



News•Run

Run with a friend ...

January 1996

From the Presidential Suite

As we end 1995 and begin 1996, I want to take this small space to express my great appreciation to a few of the people that have worked very hard this year to make Maine Track Club events successful in 1995.

Everett Moulton, race committee chairman, spends more personal time than any I know in the club to make sure that MTC races and events are organized, safe and plentiful. Everett, I can't begin to express in words our thanks to you.

Bob Aube, *News-Run* editor, has worked long and hard to bring us the latest information regarding MTC events, races and results — many times on tight deadlines. Thank you, Bob, for your hard work.

Larry Barker, treasurer, has provided detailed, up-to-date financial reports for our board and club meetings as well as paying our bills in a timely manner. This has required hours of work, much of it on weekends, in order to stay current. We appreciate your work, Larry.

Mary Ann Doss, secretary, has provided accurate and timely minutes of our board meetings and is chairing our annual awards banquet committee. For your hard work, Mary Ann, and the running experience you bring to the club, we are indebted to you.

Under the direction of Alyce Schultz, membership committee chair, we have more new members this year than in most recent years. Alyce has faithfully responded to new membership applications and maintained our membership records. Thank you, Alyce.

Malcolm Washburn, coaching committee chair, kept our coaching program with Steve Fluet running smoothly throughout the spring, summer and fall. Thanks to your efforts, Malcolm, many members enjoyed PRs.

Howard Spear managed to handle both our equipment and clothing in his usual first class manner. Thank you, Howard, especially for the new T-shirt design.

Finally, I want to thank the other officers and board members without whose dedication, advice and assistance the year would not have been possible — Mel Fineberg, Ron Deprez, Russ Bradley, Clyde Coolidge, Donna Moulton, Larry Dyer, Don Penta. In addition, I want to thank Sue Davenny and Sandy Utterstrom for pitching in on projects, as well as the dedicated race directors, newsletter writers and many volunteers.

— Ron Pelton

Annual MTC Banquet

Saturday, January 13, 5:30 p.m.
Italian Heritage Center
40 Westland Ave., Portland

Featured Guest Speaker: Bill Rodgers

If you haven't already made plans to attend the annual Maine Track Club Awards Banquet, now is the time to do so. Four-time Boston Marathon winner Bill Rodgers is the featured speaker at this year's banquet, which begins with a social hour from 5:30-6:30 p.m. A buffet dinner will be served at 6:30 p.m., after which Rodgers will speak and awards for the 1995 season will be presented.

Cost of the banquet is \$18.50 for MTC members and \$21.50 for non-members. See the enclosed flyer for more information.

What's inside ...

Ron Deprez's trip to Kiawah Island...	Page 2
Report on Turkey Trot races.....	Page 2
MTC financial report	Page 3
Proposed budget for 1996	Page 3
Update on running shoes to Africa....	Page 4
Race schedule	Page 4
Race results.....	Pages 5-8
Report on MTC 50 Miler	Page 8
New members.....	Page 9

Running chronicles — The Kiawah Island Marathon

By Ron Deprez

On December 8th, we headed for Charleston, S.C., in order to run the 1995 Kiawah Island Marathon, held on December 9th. Hamstring injuries from running over the last year and a calf injury from skiing had made it impossible for me to qualify earlier for the 100th Boston. The marathon is run entirely on Kiawah Island, which is located about 35 minutes from Charleston. It doubled in size this year, from 600 to over 1,200 runners. The half-marathon and the 5k also experienced significant increases in runners. I met two runners from Columbia, S.C. before the race; we were all going out at a pace to complete a 3:15 marathon. They were in their mid-30's so had to come in at 3:15 to qualify for Boston. I was more fortunate; being older, I had to be in by 3:30. But even though I had done no speedwork or strength running, I felt capable of a 3:15 pace and wanted to leave myself plenty of time in case I had problems at the end.

The marathon course was flat and there were plenty of water stations dispensing water and Gatorade. The only drawback was the number of turns on the course (I read the course description before the race and stopped counting at 25). The weather was overcast and it did rain for about 30 minutes during the race. We had no trouble maintaining a 7:27 per mile pace; in fact, typical of the marathon, we started out a little faster but by Mile 4 had settled into an even pace, leaving us about 1 minute, 30 seconds ahead of the 3:15 pace through most of the race. At Mile 20 I slowed a bit and they pulled ahead. At Mile 22 I was still on the 3:15 pace and Martha, my wife, met up with me to run the remaining 4 miles. However, it didn't go all that smoothly; there were several nine-plus minute miles and I finished in 3:21. This was my slowest ever marathon time; but perhaps the most important since it will get me to Boston in April, provided I have no ski injuries this winter.

