

Maine Track Club

FEBRUARY 1992

Run with a friend...



FROM THE EDITOR

Last September I applied for dual(running) citizenship. Since I spend almost 12 weeks a year in Florida, I thought it was time to check out the running scene there. With some trepidation, I joined the Miami Runners Club and in December ran my first race in Florida. My friend Andrea, an adorable, single neurologist who lives in Miami was a runner who had never been in a race before. I had found the perfect partner and the perfect race - the Orange Bowl 10K; run through beautiful Coconut Grove. Andrea and I arrived early so she could savor the sights and sounds of pre-race madness. I have always told my single friends that there is no better place to meet potential dates than at a road race and this day was no exception. Before she crossed the finish line, Andrea given out her (unlisted) phone number more than most singles do in a month.

The day was accommodating by Florida standards - cool and overcast as 800 runners crossed the starting line. I ran at a much slower pace than I am used to stay with Andrea and was surprised at how pleasant the run was. We saw beautiful ocean views, chatted with other "back-of-the-packers" and generally had a ball. Just as it started to get uncomfortably hot, a gentle rain began to fall and stay with us 'til the finish line. We had a wonderful time.

Right after the New Year, I decided to push my luck and run in the Miami Dade Half Marathon. I was extremely nervous, since I hadn't done a run of any distance since the Marine Corps Marathon and because I am a total wuss in the heat.

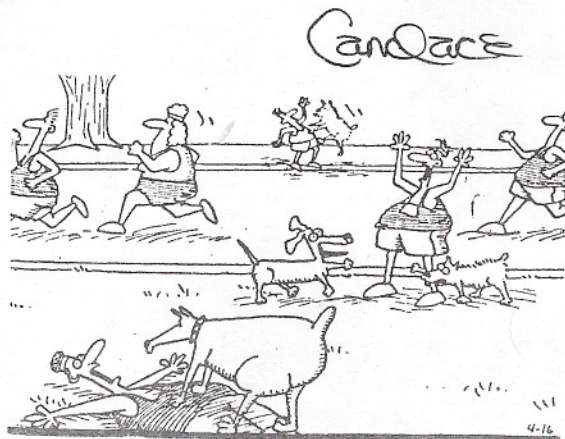
Someone up there must like me because on the morning of the race the temperature was a brisk 48 degrees! The race began at 6:30 to allow for the heat (the marathon had begun at 6:00) and you have never heard such complaining in your life. These poor Floridians were really suffering in the cold. People were bundled up to face sub-zero temps. As a Mainer I thought the temperature was perfect!

We ran in the dark for over an hour, and watched the sun rise in the 'burbs. There was one truly strange phenomenon that no one could explain. The race course took us through residential areas and strip malls and yet, as the sun began to appear, there was the sound of roosters crowing everywhere! One runner next to me said it was a sign that there were many practitioners of voodoo in

the area, someone else said they were wild roosters left over from farms that had been turned into tract homes. (Wild Roosters Stalk Miami Suburbs! I can see the headlines now.)

I ran most of the way with a man named Hugo who was originally from Cuba but had lived in Miami for 20 years. His beautiful accent and interesting stories kept me entertained and distracted from mile two through mile 10 when I died and Hugo seemed to come alive. The last three miles paid me back for neglecting my long runs. Next year I will prepare better for this race and enjoy the great food at the end. As it was, it was all I could do to limp to my car and hurry home. I had to get on a plane to come back to Maine in the fog and rain in plenty of pain.

It is wonderful to have the contrast of another club. The Miami Runners Club is much bigger than ours - they have a really professional looking newsletter and a booth from which to sell their club goodies. They have a gorgeous home base at Tropical Park and an average annual temperature of 73 degrees. But they don't have Fashions by House of Mel or an Official Wedding Correspondent for their Newsletter. They don't have a Tag Team President or an Olympic Gold medal marathoner in their membership. The president of the RRCA is not from their club and their newsletter may be slick, but ours is funnier (and funnier looking). All things considered we stack up nicely against the competition. And if anyone would like to see for himself, come join me next year - 6:30 am at Tropical Park - be there or be cold!



Meanwhile, all along the marathon route, neighborhood dogs fulfilled their role in nature by weeding out the weak and injured.

COVER: MTC Ambassador of Goodwill Bill Davenny (and friend) greeting his fans at the Marine Corps Marathon.

PRESIDENTS' PAGE

The 12th Annual Maine Track Club Banquet was held on Saturday, January 18th at the South Portland Marriott. It marked the end of a successful year for the club and for the outstanding award winners. CONGRATULATIONS to all award winners and club members who ran so successfully in 1991.

The Banquet also signifies the beginning of a new year of running. The Maine Track Club offers a great calendar of social events, races and meetings. We hope that Club members will continue to volunteer and participate as you did in 1991. Ninety seven members volunteered to work on three or more races - Fantastic! In order to promote volunteering in our club, we encourage you to not only run with a friend, but to invite non-members and friends to our monthly meetings and events.

Our goals as Co-Presidents of the Maine Track Club are to promote youth running, to increase member participation in club activities and to have fun. Please let us know about your goals for the club. To date, we have received many surveys from you. In case you have not sent yours in yet, send it to: Maine Track Club, P.O. Box 8008, Portland, ME 04104.

We look forward to the year ahead.
Together, we can make it a great year.

Respectfully yours,

Sumner & Carol Weeks

Look for full Banquet coverage and photos in the March issue of the Newsletter. Ed.



NEXT MTC MEETING

WED. - FEB. 12 - 7 p
SMTC - Machine Tool Aud.

Well, there's good news and there's bad news. The good news is that February's speaker is going to be informative, entertaining and telling us all about something really cool stuff. The bad news is that we are not entirely sure who that speaker will be. Because the Newsletter is going to press a little early this month, newly elected VP Tom Dann has not been able to get a firm commitment from his speaker. Being a neighbor of Tom's and knowing his fine reputation in the athletic community, I can't imagine that he won't get a really great person to come to our meeting - maybe even Lynn Jennings!

So join us at 7:00 pm at SMTC to hear someone speak about something. The business meeting of the Club will follow. Don't spend countless nights speculating. Join us and satisfy your curiosity!

GREETINGS FROM SUNNY CALIFORNIA

Greetings from sunny central California. I'm still receiving the Newsletter (via my Portsmouth address). I'm renewing my MTC Membership just to keep track of what you are all doing. Running here is wonderful. I manage to enter a race every one or two weeks and place about where I did in Maine. We average about 200 entrants for most races. On Thanksgiving weekend 15,000 of us ran a 10K, 5K, and walked "To the Far Side" (with T-shirts designed by Gary Larson) through Golden Gate Park in San Francisco. Running and cycling are easily done throughout the year (it's 65 outside today). Say hello if you are ever near Fresno.

Regards,
Henry Wolstat, MD
7509 N. First, #205
Fresno, CA 93720

PS In my first race I wore the green MTC singlet and am now known by other runners as "The Man From Maine."

LEFT: The Presidents Weeks with Ruth Hefflefinger.

DECISION ON FALL MARATHON TO BE MADE AT FEBRUARY CLUB MEETING

The proposal for the Maine Track Club to conduct a fall marathon, half-marathon, and possible 3rd race on the first weekend in October will go before the membership at the February meeting. This is a major undertaking and we need everyone's support. See you there!

NEW VOLUNTEER INCENTIVES PROPOSED

Suggestions have been made to reward volunteers who do more than their 3 race commitment. These include clothing discounts, race discounts and banquet discounts. The Board of Directors would like to recommend the following for 1992:

| | |
|----------|---|
| 3 races | annual volunteer t-shirt |
| 5 races | 10% discount on MTC clothing for the following year |
| 10 races | 20% discount |
| 15 races | 25% discount |

Members will send in their race lists as they have done this year. A voucher with the discount will be attached to their volunteer t-shirt given at the banquet. It will be good for clothing purchased by that member during the following year. What do you think? We will decide at the February meeting. See you there!



Volunteers (LtoR) Nancy Kneeland, Mary Ann Peck and Jane McCrodden at the Turkey Trot.

THANK YOU

The following people have donated funds to the club to be used at the discretion of the board. It is gifts like these that allow the club a few luxuries and the generosity of these people is greatly appreciated by all of us!

Carol Pierce
Malcolm and Adrienne Kidd
Clyde and Patricia Coolidge

A REMINDER!

This will be your last issue of the Maine Track Club Newsletter unless you have paid your 1992 dues. Forewarned is forearmed!

