



# News•Run

Run with a friend ...

January 1997

## From the Presidential Suite ...

As this is the last time we will write the presidential column of News-Run, it is impossible not to reflect on our tenure as co-presidents of the Maine Track Club. As we began our term of office last January, especially in preparing the 1996 budget, we formulated several objectives for the year. One was to expand and broaden the membership; we were (and still are) convinced that every person in Southern Maine who is serious about exercise and nutrition and who runs as part of his/her exercise routine should be a member of the Maine Track Club. We were also acutely aware that to put on quality road races and other related club events, we need to have a large pool of members who, when called upon, will volunteer their time or other resources to make these events successful. Additionally several members who had put in years of service for MTC events expressed their need to move on with other activities in their lives. Thus, expanding membership to 500 households became a principal objective of our presidency.

Several club initiatives were undertaken with this objective in mind -- such as direct mailings to nonmembers racers, increased MTC brochure exposure to prospective members at road races, stores and fitness centers; an MTC Internet page, and asking runners at races and training runs to consider the benefits of joining the MTC. Even the infamous "name change" issue was undertaken in the context of breaking down a potential barrier to club membership. As a result, while we did not reach 500 members, we did increase from about 350 to 470 member households in the past year.

A second objective of our presidency was to increase participation among younger and newer members of the club in leadership positions and on key committees. In our view, club leadership needs to be a

*(Continued on page 2)*

## MTC Banquet

Sunday, January 19, 4 p.m.  
Italian Heritage Center  
40 Westland Ave., Portland

Come socialize with your fellow club members as we celebrate the noteworthy achievements of 1996 and usher in the new year. Note that the time and date of the banquet have been changed due to a scheduling conflict with the Italian Heritage Center, so be sure to mark the new date on your calendar.

## MTC Handicap Race

Also on January 19, Maureen and Willie Sproul will be hosting the annual MTC Handicap Race at their home in New Gloucester. This is a 5K race in which each runner is assigned a time handicap based on his or her ability, the idea being that everyone should finish at approximately the same time.

The Sproul residence is located at 194 Town Farm Rd. From the south, take Route 202 in downtown Gray (right off the turnpike exit) and head north for about three miles. Town Farm Rd. is on the right. From the north, it's about eight miles south on Route 202 from the Auburn turnpike exit. Drive about one mile on Town Farm Rd. — the Sproul's house is on the left.

The race begins at 9 a.m. Hope to see you there!

## What's inside ...

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balance between older, more experienced members and younger or newer members. This balance will keep the club vibrant and more responsive to member needs. Our success in attaining this objective is unknown; however, the new board and officers, the race committee, the awards committee and other committees reflect a significant change in membership composition.

A third objective was to promote more cohesion within the club. It was our observation over the years that there were several "clubs" within the club. One consisted of a group of very dedicated volunteers, another consisted of the one or more groups of members dedicated to running races, yet another consisted of runners who enjoy running but don't train quite as long and hard or volunteer as much as the more dedicated groups noted above. In the end, greater cohesion did not occur despite our efforts. In fact, it seems it got worse at some times of the year, in particular during the so-called name change discussions. We leave it to the next administration to increase efforts to make the club more cohesive.

A fourth objective was to try to improve turnout at meetings with informative and exciting speakers. Despite a number of good speakers, the number of members who turned out regularly at meetings did not change that much. On a good night we got close to 75. Otherwise we were fortunate to get 40 to 50. All of which suggests that people join the club for a number of reasons, for most it probably has nothing to do with club meetings or social activities. It has more to do with other benefits which derive from club membership, such as discounts in stores, small group camaraderie, the newsletter, and/or just to support running in southern Maine, a very good reason unto itself.

Regardless of our successes and failures, we want every member to know it was a privilege for us to serve as co-presidents of the 1996 Maine Track Club. And we want to thank so many of you for the assistance and kind compliments you offered us throughout the year. We also want you to know that we plan to remain active in the club, especially in the coming year, to help the incoming co-presidents carry out their objectives for the club.

Planning for the upcoming annual MTC Awards Banquet hit a snag in December with the Italian Heritage Club. It seems that room size and times got mixed up. As a result we accepted the apologies of the Italian Heritage Club and moved the date of the banquet to the 19th at 4:00 PM, instead of the 18th. We hope all of you who were planning to attend the banquet can still do so.

The race committee met on December 10th at Race Committee Chair Everett Moulton's house. A race agenda for the coming year was planned. We also discussed ways to get race directors more involved in planning for their events ahead of time. Finally there was discussion about the few race directors who have yet to pay the MTC race management fees. As of December we were owed race management fees of over \$3,500 for the Women's Distance Festival, the Cancer 5K, the Maine Marathon and the Casco Bay Half Marathon. We hope to collect these hard-earned fees before the year end so that our budget will reflect a substantial carry over of funds into the next year.

See you on the roads and at the Banquet.

*Ron and Martha Deprez*  
(e-mail: 102334.3720@compuserve.com.)

## *News•Run* Sponsors

If you would like to become an individual *News•Run* sponsor, please send \$10 to: Maine Track Club, P.O. 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

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# Winter workouts

Exercising in the cold air can help heat up your fat-burning fires

By Owen Anderson

As the weather gets colder, you may feel like hibernating instead of exercising, but don't give in - get out and do it! Winter exertions can transform your body into a true fat-burning furnace, making you slimmer and fitter by the time April's balmy breezes finally blow.

How can cold air clip corpulence from your body? When frosty gusts strike your skin, your brain spurs your adrenal glands into action. The adrenals release surplus quantities of a key hormone called epinephrine (adrenaline), and epinephrine forces your fat cells to push increased amounts of fat into the blood. The fat can be quickly captured and metabolised at a high rate by your muscles.

Activity magnifies this burning of fat, because exercise itself raises epinephrine levels and depletes muscle glycogen. Happily, high-intensity exercise is not required to break down blubber; in fact, top-speed efforts actually tend to thwart fat metabolism. Research suggests that an optimal intensity for fat degradation is about 70% VO<sub>2</sub>max, i.e., at about 80% of maximal heart rate (or 30 to 45 seconds slower per mile than 10-K race pace for runners), an exertion level which feels fairly comfortable for most individuals. Ignore recommendations you might see in the popular press to exercise more lethargically than this in order to burn more fat; such recommendations are wrong.

## Burning the deep, dangerous fat

Even better, winter exercise not only makes a sizable dent in your fat stores, it also probably helps get rid of your most

dangerous fat - the fat which is inside your body cavities, clinging to your internal organs. Strangely enough, it's this deep, internal fat - not the fat hidden under your skin - which is much more likely to be related to lofty blood-fat levels and depressed concentrations of high-density lipoprotein cholesterol (aka HDLC or "good cholesterol").