The best part of the trip, besides qualifying for Boston, was getting to see a little of Charleston. It is a very historical city and has a beautiful historical district — it was the first U.S. city to pass a local historical preservation ordinance. As a consequence, there are a large number of very old but well preserved buildings, many of which date back to our country's revolution from England, the War of 1812 and the Civil War. There are also plenty of very good restaurants — an important consideration when selecting your next marathon.

Shop 'n Save Turkey Trot 5K and 10K

This year, despite the rain and bone-chilling cold, 149 hardy souls lined up for the start of the Shop 'n Save Turkey Trot 5K, 10K and kids race in Cape Elizabeth on Nov. 19. The winner of the 5K was Bob Lacourse of Biddeford with a time of 16:41. The winner of the 10K was Stephen Sarkozy of Cape Elizabeth with a time of 33:21. Congratulations to all who participated!

Thank you to all the dedicated volunteers who came out in this weather and stayed at their post — many for both races:

Volunteer List

Bob Aube	Mark Alan Clinch	Barbara Kucine	Jim McCorkle	Ronald Read	Ann Stroh
Betsey Barrett	Sue Davenny	Joan Lavin	Eric Ortman	Betty Rines	Pati Tableman
Ann Blanchard	Mike Dubois	Bill Lovitt	Marge Parsons	Dale Rines	Al Tanguay
Henrietta Bradley	Bud Elliott	Archie Manoogian	Nate Parsons	Richard Scribner	Brenda Tanguay
Russ Bradley	Sally Gore	Carlton Mendell	Ron Pelton	Alyce Schultz	Al Utterstrom
Susan Campbell	Brent Graham	Dennis Morrill	Don Penta	Laura Simmons	Sandy Utterstrom
Tom Caril	Ray Hefflefinger	Donna Moulton	Michelle Poulin	Bernadine Small	
Diana Champion	Stewart Jordan	Everett Moulton	Alysha Pulsifer	Maggie Soule	
Mark Clinch	Nancy Kneeland	Diane McCorkle	Gretchen Read	Howard Spear	

Special thanks to Nancy Lund for her logo design and Al Mack for the application layout.

Malcolm Washburn
Mel Fineberg
Mary Anne Champeon
Co-race directors

MTC financial report

For period ending 11/30/95

	ACTUAL	BUDGET
Cash balance 1/1/95	\$8,097.67	
Income		
Membership.....	\$4,066.00	\$3,750.00
Race Income		
Management Fees	\$9,251.00	\$7,500.00
Equipment Rental	\$450.00	\$450.00
Marathon		\$1,500.00
Race Fees.....	\$4,307.00	\$3,000.00
Reimbursements	\$4,402.75	\$2,500.00
Other.....	\$1,450.00	
Fundraiser.....		\$500.00
Donations.....		\$400.00
Banquet.....	\$2,126.25	\$2,500.00
Clothing Sales.....	\$2,303.00	\$1,500.00
Newsletter Sponsor	\$85.00	\$100.00
Newsletter Ads.....	\$50.00	\$500.00
50-50 Raffle.....		\$200.00
Interest.....	\$69.41	\$120.00
Computer Fund.....	\$82.00	\$455.00
Miscellany.....	\$241.00	
Total Income.....	\$28,883.41	\$24,975.00
Expenses		
Administrative		
Postage	\$306.84	\$750.00
Awards		\$400.00
MTC Ads.....	\$250.00	\$250.00
Printing.....	\$413.67	\$750.00
Clothing.....	\$3,805.24	\$2,500.00
Meeting.....		\$250.00
Other.....	\$1,059.90	
Race Committee		
Ads	\$310.00	\$250.00
Printing.....	\$172.07	\$1,500.00
Supplies	\$739.70	\$500.00
Awards & Clothing.....	\$1,038.93	\$1,500.00
Equipment.....	\$2,152.04	\$2,000.00
Maintenance & Insurance		\$1,300.00
Other.....	\$3,962.25	\$950.00
Banquet		
Awards	\$1,850.35	\$2,000.00
Facility.....	\$2,048.30	\$2,000.00
Other.....	\$821.41	\$500.00
Newsletter		
Printing.....	\$2,283.81	\$1,400.00
Postage	\$781.52	\$750.00
Layout & Other.....		\$600.00
Scholarships		
Bruce Ellis		\$600.00
John Fyalka.....	\$300.00	\$300.00
Other.....		\$250.00
Coaching.....	\$2,375.00	\$2,375.00
Miscellaneous		
Fundraiser.....		\$100.00
RRCA	\$1,519.07	\$1,000.00
Mt. Washington	\$200.00	\$200.00
Other.....	\$4,211.54	
Total expenses.....	\$30,735.58	\$24,975.00
Cash balance 11/30/95	\$6,245.50	

