



# NEWS • RUN

Run with a friend . . .

February 1994

## From the New Presidential Suite . . .

The year has certainly gotten off to a great start. In addition to the normal training routine, just about everyone has added a new cross-training piece to their repertoire--shoveling mountains of snow!

Our annual banquet was threatened a bit by the weather (12 inches of snow fell during the day)--BUT--we're a hearty bunch, determined to not let a little snow hinder our plans--and that's the way it turned out. We had 175 people attend the banquet at the Portland Club and everyone enjoyed a delightful evening of good food, awards, great fun, and plan ole fashioned socializing. The band was excellent, the dance floor jammed, and those choosing to sit one out enjoyed good conversation with friends.

Jeanne Richmond deserves a pat on the back for contacting the band. A special thanks goes to the banquet committee for planning an outstanding event. The time, effort, patience, and devotion of Sue Davenny, Mary Anne Champeon, Maureen Sproul, Ann Strom, Bernadine Small and Mary Ann Doss cannot be measured. As always, our volunteers are the BEST!

A hearty congratulations and pat on the back is in order for all the award winners this year. I am especially gratified with the new category of award we created this year, the "Helping Hand" award. It was long overdue and much deserved.

Now that the banquet is history, and I'm officially sworn in as president, reality is starting to set in. I cannot wait to get down to the business of guiding the MTC to an exciting year of good running, good programs, expert coaching and fun times together. As you read this article, the officers and directors will have held a retreat at the new Blue Cross building for the purpose of setting goals for the year--planning and organizing events for the year, and, above all, determining how to best meet the needs of all of our members. This retreat will provide an opportunity to talk, share ideas and brainstorm in a relaxed, friendly manner. Stay tuned for many, and I hope exciting, things to come. We are a great club and with

your input we can accomplish much. Remember, the MTC is ALL of us TOGETHER!

On behalf of the entire membership, I wish to extend our heartfelt thanks and gratitude to the following outgoing officers and board members of the Club: Tom Dann, Carol and Sumner Weeks, Reggie Sargent, Laurie Quint and Pat Buckley. They are all dedicated members of our club and will continue to give generously of their time and talents for many years to come.

My wish is for everyone to have a year filled with health, fun, and good fellowship.

Enjoy,  
*Mel Fineberg, President*

\* \* \* \* \*

## First MTC Meeting of 1994

Wednesday, February 9, 1994

6:30 p.m.

Southern Maine Technical College

Come hear about exciting new programs and activities for the new year. We need your input--please attend so that we might learn about what the MTC can do to meet your membership needs..

**Special Attraction:** Sue Inches will facilitate the first showing of the completed Maine Marathon video. This is a gem! Refreshments will be served.

### In This Issue . . .

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## From the Editor . . .

To successfully follow in the footsteps of Jeanne Hackett and Virginia Cross will be an impossible task. Thus, as the new editor of **News-Run**, I ask for your patient understanding as I attempt to maintain the quality of what has come before me and try not to do any major damage! I also ask that you bear with me as I learn new technology--I'm an IBM person swimming in a MAC pool--I hope it's as easy as everyone says!

With the next issue of **News-Run**, I hope to introduce a couple of new columns and continue to learn more about what you as readers want from this publication. As has been the case in the past, as editor, I welcome any and all contributions and will make every effort to incorporate those contributions into the newsletter.

I encourage you to present your ideas and to let me know when **News-Run** is or is not meeting your expectations. I thank you in advance for this opportunity to work with the MTC and I wish you all a year of personal records!



## MTC Membership Discounts

The following area sporting good stores have agreed to give MTC Members a 10% discount on running shoes (non-sale items). It is necessary that you show you 1994 Club I.D. card when requesting a discount:

<b>Levinsky's</b>	Freeport - U.S. Route 1 Portland - 275 Congress St. Windham - Windham Mall
<b>Olympia Sporting Goods</b>	South Portland - Maine Mall
<b>Yankee Sports</b>	South Portland - 35 Foden Rd

## MTC Wardrobe News!

... *Don Kent*

I would like to thank you for your response to the clothing survey which was enclosed in your newsletter of December, 1993. There has been a pretty good return on these surveys and they seem to indicate that many of you are interested in making some changes in our clothing.

A clear majority of those who returned surveys indicated that they would like changes in color, quality and fit. Many of you indicated quite clearly that you chose not to wear club clothing for these reasons and purchased them outside the club at higher prices. Another significant group chooses to wear the clothing, but is not satisfied with it for the same reasons. Almost 100% of those who returned surveys stated that they would be open to paying a little more for a higher quality product.