Why is deep fat so hazardous? When fat cells inside your abdominal cavity release fat into the blood, the fat bobs straight to your liver, where it can be transformed quickly into VLDLs and LDLs - the "bad fats" which are associated with an increased risk of coronary-artery disease. On the other hand, the fat that's closeted inside your muscles and the fat released by fat cells located under your skin have a reasonable chance of being broken down by your muscles before they reach the liver.

Moderately paced, 50-90 minute workouts in nippy air are fantastic for breaking down fat, but slight adjustments in your workout schedule can force the fat-burning fires to kindle particularly fiercely. One strategy is to exercise for an hour in the evening about three hours after you have finished your dinner. Don't eat after this workout, and then complete another 60-minute effort on the following morning before breakfast. Your muscles will be quite glycogen-depleted during the sunrise session, forcing fat to be metabolised at a higher than usual rate.

All of this sounds fine, but winter exercise is not all cake and icing. One of the problems with it is that we can simply get too cold. Oddly enough, the danger usually doesn't originate in the frosty air per se but in the combination of frigid air and sweat. After all, cold air doesn't shut down the sweating process, and we begin to lose heat at an accelerated rate as our clothing becomes saturated with moisture. Water is a terrible insulator (it conducts heat away from the body about 25 times faster than air), so sweat-soaked clothes can transform an initially comfortable workout into what feels like an arctic expedition. This can be especially dangerous if fatigue or injury produces a sudden downturn in exercise intensity. It's a good idea to tie an extra-thick sweatshirt around your waist during all wintry excursions. You can put it on just in case the wind picks up or you become too tired to exercise vigorously.

## Dealing with the "wind-chill" effect

Always bear in mind that the actual coldness of a particular winter day depends not just on temperature but on wind speed, too. A moderately pleasant 41° F temperature will suddenly feel like 32° F if a nine mile-per-

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hour wind develops and the perceived coldness will plummet to about 23°F with a 19-mph wind. It's important to remember that movement can amplify or minimise this "wind chill" effect. For example, running or cycling at 10 mph into a 9-mph wind provides the same chill as standing still in a 19-mph gale. For that reason, on windy days it's important to complete the first half of all your winter workouts into the wind. The second half of the session - when fatigue is slowing you down, your body is generating less heat and your clothes are wet with sweat - should be completed with the wind at your back. Running at 8 mph with an 8-mph wind behind you totally eliminates any wind-chill effect, whereas running at the same speed into an 8-mph wind produces the chilling effects of a 16-mph squall.

Wintry exercise can be tough, but remember that it will do great things for you. After all, winter is a perfect time to carry out lots of endurance-building, fat-burning exercise. Your cold-weather training will eventually lead to some really sizzling efforts when warmer weather arrives.

Owen Anderson, PhD, is the founder and editor of *Running Research News* in the USA and *Peak Performance's* US editor.

## MTC financial report

Checkbook balance 10/31/96 ..... \$2,264

### Receipts

Dues .....	\$294
Falmouth Forecaster .....	\$250
50 Miler .....	\$635
Shop 'n Save Turkey Trot .....	\$1,946
Clothing sales .....	\$277
Newsletter advertising .....	\$40
Interest .....	\$3
<b>Totals .....</b>	<b>\$3,445</b>

### Disbursements

Supplies .....	\$146
Equipment repairs .....	\$100
Postage .....	\$80
Newsletter .....	\$292
Photography .....	\$16
Insurance .....	\$47
50 Miler .....	\$779
Shop 'n Save Turkey Trot .....	\$460
Pot Luck Supper .....	\$105
Scholarships .....	\$675
<b>Totals .....</b>	<b>\$2,700</b>

Checkbook balance 11/30/96 ..... \$3,009

Call 781-5887 for information  
about upcoming races

## 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. It need not be a lengthy article — short newsworthy items are always welcome. Have you or a fellow club member recently had an interesting experience that you'd like to share? If so, please let us know and we'll get it in the newsletter. E-mail your story, article or announcement to Bob Aube at [74270.2276@compuserve.com](mailto:74270.2276@compuserve.com), or send it to:

Marge Parsons  
178 Bruce Hill Road  
Cumberland Center, ME 04021



# Race Results

## Submitted by Don Penta

1996 Maine Track Club 50 Miler Ultra-Marathon  
28 Entered, 26 Ran, & 20 Finished (3 Female & 17 Male)  
Pennelville Road 4 Mile Certified Loop, Brunswick, Maine  
7:30 AM, Saturday, October 19th, 1996

PLACE/NAME	FROM	AGE	26 Miles	50 Miles
1 William Emerson.....	Topsham, ME	32	3:21:26(3)	6:26:01
2 Kham Haleudeth.....	Mansfield, MA	37	3:21:23(2)	6:30:24
3 Craig Wilson (MTC) USAT&F .....	Kittery Pt., ME	47	3:21:22(1)	6:40:25
4 Egor Egan .....	Halifax, N.S.	37	3:44:01(4)	7:33:57
5 Bruce Bell USAT&F .....	Farmingdale, ME	57	3:48:49(6)	7:34:14
6 Joe Hayes (MTC) .....	York, ME	48	3:48:21(5)	7:34:15
7 Sylvain Roy .....	Levis, Quebec	34	3:49:49(8)	7:45:45
8 Lee Dickey.....	Dracut, MA	42	4:02:29(11)	7:51:46
9 Jean-Pierre Morin .....	Levis, Quebec	43	3:51:53(9)	7:57:21
10 Joe Milligan USAT&F.....	Brockton, MA	61	3:49:07(7)	8:07:46
11 Phil Pierce (MTC) USAT&F .....	Falmouth Fsd, ME	55	3:54:19(10)	8:08:57
12 John Horvath .....	Foxboro, MA	50	4:02:30(12)	8:24:56
13 Vicki Gayton .....	Portland, ME	34	4:08:49(13)	8:35:22*
14 Ron Paquette.....	Albion, ME	55	4:24:38(14)	9:16:24
15 Rick Hogan.....	Westport, MA	51	4:55:46(20)	9:28:13
16 Jean Gerstein USAT&F.....	Foxboro, MA	46	4:46:25(18)	9:32:32*
17 Peg Ryan USAT&F.....	Plainville, MA	48	4:46:23(17)	9:32:32*
18 Richard Lulin.....	Montreal, Quebec	49	4:33:05(15)	9:39:26
19 Alan Segal .....	East Harwich, MA	49	4:48:45(19)	11:06:08
20 Carlton Mendell (MTC) USAT&F .....	Portland, ME	75	4:38:15(16) 1	1:34:03

"USAT&F" = Qualified for national ranking; "(<ordinal>)" = position (in relation to those who finished) after 26 miles; "\*" after time indicates a female finisher.