Proposed 1996 budget

	1996	1995
Income		
Membership.....	\$5,900	\$3,750.00
Race Income		
Management Fees	\$6,950.00	\$7,500.00
Equipment Rental	\$600.00	\$450.00
Marathon	\$2,500.00	\$1,500.00
Race Fees.....	\$3,500.00	\$3,000.00
Reimbursements	\$1,500.00	\$2,500.00
Other	\$1,200.00	
Fundraiser.....	\$500.00	\$500.00
Donations	\$400.00	\$400.00
Banquet	\$3,000.00	\$2,500.00
Clothing Sales.....	\$2,800.00	\$1,500.00
Newsletter Sponsor	\$100.00	\$100.00
Newsletter Ads	\$250.00	\$500.00
50-50 Raffle.....	\$200.00	\$200.00
Interest.....	\$100.00	\$120.00
Computer Fund.....	\$150.00	\$455.00
Miscellany	\$250.00	
Total Income.....	\$29,900.00	\$24,975.00
Expenses		
Administrative		
Postage	\$1,000.00	\$750.00
Awards	\$400.00	\$400.00
MTC Ads.....	\$250.00	\$250.00
Printing.....	\$750.00	\$750.00
Clothing.....	\$2,800.00	\$2,500.00
Meeting.....	\$250.00	\$250.00
Other	\$750.00	
Race Committee		
Ads	\$310.00	\$250.00
Printing.....	\$1,500.00	\$1,500.00
Supplies	\$750.00	\$500.00
Awards & Clothing.....	\$1,310.00	\$1,500.00
Equipment	\$3,680.00	\$2,000.00
Maintenance & Insurance	\$1,650.00	\$1,300.00
Other	\$1,500.00	\$950.00
Banquet		
Awards	\$1,500.00	\$2,000.00
Facility.....	\$3,000.00	\$2,000.00
Other	\$250.00	\$500.00
Newsletter		
Printing.....	\$2,400.00	\$1,400.00
Postage	\$800.00	\$750.00
Layout & Other	\$250.00	\$600.00
Scholarships		
Bruce Ellis	\$600.00	\$600.00
John Fyalka	\$300.00	\$300.00
Other	\$250.00	\$250.00
Coaching.....	\$2,000.00	\$2,375.00
Miscellaneous		
Fundraiser.....	\$100.00	\$100.00
RRCA	\$1,200.00	\$1,000.00
Mt. Washington	\$200.00	\$200.00
Other	\$150.00	
Total expenses.....	\$29,900.00	\$24,975.00

Update on running shoes to Africa

Ron Deprez reports that he recently mailed 80 pounds of used running shoes to The Gambia in West Africa as part of the Maine Track Club sponsored "Running Shoes to Africa Project".

The shoes were collected as part of the Maine Marathon weekend activities. These running shoes will be distributed to runners in The Gambia who are unable to purchase running shoes on their own.

The Gambia is one of the most densely populated and poorest countries in Africa. Yet, The Gambia has no shortage of road runners; running in everything from totally worn-out running shoes to plastic sandals.

The Director of Sports and Youth in The Gambia, who will distribute the shoes, was pleased to receive them. Public Health Resource Group, a healthcare research and consulting firm of which Ron is President, contributed over \$300 for the mailing of this first batch of shoes.

Assistance from others in the Maine running community is needed to send a second 80-pound batch. Please call Ron at 772-4312 if you can help.

Upcoming races

December 31

Fat Ass 50 (50 miles), Brunswick, 7:30 a.m.
Contact: Phil Pierce 781-3769.

January 21

17th Annual January Thaw Road Race (4.5 miles), Belgrade, noon. Contact: Gene Roy 465-7296.

February 4

Midwinter Classic 10 Miler, Cape Elizabeth, 10 a.m. Contact: Jeanne Hackett 766-2690 or Don Penta 892-4526.

Note: Races in bold are MTC events



Share your recipes

Please share your recipes with your hungry fellow runners. Just send a favorite recipe or two to:

Newsletter
P.O. Box 8008
Portland, ME 04104

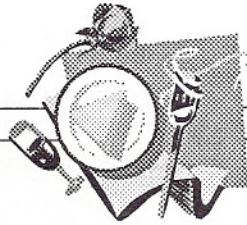
We need your input

In order to make *News-Run* the best it can be, we need your ideas, stories and other items of interest to your fellow track club members.

If you have a story or a news item that you think belongs in *News-Run*, please bring it to our attention. Send your story, article or announcement you'd like submitted to:

Larry Dyer
52 Falmouth Road, C-13
Falmouth, ME 04105

If you have something to share for *News-Run* but don't feel like writing it, contact Larry Dyer (627-4449) or Pat Buckley (775-4817).



