



NEWS • RUN

Run with a friend . . .

January 1993

President's Column

WOW! What a banquet! Great location, great music, great food, lots of awards to deserving individuals, endless dancing, and, of course, a wonderful group of people. The Maine Track Club is blessed with such super personalities, with family members and friends to match. (Gotta love the tuxes and tights, too.)

Congratulations to all of you who were recognized for your accomplishments and efforts in 1992. Your commitment to our unique "world" of running is invaluable. In fact, we owe thanks to everyone who volunteers their time and energy to improve the quality of this unparalleled hobby of ours. The enjoyment and satisfaction we all share wouldn't happen without these efforts.

While there is not enough space here to congratulate and thank everyone individually, I do want to "tip my hat" to three special MTC members; Brian Gillespie, Don Penta, and Rick Strout. These three were selected as RRCA (Road Runners Club of America) National Volunteer Award winners for their outstanding service to the Maine Track Club over many years. This is truly an honor for three deserving individuals.

So ends another year of running-related experiences and memories; some good, some not so good, and hopefully all useful toward 1993 and beyond. I am excited to get on with the new year — certainly in terms of my personal running, where I'm determined to get back on track; and also in the capacity of MTC President. Serving as vice-president has been very valuable for me for several reasons: one was searching out and meeting some outstanding people who spoke at our monthly meetings; two, working closely with the rest of the board of directors on the many issues involving the club, taught me a great deal; and lastly, acting as banquet coordinator was an enormous undertaking with many rewards. I know you will all join me as I wish Mel Fineberg the best of luck as Vice-President. He will do a super job!

As Carol and Sumner pass the gavel to me, I want to extend my warmest thanks and appreciation for all their help and support this past year. I hope to carry on the rich tradition of successful leadership established by all our past presidents, and certainly continued by Carol and Sumner.

One of my primary goals for 1993, is to increase the visibility of our club in the entire New England region. How about some expanded club road trips? What do you think about having some social functions with some out-of-state running clubs, as well as other Maine groups? Would you like to have an out-of-state pen-pal runner? Would you dare hop a bus with your fellow MTC members to a mystery race? Greater visibility to out-reaching areas will only help us to continue to increase our membership right here in our own backyard, and we will have a lot of fun in the meantime.

Continues on next page.

Inside

Death of a Road Race	5
Editor's Column	2
Food for Thought	11
Hall of Fame Banquet	2
Handicap Race photos	5, 11
Kids' Fun Run	11
MTC Officers & Chairs	12
Membership Application	12
New Members	6
New Membership Chair	8
News•Run Sponsors	2
Portland New Year's Eve	4
Portland Trails MTC Meeting ...	5
Race Results	8-11
Race Schedule	3
Run, Ski & Brunch	3
Runs from Away	2
Secretary's Report	7
Thursday Nite Movies	3

"News•Run"

Deadline Date February 16, 1993

This is a **firm deadline**. All material must be submitted by that date to: Jeanne Hackett, 109 Dartmouth Street, Portland, ME 04103.

Typesetting, layout and design of *News•Run* is contributed by MTC member Virginia Wilder Cross' business, Working Words in Gorham.

From the Editor

Happy New Year Everybody! I am an enthusiastic student of newness and change, and presently find myself in the position of editor as we move forward into 1993. It promises to be an educational endeavor, as I have done nothing like this before. As a matter of fact, I had never used a computer until John Leroy sat me down and took me through some basic steps. I continue to hunt and peck, and occasionally cry when I am unable to move out of WordPerfect, for one example of computer trauma. It's really frightening when I have no idea whether or not something is being saved or destroyed!

I would like to take this opportunity to thank Mr. Leroy, as well as a few others who are helping me along at this time. Ruth Hefflefinger and Marla Keefe were key players during the interim, as were Sue Davenney and Bill Stuart. Marla will continue to provide support by putting material onto a disk and delivering it to Virginia Wilder Cross for typesetting, layout and design. Obviously, Ms. Cross, at her company Working Words in Gorham, is a godsend. Thank you. I would also like to thank Ray Shevenell and Nancy Lund for their support and ideas.

In advance, I would like to thank the contributors for their timely entries of club news, information, and general good reading! I see my role as hunter and gatherer of your stories, so trust that I will be foraging. I anticipate communiques from our trusted officers and details of current events. If you are a member and have never submitted a story, opinion, or favorite carbo-loading recipe, go for it!

Please send your material to:

Jeanne Hackett

109 Dartmouth Street

Portland, ME 04103

I really look forward to working with you and serving the club. Thank you.

Hall of Fame Banquet

4th Maine Running Hall of Fame Banquet March 13th Waterville
Holiday Inn \$25 per person Contact Jerry Saint Amand 873-6753

President's column — continued from page one

Some other goals already in discussion by the board at the end of 1992, include:

- 1) The development of an awards committee to improve the process of nominating and selecting year end award winners
- 2) A nominating committee created to help with the process by which candidates are nominated to fill vacant positions
- 3) Combing through the club's by-laws, and seeking any potential changes that the membership feels would enhance the functioning of our club

So, an exciting year lies ahead for the Maine Track Club and I am honored and very happy to serve the membership in these endeavors. I hope you all have a great year of running in 1993, and may you accomplish or surpass most, if not all of your goals. I intend to!