WEATHER CONDITIONS: OVERCAST AND IN THE 50'S.

Overall Winner — Male:	William Emerson
Overall Winner — Female:	Vicki Gayton
30-39 Age Group — Male:	Kham Haleudeth
40-49 Age Group — Male:	Craig Wilson
40-49 Age Group — Female:	Peg Ryan & Jean Gerstein
50-59 Age Group — Male:	Bruce Bell
60-69 Age Group — Male:	Joe Mulligan
70 & Over Age Group — Male:	Carlton Mendell

Many thanks to race director Al Utterstrom for complete results and race photos



**Above: Race director Al Utterstrom**

**Below: Women's winner Vicki Gayton**

photos by Don Penta



## Notice about race flyers

Anyone who wishes to have their race 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. The fee applies only to races not run by the MTC, so if a race fee is already being paid to the club, there is no charge for race flyers.



# More Race Results

## The Return Of The Great Pumpkin 10K Road Race

147 Finishers (54 Female & 93 Male)

From "Wormwood's By The Breakwater," Camp Ellis, Saco

9:30 AM, Sunday, October 27th, 1996

### Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Scott Brown 1,overall	38	31:11	5:02
2 Byrne Decker 2,overall	29	31:34	5:05
3 Stephen Sarkozy 3,overall	28	32:59	5:19
4 Michael Grigware 1,30-39	32	33:12	5:21
5 Mike Payson (MTC) 2,30-39	33	33:21	5:23
18 Roseanna Morrison 1,overall	33	37:13*	6:00
25 Cindy Lynch 2,overall	36	38:23*	6:11
29 Linda St. Laurent 3,overall	37	39:00*	6:17
31 Christine Bracerias 1,30-39	34	39:14*	6:20
33 Laurel Valley (MTC) 2,30-39	34	39:31*	6:22

### Other Top Divisional Finishers

6 David Weatherbie 19-29	28	33:39	5:26
10 George Towle (MTC) 40-49	46	34:39	5:35
15 Guy A. Berthiaume 50-59	50	35:38	5:45
35 Gretchen Read (MTC) 50-59	54	39:44*	6:25
43 Lloyd Slocum 60-69	62	40:33	6:32
48 Maureen Sproul (MTC) 40-49	40	41:24*	6:41
62 Tony Ryan 18&under	16	42:58	6:56
74 Leslie Belisle (MTC) 20-29	25	44:49*	7:14
128 Heather Broad 18&under	17	57:20*	9:15

### Other Maine Track Club Finishers

23 Mark Steege	41	37:38	6:04
28 Ronald D. Deprez 3,50-59	52	38:56	6:17
30 Jamie Chamberlain	32	39:05	6:18
32 Gerard P. Conley, Jr.	42	39:28	6:22
38 Paul Aceto	30	39:54	6:26

45 Britt Wolfe	31	40:50	6:35
47 Ronald "MTC" Paquette	45	41:21	6:40
52 Peter McDonald	36	41:47	6:44
54 Steve Jacobsen	47	41:58	6:46
58 Loren Lathrop	47	42:29	6:51
60 George Boudreau, Jr.	34	42:52	6:55
66 Larry Kinner	47	43:51	7:04
68 Dick Lajoie	56	44:22	7:09
75 Richard Scribner	45	45:20	7:19
81 Carlos W. Philbrick	44	47:25	7:39
85 Rodger Smith	50	47:50	7:43
88 Heidi McDonald	34	48:06*	7:45
91 Don Russell	59	48:31	7:50
93 Harry J. White	54	48:46	7:52
101 Kristen Maue 2,19-29	23	51:02*	8:14
102 Beth Wilson	40	51:05*	8:14
108 John Gale	40	52:01	8:23
110 Jill Szopinski 3,19-29	26	52:47*	8:31
113 Christin Burnham	22	53:56*	8:42
114 Don Burnham	55	53:57	8:42
122 Ronald Read	54	54:48	8:50
123 Ellen Joy Della Torre	32	55:09*	8:54
129 Sally Paterson 3,50-59	55	57:22*	9:15
130 John LeRoy	59	57:23	9:15
131 Paula LePore	48	57:38*	9:18
132 Thomas Decker	52	58:00	9:21
138 Marge Parsons	45	59:34*	9:36
139 Bob Aube	30	59:35	9:37
141 Mark Clinch race walker	40	63:05	10:10
142 Pam Kinner	37	63:34*	10:15
144 Maggie Soule	55	66:06*	10:40
146 Don Penta	50	73:57	11:56

Many thanks to Charles Scribner & Split Time Race Management for complete results!

## The 15th Annual Great Osprey Ocean Run 10K

258 Finishers (90 Female & 168 Male)

Wolfe Neck State Park, Freeport, Maine

10:00 AM, Saturday, November 16th 1996

### Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Bob Winn 1,overall USAT&F	38	31:37	5:06
2 Bill Solimine 2,overall	36	33:31	5:24
3 Mike Payson (MTC) 1,30-39	33	33:44	5:26
4 Guy Segars 2,30-39	36	34:26	5:33
5 Kyle Rhoads 1,19-29	27	34:35	5:35
9 Julia Kirtland 1,overall	31	35:12*	5:41
13 Joan Benoit Samuelson USAT&F	39	35:56*	5:48
27 Christine Reaser 1,30-39	30	38:22*	6:11
49 Kelley Cullenberg 2,30-39	35	40:29*	6:32
59 Jody King (MTC)	36	41:29*	6:41

### Other Top Divisional Finishers

11 Steve Podgajny 40-49	46	35:26	5:43
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24 Joel Croteau 50-59	52	38:00	6:08
32 Ken Cutting 14-18	17	39:17	6:20
64 Maureen Sproul (MTC) 40-49	40	42:07*	6:48
71 Ann Stairs (MTC) 19-29	27	42:28*	6:51
76 Julianna Lugin-Nasse 14-18	17	43:05*	6:57
85 Dave Thorp 13&under	13	44:10	7:07
161 Louisa Dunlap 50-59	56	49:05*	7:55
176 Richard Cavanaugh (MTC) 60-69	63	50:34	8:09
193 Carlton Mendell (MTC) USAT&F	75	52:08	8:25
218 Lydia Lobozzo 13&under	13	55:13*	8:54
242 Nelson Soule 2,70&over USAT&F	76	58:21	9:25
258 Shirley Fenlason 60-69	61	75:25*	12:10

