

Maine Track Club



Run with a friend...

FEBRUARY 1990

NEXT MTC MEETING

FEBRUARY 14, 1990, 7P.M.
Machine Tool Auditorium, South Portland

Three staff members of the Sports Medicine Center of Portland will discuss their many programs. Dr. F. Lincoln Avery, Dr. William Heinz, and Mr. Ray Eifel of the Sports Medicine Center will give an overview of the many services available at the Center, show a few slides of their brand-new complex, and make a presentation regarding overuse injuries in runners. Such topics as hip and knee problems, stress fractures, and foot injuries will be covered. A question and answer period will be included in the presentation, which is open to the public. The regular MTC business meeting will follow.

Dr. Avery is an orthopaedic surgeon, specializing in the treatment of sports-related injuries. He is a member of the medical team covering the United States Soccer Federation, and travels with them regularly. Dr. Avery also serves as team orthopaedist for Bowdoin College and several local high schools.

Dr. Heinz has recently joined the Sports Medicine Center as a medical orthopaedist treating athletic injuries. He is a graduate of the Indiana University School of Medicine and has recently completed a Sports Medicine Fellowship at the Methodist Sports Medicine Center in Indianapolis.

Ray Eifel is the Director of the Rehabilitation Center at Orthopaedic Associates. He is responsible for the coordinated delivery of rehabilitation services with a staff that includes physical therapists, certified athletic trainers, massage therapists, and a registered dietitian. Ray's background is in Exercise Physiology.

NATIONAL TRACK & FIELD JUNIOR OLYMPICS 4x100
RELAY CHAMPIONS HONORED AT MTC BANQUET

Sandy Maddocks of Boothbay Harbor, Erin Barry, Nicole St. Sauveur, Susan Roderick, and Sherri Sandora of Portland were recognized for their performance at the competition in Spokane this past summer. In the fall, the MTC Board of Directors approved a donation to assist each of them with expenses following the trip to the competition.

BOARD OF DIRECTORS

The Board of Directors of the Maine Track Club meets the first Wednesday evening of each month to plan club activities. While only members of the board have voting power, any member is welcome to attend meetings and bring business before the board. Any proposals for board review must be presented one week prior to the meeting. Please contact Bill Stuart (799-5961) for details.

BANQUET FOLLOW UP

The program booklets featuring the club history and awards history will be available at club meetings or through the mail for a small cost. Contact Susan Davenny 772-1787.

If you did not send in the First Marathon Award and/or Volunteer T-shirt slip from the December newsletter, please still do so. We would like to make note of other first time marathoners and volunteers that worked three or more races.

Nancy Stedman, Maureen Sproul and Marla Keefe spent over 16 hours going through slides for the history and awards presentations. Special thanks to them.

PH3 NEXT HASH

THURSDAY, FEBRUARY 22

6:00 pm
Gritty McDuff's



on Fore St. at the foot of Exchange St.

Hares: Bill Davenny and Dale Rines

Everyone is welcome!

From the Editor

Welcome, all of you, to my inaugural issue of the Newsletter. When Erin asked me to be the new Editor, some small, rational part of my brain must have shut down because I said yes right away. Several weeks later I have renewed respect for those Editors before me and vast amounts of new knowledge about Maine running floating around in my (somewhat addled) brain.

By way of introduction, I am a new resident of Kennebunkport, having moved here with my husband and two children from Washington, D.C. For the 10 years prior to our move, I worked in a large Advertising and Public Relations agency. Right now I occupy myself as a parttime writer and fulltime bum. For the first time in my life I have lots of time to run!

My career as a runner is short but interesting (as am I). I began running on January 1, 1988, because all my other athletic endeavors required too much organization. I always looked with envy as my brother (the gazelle) would simply don a pair of shoes and be off. I admit, too, that part of me hoped that if I started running, I would end up tall and thin like my brother: no such luck. Heading out on the roads sure beat driving to the stables for horseback riding or driving to a ballet class or driving to an aerobics class. For whatever reason, running became a passion in no time. I've since run more than 50 races, including my first marathon in November.