THANK YOU FROM ROCK GREEN

Dear Peter (Bastow),

As I reflected at year's end, I found a great deal to be thankful for. I am especially indebted to you personally and to the Maine Track Club for the enormous support and contributions to the 24 Hours to Cure AIDS Benefit Run.

I was literally "carried" by the outpouring of caring, sharing and giving by all who participated, but particularly by the level of commitment shown by members of the MTC. Special mention to you, Charlie Scribner (what a guy!), and a runner named Rick who ran with me for hours and hours when I most needed the support. Thank you!! All of you helped make my initial dream and inspiration a reality!! By the way, on December 2, 1991, we presented checks of \$4300 each to the AIDS Project and the PWA (People With AIDS) Coalition. I can never repay you, Peter, for your thoughtfulness or for the unselfish giving of MTC membership.

Speaking of membership, I had planned on joining the MTC this year. After giving the idea some thought, it occurred to me to donate a small amount so that others might better use and more fully benefit from MTC membership. Please accept my check for \$25 towards this end. I would be especially gratified if my humble donation assists any person or family who otherwise can not afford MTC membership, or perhaps the means to attend the Colby College Running Camp via the Bruce Ellis Scholarship Fund. Again, thanks, Happy New Year and to all a healthy year on the roads and trails of our beautiful state!!

Sincerely,
Rock E. Green

MEMBERSHIP MEETING

MTC MEMBERSHIP MEETING DECEMBER 11, 1991

Speaker for the evening was Thomas Eastler of Farmington who spoke on Racewalking. Approx. 60 people attended.

New members and guests included Christopher Rolfe, Sandra Shennan, and Mary Lemaistre.

President's Report: Peter sent a copy of his letter to Dick Johnson and a note to Joan Samuelson after the last meeting. The cost of RRCA dues and liability insurance was announced. A vote was not taken on these as they were approved in the 1991 budget. The Board of Directors has discussed a fall marathon. A sponsor search will be completed before a final decision.

Vice President's Report: Speaker suggestions for next year welcome. Banquet date: January 18th.

Secretary's Report: November minutes were approved. Boxes on table for surveys and banquet forms. Erin MacLean would like more results and accomplishments from people of all ages and abilities for the Waterstops section of the Running Column. A motion was made and approved by the members to endorse the nomination of Kim Moody to the Maine Running Hall of Fame. Data will be submitted by Barbara Coughlin and Herb Strom. Bob Payne announced that the Hall of Fame Banquet will be in Portland at the end of February or early March.

Treasurer's Report: Balance of \$5270.35 as of November 15.

Races: Reports were given on the New Year's 5K by Al Farris, on the 10 Miler by Bob Payne, on the '92 Presidential Race and Primary by Tom Dann and Steve Jacobsen, and the Turkey Trot by Mel Fineberg. Race Directors Meeting will be held in January or February. Members and race directors are encouraged to take the Red Cross CPR and First Aid Courses. Race Committee needs more members.

Run and Brunch: Saturday, December 14, at Marilyn Champagne's house. Directions in the newsletter.

Clothing: Mel has gift certificates available.

Schoodic Point race will be held this year two weeks before Bowdoin.

Photos by Maureen Sproul from Turkey Trot, CMI and Pine Tree on display.



Election of Officers: Tom Dann was nominated for Vice-President and received a standing ovation. The following slate of officers was elected for 1992:

President: Carol & Sumner Weeks

Vice-President: Tom Dann

Treasurer: Rob Laskey

Race Committee Chair: Charles Scribner

Membership Chair: Ruth Hefflefinger

Newsletter Editor: Candace Karu

Board Members at Large: Rick Strout

Russ Connors & Carlton Mendell

Past President: Peter Bastow

Peter expressed his appreciation to all who had helped him and the club, with special thanks to his wife, Jan.

Tom Dann thanked Bill Stuart for putting on the Handicap Race.

Donna Moulton thanked those who had brought refreshments throughout the year.

The Kennebunkport Runners reported a great time when the So. Portland Evening Group joined them for a Jingle Bell Run recently.

John LeRoy won the 50/50 raffle.

Respectfully submitted,

Susan Davenny
Susan Davenny
Secretary



LEFT: Jean Thomas removes the ever-fashionable "Sac Du Garbage" at the Turkey Trot 10K.

ABOVE: Mark Finnerty

They Chute Ex-Officers, Don't They?

Political wags like to say that there are two things that people should not see made: their sausage and their laws. You may want to add a third one in a moment: their MTC vice presidential candidates.

At the MTC pot luck dinner in November 1988, President Charlie Scribner, party elder, was trying to find the perfect person to balance the '89 ticket headed by Vice President Herb Strom. Charlie started at the head of the line and asked anyone with a plate in his hand and a hunger pang in his stomach whether he would be VP. I was about the 60th person in line. What differentiated me from higher forms of intelligent life in the line was that I said "yes."

Despite the absence of an FBI check, I was the perfect person for the No. 2 position. Few people knew me (I had attended half a dozen club events in two years as a member), I was young (Herb was a veteran), I was slow (Herb can scoot) and I did not have an agenda (or tie) that would clash with Herb's. My marital status was a concern for the presidential campaign the following year, for only two bachelors have been elected US president (Grover Cleveland, who married in office, and James Buchanan).

It seems inconceivable that three years has passed and that I have been vice president, president and past president of the club. What a three years it has been! I started running with the morning running group in Portland and have become friends with some of the finest and funniest people whom I have ever met. It takes a special type of person not to laugh at you when you stroll into the foyer of the USM gym at 5:15 am with messed hair, eyelids that touch your elbows and yawns that sound like a mating ritual in some parts of sub-Saharan Africa; I still am looking for those people. Nevertheless, we have as much fun as anyone with an elevated pulse can have fully clothed (OK, Sandy, I pulled down my tights *once* in three years!) on Portland streets.

I am struck by the dedication of the many people who donate their time and talent to the club. Members of the board of directors does a terrific job running the day-to-day business of the club. They contribute organization, vision, creativity, logic and diligence to design programs and enhance the club. Race directors spend 100 or more hours coordinating their events. They work hard to offer a quality event with something unique. Their efforts provide the club with visibility and its largest source of income (through management fees).

Many people help in other ways. The spirit of Ev and Donna Moulton (refreshments), Dale Rines

and John Gilliss (course certification), Mel Fineberg (selling clothing and offering wit for free - about what it is worth!), Reggie Sargent (who seems to be on the FILO - *first-in, last-out* - system as a volunteer at every race). Ruth Hefflefinger at the (computer) keyboard and Sue Davenny providing vocals (barking numbers and times) is incredible.

The club today is much stronger than it was three years ago. We have more races now than ever before. We have added the Women's Distance Festival, New Year's/Portland, Citibank 10K, Peaks Island, Fore River Challenge (to replace the Cape Challenge) and the DARE races, with the '92 Presidential Race scheduled for March. We have assisted in the management of a number of other races (Family Crisis Shelter, April Amble, Angie Abraham, Back Bay 5K) that benefit specific community organizations. Our challenge now is to continue to improve the quality of our races.

We have supported running in other ways as well. From the tragedy of losing our dear friend and Olympic marathon trials competitor, Bruce Ellis, in 1989, we created the Bruce Ellis Scholarship Fund to send deserving teenage runners to running camp each summer. We also created a fund to help defray the expenses of Maine youth runners representing the state in regional and national competition.

Perhaps the most vivid example of the vibrancy of the club is the number of training groups that have formed during this period. In South Portland, Kennebunk and Brunswick, we have active training groups that combine running, fellowship and some great parties. Our club runs, whether monthly at someone's home or weekly from Payson Park during the summer/fall marathon training season, are well-attended and provide an opportunity for many people to make new friends (and, boy, do you get to know someone quickly on an 18-mile run!).

As I come upon the chute (I am the one wearing the shirt - thank you Kathi, Warren and Jenny - that says *Road Race Ahead* on the back!) I see that we as a club are indeed fortunate. The only thing that separates us from achieving any club goals is determining what we want to do and finding the volunteers to help. Please make 1992 the year that you offer a little more of yourself - your time, your ideas, your expertise, your commitment - to the club. The rewards are incredible!

Bill Stuart

(P.S. By the way, ladies, I am still a bachelor!)

Do you know a sponsor?

Sponsorship of a Maine Track Club event is a cost-effective means of reaching an audience of people whose income, net worth, education level and healthy lifestyles are well above average. This audience is attractive to a number of businesses who sell goods and services to these people.