### Other Maine Track Club Finishers

8 Jeffrey Banger	35	35:03	5:39
14 Jaime Jackson	28	36:19	5:51
21 Mark Steege	41	37:46	6:05
38 David Chamberlain	35	39:38	6:24
42 Jim Bunnell	39	39:53	6:26

(Continued on page 7)



# More Race Results

(Continued from page 6)

47 Gerard P. Conley.....	42	40:16	6:30	141 Don Foshay.....	37	47:47	7:42
58 Ed Doughty, Jr.....	47	41:26	6:41	173 Joe O'Donnell.....	45	50:30	8:09
70 Alison Kisch.....	30	42:25*	6:50	182 Neil Chivington.....	49	51:10	8:15
72 Daniela Daggy 2,19-29.....	25	42:33*	6:52	191 John Gale.....	40	52:03	8:24
75 D. Scott Hamilton.....	45	43:03	6:57	202 Daniel Day.....	59	53:35	8:39
86 Thomas Harlow.....	50	44:10	7:07	203 Jill Szopinski.....	26	53:39*	8:39
93 John Rolfe.....	42	44:26	7:10	206 Stacey Williams.....	39	53:44*	8:40
96 Melvyn Attfield.....	45	44:42	7:13	206 Kirsten Maue.....	23	53:47*	8:40
97 Kathryn Tolford.....	42	44:42*	7:13	224 Beth Wilson.....	41	55:44*	8:59
100 Neil Martin.....	53	44:48	7:14	225 Brigitte Edquid.....	48	55:46*	9:00
105 Jeanne Desjardins.....	39	44:57*	7:15	227 Dana Seguin.....	43	55:54	9:01
106 Dale Rines.....	44	45:02	7:16	236 Beverly Doughty.....	45	57:22*	9:15
113 Kevin Butterfield.....	26	45:33	7:21	238 Wendy Berthiaume.....	32	57:24*	9:15
114 Chet Matthews.....	50	45:34	7:21	244 William Marzul.....	72	59:17	9:34
119 Craig A. Whiton.....	46	46:07	7:26				
134 Cathy Locke.....	34	47:30*	7:40	Many thanks to Charles Scribner for complete results!			
136 Howard Spear.....	46	47:34	7:40				

The 28th Annual Shop N'Save Turkey Trot 10K Road Race  
85 Finishers (28 Female & 57 Male)  
Cape Elizabeth Middle School  
10:30 AM, Sunday, November 17th, 1996

## Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Ann McGovern (MTC) 1,overall.....	32	43:03	6:57
2 Kimberly Moody (MTC) 2,overall.....	41	43:17	6:59
3 Amy Cook 3,overall.....	31	44:30	7:11
4 Mary Ann Doss (MTC) 1,30-39.....	36	44:39	7:12
5 Maryellen Fitzpatrick(MTC) 2,30-39.....	35	45:22	7:19
1 Byrne Decker 1,overall.....	29 (CR)	32:07	5:11
2 David Weatherbie 2,overall.....	28	33:28	5:24
3 Pete Bottomley (MTC) 3,overall.....	35	33:59	5:29
4 David Roberts (MTC) 1,40-49.....	41	36:02	5:49
5 Geoff Beard 1,20-29.....	28	36:39	5:55

## Other Top Divisional Finishers

7 Rosalyn Randall (MTC) 40-49.....	46	45:38	7:22
11 Sophia Payson-Rand 20-29.....	28	47:39	7:41
21 Natalie Woodworth 14&under.....	14	53:29	8:38
27 Sally Paterson (MTC).....	55	59:36	9:37
7 Kevin Gile 30-39.....	38	37:54	6:07
13 Bob Coughlin (MTC) 50-59.....	57	41:05	6:38
38 John Chandler 60-69.....	69	47:34	7:40
48 Russ Bradley (MTC) 70&+ USAT&F.....	73	50:28	8:08

## Other Maine Track Club Finishers

6 Colleen Redmond.....	32	45:28	7:22
8 Joan Lavin 2,40-49.....	48	46:12	7:27
9 Cecile Fontaine.....	45	46:54	7:34
14 Claire Robbins.....	33	50:25	8:08
15 Carol Nale.....	45	50:28	8:08
18 Lisa Kelley.....	32	51:48	8:21



**Betsy Lane and Andrew Coffin**

photos by Don Penta

22 Betsy Lane.....	45	53:44	8:40
28 Carol Kerr.....	41	62:36	10:06
6 John Mollica 2,40-49.....	44	37:47	6:06
12 Sumner Weeks.....	48	40:52	6:35
14 Paul Aceto.....	30	41:14	6:39
15 Eric Boylestead.....	31	41:36	6:43
16 Tom Kirner.....	47	42:47	6:54
17 Michael Cavanaugh.....	45	42:52	6:55
18 Les Berry.....	48	42:57	6:56

(Continued on page 8)



# More Race Results

(Continued from page 7)

21 Michael Doyle.....	32	43:44	7:03	45 Rodger Smith.....	51	49:04	7:55
23 Loren Lathrop.....	47	44:37	7:12	47 George Conly.....	48	50:02	8:04
24 Clyde Coolidge.....	57	44:37	7:12	49 Harry White.....	54	50:39	8:10
29 James McCorkle.....	41	45:29	7:20	54 Andrew Coffin.....	29	55:56	9:01
				55 Herb Strom.....	67	56:08	9:03

## The 1996 Shop N'Save Turkey Trot 5K Road Race

134 Finishers (53 Female & 81 Male)

Cape Elizabeth Middle School

9:30 AM, Sunday, November 17th, 1996

### Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Maryellen Powers 1,overall.....	29	19:01	6:10
2 Teresa Roberts 2,overall.....	26	20:07	6:29
3 Jane Rau 3,overall.....	46	21:09	6:49
4 Lisa Belisle (MTC) 1,20-29.....	25	21:40	6:59
5 Claire Fontaine (MTC) 1,15-19.....	16	21:44	7:01

1 Roland Thibault 1,overall.....	28	16:54	5:27
2 Allan Muir 2,overall.....	41	16:58	5:28
3 Paul Greene (MTC) 3,overall.....	24	17:11	5:33
4 Jared Moore 1,15-19.....	17	17:19	5:35
5 Sam Goodrich 2,15-19.....	15	17:25	5:37

### Other Top Divisional Finishers

6 Danyelle Cinque 14&under.....	14	21:57	7:05
8 Cindy LeBlanc 30-39.....	31	22:23	7:13
10 Arabella Eldredge (MTC) 40-49.....	42	22:45	7:20
35 Nancy Kettle (MTC) 60-69.....	61	28:49	9:18
43 Maggie Soule (MTC) 50-59.....	55	31:09	10:03