Running in Maine has turned out to be one of the biggest benefits of my recent move. Through the Maine Track Club I've already made some terrific friends and run some of the most spectacular races of my short career: the beauty of Peaks Island and the challenge of the Cape Challenge are memories that I will hold close for years to come. I've even won two trophies since I moved to Maine. For a runner who defines "back of the pack" this is no mean feat. This summer I was second in my age group at the JBI run and I was the second place woman in a 15K race in the fall. (Please don't tell my mother there were only six other women in the race. She thinks I train with Joan Samuelson.) There is a joy to running on a deserted, snow-covered street or on the beach at sunrise that is indescribable to my city friends. Meanwhile, I'm already making friends in my new town, where I'm universally known as that "crazy woman on Ocean Ave. who's always running." My husband frequently wonders what it is I found to talk about at parties before I started running. I'm sure all of you know that special thrill you get when your dinner partner leans closer to you and says: "You ran 26 miles! Without a gun to your head?!"

It will take me a while to learn about the Maine Track Club; to find out where the skeletons are buried. Bear with me as I try hard not to misspell your name or misidentify you in a picture. Send me anything you think should be included in the newsletter. Even if you don't want to contribute a story, ideas are the next best thing. And if you ever want to do a long run along the most beautiful stretch of ocean in Maine, give me a call. We'll start at my front door.

Newsletter Deadlines

For the March 1990 issue:
February 19, 1990

For the April 1990 issue:
March 19, 1990

For the May 1990 issue:
April 23, 1990

For the June 1990 issue:
May 21, 1990

For the July 1990 issue:
June 20, 1990

Deadline: n. the LAST day to submit material for the newsletter in question.

RUNNERS WHO HAVE BEEN INJURED in the previous year are 50 percent more likely to hurt themselves again, according to researchers at McMaster University in Canada. *Most likely:* Runners with past knee injuries.

TRAINING RUN

Bill Stuart's House
92 Elsmere Ave.
South Portland

Saturday, February 24

18 miles @ 7:00

12 miles @ 8:00

6 miles @ 9:00

Brunch @ 10:00

Bring juice or muffins
or bagels. For more
information call 799-5961

Membership Meeting

MTC MEMBERSHIP MEETING DECEMBER 13, 1989
SMVTI 7:00pm

President, Herb Strom presided. Attendance: 30.

Speakers were Dave Crawford and Paul Merrill on the Hawaii Ironman Triathlon. Excellent!

Balance in the checking account as of Nov. 6 was \$11,120.54, including undisbursed race funds.

Mel Fineberg announced clothing on hand for the holidays and invited members to join in the Torch Run from the Jewish Home for the Aged on December 17.

The new liability insurance from RRCA was accepted by the club. It will cover all club events against suits alleging negligence. The cost of \$779 will be partially recovered from races which will pay the club for insurance instead of a national TAC Sanction which included liability insurance for races.

Officers for 1990 were elected. President Bill Stuart, Vice-President Peter Bastow, Secretary Susan Davenny, Treasurer Rob Laskey, Race Chair Charles Scribner, Past President Herb Strom, Membership Ruth Hefflinger, Newsletter Candace Karu & Erin MacLean, Board Members at Large Barbara Coughlin, Ken Dolley, and Carlton Mendell.