*Run, and have fun,
Tom Dann, President*

Runs from Away

MTC member Jeff Thaler sent us a letter after completing the Atlanta Marathon on Thanksgiving morning. It appears that the Maine Half-Marathon inspired his entry to this marathon, which was run on the 1996 Olympic course! The course has been compared to both Barcelona and Boston for its hills. Jeff is pleased with his 3:52 finish and the medal he received, and recommends the race for those seeking a challenge over the Thanksgiving Day holiday break.

Wanted: News•Run Sponsors

The Maine Track Club gratefully acknowledges the generosity and support of those members listed below. If you would like to become an **individual News•Run** sponsor, please send \$10 to Maine Track Club, PO Box 8008, Portland, ME 04104.

To become a corporate sponsor, please mail your \$25 donation to the same address. Prime sponsorships in the amount of \$50 will reserve you advertising space in *News•Run*.

Sponsors

Milt Bailey
Charles Iselborn

Kurt Nielsen
Carol Pierce
John Woods

Run, Ski, and Brunch



**At the Sprouls
Town Farm Road
New Gloucester
February 14, 1993**

Come to run, come to run
and ski, come to run, ski and eat- or any other
combination!!!

Great running routes (Ask anyone who
came in June) Ski trails leave from the back
yard (don't follow Reggie!!)

Long run 8 AM

Short run 9 AM

Brunch 10 ish

Bring food, coordinate with Maureen if you
need to.

From points south, take 95 north to exit 11
in Gray. Continue north on Rt. 202 towards
Auburn. 3 miles north of Cole Farms Restaurant
turn right on Town Farm Road. Go 1 mile.
Name on Mailbox on left (SPROUL). Call
926-4681 if lost. See you on the 14th!!!

Mount Washington Road Race

Maine Track Club will again be able to
obtain some reserved entries for its members by
supplying volunteers for this event. Susan
Davenney will be coordinating for MTC.

All members interested in running this race
must go through the regular race lottery first.
Send a SASE before March 1st to:

Mt. Washington Road Race

Granite State Race Services

P.O.Box 990

Newport, NH 03773

Entry forms are mailed out March 1st. Write
Maine Track Club in the team space. Mark the
envelope if you qualify for a lottery bypass (see
instructions on entry) and return before March 15th.

If you receive a rejection letter, contact Sue
Davenney (772-1787, 6-9 p.m.) immediately to be
placed in the MTC lottery. The MTC lottery will
be held in early May.

Volunteers may contact Sue anytime. Our
assignments last year included serving refresh-
ments and trash pickup in the base tent.

Sue Davenney, 772-1787 6-9 p.m.

Race Schedule

Feb. 7th — Annual Mid-Winter Classic. Cape Elizabeth. Yes, the 10-
miler to end all 10-milers. Always a challenging course, often challenging
weather. Start at the high school, finish around the Spurwink hills unless you
are properly trained and make it to the chute back at the high school.
Information: Bob Payne: 655-2165 or Marla Keefe: 655-7350

February 14- Snowfest 5-Miler. Augusta. 11:00 a.m. Contact Russell
Martin 622-1258.

**February 27- TAC Indoor Track Meet - Bowdoin College - 2:00
p.m.** contact Dave Watson 443-6171.

March — Hyannis Marathon and Half Marathon. Usually a terrific
race, unless Mother Nature has been spiteful. Seriously, a good training half
marathon to gauge fitness for a spring marathon and the last marathon qualifier
for Boston. Weather was bitter cold in 1992 this race has a reputation for not
having bad weather two years in a row. Always a strong contingent of MTC
runners at this one.

Thursday Nite Running Movies

The Westbrook College Athletic Department is proud to announce a series
of monthly running videos open to the running community. The movies
begin in the Blewett Science Building at Westbrook College at 7 p.m.
sharp. Admission is \$1.00 - Proceeds to go to the Westbrook College
Athletic Department. Refreshments will be available. Questions - call
797-7261.

January 21 "Running Faster with Alberto Salazar" The best training
video produced for runners who want to train more efficiently and race
faster. Includes his personal training and racing methods. 60 minutes

February 18 "No Tomorrows" The most celebrated running film ever
produced. This classic is the official film of the 1984 Olympic
Marathon Trial for Men, one of the greatest marathons of all time. A
must film for the serious runner! 30 minutes.

March 18 "Great American Road Races" A celebration of road racing!
Falmouth, Peachtree, Cascade - all the great races. For the veteran
runner who needs a little motivation or the beginner who wants a road
racing tour of the country. 60 minutes.

April 15 "Triathlon Training & Racing with Dave Scott" For the
beginner or the seasoned veteran, this tape provides detailed instruction
for the sports of swimming, cycling and running. Six-time Ironman
Champion, Dave Scott, does a great job in what is called the most
successful sports training tape ever produced. 87 minutes.