6 Rob Craig (MTC) 40-49.....	40	17:35	5:40
7 Guy Berthiaume 50-59.....	51	17:36	5:41
8 Dan Works 30-39.....	36	17:48	5:45
9 Brian Moynahan 20-29.....	29	17:54	5:46
36 Ross Kahill 14&under.....	13	20:02	6:28
49 Peter Bastow (MTC) 60-69.....	60	20:52	6:44

### Other Maine Track Club Finishers

11 Sherry Carl 2,40-49.....	49	23:55	7:43
12 Jill Szopinski.....	26	24:34	7:55
14 Nancy Murphy.....	49	24:53	8:02
17 Linda Iselborn.....	36	25:48	8:19

18 Mary Coolidge.....	28	25:49	8:20
22 Beth Wilson.....	41	26:24	8:31
23 Dierdre Hennessey.....	14	26:50	8:39
25 Jessica Strout.....	26	27:16	8:48
26 Wendy Berthiaume.....	32	27:23	8:50
34 Jeanne Desjardins.....	39	28:29	9:11
37 Elizabeth Hoermann.....	38	29:13	9:25
41 Dianne McCorkle.....	37	31:07	10:02
42 Bethany McCorkle.....	11	31:08	10:03
45 Jan Bastow 2,60-69.....	60	31:23	10:07
47 Marlene Manoogian.....	66	35:31	11:27
49 Pat Buckley 2,50-59.....	59	34:16	11:03
50 Ruth Hefflefinger.....	67	35:06	11:19
52 Beryl Cole.....	46	46:01	14:51

13 John Eldredge.....	42	18:06	5:50
14 Ronald Deprez 2,50-59.....	52	18:27	5:57
16 Jim Bunnell.....	39	18:40	6:01
29 Rex Holtan.....	44	19:34	6:19
31 Eric Ortman.....	37	19:44	6:22
33 Stephen Murphy.....	52	19:55	6:25
34 Bob Payne.....	58	19:58	6:26
40 Loren Lathrop.....	47	20:29	6:36
45 Jim Estes.....	47	20:43	6:41
47 Thomas Carl.....	52	20:48	6:43
51 Keith Malone.....	39	21:03	6:47
53 Neil Martin.....	53	21:32	6:57
55 Brian Lathrop.....	16	21:49	7:02
62 Evan Hennessey.....	17	22:26	7:14
68 Michael Hubbard.....	33	23:54	7:43
77 Jeffrey McCorkle USAT&F.....	6	28:45	9:16
78 James McCorkle.....	41	28:45	9:16
79 Burt Kettle.....	62	28:46	9:17
81 Archie Manoogian.....	66	35:31	11:27

Many thanks to Bob Aube for complete results to the Turkey Trot races!

## The Maine Track Club's

15th Annual Mid Winter Ten Mile Classic

220 Finishers (56 Female & 164 Male)

From Cape Elizabeth High School

12 Noon, Sunday, February 4th, 1996

Weather Conditions: 5 Degrees Fahrenheit,

Sunny & Breezy!

### Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Carol-Ann Days-Merrill.....	31	1:05:14	6:31

2 Laurel Valley (MTC).....	33	1:07:23	6:44
3 Katie Payson.....	30	1:08:28	6:51
4 Kelly Rodrigue.....	31	1:09:40	6:58
5 Ellen Bowden.....	43	1:09:50	6:59

1 Rob Pierce USAT&F Course Record.....	35	51:10	5:07
2 David Dunham.....	31	51:56	5:12
3 Byrne Decker.....	29	53:21	5:20
4 Scott Brown USAT&F.....	37	53:46	5:23
5 Bob Winn.....	37	56:21	5:38

(Continued on page 9)



# More Race Results

(Continued from page 8)

## Other Top Divisional Finishers

7 Jody King (MTC) 35-39	35	1:11:42
8 Nancy Kneeland (MTC) 40-44	41	1:12:27
25 Cecile Fontaine (MTC) 45-49	45	1:19:58
38 Louisa Dunlap 55-59	55	1:27:14

8 Steve Podgajny 45-49 USAT&F	45	57:30
9 Judd Esty-Kendall USAT&F	46	57:39
17 Paul Days-Merrill 40-44	41	1:01:39
32 Terry Clark (MTC) 50-54	51	1:06:15
77 David DiCicco 19&under	15	1:12:46
83 Clyde Coolidge (MTC) 55-59	57	1:13:44
102 Richard Fedion 60-69	62	1:17:45
116 Russ Bradley(MTC) 70+ USAT&F	72	1:20:22
144 Carlton Mendell (MTC) USAT&F	74	1:27:36

## Other Maine Track Club Finishers

12 Tanya Horne	27	1:15:03
28 Maureen Sproul	39	1:21:46
33 Nancy Murphy	48	1:26:50
37 Susan Kolakowski	38	1:27:12
49 Constance Barrett-Albert	38	1:38:29
55 Sally Gore	32	1:47:09
56 Pamela Kinner	36	1:51:51

10 Bill Desrosier	33	58:00
21 Ross Cameron	29	1:03:35
23 John Mollica	43	1:03:39
24 Robert Fast	33	1:03:49
27 Paul Greene	24	1:04:55
28 Craig Wilson	46	1:04:59
29 Jaime Jackson	27	1:05:04
34 Stewart Jordan	39	1:06:29
39 Alburn Butler	42	1:07:37
43 Ken Cotton	46	1:08:05
44 Stephen Murphy	52	1:08:06

48 Ed Doughty, Jr.	47	1:08:45	6:53
53 David Chamberlain	34	1:09:07	6:55
56 Patrick Gwinn	31	1:09:22	6:56
60 Larry Barker	46	1:09:34	6:57
62 John Carpenter	37	1:09:36	6:58
63 James McCorkle	40	1:09:37	6:58
69 Scott Hamilton	44	1:10:41	7:04
70 Loren Lathrop	47	1:10:48	7:05
74 Daniel Hutchins	35	1:12:02	7:12
75 Will Thompson	43	1:12:11	7:13
76 Michael Cavanaugh	44	1:12:45	7:17
78 William Sproul	38	1:13:07	7:19
81 Joseph Guimond	37	1:13:34	7:21
86 Gerard Conley	42	1:14:16	7:26
89 Phil Pierce	54	1:14:38	7:28
90 Larry Kinner	46	1:14:51	7:29
92 Bob McCormack	44	1:15:26	7:33
103 Dick LaJoie	55	1:17:46	7:47
118 Walter Webber	65	1:20:25	8:03
120 Michael J. Cowell	58	1:21:42	8:10
123 Brian Barnes	30	1:22:42	8:16
131 Maurice Harmon	45	1:24:11	8:25
133 Gerard Salvo	41	1:24:18	8:26
136 Milt Dudley	44	1:25:22	8:32
139 George Conly	47	1:26:01	8:36
142 John Cullinane	52	1:27:13	8:43
146 Don Kent	43	1:28:27	8:51
150 Steve Robbins	35	1:29:39	8:58
157 Richard Hart	49	1:35:31	9:33
158 Tom O'Connor	44	1:38:01	9:48
160 Bill Davenny	51	1:43:04	10:18
162 John Gale	39	1:48:35	10:52
163 Mark A. Clinch race walker	39	1:57:09	11:43

Many thanks to computer consultant Susan Davenny and chief computer operator *par excellence* Bob Aube for complete results!