Respectfully submitted,

Susan Davenny
Susan Davenny
Secretary



L to R: Carlton Mendell, Jane Dolley & Bob Jolicoeur

New Members

Name & Address	Phone	Occupation	Age
Velma Allen P.O. Box 65 Berwick, ME 03901	H698-5819 W698-1136	Secretary Berwick Police Dept.	45
David & Nancy Berrang 36 Loraine St. Portland, ME 04103	H773-9728 W874-1000-D	Dir. Finance-United Way Arts Consultant	30 35
Gregory Dugas 36 Churchill Rd. So. Portland, ME 04106	H799-1878 W772-0076	Facility Manager Orthopaedic Assoc.	35
Harry Giddinge 37 Longfellow Ave. Brunswick, ME 04011	H729-3052 W582-8718	Deputy Supt.-State of ME Bureau of Consumer Prot.	56
Arthur Gingold Town Hall Rd. N. Edgecomb, ME 04556	H882-6495 W729-1436	Management Consultant Barton & Gingold	52
Chris & Mary Kinney Elisa RR4, Box 4120 Freeport, ME 04032	H688-4450 W775-6161	Sheraton Hannaford	36 30 12
Nathan MacDuffie 18 Berry Road Scarborough, ME 04074		Aqua Clean Inc. Mechanic	33
Meg McGovern 15 Cammock Road Scarborough, ME 04074	H883-8604	Sigma Diagnostics	30
Lorraine Paradis 126 Mountainview Rd. Gray, ME 04039	H428-3792 W829-6355	Programmer Insurers Computer Serv.	33
Joan Tremberth 39 Old Neck Road Scarborough, ME 04074	H883-9732	Substitute Teacher	44
Patti Tableman P.O. Box 427 Brunswick, ME 04011	H721-0848 W874-0397	Executive Assistant CC&F Asset Mgmt. Co.	31
Henry Wolstat Jaylene Summers P.O. Box 1183 Kennebunkport, ME 04046	H985-7412 W773-9551-J	Psychiatrist Psychologist	55 48

Thanks to all of you for the wonderful book on myofascial pain. I'm the envy of all my fellow massage students! Our Neuromuscular teacher uses that book every day in class - it is truly the "bible" of this field.

I really appreciate the thoughtful gift and hope many MTC members will eventually benefit from it in a round-about way! I have learned volumes about Sports Massage and Training, and look forward to writing articles for the newsletter in the future. Thinking of you - *TJEB MERRILL*

Deb received this book as a gift from the club for her years as Newsletter Editor.



Maine Track Club

P.O. Box 8008, Portland, Maine 04104

...Run with a friend...

TENTATIVE 1990 RACE CALENDAR

Feb. 4	9th Midwinter 10 Mile Classic	Bob Payne 655-6006, Marla Keefe 655-7352
Apr. 16	61st Boys Club 5 Miler	Dave Paul 797-4242, Steve Muslawski
Apr. 28	April Amble 4 Miler	John Henderson, Westbrook College
May 6	Berwick DARE 5 Miler & Fun Run	Kathy MacDonald 698-1136
May 19	Officer Friendly	Rob Laskey 729-4104
May 19	DARE 4 Miler	Everett Moulton 799-2894
May 27	Oakhurst 4 Miler	Charles Scribner 772-5781, Ron Deprez 772-4312, John Conley 799-6378
June 3	Mark Hoffmaster 5 Miler	Jean Thomas 797-2122, Bob Cushman 797-4367
July 20	Deering Oaks Fest. Track Meet	Sandy Utterstrom 797-4710
July 21	Pat's Pizza 5 Mile Classic	Bill Stuart 799-5961
July 28	Peaks Island 5 Miler	Sumner & Carol Weeks 774-3436
Aug. 19	Bowdoin 10 Miler	Barry Lohnes, Sports East
Sept. 9	Half-Marathon	
Sept 30	Women's Distance Festival 5K	Susan Davenney 772-1787, Ruth Hefflefinger 797-4625
Oct. 7	Falmouth Lions 10K	Phil Pierce 781-3769
TBA	Baxter Boulevard 4 Miler	Rick Strout 829-3216
Oct. 13	MTC 50 Miler	Bill & Bambi Lovett 797-3531
Nov. 18	22nd Turkey Trot 10K	Dru Jones 878-3881
TBA	Candy Cane Run	Rob Laskey 729-4104
Dec 31	New Year's 5K	Bill Stuart 799-5961



club # 635

Maine Track Club is a non-profit organization.

club # 111



PRESIDENT'S PAGE

Now that we have enjoyed our annual banquet and reflection on the first 10 years of Maine Track Club history, it is time to build on that success, beginning today!