The club offers a wide variety of options for sponsorship, ranging in cost from \$100 to \$3,000. Sponsorships may be in cash, goods and services or a combination. Visibility can include a named race ("Oakhurst Milk Run"); name and logo on application, T-shirt, race numbers and trophies; and the opportunity to display goods and services or offer coupons and brochures.

Sponsorship is important to the club because no race that offers T-shirts or similar goodies can cover costs through entry forms. The difference is paid for by sponsorship, and those races that do not have sponsors cannot offer the goods and services that a sponsored race can provide. Thus, sponsorship is critical for the club if we are to continue to offer value-added events to attract runners from Boston to Bangor.

If you work for or know of a business that can benefit from the advantages of sponsorship (for less than the cost of a single advertisement in the newspaper), please contact Bill Stuart of the race committee at 799-5961.

A Race: What Does It Take?

What does it take to put on a race? Imagine a typical Maine Track Club race with 200-700 runners. You show up race day to volunteer or run. Everything goes smoothly, or, more likely, you notice a few glitches. What is involved in putting on the race?

- o Work with town officials and police to secure appropriate permits months before the event.
- o Negotiate with sponsors over exposure levels and fees.
- o Secure a facility (at \$50-75 per hour).
- o Create and print applications (\$100-700) and distributing them at races, retail outlets and health clubs.
- o Design and ordering T-shirts (\$4-5 each).

- o Order trophies (\$200-700).
- o Recruit and assign 40-120 volunteers for registration (8-16), traffic (10-40), water stops (5-8 per stop), chute (10-20), timing (4-7), results (2-4), clean-up (2-5)
- o Revise the computer program and enter each runner's biographical information into the computer for results.
- o Pull it all together race day.
- o Deliver results to the newspaper.

It's a big job - one that is rewarding, challenging and a great learning experience. Be sure to thank the race directors, who spend 50-150 hours planning and executing their events. **And please work at least three races during the year. You can run only because many other people forego their running to work at races. Please pay them back by working at least three races.**

Remember, you can work prior to or after the race and still run the race. Or you and your running partners can do your long weekend run and then work a water stop or traffic intersection or the chute. Make 1992 the year that you thank those who have supported your racing by volunteering at races and supporting their running.



Clyde Coolidge (1010) in perfect form.

RACE RESULTS

Race Results are carefully compiled
and edited each month by Don Penta.

MTC Handicap Race Dec. 8, 1991 Portland

Three snowstorms during the week preceding the race forced relocation of the race from Back Cove to Commercial Street. Runners predicted their finishing times; starting times were staggered so that everyone would, in theory, finish at the same time. The highlight of the race occurred near the end race when leader Mel Fineberg was stopped less than a quarter of a mile from the finish by a train. Larry Dyer and Rich Robinov, assuming that the train was part of the "handicap" in the race, climbed between cars and finished ahead of the stunned MTC clothier (who finished fifth). Ruth Hefflefinger, who finished 22nd, announced that she ran within 22 seconds of her predicted time; therefore, anyone who beat her by more than 20 seconds was a sandbagger! At least Ruth entered the chute - husband Ray forgot to go through the chute and thus did not have a place recorded.

1. Larry Dyer; 2. Rich Robinov;
3. John Pettorini; 4. Steve Jacobsen;
5. Mel Fineberg; 6. John LeRoy; 7. John Lavin; 8. Alex Dann (*youngest finisher*); 9. Nancy Kneeland;
10. George Liming; 11. Russ Connors; 12. Judy Grassi; 13. John Kendall; 14. Herb Hoppe; 15. Peter Bastow; 16. Herb Strom; 17. Warren Wilson; 18. Don Bessey; 19. Bill Davenney; 20. Maggie Soule;
21. Mary Anne Peck; 22. Ruth Hefflefinger; 23. Russ Bradley;
24. Dale Rines; 25. Marla Keefe;
26. Tom Dann; 27. Elisabeth Gendron; 28. Sumner Weeks;
29. Carol Weeks; 30. Clyde Coolidge; 31. Reggie Sargent;
32. Barbara Coughlin; 33. Carlton Mendell; 34. Joan Lavin; 35. Warren Foye; 36. Dolores Billings; 37. Jeanne Richmond. *Other finisher:*
Ray Hefflefinger. *Volunteers:* Kathi Foye, Tom Atchison, Brigitte Edquid, Don Kent, Don Penta, Jan Bastow, Laurie Quint.

14th Annual Great Pumpkin 10K - 188 Fin. Camp Ellis, Saco - October 27, 1991

| Top Overall Finishers: | | |
|------------------------------------|----|--------|
| 1 Tom Dann (MTC) open | 34 | 31:18 |
| 2 Paul Coburn (MTC) 1,19-29 | 28 | 31:35 |
| 3 David Smith 2,19-29 | 21 | 32:23 |
| 4 Michael Grigware 3,19-29 | 27 | 32:52 |
| 5 Kim Wettlaufer 1,30-39 | 34 | 33:31 |
| 41 Ellen Bowden open | 39 | 39:35* |
| 47 Jeanne Lamontagne (MTC) 1,19-29 | 40 | 40:00* |
| 51 Lisa Arseneault 1,30-39 | 33 | 40:21* |
| 53 Coreen Corsetti (MTC) 2,19-29 | 27 | 40:33* |
| 54 Carol Weeks (MTC) 1,40-49 | 42 | 40:44* |

| Other Top Division Finishers: | | |
|-------------------------------|----|--------|
| 11 Joel Croteau 40-49 | 47 | 35:45 |
| 23 Doug Ludewig 50-59 | 52 | 37:48 |
| 29 Derrick Martin 18&under | 18 | 38:42 |
| 131 Jean Thomas (MTC) 50-59 | 55 | 48:12* |
| 156 Richard Lepore 60&over | 61 | 51:49 |
| 164 Mead Brownell 60&over | 60 | 54:37* |

| Other Maine Track Club Finishers: | | |
|-----------------------------------|----|--------|
| 12 Brian McCrea | 31 | 35:53 |
| 13 Sam Merrill 2,40-49 | 41 | 36:00 |
| 15 Charles Snekvik 3,40-49 | 48 | 36:18 |
| 19 Bill Fenderson | 36 | 36:57 |
| 20 Ron Deprez | 48 | 37:01 |
| 28 Philip Pierce 2,50-59 | 50 | 38:38 |
| 33 Clyde Coolidge 3,50-59 | 52 | 39:01 |
| 34 Tom Menendez | 38 | 39:03 |
| 36 Roy Morejon | 48 | 39:16 |
| 40 Bob Hazzard | 59 | 39:30 |
| 46 Malcolm Kidd | 36 | 39:57 |
| 48 Les Berry | 43 | 40:00 |
| 55 Sumner Weeks | 43 | 40:45 |
| 57 Don Bessey | 46 | 40:55 |
| 60 Elisabeth Gendron 3,19-29 | 28 | 41:15* |
| 63 Robert Moyer | 47 | 41:42 |
| 66 Erin MacLean | 28 | 41:51* |
| 67 Andrew MacLean | 29 | 41:52 |
| 68 C.Rameau | 34 | 41:54 |
| 69 David Houser | 41 | 42:02 |
| 73 Neil Martin | 48 | 42:11 |
| 74 Harley Lee | 38 | 42:12 |
| 75 Dominic Reali | 48 | 42:13 |
| 80 Bradford Davis | 37 | 42:33 |
| 88 Brigitte Edquid 2,40-49 | 43 | 43:16* |
| 92 Joan Lavin 3,40-49 | 43 | 43:33* |
| 93 Dale Rines | 39 | 43:34 |
| 99 Rocco Corsetti | 44 | 43:51 |
| 105 Diane Flanders | 34 | 44:17* |
| 106 Eric Ellis | 38 | 44:23 |
| 123 Tom Atchison | 42 | 47:17 |
| 127 Larry Dyer | 47 | 48:07 |
| 132 Malcolm Washburn | 38 | 48:25 |
| 137 Jeanne Richmond | 32 | 49:19* |
| 139 Barbara Coughlin | 48 | 49:28* |
| 148 Wendy Hall | 26 | 50:19* |
| 149 Betty Barber | 34 | 50:21* |
| 152 Don Kent | 38 | 50:40 |
| 159 Pat Murphy | 46 | 53:06* |
| 167 Warren Foye | 43 | 55:41 |
| 176 Stoddard Chaplin | 52 | 57:50 |
| 177 Mel Fineberg | 56 | 58:02 |
| 181 Bill Davenney | 46 | 59:54 |
| 183 Bill Stuart | 33 | 61:00 |
| 184 Don Penta | 45 | 61:28 |
| 188 James Elliott | 46 | 78:30 |

Many thanks to Ken Dion for complete results.