## Spaghetti supper coming in February

On Sunday, Feb. 16, a spaghetti dinner will be prepared and served by our new club president, Mike Reali, an other helpers. It will take place at the North Scarborough Grange on Outer Congress St., Route 22, and will be preceded by a fun run and cross-country skiing. Full details will be published in the February edition of NewsRun.

## Hall of Fame nominations

The Maine Running Hall of Fame selection committee is accepting nominations for this year's inductions. Nominations may be made by anyone and mailed to Phil Pierce, 79 Waites Landing Rd., Falmouth, ME 04105.

Nominees may be any person who has made either a significant contribution to Maine long-distance running or track and field, or someone who has been an outstanding athlete (of any age group) — past or present. Nominees may also include racewalkers as well as field event athletes. They do not have to be Maine residents. The nominations should include a detailed list of accomplishments, along with some documented proof, such as newspaper or magazine articles.

The MRHF selection committee will consider these nominations at its first meeting of 1997 in February.



# Welcome to our newest members

Kevin Mahoney  
15 Laurel Pines Drive  
Gorham, ME 04038-1654  
839-5342  
Program Analyst, Pioneer Plastics

Michael Payson  
50 Thornhurst Road  
Falmouth, ME 04105-4380  
781-4617  
Self-employed, Real Estate

Peter Bass  
42 Riverbend Drive  
Yarmouth, ME 04096-1153  
846-5495  
Manager, Maine Cottage Furniture

Sarah MacColl  
4 Avon Road  
Cape Elizabeth, ME 04107-2805  
799-4689  
Self-employed, Fitness Trainer

Daniel McKeown  
184 Mayall road  
Gray, ME 04039-9551  
657-2184  
Telecommunications, Blue Cross

Al & Carlene Sproul  
P.O. Box 55  
Chamberlain, ME 04541-0055  
677-2586  
Retired

John, Colleen, & Katherine Brady  
8 Glaude Avenue  
Biddeford, ME 04005  
282-7211  
Lt Paramedic, MEDCY PFD;  
Teacher, Town of Sanford

John Mollica  
743 Highland Avenue  
South Portland, ME 04106  
799-4676  
Vocational Counselor, MMC

Michael Boucher  
106 Bow Street  
Freeport, ME 04032-1544  
871-7571  
Landscape Architect, self-employed

Mike, Michelle, Maggie & Patrick  
McClellan  
60 Patricia Ave. Ext.  
Raymond, ME 04071-6661  
655-4438  
Human Services, DMHMRSAD/ME;  
Teacher SAD #61

Ross Cameron  
Fort Rd., P.O. Box 6  
Edgecomb, ME 04556-0006  
882-0006  
Teacher, Kieve Affective Ed.

Gregg Wood  
RR #1, Box 1892  
Litchfield, ME 04050

Stacey Williams  
42 Pownal Road  
Freeport, ME 04032-6721  
865-9571

Scott & Pamela Cook  
24 Pinewood Drive  
Cumberland, ME 04021  
829-4261  
President, WSI; VP Loans, Key Bank

Steven Hawkins  
116 Sherwood Street  
Portland, ME 04103-5210  
773-8049  
Teacher, Aucocisco School

Jeff, Debbie, Joe & Jennifer Crocker  
7 Benoit Avenue  
Old Orchard Beach, ME 04064-1203  
934-1290  
Accountant, Blue Cross/Blue Shield of  
ME; Nurse, VNS of So. Maine

Ronald Chase  
679 Royalsborough Road  
Durham, ME 04222-5336  
353-9625  
Auditor, Dept. of Defense

Kevin Butterfield  
95 Brackett Street, 3  
Westbrook ME 04092  
Admission Director, Cheverus High

Burt Kettle  
145 Maine St.,  
Brunswick ME 04011  
926-3154

Gore Flynn  
61 Lawn Avenue  
Portland, ME 04103-3106  
774-8434  
Business Consultant, Enterprise  
Resources

Denise & Colin Robertson  
23 Jameco Mill road  
Scarborough, ME 04074-8215  
885-9042  
Reg. Dietitian, Vencor Corp.;  
Engineer, Control Device

Thomas Kirner  
6 Rocky Hill Raod  
Cape Elizabeth, ME 04107-1710  
799-1947  
Management, UNUM

Rob Boudewijn  
P.O. Box 180  
Oakland, ME 04963-0180

Welcome Back to:

John Perry  
44 Atlantic Place  
South Portland, ME 04106-2316  
657-2832  
Podiatrist, Atlantic Foot & Ankle



## Notes from our newest members

There are several reasons I wish to join the Maine Track Club: 1) Run injury free; 2) Coaching; 3) Socializing with other runners; 4) Get Back to/or close to my running level 15 years ago.

—Kevin Mahoney

I have enjoyed running in Maine for over 25 years. The last 2 years I have increased my commitment to training and racing. As part of my increase commitment to the sport, I feel it is important to promote its development--particularly competitive racing, hence, my membership.

—Michael Payson

I've been running since 1974. Never "needed" to join MTC but when Russ Bradley sent me the information, I decided it was worth \$12 to receive the newsletter. I might run Boston this year--need to know how to enter so figured I'd hook up with you. I don't train very seriously. Run 1 or 2 races a year. Am interested in retaining the cartilage in my knees! Best 5K: 21:21; Best 10K: 45:00. Maine Marathon for first time this year: 3:41. I think I'll run the Mid Winter Classic.

—Sarah MacColl

Hello there, my name is Ross and I'm writing in conjunction with my application for membership. Here's a thumb nail sketch as to why I'd like to join the club and what my running experience has been up to this point.