I plan to write a monthly column to help keep you informed about what is happening "behind the scenes" with the club. I hope that this information is helpful to you and that perhaps you will learn about an interesting project or program to which you will be willing to devote your time and energy.

VOLUNTEERS

We recommend that members work three MTC events during the year. As a volunteer organization, MTC is only as strong as its members who are willing to devote a little time to making races, banquets, yard sales, etc., a success. Please make 1990 the year that you work at least three events. For those of you who run every race, you can still help out by distributing fliers or working on the banquet or helping at registration or picking up race-day refreshments or measuring courses or any other tasks. Remember, you are able to run races only because other volunteer their time to those races. Please return the favor!

RRCA CONVENTION

The Road Runners Club of America will hold its annual convention in Miami Beach this spring. Dates are March 8-10. The RRCA, which oversees and supports member running clubs throughout the country, provides a lot of services to MTC that members rarely see: liability insurance, Women's Distance Festival organization, race support, club organization advice, etc.

The convention (similar to the one hosted by MTC in 1986) includes seminars and workshops on club management, sponsorship, volunteers, media relations, children's running programs, club newsletters and seniors' running. Activities include a fun run, a beach cookout, a national championship 8K race and a banquet featuring keynote speaker Priscilla Welch.

Perhaps most important, this year our own Jane Dolley, president of MTC in 1986, will be a candidate for president of RRCA. Jane currently serves as one of the four regional directors of RRCA, overseeing activity in 13 eastern states. If, as expected, Jan is elected, she will serve a two-year term as president. The position is voluntary, so she will still live and work in Maine while spending

a lot of time on airplanes commuting to RRCA board meetings at the Washington, DC, headquarters and representing RRCA at events throughout the country.

Charlie Scribner, president of MTC in 1988 and currently race committee chairman, serves as the Maine state representative for RRCA.

If you are interested in representing MTC at the convention, please speak to me as soon as possible. Attending the convention is an excellent opportunity to learn more about running and club organization, meet new friends and exchange T shirts.

NOTE: MTC has a high profile in the RRCA. In addition to Jane's and Charlie's contributions, people still remember the Portland convention as the best ever. They still rave about lobster, the cookout at the Jolicoeur home and the hospitality of the people of Portland.

RACE DIRECTORS

We are looking for race directors to fill several openings as our race schedule expands. You do not need prior experience. A little common sense, a willingness to put in some time for a good cause and an ability to learn are all the ingredients that are necessary to become a successful race director. If you are interested in being a director or co-director, please contact Charlie Scribner or me.

HYANNIS MARATHON AND HALF MARATHON

A number of MTC members will be running the Hyannis Marathon and Half Marathon March 4. If you are interested in running, please contact me for details. If you are planning to run one of the events and would like to join a group for a carboloading dinner Saturday night, please, let me know.

NEWSLETTER

Share your experiences with MTC members through the newsletter. Have you run an interesting race recently? Do you have some running tips to share with other runners? Are you planning some training runs? Please let members know by writing your information and including it in the newsletter. Contact Candace Karu, editor, for details.

Bill Stuart

FITBITS

CRAVINGS FOR CARBOHYDRATES may indicate that you are exercising *too much*, says a report in *Annals of Sports Medicine* by researchers at the University of Cincinnati School of Medicine. Reason: Too much exercise causes imbalances of amino acids that result in certain brain chemicals craving carbohydrates—and often resulting in binge eating. Other symptoms of over-training: Depression, sleep disturbance, increased sensitivity to pain and a more aggressive nature.

CROSS-TRAINING TIPS: The best fitness routine includes a smorgasbord of at least three different types of activities, says Neil E. Wolkodoff, Ph.D., director of sports sciences at the Denver Athletic Club: aerobics such as cycling, running, swimming or speed walking to build endurance and flexibility; anaerobic options like basketball, racquetball, volleyball or tennis for coordination, balance and speed; and weight-training to build strength. The aerobic activities should be practiced at least three times a week, while the other types should be done at least once a week.