*Maine Track Club Annual Banquet
Saturday, January 13, 1996
Social Hour 5:30 pm Dinner 6:30 pm*

Buffet menu will include:

Roast Beef, Roast Turkey Breast with Cranberry and Orange Sauce

Baked Lasagna with Tomato Sauce, Italian Sausage with Roasted Peppers

Homemade Italian Meatballs, Broiled Scallops with Garlic, Herbs, Lemon and Crabmeat

Three Grain Rice Pilaf with Garden Vegetables, Garden Salad with Assorted Dressings

Fresh Italian Bread, Coffee, Herbal Tea, Hot Cocoa and Decaffeinated Coffee, Dessert

Special Guest Speaker - Bill Rodgers

Four time winner of the Boston and New York City Marathons

and the presentation of the Maine Track Club Annual Awards

at the Italian Heritage Center

40 Westland Ave, Portland, Maine... off Outer Congress Street

Cost \$18.50 MTC members - \$21.50 for non-members

Mail your check by January 4, 1996 made payable to Maine Track Club to:

Banquet, Maine Track Club, P.O. Box 8008, Portland, Maine 04104

For more information call Mary Ann Doss at 799-0896.

Race Results

Submitted by Don Penta

1995 Shop N' Save Turkey Trot 5K Road Race

72 Finishers (29 Female & 43 Male)

Cape Elizabeth Middle School, Cape Elizabeth, Maine

9:30 AM, November 19th, 1995

Top Overall Finishers (WOMEN)

1 Denise Harlow 1,overall	25	19:09	6:11
2 Sarah Piampiano 2,over. USAT&F	15	19:15	6:13
3 Anne Hendrix 3,overall	39	20:48	6:43
4 Amy Cook 1,30-39	30	21:01	6:47
5 Christy Peters 1,20-29	24	21:30	6:56

(MEN)

1 Bob Lacourse 1,overall	17	16:41	5:23
2 Robert Beliveau 2,overall	16	17:10	5:32
3 David Roberts 3,overall	40	17:14	5:34
4 Sean Keough (MTC) 1,40-49	40	17:22	5:36
5 Zak Laidley 1,20-29	22	17:33	5:40

Other Top Divisional Finishers (WOMEN)

9 Arabella Eldredge (MTC) 40-49	41	23:24	7:33
14 Dierdre Hennessey (MTC) 14&-	13	27:16	8:48
17 Jaclyn Ouillet 15-19	17	28:39	9:15
25 Marlene Manoogian 60-69	64	31:24	10:08

(MEN)

8 Jared Moore 15-19	16	18:31	5:58
9 Randy Spencer 30-39	34	19:12	6:12
15 Charles Kahill 50-59	52	20:26	6:35
16 Hap Hazzard (MTC) 60-69	63	20:42	6:41
31 Russ Bradley (MTC) 70&+ USAT&F	72	24:27	7:53
34 Ryan Wade 14&under	13	26:53	8:40

Other Maine Track Club Finishers (WOMEN)

7 Maryanne Dunfey	35	22:44	7:20
10 Sherry Carl 2,40-49	48	24:26	7:53
15 Jennifer Pierce	27	27:27	8:51
23 Nancy Hewitt	48	30:23	9:48
29 Ruth Hefflefinger 2,60-69	66	33:25	10:47

(MEN)

7 John Eldredge	41	18:22	5:55
10 Eric Ortman 2,30-39	36	19:29	6:17
11 Loren Lathrop	46	19:40	6:17
21 Richard Scribner	44	21:31	6:56
23 Gary Johnson	44	21:40	6:59
27 Jim Estes	46	22:11	7:09
28 Keith Malone	38	22:36	7:17
29 Brian Lathrop	15	24:09	7:47
36 Andrew Coffin	29	27:05	8:44

27th Annual Shop N' Save Turkey Trot 10K Road Race

63 Finishers (16 Female & 47 Male)

Cape Elizabeth Middle School, Cape Elizabeth, Maine

10:30 AM, November 19th, 1995

Top Overall Finishers (WOMEN)

1 Laurel Valley (MTC) 1,overall	33	39:18	6:20
2 Katie Payson 2,overall	30	39:22	6:21
3 Terry Sutton (MTC) 3,overall	34	39:52	6:26
4 Rhonda Benner 1,20-29	23	41:09	6:38
5 Leigh Minor 2,20-29	25	43:48	7:04

(MEN)

1 Stephen Sarkozy 1,overall	27	33:21	5:23
2 Pete Bottomley (MTC) 2,overall	34	34:14	5:31
3 David Weatherbie 3,overall	27	34:42	5:36
4 Rick Chalmers 1,30-39	34	34:49	5:37
5 Michael Payson 2,30-39	32	34:54	5:38

Other Top Divisional Finishers (WOMEN)

7 Kathryn Tolford (MTC) 40-49	41	44:46	7:13
8 Maureen Sproul (MTC) 30-39	39	45:12	7:17
12 Polly Kenniston 50-59	58	52:42	8:30