Back in the 1970's, while growing up in Cape Elizabeth, I began running cross country, track, and local road races under the tutorage of Mr. Paul Jackson. Through my involvement with school team, I was led to join the MTC as a teen. Although my involvement with the club was fairly limited at that time, I do remember the feeling of camaraderie that accompanied my membership.

Having moved away from the state then to return a few years later, my interest in becoming a member surfaced once again. My primary interest in joining the club is to connect with other runners, expand my circle of friends, and simply make running a more lively part of my life.

In short, my interest in running is purely for the health of it. Numbers, statistics, and a wellspring of technical information regarding the sport frankly take a back seat to the spiritual connection I seek and receive each and every time I run.

So that's a little about me, hope it is helpful. I look forward to hearing back real soon.

—Ross Cameron

I've been running about 4 years. I am on UNUM's Corporate Track Team. I also run in various road races. I'm joining so I know more about what's going on in running and races in Maine.

—Tom Kirner

I have enjoyed running for many years. Just in the last 3 years, I've participated in five marathons. In 1994 and 1995, I did the Washington DC Marine Corp Marathon..improving my time. This past year, I participated in the Casco Bay...going only to mile 20 as a training run as I did the New York city Marathon, Nov. 3, 1996. I have also enjoyed doing the Bar Harbor 1/2 Marathon for the past 5 years. As I commute one hour each way to work every day and have a 4 year old..running for me is a stress release and much enjoyed hobby. I average 30-45 miles running year round.

My husband has begun running this past year and is planning to run the 1998 New York City Marathon with me.

We are new to the Portland area..moving from Bangor in 1995. Would enjoy meeting new people and running in road races.

—Denise & Colin Robertson



# 1997 New England Indoor Track Schedule

Always confirm entry with meet directors \*\*\*as of OCTOBER 10 1996\*\*\*

## JANUARY

- Jan 2 Brown U. All-Comers, Providence RI. 7 pm for age 14/under, 8:30pm (401) 863-2054  
Jan 4 Brandeis Open Meet, Waltham MA. 2p.m. Bruce Bickford (617)736-3630  
Jan 9 Brown U. All-Comers, Providence RI. 7 pm for age 14/under, 8:30pm (401) 863-2054  
Jan 10-12 Dartmouth Relays, Hanover, NH. All events for Masters-HS-Open on 10th, 11th, 12th. Carl Wallin 603-646-2848.  
Jan 11 Mass.HS Coaches Meet - Boys. Reggie Lewis Track & Athletic Center  
Jan 10-11 New England Collegiate Challenge Cup, Men & Women, Preliminary rounds at various college sites around New England.  
Jan 12 Sugarloaf Mt AC Meets, Smith College, Northampton MA. 4:30 p.m. Bill Durkee, (413) 586-0687  
Jan 17 New England Collegiate Challenge Cup Men's Final @ Reggie Lewis Ctr  
Jan 18 Mass. HS Coaches Meet - Girls. Reggie Lewis Track & Athletic Center  
Jan 19 Greater Boston TC Meet, Harvard U. Boston, MA. All events. Jim O'Brien 617-282-5537.  
Jan 25 Commonwealth Invitational, Harvard U, Boston. 1 p.m. \*USA Grand Prix Meet\* Bill Clark (617) 647-1221.  
Jan 25-26 Boston University Terrier Classic, Boston, MA. All events. Open/College/Relays. BU Track Office, Pete Schuder (617) 353-2911  
Jan 25-26 Mass. HS Frosh/Soph Meet, Reggie Lewis Facility, Boston  
Jan 12 Sugarloaf Mt AC Meets, Smith College, Northampton MA. 4:30 p.m. Bill Durkee, (413) 586-0687  
Jan 31 Boston Indoor Games, 7 p.m. Invitational Elite Meet. Mark Wetmore/Larry Barthlow, Global Athletic & Marketing (617) 536-7030.

## FEBRUARY

- Feb 1 Wheaton College Invitational, Norton MA. Paul Souza (508)286-3982  
Feb 2 USATF-New England Championship / Alden Invitational, Brown U. Providence RI. 10:00 a.m. All events. Open. (617) 566-7600  
Feb 8 Boston U. Valentines Meet, B.U.Armory, 10 a.m., Collegiate/Limited Open. (617) 353-2911  
Feb 9 USATF New Jersey Masters/Sub Masters, Farleigh Dickenson U, Hackensack NJ. (908)296-0006  
Feb 15 New England Division III Collegiate Champ's - Men at M.I.T., Women at Bowdoin College. 10:00 a.m.  
Feb 15 America East Collegiate Champ's, at Boston U., 10:00 a.m.  
Feb 15 Atlantic 10 Collegiate Champ's, at U.R.I., Kingston RI, 10 a.m.  
Feb 16 New England vs New York Dual Meet - for non-collegians, limited entry. USATF-NE (617) 566-7600  
Feb 21-22 New England Collegiate Championships- Men at Boston U., Women at U.Rhode Island. 4pm on Friday, 11 a.m. on Saturday.  
Feb 21 Metropolitan USATF Championships, Armory T&F Center, New York City. (212) 227-0071  
Feb 22 Maine USATF Championships, Bowdoin College, Brunswick ME. All events. (207)443-6171  
Feb 22-23 Mass. HS Class Meets: Reggie Lewis Track. Sat 9:30 a.m, Sun Noon. (508)478-5641  
Feb 22-23 Heptagonal Collegiate Champ's (Ivy League) at Harvard  
Feb 28-Mar 1 UAA Conference Champ's, Brandeis U, Waltham MA.  
Feb 28-Mar 1 USATF National Indoor Champ's, Georgia Dome, Atlanta GA. (317)261-0500

## MARCH

- Mar 1-2 ECAC Women's Championships, Dartmouth College, Hanover NH, IC4A Men's Championships ("this isn't just any track meet..."), Cornell University, Ithaca NY.  
March 1 ECAC Division III Meet (Men and Women), Boston University  
March 8 New England High School Championships, Harvard. Noon.  
March 8-9 National Scholastic Championships, Reggie Lewis Track Facility. (212) 227-0071  
March 7-9 World Indoor Championships, Paris  
March 9 USATF Eastern Masters Championships, Armory T&F Facility, New York City. (212) 227-0071  
March 15 Providence Cobras Youth Meet, Moses Brown School, Providence RI 10 a.m. age 14 & younger. Tom Spann (401)521-3077  
March 16 Sugarloaf Mt AC Meets, Smith College, Northampton MA. 4:30 p.m. Bill Durkee, (413) 586-0687  
March 21-23 \*\* USATF MASTERS NATIONAL CHAMPIONSHIP, Reggie Lewis Track, Boston MA. Age 30+ to 99+. (617) 566-7600.  
March 22 USATF Connecticut Champ's, Yale U, New Haven CT. (203)322-1964