23rd Annual Shop'n Save Turkey Trot 10K Cape Elizabeth, Me - 11/24/91 - 174 Fin.

| Top Overall Finishers: | | |
|------------------------------------|----|--------|
| 1 Tom Dann (MTC) 1,open | 34 | 32:29 |
| 2 David Weatherbie 2,open | 23 | 33:09 |
| 3 Kim Wettlaufer 3,open | 34 | 33:43 |
| 4 Ron Newbury 1,40-49 | 41 | 34:05 |
| 5 Mark Snow 1,20-29 | 24 | 34:53 |
| 41 Anne-Marie Davee 1,open | 35 | 41:38* |
| 42 Eileen Dunfey (MTC) 2,open | 35 | 41:50* |
| 47 Kristin Lindholm 3,open | 18 | 42:00* |
| 54 Elisabeth Gendron (MTC) 1,20-29 | 42 | 42:11* |
| 55 Kerry Ann Keenan 2,20-29 | 27 | 42:15* |

| Other Top Age Division Finishers: | | |
|-----------------------------------|----|--------|
| 7 Gordon Scannell (MTC) 30-39 | 38 | 35:47 |
| 11 Derrick Martin 19&under | 18 | 37:45 |
| 31 Clyde Coolidge (MTC) 50-59 | 52 | 40:23 |
| 65 Nancy Kneeland (MTC) 30-39 | 37 | 43:29* |
| 83 Walter Webber (MTC) 60&+ | 61 | 45:23 |
| 91 Carol Pierce (MTC) 40-49 | 45 | 46:20* |
| 101 Beth Pendexter 19&under | 15 | 47:11* |
| 133 Jean Thomas (MTC) 50-59 | 55 | 50:18* |
| 164 Victoria Poole 60&over | 63 | 59:11* |

| Other Maine Track Club Finishers: | | |
|-----------------------------------|----|--------|
| 9 Paul Merrill | 37 | 36:47 |
| 14 Thomas Clemence | 34 | 38:10 |
| 15 John Eldredge | 37 | 38:11 |
| 17 Ronald Deprez 2,40-49 | 47 | 38:20 |
| 22 Ron Cedrone | 42 | 39:10 |
| 25 Alburn Butler | 38 | 39:36 |
| 33 Muzzy Barton | 39 | 40:38 |
| 34 Jim Bunnell | 34 | 40:48 |
| 37 Charles Iselborn | 34 | 41:22 |
| 43 Les Berry | 43 | 41:50 |
| 48 Don Bessey | 46 | 42:03 |
| 58 Dale Rines | 39 | 43:00 |
| 59 Dick Campbell | 40 | 43:01 |
| 62 Harley Lee | 38 | 43:15 |
| 63 Jack Ireton-Hewitt | 54 | 43:17 |
| 68 Ken Simpson | 42 | 43:53 |
| 70 Michael Cavanaugh | 40 | 44:02 |
| 72 John Merritt | 41 | 44:17 |
| 78 Stephen Assante | 39 | 44:57 |
| 81 Dominic Reali | 48 | 45:13 |
| 97 Terry Wiley | 31 | 46:53 |
| 98 Herb Strom | 62 | 46:55 |
| 99 Russ Bradley | 68 | 46:59 |
| 105 Malcolm Washburn, Jr. | 38 | 47:42 |
| 110 Mary Peck | 33 | 47:59* |
| 115 Joseph Hepp | 41 | 48:27 |
| 118 John Pearson | 29 | 48:36 |
| 119 Joan Tremberth 2,40-49 | 46 | 48:37* |
| 122 Glenn McAllister | 43 | 48:51 |
| 128 Susan Roberts | 38 | 49:44* |
| 129 Timothy Monahan | 37 | 49:46 |
| 134 Warren Foye | 43 | 50:20 |
| 137 Dave Conley | 51 | 50:53 |
| 139 Sue Inches | 36 | 51:06* |
| 155 Jeanne Richmond | 33 | 54:50* |
| 163 Stoddard Chaplin | 52 | 58:28 |
| 169 Raymond Neveu | 53 | 62:48 |
| 171 Elizabeth Dubois | 29 | 63:54* |
| 173 Ron Dubois | 37 | 63:59 |

Many thanks to Ruth Hefflefinger for complete results.

Inaugural Shop'n Save Turkey Trot 5K 120 Finishers.

Top Overall Finishers:

| | | | |
|----|---------------------------|----|-------|
| 1 | Patrick Mulready 1,open | 17 | 15:51 |
| 2 | Allan Muir 2,open | 36 | 15:55 |
| 3 | David Smith 3,open | 21 | 16:35 |
| 4 | Stu Hogan 1,20-29 | 29 | 16:46 |
| 5 | Roland Thibault 2,20-29 | 23 | 16:53 |
| 10 | Sally Perkins 1,open | 28 | 17:45 |
| 14 | Veronica Knight 2,open | 24 | 18:00 |
| 28 | Kristin Pierce 3,open | 18 | 20:23 |
| 38 | Constance Hallett 1,30-39 | 32 | 21:32 |

Other Top Division Finishers:

| | | | |
|----|---------------------------|----|-------|
| 6 | Christopher Bernier 19&- | 18 | 17:09 |
| 12 | Mike Dinehart 30-39 | 35 | 17:18 |
| 16 | Bill Devou (MTC) 40-49 | 42 | 18:16 |
| 21 | Peter Bastow (MTC) 50-59 | 55 | 19:34 |
| 45 | Tammi Hutchinson 19&under | 15 | 22:36 |
| 56 | Martha Deprez (MTC) 40-49 | 46 | 23:57 |
| 57 | Larry McHugh 60&over | 60 | 23:58 |
| 02 | Ashley Ryder 60&over | 62 | 28:38 |
| 09 | Pat Buckley (MTC) 50-59 | 54 | 29:23 |

Other Maine Track Club Finishers:

| | | | |
|----|--------------------------|----|-------|
| 19 | Joe Richards | 48 | 18:58 |
| 24 | Ray Shevenell 2,50-59 | 50 | 20:13 |
| 25 | George Liming | 40 | 20:16 |
| 29 | Dick Lajoie | 51 | 20:30 |
| 35 | Robert Laux | 36 | 21:05 |
| 39 | Suelene Houser | 28 | 21:40 |
| 48 | Joan Lee | 37 | 23:03 |
| 65 | Rick Strout | 53 | 24:48 |
| 75 | Arabella Eldredge | 37 | 25:18 |
| 78 | Linda Richards | 28 | 25:47 |
| 83 | Paul D'Amboise 2,60&over | 61 | 26:13 |
| 94 | Eugene Gendron | 69 | 27:44 |
| 06 | Jane Devou | 28 | 29:08 |
| 07 | Judy Grassi | 32 | 29:09 |
| 10 | Widgery Thomas | 67 | 30:08 |
| 11 | Ray Hefflefingier | 65 | 30:23 |
| 14 | Maggie Soule 2,50-59 | 50 | 30:44 |
| 18 | James Carroll | 82 | 33:31 |

Many thanks to Ruth Hefflefingier for complete results.

10th Annual Shaw's Thanksgiving Day 4 M. Portland, Me - 28 November '91 - 488 Fi.