(MEN)

8 John Mollica 40-49	43	38:27	6:12
9 Garth Altenburg 20-29	22	39:42	6:24
17 Clyde Coolidge (MTC) 50-59	56	43:10	6:58
24 Ben Fudge 60-69	60	44:57	7:15
41 Carlton Mendell (MTC) 70&over	74	52:30	8:28

Other Maine Track Club Finishers (WOMEN)

6 Ann Stairs	26	43:59	7:06
15 Tina Marzul	32	60:17	9:43
16 Pamela Kinner	36	61:47	9:58

(MEN)

12 Alburn Butler	42	40:27	6:31
13 Rex Holtan	43	41:08	6:38
15 Larry Kinner	46	42:07	6:48
33 Walter Webber 2,60-69	65	48:06	7:45
36 George Conly	47	49:58	8:04
42 Robert Marzul	34	53:21	8:36
43 Gerard Salvo	40	53:46	8:40
44 Bill Davenny	50	53:47	8:40
46 Julius Marzul	69	68:39	11:04

Many thanks to Sue Davenny and the outstanding MTC computer team for complete results to the Shop N' Save Turkey Trot races!

More Race Results

14th Annual Shaw's Thanksgiving Day 4 Mile Road Race
517 Finishers (185 Female & 332 Male)
One City Center, Portland, Maine
9 AM, November 23rd, 1995

Top Overall Finishers (WOMEN)

1 Christine Snow-Reaser 1,overall	29	23:02	5:46
2 Kristin Pierce 2,overall	22	23:19	5:50
3 Molly Dinan 1,16-19	19	23:53	5:58
4 Rose Prest-Morrison 1,30-34	33	24:10	6:03
5 Denise Harlow 1,25-29	25	24:16	6:04

(MEN)

1 Scott Brown 1,overall	37	20:19	5:05
2 Stephen Sarkozy 2,overall	27	20:44	5:11
3 Don Legere 1,30-34	33	20:51	5:13
4 Robert Ashby 1,25-29	27	20:54	5:14
5 Allan Muir 1,40-44	40	21:00	5:15

Other Top Divisional Finishers (WOMEN)

9 Jessie Andrews 20-24	20	25:20	6:20
11 Carol Hogan (MTC) 45-49	45	25:54	6:29
12 Ellen Bowden 40-44	43	26:05	6:31
19 Maureen Sproul (MTC) 35-39	39	27:55	6:59
29 Mandy Bowden 12&under	11	28:59	7:15
34 Kim Taylor 13-15	15	29:21	7:20
48 Martha Deprez (MTC) 50-54	50	30:34	7:39
94 Polly Kenniston 55-59	58	34:04	8:31
166 Ashley Ryder 65-69	66	40:07	10:02
185 SWM 60-64	60	51:58	13:00

(MEN)

8 William Freeman 20-24	22	21:24	5:21
9 Tom Howard (MTC) 16-19	18	21:36	5:24
22 Rob Smith 35-39	37	23:08	5:47
46 Bob Coughlin 55-59	56	25:09	6:17
54 Michael Myrick 50-54	50	25:22	6:21
55 Seth Bullock 13-15	15	25:22	6:21
179 Paul McCourt 60-64	60	30:33	7:38
193 Russ Bradley (MTC) 70&over	72	31:02	7:46
231 Travis Anthoine 12&under	12	32:45	8:11
318 Julius Marzul (MTC) 65-69	69	40:08	10:02

Other Maine Track Club Finishers (WOMEN)

7 Terry Sutton	34	24:32	6:08
18 Renee Lathrop	17	27:53	6:58
20 Rosalyn Randall 2,45-49	45	27:56	6:59
22 Angela Small	25	28:03	7:01
27 Judith King	38	28:48	7:12
30 Diane LaVangie	37	29:05	7:16
51 Nancy Murphy	48	30:58	7:45
58 Patty Medina	37	31:27	7:52
60 Sherry Carl	48	31:35	7:54
83 Sherron Small	49	33:04	8:16
89 Marguerite Lawler-R	40	33:33	8:23
99 Kimberly Monaghan	36	34:22	8:36

104 Judy Bastow	32	34:51	8:43
119 Jennifer Pierce	27	36:03	9:01
155 Jill Peters	20	38:31	9:38
167 Dolores Billings 2,65-69	65	40:10	10:03
173 Lynn Simmons	40	41:48	10:27
174 Sally Gore	32	41:49	10:27
181 Ruth Hefflefinger	66	44:30	11:08

(MEN)