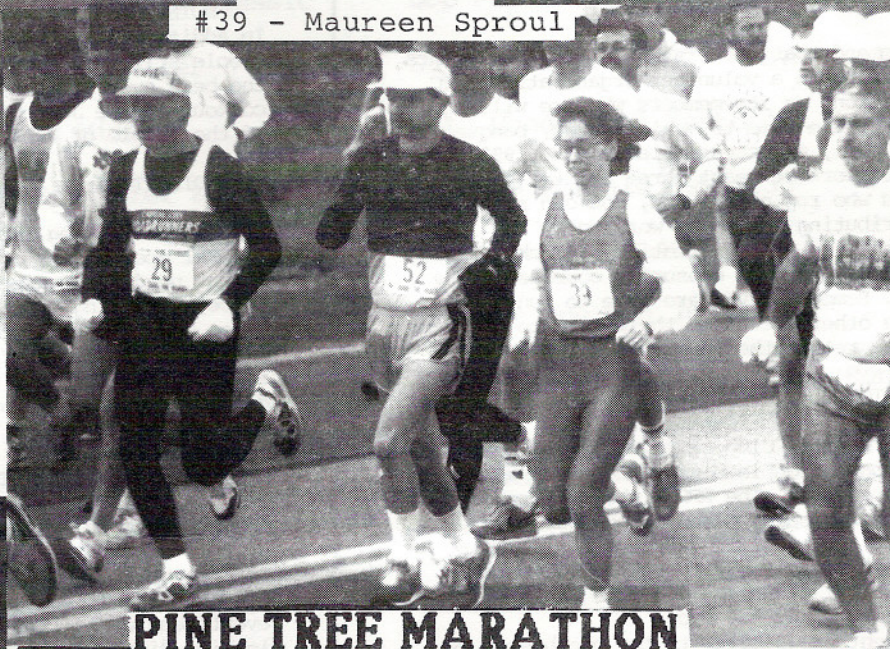
Nancy Ellis



Carlton Mendell



#39 - Maureen Sproul



PINE TREE MARATHON



TURKEY TROT

L to R: Rick O'Brien, Herb Strom
Maggie Soule, Don Penta

AT THE RACES

Sue Davenny



Kathy Gardiner



CAPE COD MARATHON



Marla Keefe & Nancy Rouse

On Friday, March 9th, delegates to the Road Runners Club of America convention in Miami will elect a new President. It will be Maine Track Club Past President, current RRCA Eastern Director, Maine TAC Vice-President, Maine Ekiden Team Coach, and Cape Challenge Race Director, Jane Dolley.

When Jane was MTC President in 1986, the club hosted the RRCA convention. RRCA President, Henley Gible observed Jane "in action" and at the Road Race Management Conference in November of 1986 brought up the subject of involvement in national activities. Jane felt she had to complete her term as MTC President before considering this step. In February of 1987, a nominating committee member called about a vacancy for RRCA Eastern Director. Jane agreed and was elected at the Indianapolis convention. As Eastern Director she is the link between 110 clubs in 13 states with 41,000 members and the RRCA Board. She was re-elected in 1988 for a second term..

At the 1989 convention in Colorado, the subject of the presidency was broached. Jane considered it but set the decision aside until a call in September. With the support of her husband, Kenneth, and her boss at UNUM, she accepted the nomination. Jane will continue to complete a full 40 hour week at UNUM, working until 8:00pm 2-3 times a week on days beginning with time at home on RRCA business. She will also continue to fulfill her travel commitments out of her vacation time. Jane will be able to lead the RRCA from her home office because outgoing President, Henley Gibble will be interim Executive Director, administering programs from RRCA Headquarters.

Good Luck, Jane! We are behind you all the way.