### Top Color Combinations Identified in the Survey:

Royal/White Silver	Dark Green/White/Gold
Black/White/Gold	Navy/White/Gold
Purple/White	Kelly Green/White/Gold

I plan to meet with a committee of interested members between now and the regular membership meeting in February to create a ballot for the meeting to vote on colors for our clothing. My hope is that you will attend and make your preferences known by voting for the color scheme of your choice. Upon determining our colors I will move quickly to order quality clothing so we can have them for the beginning of the spring racing season.

Thanks again for your input and suggestions regarding the club's clothing.

Yours in stylish running,  
*Don Kent* (871-7870)

*P.S. A current clothing inventory with prices is included in this newsletter if you are interested in what remains.*

## News•Run Sponsors

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

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

### Sponsors

Milt Bailey

Carol Pierce



## February Race Schedule:

- 6 "MTC Mid-Winter 10-Mile Classic" - Cape Elizabeth- 12 noon - Robert Payne - 655-2165; Marla Keefe - 655-7350.
- 13 "Snowfest 5 Miler" - Augusta - 11 a.m. - Dick Cummings - 623-4324.
- 19 "Border to Border 20 Mile Race" - Kittery - 10 a.m. - Acorn Race Productions - 617-893-8383.
- 26 "Bowdoin College Open Indoor Track & Field Meet" - Brunswick - first event at 1p.m. - Peter Slovenski - 725-3013.

## '94 Presidential Road Race Scheduled for March 27

... Steven Jacobsen

The Maine Track Club and Arundel Road Warriors announce the 3rd Annual Presidential Road Races. These events will take place on the last Sunday in March. The "Presidential" has become known for its picturesque 5-mile loop course featuring rolling hills, ocean, field and forest views and an exciting start and finish in one of the most beautiful village harbors in Maine.

Four-color heavy weight tee shirts, costumed volunteers, one-of-a-kind framed awards, numerous raffles and great refreshments have all become features of this race known for its organization, quality, and good value.

The field of runners at the "Presidential" has consisted of many of New England's top competitors as well as other runners, joggers and walkers of all ages and abilities.

Supported by 75 to 100 volunteers, the "Presidential" is the perfect event to kick off the spring running season.

For more information contact: Steven Jacobsen, Presidential Road Race, P.O. Box 62, Kennebunk, Maine 04043, 207-985-4107.

## Shop 'N Save Turkey Trot Race Breaks Several Records ... Mel Fineberg

1993 will be remembered as the year in which a new women's 10K record was set and record numbers ran in each race. Gail Turner set the new 10K race record in a time of 39:38! Congratulations, Gail! A total of 91 kids ran the two kid's races, 203 ran the 5K, and 164 participated in the 10K.

This year's Turkey Trot was a lucky event-- no snow, no ice, and a relatively balmy day. There were a few turkeys who insisted on marching across the road as runners approached the school complex. How would you like losing a chunk of calf to an irate turkey? Things improved after the race when hungry survivors crowded the school cafeteria to drink cider and eat donuts.

Congratulations to first time directors, Mary Anne Champeon and Malcolm Washburn. As always, our 62 volunteers were the greatest.

### Shop 'N Save Turkey Trot Volunteers:

Larry Barker	Ruth Hefflefinger	Betty Rines
Russ Bradley	Kathy Jacobsen	Bob Rodman
Pat Buckley	Steve Jacobsen	Reggie Sargent
Stoddard Chaplin	Tom Keating	Dick Scribner
Pat Clark	Don Kent	Dana Sequin
M. Clinch	Nancy Kneeland	Dave Shennan
George Conley	Diana Laskey	Bernadine Small
Clute Coolidge	Joan Lavin	Charlie Scribner
Bill Davenny	John Lavin	Maggie Soule
Sue Davenny	George Liming	Howard Spear
Ken Dolly	Bill Lovitt	Maureen Sproul
Eileen Dunfey	Heidi McDonald	Rebecca Sproul
Brigitte Edquid	Peter McDonald	Anne Strohm
Elizabeth Ehrenfeld	Terry McGovern	Tim Strohm
Robin Estey	Dennis Morrill	Jean Thomas
John Gale	Donna Moulton	Joan Tremberth
S. Goulding	Eric Ortman	T. Trouvalis
Judi Grass	Mary Anne Peck	Gail Turner
Jeanne Hackett	Don Penta	Al Utterstrom
Ray Hefflefinger	Dale Rines	Sandy Utterstrom
		Ned Vadakin

## Group Runs:

**Portland:** early mornings — USM — Bill Davenny 772-1787

**Portland - Rat Pack:** varying times — Mike Reali ,767-5218

**Cape Elizabeth High:** Sunday 7:30 AM — RTW Team - Brian Gillespie, 772-2753

**South Portland:** Tuesday PM — Donna Moulton ,799-2894

**Kennebunk:** Thursday PM — Village Market place — Steve Jacobsen, (h)985-4107; (w)985-2941





# MTC Future Spotted at the Kids' Turkey Trot!

All these kids are #1!!