6 Pete Bottomley 2,30-34	34	21:05	5:16
14 Bill Desrosier	33	22:13	5:33
28 Sean Keough	40	23:32	5:53
29 John Eldredge	41	23:36	5:54
32 Dennis Smith 2,45-49	45	24:05	6:01
34 Rob Brooks	30	24:12	6:03
37 Paul Gadbois	42	24:32	6:08
44 Loren Lathrop	46	25:02	6:16
51 Gerard Conley, Jr.	41	25:16	6:19
56 Eric Ortman	36	25:26	6:22
60 Stephen Murphy 2,50-54	51	25:38	6:25
64 Ron Cedrone	46	26:20	6:35
69 Carlos Pholbrick	43	26:33	6:38
70 Michael Beaudoin	53	26:35	6:39
77 Peter Bastow 2,55-59	59	26:51	6:43
81 Al Butler	42	26:59	6:45
90 Jamie Chamberlain	31	27:21	6:50
91 Ed Doughty, Jr.	46	27:22	6:51
111 Evan Hennessey	16	27:59	7:00
112 Dan Hogan	45	28:00	7:00
113 Gary Johnson	44	28:00	7:00
114 J. Hilary Billings	42	28:01	7:00
133 Stephen DiPalma	40	28:50	7:13
139 John LeRoy	58	28:59	7:15
140 Albert Tanguay	34	29:03	7:16
146 Keith Malone	38	29:20	7:20
149 David Paul	50	29:35	7:24
180 Ron Deprez	51	30:38	7:40
182 Denny Morrill	56	30:40	7:40
212 Andrew Flaherty	16	31:42	7:56
220 Matt Steege	13	32:11	8:03
221 Mark Steege	40	32:12	8:03
240 Dave Conley	55	33:11	8:18
248 Kevin Flaherty	18	33:26	8:22
249 John Flaherty	44	33:26	8:22
251 Malcolm Washburn	42	33:28	8:22
289 John Gale	38	35:56	8:59
310 Mark Clinch race walker	39	39:03	9:46
311 Jarryd Holtan	10	39:04	9:46
312 Rex Holtan	43	39:09	9:47
313 Wayne Olson	38	39:13	9:48
314 Wayne Newland	57	39:16	9:49
319 Stephen Monaghan 2,65-69	68	40:51	10:13
321 Don Penta	49	41:15	10:19
327 Widge Thomas 2,70&over	71	44:30	11:08
332 Sheldon Kretschmer, III	55	46:01	11:30

Many thanks to Sandy Utterstrom for complete results!

More Race Results

1995 Maine Running Hall Of Fame 5K Road Race
97 Finishers (36 Female & 61 Male)
5K Sports, Falmouth, Maine
10 AM, November 12th, 1995

USAT&F = Equals or beats open or age graded
standards as established for national ranking by the National
Running Data Center of USA Track & Field.

Top Overall Finishers (WOMEN)

PLACE NAME	AGE	TIME	PACE
1 Rose Prest-Morrison overall	32	18:30	5:58
2 Denise Harlow 1,25-29	25	19:36	6:19
3 Andrea Stultz 2,25-29	25	20:22	6:34
4 Carol Weeks (MTC) Over. Master	46	20:35	6:38
5 Carrie Croft 1,35-39	35	20:36	6:39

(MEN)

1 Matt Lane overall USAT&F	18	15:59	5:09
2 Tom Thibeau 1,35-39	37	16:21	5:16
3 Allan Muir overall master	40	16:23	5:17
4 Ron Newbury 1,45-49	45	17:00	5:29
5 David Drew 1,30-34	31	17:20	5:35

Other Top Divisional Finishers (WOMEN)

7 Alicia Walsh 19&under	19	21:31	6:56
8 Elizabeth Coleman 30-34	31	21:41	7:00

12 Ellen Spring 40-44	43	23:00	7:25
16 Gina Goding 20-24	21	24:04	7:46
24 Janie Iverson 50-54	51	27:30	8:52
31 Ashley Ryder 65-69 USAT&F	66	30:28	9:50
35 Mardie Brown 70&over	78	43:33	14:03

(MEN)

6 Kyle Rhoads 25-29	26	17:24	5:37
7 Sean Keough (MTC) 1,40-44	40	17:29	5:38
16 Austin Hardy (MTC) 19&under	16	18:23	5:56
26 Ray Shevenell (MTC) 50-54	54	19:56	6:26
27 Bob Payne (MTC) 55-59	57	20:15	6:32
44 Richard Cavanaugh (MTC) 60-64	62	23:45	7:40
48 Russ Bradley (MTC) 70&+ USAT&F	71	24:20	7:51
49 Herb Strom (MTC) 65-69	66	24:49	8:00

