	7th "Sugarloaf Marathon"	Chip Carey
May 21 : 7:30 am	Kingfield	4th "Sugarloaf 15-K"	Chip Carey
May 28 : 9 am	Monmouth	"Apple Blossom 15-K & 5-K"	Doug Ludewig
June 18 : 8 am	Fairfield	3rd "Blood, Sweat & Cheers 5-K"	Jerry/Ruth Saint Amand
June 24 : 8:30 am	Bucksport	14th "Tour deLac" 10 Miler	Fred/Joan Merriam
June 25 : 8 am	Gardiner	"Gardiner Common 5 Miler"	Russell Martin
July 26 : 6 pm	Winslow	1st "Ralph Thomas Masters Mile"	Gene Roy/Jerry Saint Amand
July 26 : 6:30 pm	Winslow	4th "Dyer Memorial 5-K"	Gene Roy/Jerry Saint Amand
July 29 : 9 am	East Vassalboro	"Bert 'n I 5 Miler"	Bill Seekins/Jerry Saint Amand
Aug. 12 : 9 am	Wilton	"Blueberry Festival 10-K"	Bill Yates
Aug. 13 : 8:30 am	Pemaquid	"Old Bristol Days 4 Miler"	Alan Reilly
Aug. 16 : 6 pm	Madison	"Kennebec 10,000"	Bob Hagopian
Aug. 19 : 8 am	Waterville	"Pine Tree Triathlon"	Janice Ackendorf
Sept. 5 : 9 am	Norridgewock	"Labor Day 5-K"	Drew Ketterer
Sept. 17 : 9 am	Pittsfield	2nd "Husky 5 Miler"	Brian Covell
Sept. 18 : 9 am	Waterville	5th "Sentinel 10-K Classic"	Jerry/Ruth Saint Amand
Sept. 23 : 11 am	Kingfield	"Kingfield 10-K"	Chip Carey
Oct. 22 : 9 am	Waterville	1st "Pine Tree Marathon"	Jerry/Ruth Saint Amand
Nov. 11 : 10 am	Waterville YMCA	"Veteran's Day Half-Marathon & 5-K"	Jerry/Ruth Saint Amand
Nov. 23 : 10 am	Augusta	"Gasping Gobbler 10-K"	Rich Abramson/Jerry St. Amand
Dec. 9 : 11 am	Madison	"Season's Greetings 5½ Miler"	Ron Paquette/DJ Pohlman

For further details, race applications and membership information please contact:



CENTRAL MAINE STRIDERS

JERRY SAINT AMAND, President

P.O. Box 1177
Waterville, Maine 04901

873-6753



Candy Cane Fun Run

'Twas the week before Christmas
and all down the road
fun runners were running, and Abigail was towed.
The Santas were dressed in their costumes with care
leaving parents to explain
why five of them were there.
The road gaurds were snug all tucked in their coats
with visions of hot chocolate going down their throats.
Some runners wearing antlers, and some wearing tights
had just settled in to a pace that's just right.
When down from the street there rose such a herald
the residents of the nursing home were being carolled...

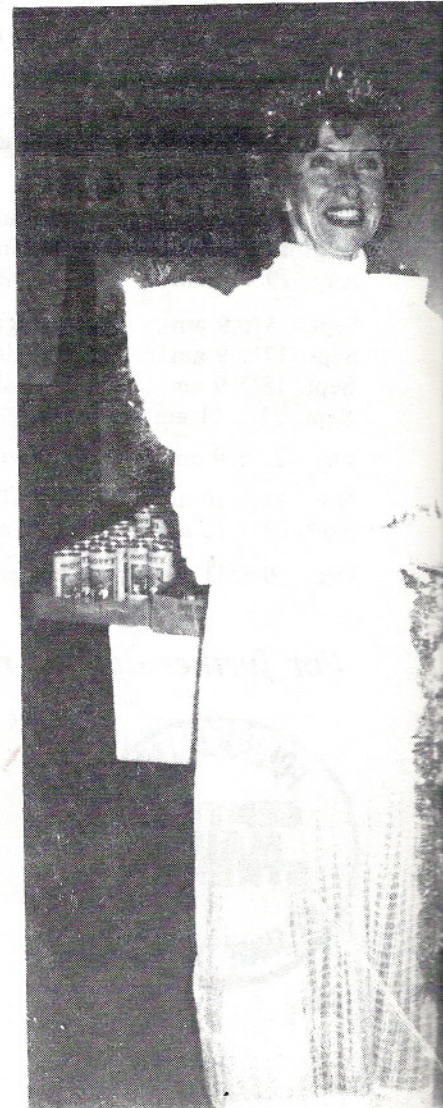
Winner of best costume

The third annual Candy Cane Fun Run was held on Saturday, December 17th in Freeport. Joan Samuelson and Bruce Bickford once again hosted this fund raiser for Maine Special Olympics. Entrants, many dressed in holiday costumes, ran from the Freeport Towne Square group home down Main Street to the Freeport Nursing Home. There they had hot chocolate and sang Christmas carols for the residents. Following the carols the runners returned to a post run reception and award ceremony at the L.L. Bean conference center. Prizes were awarded to; best costume, most appropriate costume, and team entries. Gifts donated by Freeport Merchants were raffled by Joan, Bruce, and Santa. There was also a special drawing for volunteers. Bill Green did a great job of M.C'ing the event. Over four thousand dollars was raised for Special Olympics this year. Thanks to everyone who participated, special thanks to the following volunteers;

Bruce Ellis
Bill Green
Diana Laskey

Don Penta
Bob Wyman

Best Wishes for the new Year,
Rob Laskey





prize.
Nancy Ellis, Friend, and Bruce Ellis
at reception.