Top Overall Finishers:

| | | | |
|---|-----------------------------|----|-------|
| 1 | Andrea Elder open | 21 | 25:00 |
| 2 | Kerry Keenan 1, 19-29 | 27 | 25:10 |
| 3 | Margaret Clapper 2,19-29 | 28 | 25:13 |
| 4 | Carol Weeks (MTC) 1,40-44 | 42 | 25:53 |
| 5 | Jeanne Hackett(MTC) 1,30-34 | 33 | 26:11 |
| 1 | Rob Winn open | 33 | 19:46 |
| 2 | Andy Palmer 1,35-39 | 38 | 19:59 |
| 3 | Michael Grigware 1,19-29 | 27 | 20:30 |
| 4 | Stephen Sarkozy 2,19-29 | 23 | 20:55 |
| 5 | Jay Henderson 3,19-29 | 22 | 21:05 |

Other Top Division Finishers:

| | | | |
|----|-----------------------------|----|-------|
| 2 | Kay McDonald 35-39 | 39 | 27:09 |
| 7 | Kim Monaco 16-18 | 17 | 27:40 |
| 15 | Jean Thomas (MTC) 50-59 | 55 | 30:23 |
| 14 | Martha Deprez (MTC) 45-49 | 46 | 30:39 |
| 11 | Kathleen McDonough(MTC)15&- | 11 | 32:45 |
| 5 | Ashley Ryder 60&over | 62 | 37:25 |
| 3 | Zac Laidley 16-18 | 18 | 21:57 |
| 0 | Kevin Gile 30-34 | 33 | 22:30 |
| 1 | Mike Caiazzo 15&under | 15 | 22:31 |
| 4 | Dennis Smith (MTC) 40-44 | 41 | 22:46 |
| 5 | Joel Croteau 45-49 | 47 | 22:48 |
| 8 | Peter Bastow (MTC) 50-59 | 55 | 24:44 |
| 1 | Doug Blanchard 60&over | 65 | 28:39 |

Stats: 146 Women & 342 Men)

Other Maine Track Club Finishers:

| | | | |
|---|-------------------------|----|-------|
| 8 | Erin MacLean | 29 | 26:20 |
| 9 | Brigitte Edquid 2,40-44 | 43 | 26:40 |
| 0 | Rosalyn Randall 3,40-49 | 41 | 26:46 |
| 4 | Nancy Lund 2,35-59 | 39 | 27:15 |
| 6 | Betty Barber 2,30-34 | 34 | 27:33 |
| 0 | Terry Wiley | 31 | 28:01 |
| 1 | Suelene Houser | 28 | 28:05 |
| 6 | Karen Hoppe 2,16-18 | 16 | 28:42 |
| 8 | Diane LaVangie | 23 | 28:49 |
| 1 | Joan Sartes | 37 | 29:13 |
| 4 | Gail Waftkun | 36 | 29:22 |

Shaw's 4 Miler, continued:

| | | | |
|-----|------------------------------|----|-------|
| 44 | Michelle Giroux | 25 | 30:22 |
| 46 | Judy Bastow | 28 | 30:24 |
| 47 | Kathleen Duddy | 40 | 30:40 |
| 51 | Wendy Hall | 26 | 30:53 |
| 55 | Jeri Schroeder | 44 | 31:01 |
| 61 | Pat Murphy 2,45-49 | 46 | 31:05 |
| 74 | Linda Richards | 28 | 32:11 |
| 77 | Ingrid Snekvik | 16 | 32:28 |
| 89 | Jane Dolley | 43 | 33:21 |
| 90 | Barb Coughlin | 48 | 33:22 |
| 105 | Sheila McDonough | 19 | 34:45 |
| 106 | Meghan McDonough | 15 | 34:46 |
| 110 | Jane Hunter | 40 | 35:47 |
| 113 | Talya Corsetti | 16 | 32:28 |
| 114 | Sherry Carll | 44 | 36:24 |
| 115 | Elizabeth Dubois | 29 | 36:26 |
| 117 | Judy Grassi | 32 | 36:44 |
| 118 | Patti Tableman | 33 | 36:46 |
| 120 | Lori Robertson | 27 | 36:58 |
| 121 | Donna Moulton | 42 | 37:06 |
| 135 | Deborah Poore | 42 | 40:11 |
| 141 | Bobbie MacLean 2,60&over | 61 | 41:51 |
| 143 | Ruth Hefflefingier 3,60&over | 62 | 42:39 |

| | | | |
|-----|------------------------|----|-------|
| 28 | Jim Bunnell 2,30-34 | 34 | 22:51 |
| 29 | Sam Merrill 2,40-44 | 41 | 22:55 |
| 30 | Bill Devou 3,40-44 | 43 | 23:06 |
| 32 | Ron Deprez 2,45-49 | 47 | 23:21 |
| 36 | Tom Clemence 3,30-34 | 34 | 23:32 |
| 37 | Joel Titcomb | 33 | 23:41 |
| 41 | Tom Allen 3,35-39 | 35 | 24:00 |
| 43 | Gary Salamone | 34 | 24:03 |
| 45 | Joe Richards | 48 | 24:15 |
| 47 | Carl Fogg | 43 | 24:24 |
| 49 | Richard Scribner | 40 | 24:29 |
| 55 | Larry Barker | 42 | 24:39 |
| 60 | Charles Iselborn | 35 | 24:46 |
| 66 | John Brennan | 15 | 24:57 |
| 76 | Les Berry | 43 | 25:18 |
| 78 | Robert Moyer | 47 | 25:22 |
| 83 | Dale Rines | 39 | 25:27 |
| 88 | Yun Chong | 31 | 25:35 |
| 91 | Andrew Maclean | 29 | 25:39 |
| 92 | Dick Lajoie 2,50-59 | 51 | 25:42 |
| 93 | Jeff Richards | 18 | 25:44 |
| 97 | Ken Simpson | 42 | 25:52 |
| 99 | Harley Lee | 38 | 26:02 |
| 101 | Rocco Corsetti | 44 | 26:10 |
| 106 | Roy Morejon | 48 | 26:16 |
| 107 | Sumner Weeks | 43 | 26:16 |
| 112 | Steven Robertson | 32 | 26:22 |
| 114 | Neil Martin | 48 | 26:24 |
| 121 | Malcolm Washburn | 38 | 26:39 |
| 123 | Lloyd LaFountain | 29 | 26:40 |
| 125 | Dave Paul | 46 | 26:42 |
| 128 | Dana Seguin | 37 | 26:46 |
| 131 | Michael Cavanaugh | 40 | 26:49 |
| 144 | Ron Dubois | 37 | 27:08 |
| 155 | James DiVirgilio | 34 | 27:40 |
| 158 | Rick Meinking | 30 | 27:42 |
| 158 | Richard Cavanaugh | 58 | 27:52 |
| 164 | Brad Davis | 37 | 28:06 |
| 172 | Russ Bradley 2,60&over | 68 | 28:40 |
| 174 | Bob Cushman | 54 | 28:41 |
| 176 | Paul LaVangie | 33 | 28:51 |
| 177 | Joe Hepp | 41 | 28:51 |
| 180 | Tim Monahan | 37 | 28:56 |
| 192 | Warren Foye | 43 | 29:18 |
| 199 | Chris Salamone | 12 | 29:35 |
| 238 | Stephen Fluet | 33 | 31:05 |
| 240 | Tom Atchison | 42 | 31:09 |
| 251 | Rick Strout | 53 | 31:38 |
| 262 | Eric Tahleman | 11 | 32:16 |
| 294 | Ed St. John | 52 | 33:55 |
| 296 | Wayne Newland | 53 | 34:05 |
| 301 | Robert Wyman | 54 | 34:25 |
| 303 | John Kendall | 41 | 34:33 |
| 308 | John Gillis | 37 | 34:53 |
| 309 | Bill Davenny | 46 | 34:53 |
| 310 | Mel Fineberg | 56 | 34:56 |
| 312 | Raymond Neveu | 53 | 35:20 |
| 320 | Steve Managhan | 65 | 36:18 |
| 327 | Widgery Thomas, Jr. | 67 | 36:49 |
| 328 | Don Penta | 45 | 37:04 |
| 330 | Ray Hefflefingier | 65 | 37:29 |

Many thanks to George Towle for complete results.

3rd Ann. New Year's Portland 5K - 268 F. Monument Square, Portland - 12/31/91

Top Open Division Finishers:

| | | | |
|----|-----------------------|----|-------|
| 1 | Todd Coffin | 30 | 15:15 |
| 2 | Tom Dann (MTC) | 34 | 15:18 |
| 3 | Peter Bottomley | 30 | 15:51 |
| 4 | Ken Botting | 31 | 16:02 |
| 5 | George Bochus, Jr. | 25 | 16:09 |
| 25 | Veronica Knight | 24 | 17:47 |
| 39 | Cindy Blakeley | 27 | 18:08 |
| 49 | Wanda Binette | 25 | 18:44 |
| 60 | Coreen Corsetti (MTC) | 27 | 19:05 |
| 66 | Kristin Lindholm | 18 | 19:18 |

Other Top Divisional Finishers:

| | | | |
|-----|-------------------------------|----|-------|
| 6 | Dan Dearing 30-39 | 30 | 16:12 |
| 8 | Jim Toulouse (MTC) 40-49 | 43 | 16:26 |
| 10 | Mark Snow 20-29 | 24 | 16:38 |
| 27 | Joshua Beatty 13-19 | 19 | 17:53 |
| 58 | Clyde Coolidge (MTC) 50-59 | 53 | 19:01 |
| 78 | Eileen Dunfey (MTC) 30-39 | 35 | 19:36 |
| 91 | Elisabeth Gendron(MTC)20-29 | 28 | 19:58 |
| 105 | Brigitte Edquid (MTC) 40-49 | 43 | 20:32 |
| 114 | Toby Nowak 12&under | 12 | 20:45 |
| 144 | Erin Thompson 13-19 | 15 | 22:06 |
| 145 | Russ Bradley (MTC) 60-69 | 68 | 22:08 |
| 154 | Jane Metzler 50-59 | 50 | 22:32 |
| 160 | Carlton Mendell (MTC) 70&+ 70 | | 22:54 |