*"Superkid" Andrew Clemence*



*Magill Eldridge*



*Joshua Reali*



*Tim and Matt Hefflefinger's first race!*



*Tom and Brad Allen*



# Mel's Installation Draws Huge Crowd

Over 160 members and friends braved Maine winter weather to attend the Annual Banquet on January 8th at the Portland Club. Rick Strout's children were there to hear the announcement of plans for his memorial fund. We celebrated Gail Turner's birthday, welcomed back favorite MC, Bill Stuart, honored many of our athletes and volunteers, and had a ball dancing to the Elmores. Thanks to Banquet Coordinator and new President, Mel Fineberg, Awards Committee: Don Penta, Bill Davenney and Maureen Sproul, and Banquet Committee: Maureen Sproul, Ann Strohm, MaryAnne Champeon, Sue Davenney, Maryann Doss, Bernadine Small, and Janet Sparkowich. **CONGRATULATIONS TO ALL!**

## 1993 MAINE TRACK CLUB ANNUAL AWARDS

### MAINE RUNNERS OF THE YEAR

Edie Dubord                      Todd Coffin

### MAINE TRACK CLUB RUNNERS OF THE YEAR

Christine Snow-Reaser    Russ Connors

### JOHN FYALKA SCHOLARSHIP

Ryan McCalmon of Chevrus

### MAINE TRACK CLUB SCHOLARSHIP

Molly Dinan of Greeley

### OUTSTANDING CONTRIBUTORS TO MAINE RUNNING

John LeRoy                      John Rolfe

### OUTSTANDING SERVICE TO THE MAINE TRACK CLUB

Ray Hefflefinger              Jeanne Hackett  
Virginia Wilder Cross

### JOHN FYALKA AWARD

Peter Bastow

### MTC HIGH SCHOOL RUNNERS

Kate McNamara              Erin Thompson  
Tom Howard

### MTC YOUTH RUNNERS

Julia Dunfey  
Chris Conly

### MTC PEE WEE RUNNER

Dimitra Corsetti

### 20-29 MOST IMPROVED

Ann Strohm                      Kevin Burkner

### 20-29 OUTSTANDING

Susannah Beck

### 30-39 MOST IMPROVED

Laurie Quint                      Jeanne Richmond  
Bill Stuart

### 30-39 OUTSTANDING

Peter Bottomley

### 40-49 MOST IMPROVED

Carol Hogan                      Richard Scribner

### 40-49 OUTSTANDING

Jim Toulouse

### 50-59 MOST IMPROVED

Ken Dolley

### 50-59 OUTSTANDING

Ray Shevenell

### 60-69 OUTSTANDING

Russ Bradley

### OUTSTANDING ULTRARUNNER

Craig Wilson

### MOST IMPROVED ULTRARUNNER

Ned Vadakin

### MOST IMPROVED TRIATHLETE

Will Lund

### WHEELCHAIR ATHLETE

Jay Kovensky

### COMEBACK RUNNER OF THE YEAR

Maggie Soule

### OUTSTANDING RACE DIRECTOR

Don Kent

### HELPING HAND AWARDS

Kathi Foye, Pat Coolidge, Jan Bastow,  
Kathy Jacobsen, Pam Barker, John Lavin,  
Rae Pierce

### FIRST MARATHONS

Ann Strohm, Howard Spear, Maggie Soule,  
Donna Moulton, Martha Crawford



# MTC Annual Banquet Photo Highlights



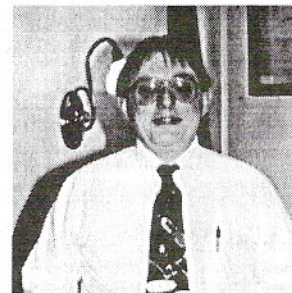
*Russ Bradley,  
60-69 Outstanding*



*Maggie Soule,  
Comeback Runner of  
the Year*



*Jay Kovensky,  
Wheelchair Athlete*



*Don Kent,  
Outstanding Race  
Director*



*Will Lund, Most  
Improved Triathlete*



*Maggie Soule, Howard Spear, Martha Crawford,  
Ann Strohm, Donna Moulton — First Marathons*