L to R, Bob Wyman and fellow reindeer
won the team entry prize.



ODE TO THE 1988
BOSTON PEACE MARATHONERS

'Twas the night before Boston,
when all through the house
Not a runner was stirring,
not even a spouse;
The sneakers lined up by the
back door, each pair,
In hopes that Bill Rodgers
soon would be there;
The athletes were nestled all
snug in their beds,
While visions of PRs danced
in their heads;
Maine Track Clubbers, Striders,
Mustards, and friends,
Registered fools... the Peace
Marathon... again!
When hard on the window there
arose such a clatter,
The low front moved in, with
the wind and the splatter.
Arrgh... groaned the runners,
still half asleep,
Twenty six miles... in rain,
snow, and sleet!
The day was inclement, with
hurricane winds;
No starter was stymied by
soaking wet skin.
And I in my raincoat, gloves,
boots, and hat
Joined in their journey to
cheer on the pack.
The first checkpoint was Concord,
I stood in the square
And soon the brave marathoners
began to appear.
Swifter than cheetahs, the
racers, they came,
And I whistled, and shouted,
and called them by name:
"Now, Potter! now, Butler!
now, Striders and Gale!
On, Lavin! on, Mustards! on,
Carlton Mendell!
To Lincoln at ten miles, then
Lexington calls
Now, dash away, dash away,
dash away all!"
The Arlington checkpoint at
seventeen miles,
Al Butler breezed by in red
tights and a smile.
John Gale had been joined by
pal Ron Cedrone.
Ron was on cruise, John
simply groaned.
And who should bounce by like
a child at play,

Joan Lavin, the rabbit,
beaming away.
I offered to join her, but
was turned down.
She gave me her jacket and
hopped out of town.
The Harvard train stopped at
mile twenty two;
I searched once again for the
Maine Track Club crew.
The drizzle continued, it was
some kind of day
The runners seemed weary while
making their way.
Their heads... how they lolled!
Their feet-- now leaden
Their color had palled! Their
cadence-- now deadened!
Their purple lips were drawn
up in a grimace
Would their weakening hips
hold on for the finish?
Frozen fingers were clenched
in two fists,
Aching calf muscles started
to twist,
Tightening quads and
stiffening backs,
Dampened spirits with faces
gone slack.
But the wind became dormant near
the end of this fray
And the finish was merely
4.2 miles away.
I called out "City Hall is
just up ahead,"
The runners then knew they had
further to tread.
They spoke not a word, but
strode by sheer will
Memorial Drive... o'er the Charles
then up Beacon Hill.
Ascending Adidas, and drenched
Tiger Gels
'Round the corner they turned, the
crowd started to yell.
It was downhill from there, toward
the chute how they flew
With glazed-over eyes and
heads all askew.
I heard them exclaim as they
came into sight
"To hell with this race! It
was no easy fight!"

By: Sandra Wyman

RACE RESULTS

Chubb Life Ins. 10 Miler - 222 Fin.
Concord, NH - 18 September '88

1 Paul Hammond	28	50:55
55 Jennifer Rood (MTC)	27	66:52*
77 David Trussell (MTC)	45	68:42
219 Robert Wyman (MTC)	51	1:43:18

5K (815 Finishers):		
189 Robert Wyman (MTC)	51	23:14

The Falmouth 7.1 Mile Road Race
Woods Hole, MA - 21 August '88

1 Mark Curp	32:22
64 Anne Hannam (NZL)	36:36*
77 Joan Samuelson (H.MTC) 4th	37:13*
754 James Paterson (MTC)	49:12
1587 Barbara Coughlin (MTC)	55:50*
2781 Rob Laskey (MTC)	63:41
3598 Diana Laskey (MTC)	70:32*

Notice to Newsletter Contributors

For the MTC Newsletter, please send contributions to Deb Merrill, 47 Middle Street, Portland, ME 04101. Questions? Call 774-0502 Please type your columns **single spaced and 4 1/2 inches wide** (we will reduce them to 3 1/2 inches).

Thank You 1989 MTC Newsletter Sponsors

Individual Sponsors

Barry & Judy Howgate
Cindy Smith
Dick Lemieux

Prime Sponsors

Corporate Patron

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 Deb Merrill (W) 774-0502 (H) 207-729-6498. 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.

The Maine Track Club Newsletter is compiled monthly. Circulation is around 400. Related material may be copied with acknowledgement. Editor: Deb Merrill

1989 Officers and Committee Chairpersons



Herb Strom	President	799-7705
Bill Stuart	Vice-President	799-5961
Susan Devenny	Secretary	772-1787
Rick Strout	Treasurer	829-3216
Charlie Scribner	Race Committee	772-5781
Deb Merrill	Newsletter	729-6498

Ruth Hefflefinger	Membership	797-4625
Charlie Scribner	Past President	772-5781
Melvin Fineberg	Clothing	774-8868
Don Penta	Statistician	892-4526
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



Bread Wagon 1880s
25 USA