Other Maine Track Club Finishers:

| | | | |
|-----|------------------------|----|-------|
| 9 | David Crawford 2,40-49 | 42 | 16:32 |
| 12 | Stephen Fluet | 33 | 16:41 |
| 17 | Gordon Scannell | 38 | 17:04 |
| 20 | Robert Hoover | 36 | 17:22 |
| 21 | Paul Merrill | 37 | 17:34 |
| 23 | Jim Bunnell | 34 | 17:44 |
| 24 | Dennis A. Smith | 41 | 17:46 |
| 26 | Kurt Nielsen | 37 | 17:48 |
| 43 | Joel Titcomb | 33 | 18:28 |
| 44 | Joe Richards | 48 | 18:30 |
| 48 | Mark Finnerty | 32 | 18:42 |
| 50 | Malcolm Kidd | 35 | 18:45 |
| 51 | Carl Fogg | 43 | 18:46 |
| 56 | Tom Allen | 35 | 19:00 |
| 59 | Muzzy Barton | 39 | 19:02 |
| 61 | Peter Bastow 2,50-59 | 55 | 19:07 |
| 68 | Larry Barker | 42 | 19:21 |
| 74 | Les Berry | 44 | 19:31 |
| 79 | Lee Allen | 36 | 19:37 |
| 80 | Brad Davis | 37 | 19:38 |
| 81 | Yun Chong | 31 | 19:40 |
| 85 | Dale Rines | 39 | 19:46 |
| 86 | Jack Ireton-Hewitt | 54 | 19:50 |
| 90 | Rocco Corsetti | 44 | 19:57 |
| 92 | Don Ressey | 46 | 19:59 |
| 95 | Neil Martin | 48 | 20:02 |
| 106 | James DiVirgilio | 34 | 20:36 |
| 107 | John Brennan | 16 | 20:37 |
| 111 | Lloyd LaFountain | 29 | 20:42 |
| 113 | Gary Giffard | 32 | 20:44 |
| 115 | Richard Robinov | 31 | 20:46 |
| 117 | Michael Cavanaugh | 40 | 20:48 |
| 119 | Dana Seguin | 38 | 20:52 |
| 125 | Betty Barber | 34 | 21:22 |
| 132 | Ron Dubois | 37 | 21:38 |
| 147 | Orlando Delogu | 54 | 22:09 |
| 153 | Paul Alpert | 56 | 22:30 |
| 155 | Eric Ellis | 39 | 22:34 |
| 164 | Alex Dann 2,12&under | 11 | 23:00 |
| 165 | Reggie Sargent | 46 | 23:01 |
| 193 | Patricia Titcomb | 34 | 24:17 |
| 203 | Diane Flanders | 34 | 24:57 |
| 209 | Linda Richards | 28 | 25:06 |
| 219 | Brenda Keene | 38 | 25:52 |
| 220 | Sheldon Kretschmer | 52 | 25:58 |
| 222 | Paul D'Amboise | 62 | 26:11 |
| 232 | Marla Keefe | 38 | 26:54 |
| 234 | Talya Corsetti | 16 | 26:57 |
| 241 | Eric Tableman | 11 | 27:32 |
| 242 | Ricky Meinking | 8 | 27:38 |
| 243 | Rick Meinking | 30 | 27:40 |
| 248 | Steve Monaghan | 64 | 27:56 |
| 249 | Judy Grassi | 32 | 28:19 |
| 254 | Donald Penta | 45 | 28:36 |
| 259 | Elizabeth Dubois | 29 | 28:47 |

Many thanks to Bill Stuart for complete results.



Suelene Houser & Friends



**MTC NOVEMBER RUN & BRUNCH
HOSTED BY AL & TAMMY BUTLER**

The Long Distance Runners

**THE DECEMBER RUN & BRUNCH
HOSTESS: MARILYN CHAMPAGNE**

Want to host a run & brunch in 1992? Contact
Sumner or Carol Weeks at 774-7302 or 774-3436.

Cross Country Support

On Nov. 17, the Maine Track Club assisted at the NCAA Div. III New England Cross Country Championship, hosted by the University of Southern Maine, at Gorham Country Club. The MTC crew was composed of some veteran cross country runners and coaches, as well as volunteers who had never participated in a cross country event. What an experience! Heavy rain prior to the event made the golf course grounds wet, resulting in several stuck team vans and lots of action at the finish. The finish line in the women's 5K race looked like a rugby scrum at times as a group of runners slipped and succeeding finishers piled on top of them. We moved the finish line for the men's race and had better luck keeping finishers on their feet in that five-mile run.

The night before the event, USM coaches George Towle and Ken Flanders learned that they would host the championship again in 1992, so we will have experienced volunteers this year!

Thank you to all the MTC volunteers who decided to forego the Great Osprey race to assist in the cross country meet:

Peter Bastow
Les Berry & son
Dolores Billings
Don Bessey
Pat Buckley
Mark Clinch
Bill Davenny
Sue Davenny
Larry Dyer
Brigitte Edquid
Mel Fineberg
Mark Finnerty
Diane Flanders
Kathi Foye
Warren Foye

Jeanne Hackett
Ruth Hefflefinger
Herb Hoppe
Donna Hubert
John Lavin
Nancy Lund
Danny Paul
Gerard Salvo
Reggie Sargent
Dana Seguin
Richard Scribner
Herb Strom
George Towle
Sandy Utterstrom
Warren Wilson



Race Schedule

This schedule includes the most current information at the time of publication. Contact race directors to confirm details and receive additional information.

Races denoted MTC are Maine Track Club events. Races denoted CMS are Central Maine Striders events; applications are available from CMS, PO Box 1177, Waterville ME 04901.

Feb. 2 **Mid-Winter Classic. MTC.** Noon. 10 Miles. Cape Elizabeth. \$7. Benefits Maine Track Club's Bruce Ellis Scholarship Fund. Hilly course. Follow Rt. 77 past Scott Dyer Road to Cape Elizabeth High School. Showers available. Race Directors: Bob Payne 655-6006, Marla Keefe 655-7350.

Feb. 8 **Katahdin Trust Snow Run.** 11 am. 5 Miles. TAC Certification pending. \$8. Five-member relay teams (male, female, mixed). Houlton Adult Ed Center. 532-6554

Feb. 15 **Bradford Valentine Road Race.** 9:30 am. 5 Miles. Haverhill MA. TAC Certified. \$10. I-495S to Exit 46 to Rt. 125N to Bradford Common, Haverhill. Individual, couples divisions. First Church of Christ, Bradford, Bay State Race Services, 3 Foster St., Haverhill MA 01832.

Feb. 16 **Snowfest 5 Miler.** 11 am. Augusta. CMS. Russell Martin 622-1258.

March 1 **Crosby Park 4 Miler.** Dexter. David McIntyre. 924-7536

March 1 **Hyannis Marathon and Half Marathon.** 10:30 am. Hyannis MA. TAC Certified. Last qualifier for Boston in 1992. 1600 finishers in 1991. Flat course. Saturday expo featuring stories and artwork by Johnny Kelley. Single loop for half-marathon, double loop for marathon. No hot water in women's showers. At Cape Cod bridges, Rt. 6 to Rt. 132N (Hyannis) to right on Phinneys Lane (on Phinneys Lane, bear right at Kennedy skating rink) to left on West Main Street to Barnstable High School. PO Box 1678, Hyannis MA 02601. 508-778-6965. MTC road trip (Bill Stuart 799-5961).

March 8 **Killarney's 10K.** Waterville. Great race over a challenging course. I-95 to Upper Main Street at Holiday Inn (visible from interstate). CMS. Tom McGuire 465-2829.

March 14 **Frostbite Run 5K.** Ellsworth. CMS. Sheldon Booze 667-3086.

March 15 **New Bedford Half Marathon.** 11 am. New Bedford MA. 1700 finishers in 1991. Run with MTC legend Carlton Mendell in his old hometown. Leo's Cycle Mart, 1657 Acushnet Ave. New Bedford MA 02746. 508-999-5005.