*Submitted by Brian Gillespie
Women's Cross Country Coach - Westbrook College.*

Portland New Year's Eve Race



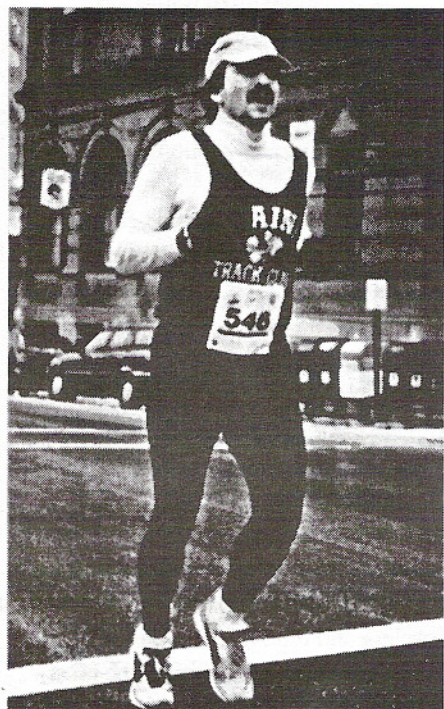
Harry Nelson



Bob Payne



Jim Bunnell



Gary Giffard



Peter Bastow



Marje

Death of a Road Race

It's always a loss to see one of Maine's better or bigger road races disappear. In past years we've seen some of the most popular races such as "Brodie's 10K" in Brunswick, "Benjamin's 10K" in Bangor, the "Maineiacs Half Marathon" also in Bangor and the "Veteran's Day Half Marathon" in Augusta quietly fade away.

This past year is no exception, as the once #1 10K in Maine, the "Great Pumpkin 10K" in Saco has seemingly ended for good. Blessed with perhaps the flattest 6.2 mile course in the State, and close enough to the New Hampshire and Massachusetts borders to attract out-of-state talent, this October event was usually considered the testing ground for the best runners in or out of Maine.

The race had shown signs of trouble in recent years, with continual problems at the finish line regarding times and order of finish. The prize money and team awards either disappeared or dropped considerably and the field grew smaller each year it seemed.

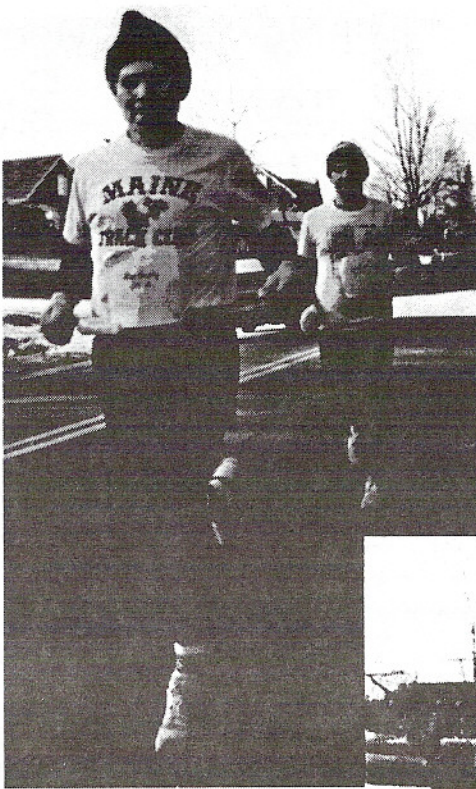
Even so, we are sorry to see this event leave the Maine running schedule for several reasons, and appreciate more than ever the efforts of those unsung heroes of Maine running, the Race Directors, who have kept their various events alive each year.

Look at the list of Strider races and you'll notice many are now near or over the 10 year mark! This says it all, as after the first year or two, the excitement and glamour of directing a race quickly wears off, and it becomes simply a lot of unpaid and often unrecognized work, usually for 1 or 2 people. Directors who hang in there year after year do it mostly for their love of the sport and their enjoyment of seeing the runners of all ages come across that finish line. The runner/race director relationship is a special one, as every runner is partly "in the care" of the director for that period of time after the gun goes off until they cross that finish line.

The next time you're at a Strider or MTC event, or any race in the state of that's been around awhile, you might take a brief moment to find the director before or after you run and simply thank him or her for keeping running alive. Without Race Directors, there would not be much interest in running clubs, annual awards, or competition.

We'll miss the "Great Pumpkin" as we miss other races that are no longer held, but we'll try to enjoy those that are left.

Published in the Central Maine Strider's Nov-Dec 1992 Newsletter the "Interval"



Russ Bradley and Joe Green run the Handicap Race



Mary Ann Peck in the Handicap Race, hosted by the Bastows of Cumberland

Portland Trails to Highlight February Meeting — SMTc

Mark your calendar now! February 10, 1993. If you have ever found a brief respite while walking along Portland's shoreway or ambling through its woodlands, you know what special places they are. As members of the MTC, we have a special relationship with the Back Cove Trail. Peter Munroe and Nathan Smith, President and Vice President respectively, will join us at 6:30 p.m. on Wednesday, February 10, for a most interesting presentation of the Portland Trails very popular and ambitious network of recreational trails. Please join us for a special treat. A short business meeting will precede the talk. **Please note new time: 6:30 p.m.**