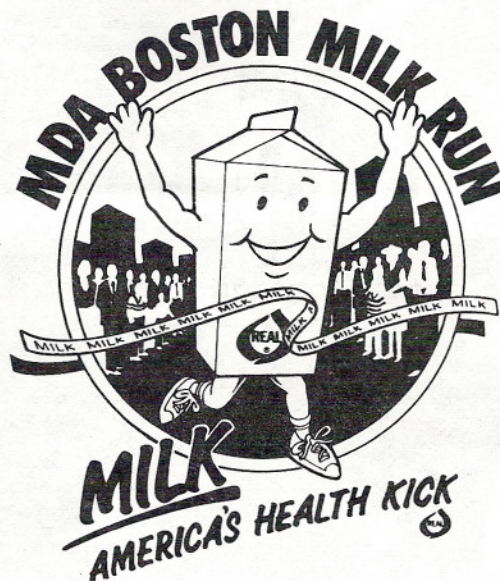
Sue Davenny



Henley Gobble(1) and
Jane Dolley

RRCA LIABILITY INSURANCE AND TAC SANCTIONS

The Maine Track Club has purchased the new liability insurance available through RRCA. This insurance covers all club events in the event of a suit alleging negligence. The liability insurance which came with a national TAC sanction covered only that race. MTC race directors are still encouraged to apply for a local TAC sanction through Jane Dolley to support Maine TAC. Athletes with TAC memberships have accident insurance coverage in TAC sanctioned events. Members are encouraged to join TAC for this coverage.



1:45 PM

Sunday, April 8, 1990

Simmons College

Avenue Louis Pasteur

The Fenway, Boston, Massachusetts

Hosted by the

Massachusetts Dietetic Association

MDA-BOSTON MILK RUN

430C Salem Street
Medford, MA 02155

The London Marathon A great race to think about

If you've run most of the Marathons within 300-400 miles of Portland and are beginning to forage around the country and the world to run races you've heard about--put the London Marathon somewhere on your calendar. Not only is it the largest marathon in the world, but its one of the best organized, and a real happening. The course is scenic, flat, historic, safe--you'll like it. Even an old 50's plus runner like me managed a 3:32. There are three starting points in a huge park southeast of London that funnel together by the five mile mark. From there on its bands, crowds from two to ten deep, plenty of water, sponges, even a high energy fluid replacement drink. The recent issue of Runner had this years ad and registration form--April 22nd. It's a spring race every year. They hold spaces for foreign entrants and the Keith Prowse travel people have a good 5 day package that includes round-trip air, hotel, race registration etc. Take it from an old MTC war horse--it's a real good race, and if you can't have fun for five days in London, you just can't have fun. See you on the road.

Orlando Delogu

WEIGHT LIFTERS and those using resistance training machines should do light exercises and *not* stand still for at least one minute after lifting, suggests a study in the *Journal of Applied Sports Science Research*. Reason: Blood pressure sharply drops after lifting and, coupled with reduced oxygen delivery, can result in fainting when less fit individuals suddenly stop all movement.

Thanks Volunteers!

Name	Races	Name	Races
Allen, Tom	3	Lathrop, Shelly	3
Bastow, Peter	4	LeRoy, John	4
Bradley, Russ	4	Lovett, Bambi	5
Buckley, Pat	5	Lovett, Bill	6
Connors, Russ	3	Lunsford, Larry	5
Coughlin, Barbara	5	McDade, Donald	4
Cunningham, Ted	15	McGovern, Terry	5
Cushman, Bob	4	Mendell, Carlton	3
Cushman, Brenda	3	Merrill, Clint	3
Davenny, Ben	3	Moulton, Donna	5
Davenny, Bill	10	Moulton, Everett	5
Davenny, Sue	12	Payne, Bob	4
Delay, Deede	5	Penta, Don	7
Demers, Conrad	4	Perkins, Bob	4
Dolley, Jane	4	Pierce, Phil	4
Dolley, Ken	6	Pierce, Rae	4
Fineberg, Mel	11	Soule, Maggie	4
Foye, Kathie	6	Sproul, Maureen	3
Foye, Warren	4	Stedman, Bruce	3
Gale, John	4	Stedman, Nancy	6
Gardiner, Kathy	4	Strom, Evie	4
Hefflefinger, Ray	12	Strom, Herb	3
Hefflefinger, Ruth	10	Strout, Rick	4
Jones, Bob	3	Stuart, Bill	12
Jones, Danielle	3	Thomas, Jean	10
Jones, Dru	9	Utterstrom, Al	4
Keefe, Marla	4	Utterstrom, Sandy	10
Laskey, Rob	3	Watson, John	3
Lathrop, Brian	3	Webber, Walter	3
Lathrop, Jane	3	Weeks, Carol	3
Lathrop, Loren	5	Weeks, Sumner	3
Lathrop, Renee	3	Wyman, Robert	3