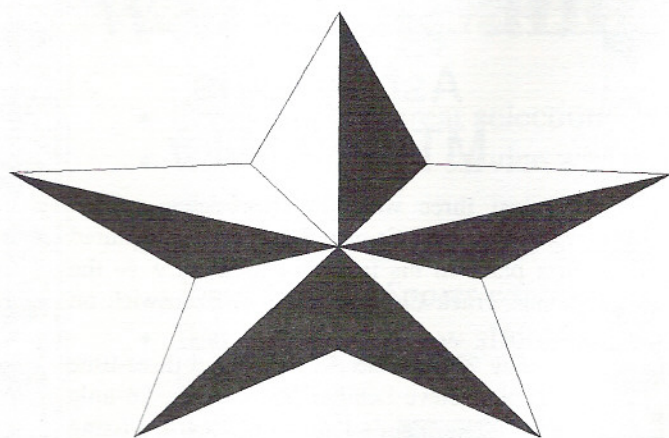
Other Maine Track Club Finishers (WOMEN)

6 Rosalyn Randall 2,45-49	45	21:25	6:55
11 Wendy Craig 3,35-39	37	22:50	7:22
13 Arabella Eldredge 2,40-44	41	23:09	7:28
15 Maureen Sproul	39	23:55	7:43
17 Jane Dolley 3,45-49	47	25:06	8:06
26 Marlene Russell 2,50-54	53	28:27	9:11
30 Jillian Peters 2,20-24	20	29:40	9:34
33 Ruth Hefflefinger 2,65-69	66	33:43	10:53

(MEN)

8 Rob Craig 2,35-39	39	17:34	5:40
17 Harry Nelson 3,40-44	41	18:50	6:05
21 Eric Ortman	36	19:27	6:16
26 Richard Scribner	44	20:16	6:32
34 Bob Cerf	42	20:56	6:45
39 Alan Leathers	52	22:35	7:17
40 Keith Malone	38	22:46	7:21
41 John LeRoy 2,55-59	58	22:54	7:23
43 George Conly	47	23:37	7:37
47 Dennis Morrill 3,55-59	56	24:00	7:45
52 Robert Marzul	34	26:26	8:32
56 Mark Clinch race walker	39	31:06	10:02
57 Michael Dubois	46	31:42	10:14
58 Don Penta	49	32:45	10:34
59 Julius Marzul 2,65-69	69	32:49	10:35
60 Mel Fineberg 3,60-64	60	32:53	10:36

Many thanks to Dianne McCorkle for complete results!



Notice about race flyers

An organization sponsoring a road race that wishes to have their flyers included in the Maine Track Club newsletter must submit the flyers and a payment of \$40 by the 15th of the month. Flyers will not be included in any mailing if not accompanied by the \$40 service fee.

More Race Results

14th Annual Great Osprey Ocean Run 10K Road Race
194 Finishers (55 Female & 139 Male)
Wolf Neck State Park, Freeport, Maine
10 AM, November 18th, 1995

13 Steve Podgajny 40-49.....	45	37:05	5:59
25 Mike Daly 50-59	50	39:16	6:20
115 Marc Poussard 13&under	12	51:11	8:15
130 Nelson Soule 70&+ USAT&F.....	75	56:57	9:11

Top Overall Finishers (WOMEN)

1 Joan Samuelson (Hon.MTC) USAT&F	38	34:53	5:38
2 Julia Kirtland 2,overall	30	36:07	5:50
3 Megan Bohlen 1,19-29	23	41:30	6:42
4 Mary Poulin 1,30-39.....	35	41:33	6:42
5 Carol Manley 1,40-49	41	42:09	6:48

(MEN)

1 Todd Coffin 1,overall.....	34	32:40	5:16
2 Tom Thibeau 2,overall	37	33:28	5:24
3 Robert Ashby 1,19-29	27	33:38	5:25
4 Shaun Keenan 1,30-39	33	34:21	5:32
5 Charles Jepson, Jr. 2,30-39	35	34:42	5:36

Other Top Divisional Finishers (WOMEN)

17 Louisa Dunlap 50-59 USAT&F	55	48:19	7:48
55 Shirley Fenlason 60-69	60	75:53	12:14

(MEN)

11 Earl F. Steele 14-18.....	18	36:26	5:53
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Other Maine Track Club Finishers (WOMEN)

6 Jody King 2,30-39.....	35	42:21	6:50
7 Kathryn Tolford 2,40-49	40	43:46	7:04
8 Betty Rines	38	45:20	7:19
14 Wendy Y. Craig	37	46:46	7:33
44 Sally Gore	32	59:09	9:32

(MEN)

22 Stafford Soule	43	38:57	6:17
26 Stewart Jordan	39	39:34	6:23
32 Erich Reitenbach	45	40:07	6:28
43 Gerard P. Conley, Jr.....	41	41:05	6:38
73 Phil Pierce	54	43:59	7:06
77 Dale Rines	43	44:31	7:11
103 Jeff Thaler	42	49:12	7:56
133 John Gale	39	58:02	9:22
138 Don Penta	49	70:13	11:20

Many thanks to Charles Scribner and Split Time Race Services for complete results!