New MTC Members

NAME AND ADDRESS	TELEPHONE	OCCUPATION	AGE
Dick Church P.O. Box 117 Southwest Harbor ME 04679	H244-9466 W244-7104	Accountant , CPA Richard L. Church Jr., CPA	61
George & Ruth Conly Chris & Kara 31 Manter Street 11 Cape Elizabeth ME 04107	H799-7163 W854-1147	Civil Engineer, R.J. Grondin Administrative Assistant, USM	44 45
Catie Dean P.O.Box 2055 W985-2234 Kennebunk ME 04043	H985-8756	KIDS, Inc. Residential Specialist	23
Frank & Countney Doherty 8 Lunt Road Freeport ME 04032	H865-4873	Real Estate Broker, Self Pharmacy Tec., MMC	53
Tyche Hotchkiss 3 Locksley Road Cape Elizabeth ME 04107	H767-0975 W878-2244 W865-0559	Energy Workshop - Fitness Tech. Banana Republic - Sales Person	24
Ann & Tim Strohm 2 Primrose Lane Gorham ME 04039	H839-8332 W775-5621-A W770-1299-T	Maine Bonding - Underwriter UNUM - License/Contact Specialist	28 29
Harriet Turkanis 10 Salt Spray Lane Cape Elizabeth ME 04107			39
Arthur Quint 30 Stroudwater Place Westbrook ME 04092	H854-8825		58
Tom Howard 12 Declaration Dr. Westbrook High School Westbrook ME 04092		Student	15
Richard & Alison Riker 4 Waban Road Cape Elizabeth ME 04107	H799-7812 W878-1122	Physician Chest Medicine Assoc.	35 33
Alice Brechting 305 Commercial St. #412 W282-3361 Portland, ME 04101	H774-1852	Teacher - Thornton Academy	30
Brian & Francine Brown Christopher 7 Codman Street Portland, ME 04103 Cape Elizabeth, ME 04107	H871-8669 W781-3200-B W773-2906-F	Bus Driver Office Manager	35 36 10

MTC Members please note — NO DUES . . . NO NEWS!
This will be your last newsletter if dues are not paid by February 28.



Maine Track Club

Calendar of Events 1993

JANUARY	MARCH	MAY
S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
FEBRUARY	APRIL	JUNE
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JULY	SEPTEMBER	NOVEMBER
S M T W T F S	S M T W T F S	S M T W T F S
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AUGUST	OCTOBER	DECEMBER
S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Feb. 7	Mid-Winter Classic 10 Mile	Cape Elizabeth
March 28	Presidential Race 5 Mile	Kennebunkport
	"The Primary" 1-Mile Youth Fun Run	
April 3	Maine Track Club Memorial 5K	Kennebunk
April 19	Boys and Girls Club 5 Mile	Portland
April 24	April Amble 4 Mile	Portland
May 1	South Portland DARE 4 Mile	So. Portland
	Officer Friendly Youth Runs	So. Portland
May 8	Family Crisis Shelter 5K	Portland
May 28	YMCA Back Bay 5K	Portland
June TBA	Oakhurst Milk Run	Portland
July 17	Pat's Pizza Clam Festival Classic 5 Mile	Yarmouth
July 23	Deering Oaks Family Festival Track Meet	Portland
Aug. 7	Peaks Island 5 Mile	Peaks Island
Aug. 15	Bowdoin and Back 10 Mile	Brunswick
Aug. 15	St. Peter's 4 Mile	Portland
Sept. 19	Bud Light 5K - Women's Distance Festival	Portland
Oct. 3	Maine Marathon and Half Marathon	Portland
Oct. 10	Citibank 10K	Falmouth
Oct. 16	MTC Ultramarathon 50 Miler	Brunswick
Oct. 23	Brunswick Physical Therapy 8K	Brunswick
Nov. 21	Shop 'n Save Turkey Trot 5K and 10K	Cape Elizabeth
Dec. 31	New Year's/Portland 5K	Portland

Maine Coast Running Camp
July 7th, 8th and 9th

5K Road Race
July 10th

University of New England

USA Track & Field



Note: Events and dates are tentative and subject to change. For further details, please consult Mainely Running magazine, the Maine Sunday Telegram or Maine Track Club, PO Box 8008, Portland ME 04104.



Secretary's Report

Maine Track Club

December Meeting

Our Program: Tonight our guest speaker was Mr. Dick Hoyt from Holland, MA. Mr. Hoyt and his son Rick compete nationally in events ranging from 5K's to the Ironman, with much in between. Rick, who has Cerebral Palsy, supplies the drive and excitement while Dick does the legwork! Each in his own way inspires the other.

President's Report: Several first-time attendees stood and introduced themselves.

Recent races were applauded for their success. The Turkey Trot Youth Race had a most impressive turnout with over 50 entrants!!

A Thank you to Jan and Peter Bastow for hosting the MTC Handicap Race. Well done!

Co-president Carol Weeks expounded on the value and interest of youth fun runs. These people are the future of the MTC.

Singing??was reported to have been heard coming from the auditorium tonight in celebration of two birthdays. Don Kent turned 40, and Reggie Sargent turned 40 something.

Brief discussion about the club's need to pay RRCA dues and insurance. A motion was made and approved on this measure.

Beginning with the February meeting, the business segment will open at 6:30 p.m. and the guest speaker will be introduced at approximately 7:15. This will allow more time for questions and discussion, and socialization. This new format will be on a trial basis and monitored for its popularity.

On the subject of nominations for officers and committee chairs: Everett Moulton withdrew his name from all offices. Mel Fineberg was nominated VP, Charlie Scribner was nominated for Race Committee Chairman, and Greg Parker was nominated for a Membership at Large position.

Vice President's Report: The Awards Banquet will be held on January 16, 1993 at the Shawmut Inn in Kennebunk. Festivities begin with a cash bar from 5:00 to 6:00 p.m.