RUN WITH THE BEST



RUNNING WITH A FINEBERG ON IS
LIKE RUNNING WITH NOTHING AT ALL

Buy Now For the Holidays

Maine Track Club clothing of course! With the holiday season fast approaching now is an excellent time to purchase clothing for your friends in the club, for family members, or even for yourself.

This might just solve some of your gift giving questions (what to give?) and it also helps our track club. You can select from three different types of hats, two types of singlets, tee-shirts, unisex nylon shorts, Running Comfort shorts and singlets for women, hooded sweat shirts, gloves, long sleeve shirts and much more.

To place an order or for information please call
Mel Fineberg at 774-8868.



FINEBERG, LTD.



FINE CLOTHING SINCE 1988
OFFICIAL OUTFITTERS TO MTC

1990 Officers and Committee Chairpersons

Bill Stuart	President	799-5961	John LeRoy	Course Certification	725-8680
Peter Bastow	Vice President	829-3669	Loren Lathrop	Course Certification	772-8356
Susan Davenney	Secretary	772-1787	Ruth Hefflefinger	Membership	797-4625
Rob Laskey	Treasurer	729-4104	Herb Strom	Past President	799-7705
Charlie Scribner	Race Committee	772-5781	Melvin Fineberg	Clothing	774-8868
Candice Karu	Newsletter Editor	967-4257	Don Penta	Statistician	892-4526
Barbara Coughlin	Member at Large	799-0463	Ken Dolley	Member at Large	846-6018
Carlton Mendell	Member at Large	797-7806			

Maine Track Club, Box 8008, Portland, Maine 04104 * A non-profit organization



WANTED: NEWSLETTER SPONSORS!

MTC gratefully acknowledges the generosity and support of those members listed at right. If you would like to become an individual sponsor, please send \$10 to the Maine Track Club, Box 8008, Portland 04104.

To become a corporate sponsor, your donation of \$25 should be mailed to the same address. Prime sponsorships in the amount of \$50 will reserve you advertising space in the newsletter. For details, contact the Editor at the number listed above.

SPONSORS

Debbie and Warren Alpern
Robert Perkins
Claire Edwards

PRIME SPONSOR

Carol Pierce

All donations are gratefully accepted!

Treasurer's Report

Funds on Deposit November 5, 1989		\$ 11,120.54
Receipts:		
Bruce Ellis Fund	\$ 10.00	
50 Mile Race	\$ 20.00	
Patron Ad	\$ 10.00	
Membership	\$ 315.00	
Lawn Sale	\$ 405.00	
John Fyalka Scholarship	\$ 200.00	
Bowdoin & Back Race	\$ 400.00	
Corporate Heart Run	\$ 100.00	
Interest	\$ 55.45	
		\$ 1,515.45
		\$ 12,635.99
Disbursements:		
*Deposit - Banquet	\$ 200.00	
*Expense - Lawn Sale	\$ 56.50	
*Town of Cape Elizabeth	\$ 324.00	
Police Cape Challenge		
*Awards - participants	\$ 250.00	
TAC Nat Champ		
*TAC/USA/Me	\$ 35.00	
Turkey Trot		
*Computer Supplies	\$ 100.00	
*Bambi Lovett	\$ 20.00	
50 miler expenses		
*Big Red Printing - Newsletter	\$ 154.95	
*Dale Rand Printing - Posters	\$ 34.65	
Cape Challenge		
*The Production Studio - Printing	\$ 20.00	
*Road Race Management Subscription	\$ 78.00	
*WCSH T.V. - Net Race Receipts	\$ 2,889.00	
*Jane Dolly - Cape Challenge Expenses	\$ 1,048.69	
		\$ 5,210.79
Funds on Deposit December 5, 1989	\$	\$ 7,425.20