1995 Maine Track Club 50 Mile Ultramarathon
18 Finishers (2 Female & 16 Male)
Pennellville Road Loop, Brunswick
7:30 AM, October 14th, 1995

*** After Time Indicates Female Finisher

*** in USA Column - Finisher Meets Standard
 For USAT&F National Ranking

Place	Name	City	Age	USATime	Pace
1	Robert Ashby.....	Brunswick	27	6:21:05	7:37
2	Craig Wilson (MTC)	Kittery	46	*6:45:18	8:06
3	Steve Schiller.....	New Britain	38	6:53:02	8:16
4	Ralph Balsamo	New York	48	7:05:39	8:31
5	Robert Colton	New York	55	*7:27:36	8:57
6	Jennifer Girouard.....	Farmington	33	*7:31:29*	9:02
7	Joseph Hayes (MTC).....	York Harbor	47	7:46:07	9:19
8	Lee Dickey.....	Dracut	41	7:55:56	9:31
9	Craig Hatton	Cape Elizabeth	34	8:03:57	9:41
10	Phil Pierce (MTC)	Falmouth	54	8:05:38	9:43
11	Egor Egan	Halifax	36	8:19:43	10:00
12	Marjorie Tennyson.....	Harpswell	42	*8:32:53*	10:15
13	Tom McMillan	Windham	49	8:47:43	10:33
14	Charles Vadakin(MTC).....	Freeport	53	8:50:24	10:37
15	Mike Uhas	Billerica	46	9:16:25	11:08
16	Richard Busa	Marlboro	65	*9:40:24	11:36
17	Carlton Mendell(MTC)	Portland	73	*10:37:20	12:45
18	Dennis Collins.....	Methuen	40	10:42:49	12:51

Many thanks to Race Director Al Utterstrom for complete results!

Ashby wins MTC 50 Miler

Just three weeks after running a 2:34 marathon, Maine's own Robert Ashby captured first place in his inaugural ultra race — the Maine Track Club 50 Miler in Brunswick on Oct. 14.

The 27-year-old Ashby passed three-time champion Steve Schiller just past the 28-mile mark. Connecticut's Jennifer Girouard, a rising star on the ultra circuit, won the women's race and placed sixth overall. Kittery Point's Craig Wilson took second place and the highly-coveted masters trophy.

The MTC was also pleased to have Carlton Mendell, 73, participate and win his age group once again. A good time was had by all.

— Joe Hayes

New members

Annette Elowitch
87 Carroll St.
Portland, 04102-3523
772-7396
Barridoff Galleries, Art Dealer

Linda Metzger
1123 Shore Road
Cape Elizabeth, ME 04107-2107
799-6433

Bill Vanderburg
25 Partridge Lane
Scarborough, ME 04074-9012
883-8193

VHA New England, Health Care Executive

Elizabeth Hoermann
16 Shaw Brook Lane
Gray, ME 04039-9757
657-2601
Portland Water District, Director of
Customer Relations

Janet Sparkowich
11 Middle Street
Biddeford, ME 04005-3408
283-4943
Biddeford-Saco-OOB Courier, Advertising
Rep.

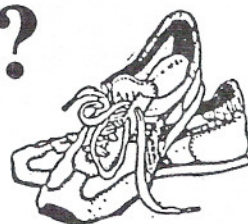
Notes from our newest members

I have recently started to run. I average approximately 6-10 miles a week. I am looking for a group of people that share my interest. I ran in the November Turkey Trot race in Cape Elizabeth, and while I was one of the last runners to cross the finish line, I was extremely impressed with all the support I received from the volunteers. They made me feel like I was #1. I would like to be part of that group.

—Elizabeth Hoermann

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MTC 1995 Officers and Committee Chairs

USA Track & Field



Ron Pelton	President	846-9039	Clyde Coolidge	At Large	603-742-9405
Ron Deprez	Vice President	772-4312	Don Penta	Statistician	892-4526
Mel Fineberg	Past President	774-8868	Maureen Sproul	Photography	926-4681
Larry Barker	Treasurer	761-0137	Howard Spear	Equipment/Clothing	856-6496
Mary Ann Doss	Secretary	799-0896	Dale Rines	Course Certification	854-2481
Alyce Schultz	Membership	780-9805	John Gillis	Course Certification	879-0222
Everett Moulton	Race Committee	799-2894	Bob Aube	Newsletter	946-7681
Donna Moulton	At Large	799-2894	Pat Buckley	Newsletter	775-4817
Russ Bradley	At Large	799-3864	Larry Dyer	Newsletter	627-4449

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 Sept. 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 form and check to: Membership, Maine Track Club, PO Box 8008, Portland, ME 04104