March 22 **Boston Primer.** Readfield. CMS. Dave Guban 622-0289.

March 29 **'92 Presidential Race and The Primary** (kids one-mile run). MTC. 5 Miles. Wheel measured. Kennebunkport. Inaugural event! Steve Jacobsen 985-4107, Tom Dann 985-2727.

April 4 **April Fool's Four Mile Road Race.** Salisbury, MA. 11 am. \$6 (T-shirts to first 250), \$8 race day. Winner's Circle Sports Bar, Rt. 110, Salisbury MA 01952. I-95 to Rt. 110E. Bar is less than one mile from I-95 on right.

April 5 **Mark Hoffmaster Memorial 5 Miler.** MTC. Westbrook. Great race at an earlier date! Joel and Patty Titcomb 839-5979.

Upcoming distance events (start training now!)

April 12 **Amish Country Half Marathon.** Lancaster PA. 1200 finishers. MTC road trip (Tom Atchison 839-6159). Bill Smith, 509 Big Bend Rd., Lancaster PA 17603. 717-394-7812.

April 20 **Boston Marathon.** Boston. Last qualifier is March 1 Hyannis Marathon (information above). Boston Marathon, Box 1991, Hopkinton MA 01748. 508-435-6905.

May 3 **City of Pittsburgh Marathon.** 2000 finishers. 429 Fourth Ave., Ste 1001, Pittsburgh PA 15219.

May 3 **Newsday Long Island Marathon and Half Marathon.** Finishers: 800 marathon, 6100 half marathon. Sports Unit/Nassau Country Rec. and Parks, Eisenhower Park, East Meadow NY 11554. 516-542-4439.

May 17 **Sugarloaf Marathon and 15K.** Kingfield ME. 190 finishers. Apply by May 1. Nancy & Chip Carey, Minister Hill, Kingfield ME 04947. 207-237-2000.

May 24 **Bank of Vermont/Vermont City Marathon.** 600 finishers. Box 152. Burlington VT 05402. 800-642-5154.

May 24 **WCOD-Johnny Kelley Half Marathon.** 650 finishers. David Baker, WCOD Radio, 105 Stevens St., Hyannis MA 02601. 508-775-6800.



Suelene Houser & Friends

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Mark Finnerty
Diane Flanders
Kathi Foye
Warren Foye

Jeanne Hackett
Ruth Hefflefinger
Herb Hoppe
Donna Hubert
John Lavin
Nancy Lund
Danny Paul
Gerard Salvo
Reggie Sargent
Dana Seguin
Richard Scribner
Herb Strom
George Towle
Sandy Utterstrom
Warren Wilson



**MTC NOVEMBER RUN & BRUNCH
HOSTED BY AL & TAMMY BUTLER**

The Long Distance Runners

**THE DECEMBER RUN & BRUNCH
HOSTESS: MARILYN CHAMPAGNE**

Want to host a run & brunch in 1992? Contact Sumner or Carol Weeks at 774-7302 or 774-3436.



CPR Training

Are you interested in learning first aid or CPR? We would like to have some club members who know emergency first aid to enhance the safety of our events. Here is the schedule of offerings at the Portland office of the American Red Cross (524 Forest Ave. Portland 04101, 874-1192).

Standard First Aid (8 hrs. \$35): 8:30-12:30: Feb. 6 & 13, March 11 & 18, April 2 & 9, May 6 & 13. 1-5:30: Feb. 4 & 11, March 3 & 10, March 24 & 31, April 1 & 8, April 5 & 12, April 7 & 14, May 5 & 12, May 15 & 22. 8:30-5: Feb. 12, March 4, March 25, April 16, April 29, May 7, May 27. 6-10: March 16 & 23, May 4 & 11.

Adult CPR (4 hrs. \$28): 8:30-12:30: Feb. 14, March 12, May 14, May 20. 1-5: Feb. 3, Feb. 26, March 11, March 30, April 6, April 22, April 27, May 11, May 26. 6-10: March 19, May 18.

Road Trips

Are you planning a road trip to a favorite race? Last year, the club sent delegations to such events as the Hyannis Marathon and Half Marathon, New Bedford Half Marathon, Amish Country Half Marathon, Clarence DeMar Marathon and Marine Corps Marathon. If you are planning a trip and want to let other members of the club know about your group, please contact Bill Stuart (799-5961) with the name of the race and the name and telephone number of the contact person so that we can include details in the newsletter. Thank you.

Hyannis Marathon and Half Marathon: March 1 in Hyannis, MA (3.5 hr. drive from Portland). Flat course, marathon is double loop of the half marathon. Usually good course support, especially for half marathon. About 1,200 runners for two races. *Marathon is last Boston qualifier for 1992.* Contact Bill Stuart 799-5961.

Amish Country Half Marathon: April 12 in Lancaster, PA (8 hr. drive from Portland). Hilly, scenic course through Amish farm country. Weather almost guaranteed to be better than last year's torrential downpour (like the kind that pulled the S.S. Minnow off course). Contact Tom Atchison 839-6159.

Mel Enters Glove Business

EXPECTS TEN-DIGIT SALES!

Maine Track Club haberdasher Mel Fineberg is pleased to announce the addition of handwear to his line of fine fashions for the tasteful strider. To boost sales on these new items, Mel is offering a special deal: *Buy one glove at full price and get the second glove of the set free!* Heavyweight cotton gloves (small or large size, with or without rubber grip spots) are priced at \$2 each (\$2 per pair on the special) and high-quality Thermax gloves for \$4.50 each (with the second glove free!). They will be available at the February meeting. Also, Mel has quantities of hooded sweatshirts - both green and white - available at \$19 each - complete with a *free drawstring on the hood!* If you cannot wait until the Feb. 12 meeting/fitting to acquire these fine accessories, please call Mel at 774-8868. (He will ask anyone interested in a sweatshirt to trace the upper half of her body - flat and profile - on craft paper for sizing and send it to him.) Have your credit card ready - operators (and surely Mel is an operator!) are standing by now!



Paul Merrill at the Turkey Trot 10K

UPCOMING EVENTS

Important Note:

The Maine Running Hall of Fame Annual Banquet will be held in the Portland area either the last weekend in February or the first weekend in March. Contact Bob Payne (655-2165 evenings before 9PM or 797-8757 days) for further information.

Saturdays

Fresh Pond Runs (2½ & 5M); 10AM; Cambridge, MA; Fred Brown, (617) 391-1899.

February

- 8 Wild Katahdin Trust Snow Run; 5M; Houlton H.S.; 11AM; Contact: Steve McDonald; 532-6554.
- 9 Carrabasset Valley Ski Marathon; 40K nordic; The Carr. Valley Ski Touring Center; Regis. starts at 8AM, Start: 10AM; Contact: 237-2205.
- 15 Ski Biathlon; Moosehead Nordic, Greenville; Contact: 695-2082.
Bradford Valentine R.R.; Haverill, MA; 5M & 6K; 9:30AM; Contact: John Burke, (508)372-4140.
- 16 Snofest 5 Miler; Augusta Civic Center; 11AM; Contact: Russell Martin, 622-1258; Central Maine Strider event.
Citizens Race; Moosehead Nordic, 695-2082.
- 22 TAC Indoor Track Champ's; Farley Field House, Bowdoin College, Brunswick; Contact: TAC office, 623-3682.
- 23 Scandinavian Tour; Bethel Inn, 824-2175
Cross Country Winterskol; 5K Tour; Waterville Valley, NH; Contact: Chip Melick, (603)236-4666.
DH Jones/ SMAC 10M; Amherst (MA) Reg. H.S.; 1PM; Contact: Dave Martula, (413)584-7729 or (413)586-8002.
Mount Kineo Challenge; The Birches, Rockwood; Contact: 534-7305.

March

- 1 2nd Crosby Park 4 Miler; Dexter; Contact: David McIntyre, 924-7536.
- 9th Hyannis Marathon/ ½Marathon; Barnstable H.S., Hyannis, MA; 10:40AM; Cape Cod A.C., (508)778-6965.
- 8 13th Killarney' 10K; Holiday Inn, Waterville; 9AM; New Recertified Course (basically the same) with faster start; Contact: Tom McGuire, 465-2829; CMS event.
13th CMassS Stu's 30K/ NEAC Champ; Tahanto Reg. H.S., Boylston, MA; 11AM; Contact: Stuart Thurston, (508)798-0896 or (508)869-6541eve.

Volunteer Alert!