Secretaries Report: Nothing to report at this time.

Treasurers Report: Sumner Weeks read the report since our treasurer was in Hawaii.

Race Committee Report: Little to report at this time. The New Year's Portland is the next event. Volunteers are needed. More information is forthcoming from the committee on training sessions for specialty positions yet to be filled.

Old Business : N/A



New members and guests in attendance for the December meeting of the Maine Track Club are pictured left to right: Frank Doherty, Judy Grassi, Joe Jaworski, and Bob Green.

New Business: VP Tom Dann requested feedback on how to improve this year's running camp at UNE, with limited response. A verbal survey was taken regarding the time change for the membership meeting, and the response was favorable.

Results of the election of officers for 1993: President, Tom Dann; Vice President, Mel Fineberg; Secretary, Reggie Sargent; Treasurer, Steve Assante; Race Committee Chairman, Charlie Scribner; Membership Chairperson, Laurie Quint; Newsletter Chairperson, Jeanne Hackett; and the three Membership at Large positions, Russ Connors, Donna Moulton, and Pat Buckley.

The 50/50 Raffle was won by Don Bessey.

Respectfully Submitted, Reggie Sargent

**Note: New time for MTC
Meetings will begin
at 6:30 p.m.**

Race Results

9th Annual Downeast 4 Mile Classic Sanford YMCA - 187 Fin. - 10/18/1992

Top Overall Finishers:

1	Bob Winn (MTC) 1,open	33	19:34
2	Don Legere 2,open	30	20:22
3	Michael Grigware 3,open	28	20:30
4	Joe Noel 1,30-39	35	21:14
5	Mark Dudley 2,30-39	32	21:30
18	Wanda Binette (MTC) 1,open	26	23:49*
24	Ellen Bowden 2,open M.CR	40	24:53*
31	Carol Weeks (MTC) 3,open	43	25:21*
34	Tina Blier 1,20-29	27	25:35*
35	Mary Martin (MTC) 1,30-39	35	25:38*

Other Top Divisional Finishers:

9	Ken Houle 40-49	45	21:51
11	Denis Tranchemontagne 20-29	22	22:28
20	Andy Foulkner 15-19	15	24:08
22	Dick McKenney 50-59	50	24:40
39	Marjorie Haney 20-29	25	25:51*
43	Kristen Card 15-19	18	26:02*
60	Nancy Lund (MTC) 40-49	40	27:08*
87	Carlton Mendell (MTC) 60+	70	28:43
116	Andrea Bernard 14&under	14	30:51*
29	Jeffrey MacLean 14&under	15	24:08
161	Marianne Gagne (MTC) 50-59	51	35:18*

Other Maine Track Club Finishers:

19	Joe Richards	49	23:52
26	Clyde Coolidge 2,50-59	53	25:08
36	Ray Shevenell	51	25:39
37	Sumner Weeks	43	25:47
48	Dale Rines	40	26:14
50	Robert Moyer	48	26:29
53	John LeRoy	55	26:37
58	Stephen Assante	40	27:02
83	Reggie Sargent	46	28:33
85	Don Bessey	47	28:39
95	Mary Anne Peck	34	29:34*
113	Don Russell	55	30:39
114	Betty Rines	35	30:45*
124	Mary Beth Coolidge	24	31:24*
131	Linda Richards	29	31:48*
150	Robert Wyman	55	33:36
163	JoAnn Hertford	33	35:26*
167	Thomas Decker	48	35:52
172	Maggie Soule	51	36:13*

Many thanks to Mainely Running for complete results!

24th Annual Shop'n Save Turkey Trot 10K Cape Elizabeth - 124 Fin. - 11/22/92

Top Overall Finishers:

1	Todd Coffin 1,open	31	32:14
2	David Weatherbie 2,open	24	33:38
3	Shaun Keenan 3,open	30	34:56
4	Peter Hall 1,30-39	31	35:05
5	Roland Thibault 1,20-29	24	35:15
27	Carol Weeks (MTC) 1,open	43	41:37*
30	Anne-Marie Davee 2,open	36	42:02*
32	Kerry Keenan 3,open	28	42:12*
41	Erika Maddaleni 1,20-29	26	44:06*
49	Kathryn Tolford (MTC) 1,AG	38	44:41*

Other Top Divisional Finishers:

6	Joseph Wagnis 19&under	19	36:29
11	Bob Payne (MTC) 50-59	54	37:57
12	John Tarling 40-49	41	38:26
38	Walter Webber (MTC) 60&over	62	43:43
51	Joan Lavin (MTC) 40-49	44	44:51*
60	Elizabeth Brown 19&under	17	46:09*
106	Jean Thomas (MTC) 50-59	56	53:00*

Other Maine Track Club Finishers:

8	Steven Hertford 3,30-39	32	37:24
10	John Eldredge	38	37:28
16	Erich Reitenbach 2,40-49	42	39:54
17	John Brady	33	40:12
18	Carlos Philbrick 3,40-49	40	40:26
21	Ron Cedrone	43	40:53
22	Joel Titcomb	33	41:04
28	Les Berry	44	41:39
29	Gary Giffard	33	41:46
33	Muzzy Barton	40	42:17
34	Stephen Assante	40	42:42
40	John Merritt	42	44:01
53	Nancy Kneeland 2,30-39	38	45:01*
57	Jack Ireton-Hewitt 3,50-59	55	45:40
58	Gerard Salvo	37	45:50
59	Malcolm Washburn	39	45:52
64	Mike Cowell	55	46:45
77	Elizabeth Ehrenfeld	33	48:27*
78	Orlando Delogu	55	48:29
84	Stanley Simpson	45	51:38
95	Sue Inches	37	51:41*
100	Ann Blanchard	35	51:50*
107	Gore Flynn	45	53:08
110	Gisele Nadeau	38	53:43*
111	Warren Foye	44	53:59
113	Jeanne Richmond	33	54:24*
114	Jane Dolley	44	54:31*
115	Linda Folger	40	54:32*
116	Richard Levesque	57	54:50
120	Donald Johnson 3,60&over	62	57:07
123	Stoddard Chaplin	53	58:23

Introducing: New Membership Chair

Hi! My name is Laurie Quint and I have taken over the responsibility of Membership Chair. With considerable help from Ruth Hefflefinger, I am slowly learning the computer system for maintaining membership files.

I hope you'll be patient with me during the transition. Please feel free to call if you have any questions about your membership. I can be reached at 657-2426. If you have not sent in your membership renewal, please do so as soon as possible.

Race Results

2nd Annual Shop'n Save Turkey Trot 5K

Cape Elizabeth - 118 Fin. - 11/22/92

Top Overall Finishers:

1	John-Richard Gagnon 1,open	25	16:56
2	Andrew Black 2,open	30	16:56
3	Steve Reed 3,open	45	17:03
4	Jim Bunnell (MTC) 1,30-39	35	18:02
5	Frank Hague 1,20-29	29	18:04
7	Marty Shue 1,open	24	18:37*
12	Margaret Clapper 2,open	29	19:04*
29	Connie Hallett 3,open	33	20:39*
31	Christine Horstman 1,30-39	30	20:42*
32	Gayle Nappi (MTC) 1,40-49	40	20:47*

Other Top Divisional Finishers:

6	Bill Devou (MTC) 40-49	44	18:10
17	Russ Connors (MTC) 60+ TAC	60	19:35
18	Michael Beaudoin 50-59	50	19:39
24	Robert Hodsdon 19&under	14	20:25
63	Renee Lathrop (MTC) 19&under	14	24:20*
105	Maggie Soule (MTC) 50-59	51	28:57*

Other Maine Track Club Finishers:

11	Tom Allen	36	19:01
13	Will Lund	37	19:08
15	Glen Gallupe	33	19:21
19	Larry Barker 3,40-44	43	19:43
20	Peter Bastow 2,50-59	56	19:46
25	James McCorkle	37	20:27
30	George Liming	41	20:40
33	James Boisvert	35	20:48
35	Kevin Burke	27	20:58
36	Harry Nelson	38	0:59
38	John LeRoy 3, 50-59	55	21:00
41	Michael J. Crowley	42	21:13
47	Paul Kenison	50	22:14
48	Greg Parker	34	22:29
50	Russ Bradley 2,60&over	69	22:36
64	Loren Lathrop	43	24:23
68	Warren Wilson	59	25:05
69	Patty Medina	34	25:08*
76	Cleve Folger	43	25:48
79	Patty Titcomb	35	26:01*
84	JoAnn Hertford	33	26:21*
85	Jerome K. Jerome	53	26:31
86	Paul D'Amboise 3,60&over	62	26:43
87	Arabella Eldredge	38	26:47*
89	Michael Y. Crowley	8	27:00
102	Dianne McCorkle	33	28:34*
107	Jesica Parker 2,19&under	10	29:39*
113	Widge Thomas	68	31:18
114	Donald Penta	46	31:34

Many thanks to Susan Davenney for complete results of the Turkey Trot races!

11th Annual Shaw's Thanksgiving Day 4M

Portland, Me - 405 Fin - November 26 '92

Top Overall (*) Women and Men:

(Totals: 119 Women and 286 Men)

1	Lisa Wakem 1,open	25	23:13*
2	Molly Dinan 2,open	16	24:10*
3	Wanda Binette (MTC) 3,open	26	24:22*
4	Marjorie Haney	25	24:53*
5	Christine Shepard-Sawyer	17	24:55*
1	Bob Winn (MTC) 1,open CR	34	19:26
2	Sam Wilbur 2,open	20	19:45
3	Steve Sarkozy 3,open	24	20:14
4	Ethan Crain	20	20:15
5	Charles Violette	22	20:28

Other Top Divisional Finishers:

8	Rebecca McGovern 30-34	30	25:14*
12	Deb Raszmann 35-39	39	26:05*
16	Brigitte Edquid (MTC) 40-44	44	26:29*
35	Louisa Dunlap 50-54	52	29:44*
36	Kathleen McDonough 15&under	12	29:50*
39	Andrea Hatch 45-49	49	29:57*
56	Jean Thomas (MTC) 55-59	56	31:57*
112	Ruth Hefflefinger (MTC) 60+	63	40:40*
7	Allen Muir 35-39	37	21:05
8	Stephen Fluett (MTC) 30-34	34	21:10
17	Tom Howard 15&under	15	22:03
18	Chris Hood 16-18	18	22:05
19	Dennis Smith (MTC) 40-44	42	22:07
20	Joel Croteau 45-49	48	22:09
32	Bob Payne (MTC) 50-54	54	23:14
64	Peter Bastow (MTC) 55-59	56	24:59
66	Russ Connors (MTC) 60& over	60	25:01