Richard K. Strout
Richard K. Strout
Treasurer

HEARTBURN? It could be a result of your workout, say researchers from Bowman Gray School of Medicine at Wake Forest University. They found that vigorous aerobic exercise can induce reflux—and the more agitating the exercise, the more gas it produces. (Running produced the most reflux, bicycling the least). *Advice:* If you're prone to heartburn, choose an activity that is less jolting to the entire body, such as cycling.



BIRTH ANNOUNCEMENT

Olivia Louise Titcomb

September 22, 1989

7lbs. 15 oz.

Congratulations to
Joel & Patty Titcomb

TENTH ANNIVERSARY BANQUET

Congratulations to:

MTC Youth Runners Ingrid Snekvik & Chris Taylor
MTC High School Runners Tiffany Tobiassen & Jeff Paul
MTC Scholarship Michelle Severance, Lee Academy
John Fyalka Scholarship Sam Wilbur, Mattanawcook
MTC Comeback Runner Richard Scribner
MTC Most Improved Open Virginia Holmes & Willie Emerson
MTC Most Improved 30-39 Maureen Sproul & Stephen DiPalma
MTC Most Improved 40-49 Carol Pierce & Loren Lathrop
MTC Outstanding Master Carol Weeks
MTC Most Improved 50-59 Pat Buckley & Paul D'Amboise
MTC Most Improved 60+ Ruth Heffelfinger & Russ Bradley
MTC Triathletes Deb Merrill & Joel Titcomb
MTC Ironman Rosalyn Randall & Dave Crawford
First Marathon Awards John LeRoy, Ron Deprez, Marla
Keefe and Candace Karu
MTC Runners of the Year Wanda Binette & Carlton Mendell
Maine Runners of the Year Tina Meserve & Greg Hale
Outstanding Contribution to Running in Maine Brian
Gillespie
John Fyalka Award Rick Strout
Outstanding Contributors to MTC Don Penta & Nancy
Stedman
10th Anniversary Award Charles Scribner
Outstanding Race Director Susan Davenny & Ruth Heffle-
finger for the Women's Distance Festival

Thanks to:

Co-Chair Nancy Stedman
Master of Ceremonies Bill Stuart
Awards Committee Ken Dolley, Charles Scribner, Don
Penta
General Committee & Advertising Nancy Stedman, Charles
Scribner, Ken Dolley, Marla Keefe, Maureen Sproul
Photographers Nina Stoddard & Frank Ferland
Calligrapher Julie Grant
Reservations Ruth Heffelfinger
Video Bruce Stedman

Sue Davenny, Co-Chair

ANNUAL AWARDS

MAINE TRACK CLUB MEMBERSHIP FORM

___ Individual (\$12.00) ___ Family (\$15.00) ___ Student (\$5.00)
(18 yrs. old maximum)

LAST NAME _____, TODAY'S DATE ____/____/____

1ST. NAME _____, INITIAL ____, SEX (M/F) ____, D.O.B. ____/____/____
1ST. NAME _____, INITIAL ____, SEX (M/F) ____, D.O.B. ____/____/____
1ST. NAME _____, INITIAL ____, SEX (M/F) ____, D.O.B. ____/____/____
1ST. NAME _____, INITIAL ____, SEX (M/F) ____, D.O.B. ____/____/____

ADDRESS _____, HOME PHONE _____

CITY _____, STATE _____, ZIP CODE _____

EMPLOYER _____, OCCUPATION _____, PHONE _____
EMPLOYER _____, OCCUPATION _____, PHONE _____

IF STUDENT: SCHOOL _____, YEAR OF GRADUATION _____
 SCHOOL _____, YEAR OF GRADUATION _____

OTHER INTERESTS: _____

YOUR SPONSOR (IF ANY): _____

Maine Track Club

P.O. Box 8008
Portland, Maine
04104



First Class Mail