The club always is looking for people with special skills who can donate a little of their expertise to the club. Members with skills and interests ranging from graphic arts (to design race applications and club brochures), surveying (for course certification), photography (for races), first aid or emergency medicine (for races), classic cars (for lead race vehicles), etc., are encouraged to contact a member of the board of directors to donate this skill to the club. Think of something unique that you can add to the club and volunteer today!



**KENNEBUNK TUESDAY NITE
RUNNING GROUP
JINGLE BELL RUN**

1991 Volunteers

Below is a list of (almost) all of the people who worked races last year and the number of races they worked. Keep in mind it is people like Bill Stuart (who worked 23 races) and Sandy Utterstrom (21 races) who are the lifeblood of the Club. Thank you to all who volunteered.

| | |
|----------------------|--------------------|
| Debbie Atchison-7 | Tom Atchison-6 |
| Betty Barber-3 | Pam Barker-5 |
| Jan Bastow-4 | Peter Bastow-11 |
| Don Bessey-7 | Dolores Billings-4 |
| Russ Bradley-8 | Pat Buckley-7 |
| Al Butler-3 | Mike Cavanaugh-3 |
| Patricia Clark-3 | Tom Clemence-4 |
| Barbara Coughlin-5 | T. Cunningham-10 |
| Bob Cushman-5 | Paul D'Amboise-5 |
| Tom Dann-3 | Sue Davenney-14 |
| Bill Davenney-15 | Jane Dolley-4 |
| Ken Dolley-6 | Larry Dyer-3 |
| Brigitte Equid-3 | Albert Farriss-5 |
| Mel Fineberg-12 | Kathi Foye-10 |
| Warren Foye-12 | John Gale-6 |
| Gary Gifford-3 | John Gilliss-7 |
| Judy Grassi-3 | Jeanne Hackett-5 |
| Ruth Hefflefinger-13 | Ray Hefflefinger-5 |
| Herb Hoppe-5 | Donna Hubert-4 |
| Kathy Jacobsen-6 | Steve Jacobsen-4 |
| Tom Keating-3 | Marla Keefe-4 |
| John Kendall-4 | Nancy Kneeland-4 |
| Jennifer Lebrecque-6 | Dick Lajoie-5 |
| Diana Laskey-7 | Rob Laskey-5 |
| Loren Lathrop-10 | Jane Lathrop-4 |
| Renee Lathrop-6 | Brian Lathrop-6 |
| Shelley Lathrop-6 | John Lavin-8 |
| John LeRoy-3 | Nancy Lund-3 |
| Terry McGovern-4 | Rick Meinkin-4 |
| Carlton Mendell-6 | Deb Merrill-3 |
| Donna Mounon-7 | Everett Moulton-2 |
| Pat Murphy-3 | Bob Payne-8 |
| Don Penta-15 | Carol Pierce-3 |
| Laurie Quint-8 | Mike Reali-3 |
| Joe Richard-3 | Jeanne Richmond-4 |
| Dale Rines-6 | Richard Robinov-3 |
| Marlene Russell-3 | Reggie Sargent-4 |
| Dana Sequin-6 | Ray Shevenell-3 |
| Chuck Snekvik-5 | Maggie Soule-4 |
| Maureen Sproul-5 | Nancy Stedman-3 |
| Rick Strout-6 | Bill Stuart-23 |
| Erick Tableman-7 | Patti Tableman-3 |
| Jean Thomas-11 | Widgery Thomas-3 |
| Sandy Utterstrom-21 | Al Utterstrom-4 |
| M. HHBL Washburn-3 | Walter Webber-4 |
| Carol Weeks-7 | Sumner Weeks-8 |
| Warren Wilson-6 | Robert Wyman-5 |

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| | |
|---|----------|
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| Jennifer Cook - H767-2240 (Student-So. Port. High) 55 Willard St. So. Portland, ME 04106 | 15 |
| Ted Cooney (Sales Rep.) Claire Cooney (Fin. Consult.) 109 Clark Street Portland, ME 04102 | 30 29 |
| Bill Devou H779-1143 23 State Avenue W767-2131 Cape Eliz., Me 04107 (Mgr-N.E. Pub Wrhse) | 43 |
| John Pettorini H967-5019, W985-2092 100 Western Avenue. PO Box 1031 Kennebunk, ME 04043 (Clerk - USPS) | 42 |
| Susan Roberts H781-4840 W780-5494 35 Underwood Road Falmouth, ME 04105 | 38 |
| David Shevenell H284-9596 W438-1989 100 Green Street (Pipefitter Ports. Naval Biddeford, ME 04005 Shipyard) | 29 |



RIGHT: Ricky Meinkin

The following is a story from a lady who should be known as the official MTC wedding correspondent (Pat Buckley profiled the wedding of MTC members Ed and Beverly Doughty last year). In the future, all wedding news should be cleared with Pat.

"Do You Take This Runner.....?"

by Pat Buckley

Early in the morning of November 16 as on any race morning, I awoke with some time to spare for coffee, a chance to choose the right clothing for the day and a little time to think about the coming run. It was good to see it would be a beautiful day. I eagerly drove to the starting place, and approaching the South Portland High parking area began to see familiar faces, some doing stretches and warm-up runs. All were smiling, greeting each new arrival. There was a photographer nearby, catching everyone with his movie camera. Something different was happening.

Then someone said "Here they come!" When the approaching van parked, out came the two people we were waiting for, with big smiles. They wore identical sweatshirts with the day's date and their names in a heart design. This was the "Wedding Day Run" of Dianne Whitcomb and John Kazilionis, who had met months earlier through the South



Portland "Tuesday Night Running Group." We who had seen romance bloom had looked forward to this morning as much as to the wedding ceremony.

John and Dianne gave out t-shirts they had designed for the occasion, declared the run under way, and off we took through several miles of familiar streets. Though we wore identical shirts, there wasn't much resemblance to a race, no record-breaking pace, clumped together instead of spaced according to speed (a nice break for me and my buddy, Donna). All the while jokes flew, aimed at the principal runners, who, typically, gave back as good as they got. Mid-way someone shouted to a surprised pedestrian, "It's a wedding run." The finishers went to the nearby home of friends of the couple for a brunch and more jokes, mostly on the groom.

Later, at the wedding, one wouldn't have thought that the handsome couple on the altar and some of the guests in shiny dresses and (horrors) high heels and suits and neckties had hours earlier been doing what had made this day possible, sweating and pounding the pavement together.



LEFT: Dianne Whitcomb and John Kazilionis on their Wedding Day Run.
ABOVE: Dr. & Mrs. Kaz in a cleaner and happier state.

MAINE TRACK CLUB MEMBERSHIP FORM

MEMBERSHIP APPLICATION

I hereby make application to the Maine Track Club as follows: (Check 1)

☐ Individual (\$12.00)

☐ Family (\$15.00)

☐ Student (\$5.00) (18 yrs. old maximum)

Note: Applications received after Sept. 30 are good through the following year.

Today's Date _____

| | | | |
|-----------------|------------------|-----------------|--------------|
| Last Name _____ | First Name _____ | Sex (M/F) _____ | D.O.B. _____ |
| Last Name _____ | First Name _____ | Sex (M/F) _____ | D.O.B. _____ |
| Last Name _____ | First Name _____ | Sex (M/F) _____ | D.O.B. _____ |
| Last Name _____ | First Name _____ | Sex (M/F) _____ | D.O.B. _____ |

Address _____ Home Phone _____
City _____ State _____ 9-Digit Zip Code* _____

| | | |
|----------------|------------------|-------------|
| Employer _____ | Occupation _____ | Phone _____ |
| Employer _____ | Occupation _____ | Phone _____ |

If Student: School _____ Year of Graduation _____
If Student: School _____ Year of Graduation _____

Please include 9-digit zip code to ensure newsletter delivery. If you do not know your zip, please consult a utility bill.

SEND TO: Membership, c/o Maine Track Club, P.O. Box 8008, Portland, Maine 04104

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| Tom Dann | Vice President | 985-2727 | Dale Rines | Course Certificat'n | 854-2481 |
| Reggie Sargent | Secretary | 967-5629 | Maureen Sproul | Photography | 926-4681 |
| Rob Laskey | Treasurer | 729-4104 | Ruth Hefflefinger | Membership | 797-4625 |
| Charlie Scribner | Race Committee | 772-5781 | Peter Bastow | Past President | 829-3669 |
| Candace Karu | Newsletter | 967-4258 | Mel Fineberg | Clothing | 774-8868 |
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THE MAINE TRACK CLUB, Box 8008 Portland, ME 04104
"Run With A Friend"

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