Other Maine Track Club Finishers:

(Totals: 30 Women and 51 Men)

7	Coreen Corsetti	28	25:11*
17	Kathryn Tolford 2,35-39	38	26:33*
19	Joan Lee 3,35-39	38	26:41*
20	Rosalyn Randall 2,40-44	42	26:56
21	Carol Hogan 3,40-44	42	27:08
22	Diane C. LaVangie	34	27:56*
23	Nanette Dyer	30	27:58*
24	Karen Hoppe 2,16-18	17	28:40*
26	Lori Towle	19	28:40*
32	Marla Keefe	39	29:18*
43	Mary Beth Coolidge	24	30:28*
50	Judy Bastow	39	31:12*
52	Sue Inches	37	31:35*
53	Wendy Hall	27	31:42*
59	Barbara Coughlin 2,45-49	49	32:21*
60	Jane Dolley	44	32:31*
62	Kathryn Yates	42	32:47*
64	Sandy Utterstrom 3,45-49	49	33:09*
69	Ingrid Snekvik	27	33:51*
81	Elizabeth Dubois	30	35:05*
86	Susan Davenney	44	35:49*
87	Tammy Butler	32	35:51*
92	Tina Clark	38	36:42*
95	Migs Handcock	42	36:59*

Race Results continue on next page

Race Results

11th Annual Shaw's Thanksgiving Day 4M Portland, Me - 405 Fin - November 26 '92

Continued from previous page

105	Donna Moulton	43	38:09*
111	Deborah Poore	43	40:21*
28	John Eldredge	38	22:46
38	Jim Bunnell	35	23:25
39	Ron Deprez 2,45-49	48	23:28
43	Tom Allen	36	24:00
44	Terry Clark 3,45-49	48	24:12
51	Carlos Philbrick	40	24:30
55	Gary Giffard	33	24:45
60	Yun Chong	32	24:51
70	Clyde Coolidge	53	25:13
72	Harley Lee	39	25:18
78	Muzzy Barton	40	25:28
83	David Smith	51	25:39
91	Dale Rines	40	25:56
103	Neil Martin	49	26:18
104	Rocco Corsetti	45	26:19
109	Jack Ireton-Hewitt 2,55-59	55	26:49
112	John LeRoy 3,55-59	55	26:55
113	Charles Iselborn	35	26:56
123	Mike Cavanaugh	41	27:30
132	Kevin Burke	27	27:45
135	Paul LaVangie	34	27:54
141	Dan Aderman	12	28:05
162	Reggie Sargent	46	29:04
168	Richard Cavanaugh	59	29:20
169	Steve Robertson	33	29:22
205	Loren Lalthrop	43	30:42
209	Don Kent	39	30:51
210	Bob McArtor	53	30:55
226	Don Russell	55	31:26
231	Herb Strom 2,60&over	63	31:31
132	Warren Foye	44	31:32
238	Joseph O'Donnell	41	31:43
246	Tom Atchison	43	32:29
247	Malcolm Washburn	39	32:30
248	Ned Vadakin	50	32:34
249	Bill Davenney	47	32:38
254	Charles Snekvik	49	33:54
255	Richard Levesque	57	33:59
259	Don Johnson 3,60&over	62	34:26
266	Tom Brown	35	35:22
270	Bill Lovett	51	36:05
276	James Kearns	42	37:21
279	John Kendall	42	37:41
280	Wayne Newland	54	37:43
282	Widgery Thomas	68	39:09

Many thanks to George Towle, Race Director, for complete results!

4th Annual New Year's Portland 5K Race Portland Downtown - 191 Fin. - 12/31/92

Top Open Finishers:

1	Allan Muir	37	16:17
2	Todd Coffin	31	16:19
3	Michael Mageles	25	16:31
4	Paul Fagan	39	16:59
5	Susannah Beck (MTC) (CR)	24	17:01*
6	Rick Stuart	35	17:02
32	Ellen Bowden	40	19:20*
36	Kristin Pierce	19	19:35*
37	Coreen Corsetti (MTC)	28	19:37*
41	Marjorie Haney	25	19:44*

Other Top Divisional Finishers:

7	Stephen Fluett (MTC) 30-39	34	17:03
8	Derrick Martin 12-19	19	17:05
11	Ron McGraw 20-29	24	17:12
13	Steve Reed 40-49	45	17:15
25	Bob Payne (MTC) 50-59	54	18:42
54	Carol Hogan (MTC) 40-49	42	20:12*
67	Carrie Croft 30-39	33	20:51*
85	Myles Courtney 12&under	11	21:50
96	Erin Ray 20-29	27	22:27*
111	Corey Coogan 13-19	15	23:23*
121	Carlton Mendell (MTC) 70+	71	23:45
163	Paul D'Amboise (MTC) 60-69	63	27:13
164	Mandy Bowden 12&under	8	27:28*
174	Polly Kennison 50-59	56	28:26*

Other Maine Track Club Finishers:

17	Gordon Scannell 2,40-49	40	17:26
21	Jim Bunnell	35	18:01
24	Joel Titcomb	34	18:32
29	Will Lund	37	18:57
31	Tom Allen	36	19:16
39	Harry Nelson	38	19:42
44	Clyde Coolidge 2,50-59	54	19:52
49	Muzzy Barton	40	20:02
50	Gary Giffard	33	20:03
53	Peter Bastow	56	20:11
57	Neil Martin	49	20:20
59	Dale Rines	40	20:24
60	Lloyd LaFountain	30	20:31
66	Richard Robinov	32	20:50
68	Rocco Corsetti d	45	20:53
74	James McCorkle	37	21:04
77	Joan Lee 2,30-39	38	21:15*
80	Brigitte Edquid 2,40-49	44	21:34*
81	Michael Cowell	55	21:38
82	Diane LaVangie	34	21:39*
84	Kevin Burke	28	21:50
91	John Watson	48	22:08
92	Betty Rines	35	22:12*
97	Thomas Menendez	39	22:28
101	Reggie Sargent	47	22:35

More Race Results on next page

Race Results

4th Annual New Year's Portland 5K Race Portland Downtown - 191 Fin. - 12/31/92 Continued from previous page

113	Eric Ellis	40	23:35
115	Beth Crowley 2,13-19	17	23:37*
118	Dan Aderman	12	23:39
119	Ronald Pelton	39	23:40
137	Donald Foshay, Jr.	33	24:15
147	Eric Tableman	12	24:40
149	Warren Wilson	59	24:41
151	Mike Foshay	22	25:21
152	Nina Stoddard	40	25:28*
153	Andy Jenkins	9	25:41*
157	Patty Titcomb	35	26:01*
159	Rute Stuffletoe	53	26:52
165	Sandy Utterstrom	49	27:30*
168	Janise Monaghan	42	28:00*
171	Dianne McCorkle	33	28:15*
173	William Sproul	35	28:20
179	Jesica Parker	10	29:04*
180	Greg Parker	34	29:04
185	Craig Cunningham	33	29:39
191	Donald Penta	46	30:21

Many thanks to Ruth Hefflefinger for the official complete results to the New Year's Portland 5K!



Jan Bastow does some campaigning from the sideline

Kids' Fun Run Highlights 24th Annual Turkey Trot Road Race

Our Shop'n Save Turkey Trot race held last November 22 will be remembered for two distinct highlights; the beautiful weather and the great Kids' Fun Run. After the miserable weather last year, we were blessed with great weather for our race this year. Combine that with a great bunch of volunteers, friendly runners, unique race running gloves, and a lot of happy kids, and you have the ingredients of a very successful day.

We were anticipating about an even dozen kids to show up for the race. To our surprise and pleasure, fifty-nine kids registered for the race, ranging in age from 5 to 14.

Our goal for next year is to formalize the kids' race into a regular feature of our race day. To all of our dedicated volunteers, a hearty thank you for a job well done.

*Mel Fineberg & Tom Atchison,
Race Directors*

Food for Thought

Mr. Bagel on Forest Ave. in Portland generously donates bagels and cream cheese for our monthly meetings. It would be nice to complement these with some other fare such as fresh fruit, veggies, or baked goods. Members could take turns bringing an item. If you are interested in spicing up the refreshments, please contact Jeanne Hackett at 879-0678, to create a volunteer pool and rotation.



Bob Cushman runs the Handicap Race on a bitterly cold day



Maine Track Club 1993 Officers and Committee Chairs

Tom Dann	President	985-2727	Donna Moulton	At Large	799-2894
Mel Feinberg	V. President	774-8868	Pat Buckley	At Large	773-4562
Reggie Sargent	Secretary	967-5629	Russ Bradley	At Large	799-3864
Steve Assante	Treasurer	642-4298	Dale Rines	Course Cert.	854-2486
Carol and Sumner Weeks	Past Pres.	774-7302	John Gilliss	Course Cert.	879-0222
Charles Scribner	Race. Comm.	772-5781	Don Penta	Statistician	892-4526
Laurie Quint	Membership	657-2426	Rick Meinking	Equipment	772-8301
Jeanne Hackett	Newsletter	879-0678	Judy Grassi	Clothing	774-9656

Maine Track Club Membership Application

(Please check one) ☐ Individual (\$12) ☐ Family (\$15) ☐ Student — 18 year old maximum (\$5)

Membership is through December of the current year. Dues paid after September 30 are good through December of the following year.

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Street address _____ Home phone _____

City _____ State _____ Nine-digit ZIP* _____

*We need nine-digit ZIP for mailing newsletter. Consult a utility bill for your nine-digit ZIP Code.

Employer _____ Occupation _____ Bus. phone _____

Employer _____ Occupation _____ Bus. phone _____

If student, school _____ Yr. of grad. _____

If student, school _____ Yr. of grad. _____

Volunteer Waiver

To be signed by each new member in the household. Applicants under age 18 require signature of parent.

I know that volunteering to work and participating in Maine Track Club events is potentially a dangerous activity. I should not participate or volunteer unless I am medically able. I assume all risks associated with participating in or volunteering at Maine Track Club events, including, but not limited to, falls, contact with participants, the effects of the weather, conditions on the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, its representatives and successors from all claims or liabilities of any kind arising out of my participation in Maine Track Club activities, even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Signature _____ Date _____

Signature _____ Date _____

Signature _____ Date _____

Please mail completed form and check to: Membership, Maine Track Club, PO Box 8008, Portland, ME 04104