# MTC 1996 Officers and Committee Chairs

USA Track & Field



Ron and Martha Deprez	Co-President	772-4312 Clyde Coolidge	At Large	603-742-9405
Mike Reali and Terry Sutton	Co-Vice Pres.	829-2014 Don Penta	Statistician and Photography	892-4526
Ron Pelton	Past President	846-9039 Maureen Sproul	Photography	926-4681
Andrew Coffin	Treasurer	777-3740 Howard Spear	Clothing	856-6496
Mary Ann Doss	Secretary	799-0896 Jim McCorkle	Equipment	781-3134
Alyce Schultz	Membership	780-9805 Dale Rines	Course Certification	854-2481
Everett Moulton	Race Committee	799-2894 John Gillis	Course Certification	879-0222
Donna Moulton	At Large	799-2894 Bob Aube	Newsletter	946-7681
Russ Bradley	At Large	799-3864 Marge Parsons	Newsletter	829-5079

## Maine Track Club Membership Application

(Please check one) ☐ Individual (\$15) ☐ Family (\$20) ☐ Student — 18 year old maximum (\$10)

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

## Upcoming races

**January 19**

**MTC Handicap Run (5K), New Gloucester, 9 a.m.: Maureen Sproul 926-4681.**

**January 26**

**January Thaw (4.5 miles), Belgrade, noon. Contact: Gene Roy 465-7296.**

**February 2**

**Mid-Winter 10-Mile Classic, Cape Elizabeth, noon. Contact: Don Penta 892-4526, Jeanne Hackett 766-5026 or Ray Shevenell 799-6219.**

**March 16**

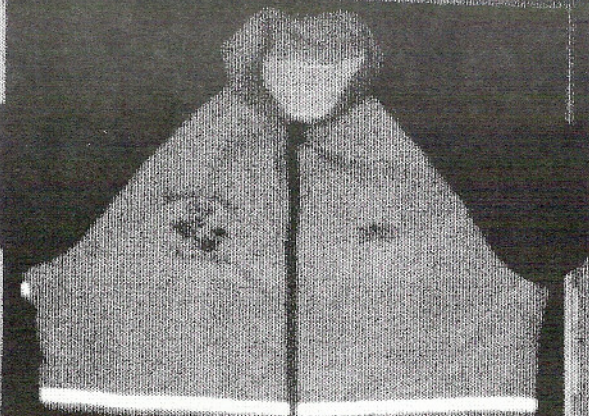
**Irish Road Race (5K), Portland, 11 a.m. Contact: Don McKeown 657-2184.**

**April 6**

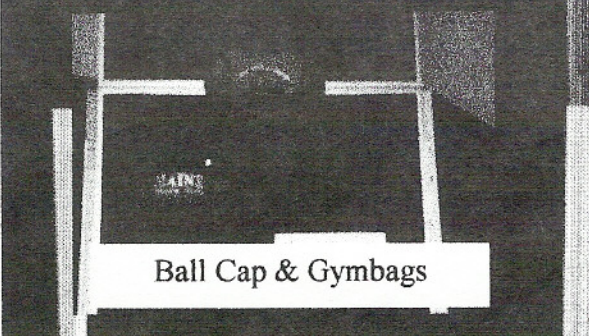
**Presidential Road Race (5 miles), Kennebunkport, 10 a.m. (1K kids run at 9:30 a.m.). Contact: David McCullough 967-3227 or 967-3293 (fax).**

Note: Races in bold are MTC events





Windsuit  
Jacket & Pants



Ball Cap & Gymbags



Sweatshirt

## Windsuits

Special Order \$65

## Racing Uniform

Singlet \$12

Shorts \$12

## Hats

Ball Cap \$12

## Gymbags

Large \$42

Small \$37

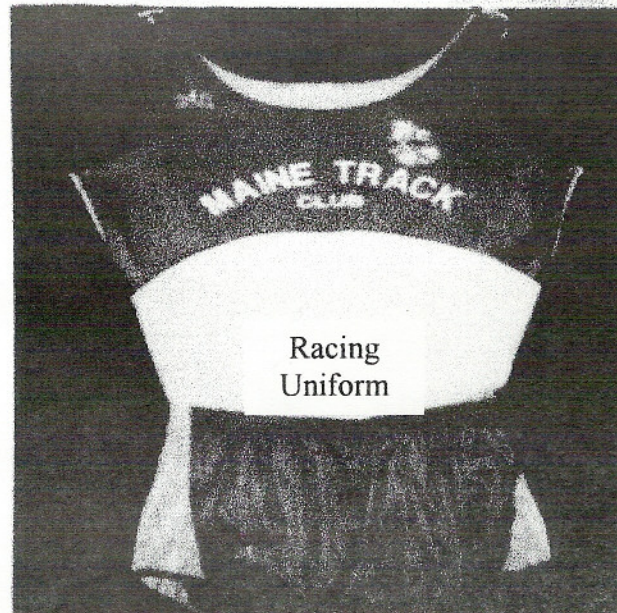
## Long Sleeve T-shirt \$12

## Sweatshirt

Crew \$15

Hooded \$20

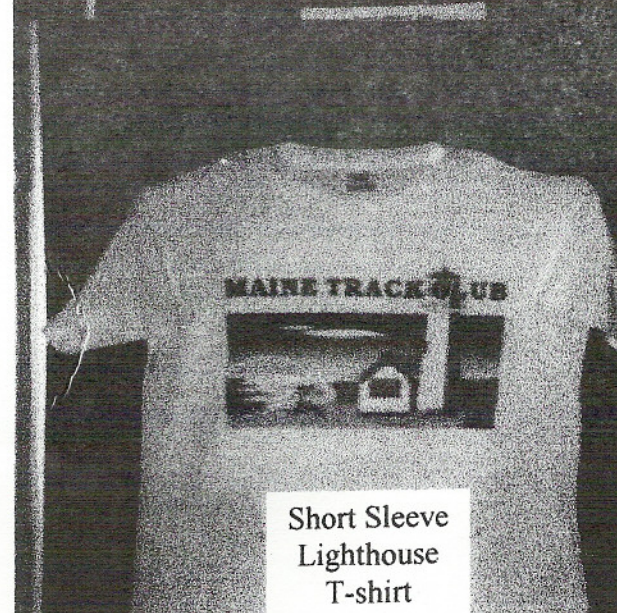
## Lighthouse Short Sleeve T-shirt \$8



Racing  
Uniform



Long Sleeve  
T-shirt



Short Sleeve  
Lighthouse  
T-shirt