*Ann Strohm and Kevin Burke,  
20-29 Most Improved*



*(l) MTC High School Runner,  
Kate McNamara  
(r) MTC Scholarship,  
Molly Dinan of Greeley*



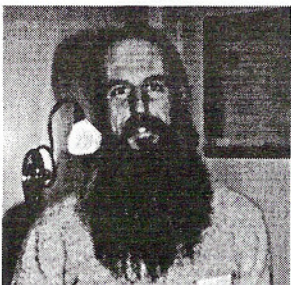
*Peter Bottomley,  
30-39 Outstanding*



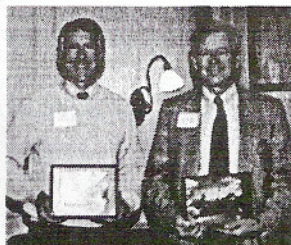
*Carol Hogan,  
40-49 Most Improved*



*Julia Dunfey  
Chris Conly,  
MTC Youth Runners*



*Craig Wilson,  
Outstanding  
Ultrarunner*



*(l) Ray Shevenell,  
50-59 Outstanding  
(r) Ken Dolley, 50-59  
Most Improved*



*(l) Virginia Wilder Cross,  
(r) Jeanne Hackett  
Outstanding Service to the  
Maine Track Club*



*John LeRoy,  
Outstanding  
Contributor to Maine  
Running*





# Race Results

## Results submitted by Don Penta

### Shop'N Save Turkey Trot 5K - 183 Finishers

Cape Elizabeth, Maine - Nov. 21, 1993

#### Top Overall Finishers:

1	Andrew Black	31	16:25
2	Allan Muir	38	16:31
3	Dan Dearing	32	16:42
4	John-Richard Gagnon 1,20-29	26	17:17
5	Gordon Scannell (MTC) 1,40-44	41	17:59
10	Marjorie Haney (MTC)	26	19:01*
28	Nancy Kneeland (MTC)	39	20:49*
29	Connie Hallett	34	20:56*
30	Julie Fitzgerald 1,20-29	29	21:04*
34	Theresa Gallupe (MTC) 1,30-39	32	21:18*

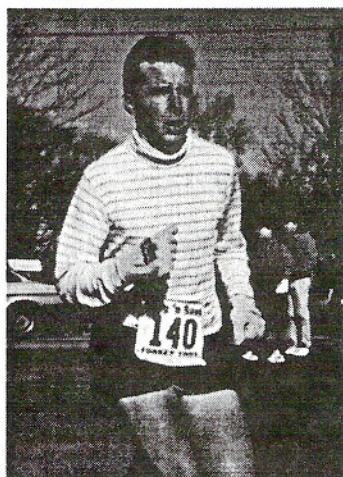
#### Other Top Divisional Finishers:

6	Teague Dyer 19&under	18	18:24
8	Joe Richards (MTC) 50-59	50	18:55
24	Lloyd Slocum 60-69	60	20:10
47	Carissa Rowbottom 19&under	16	22:07*
68	Kitty Kelley (MTC) 45-49	46	23:28*
131	Sandy Utterstrom (MTC) 50-59		26:52*
177	Ruth Hefflefinger (MTC) 60-69	64	31:43*
179	Frank Long 70&over	76	34:22

#### Other Maine Track Club Finishers:

14	Glen Gallupe	34	19:33
18	Thomas Allen	37	19:43
25	David Young 2,40-44	41	20:27
32	Harley Lee	40	21:09
35	Neil Martin 3,50-59	50	21:20
39	Tim Merritt	14	21:31
42	Gary Johnson	42	21:44
48	Dan Aderman	13	22:07
49	Bob Aube	28	22:10
50	Ed Doughty, Jr.	44	22:15
51	Denny Morrill	54	22:17
56	Jonathan Dietz	46	22:44
65	Jeanne Richmond	35	23:23*
66	Don Bessey	48	23:24
83	Renee Lathrop 3,19&under	15	24:10*
84	Loren Lathrop	44	24:11
85	Don Russell	56	24:19
92	Arabella Eldredge	39	24:40*
98	Bob Hefflefinger	35	25:01
99	Warren Wilson 2,60-69	60	25:11
107	Linda Richards	30	25:37*
122	Martha Crawford	31	26:34*
123	Rick Crawford	31	26:34
143	Elizabeth Dubois	31	27:54*
151	Marlene Handcock	43	8:40*
161	Bill Lovett	52	29:39
162	Dianne McCorkle	34	29:44*
163	Beverly Doughty	42	29:47*
166	Shannon Dunfey	9	30:30*
168	Julia Dunfey	9	30:46*
169	Eileen Dunfey	37	30:48*

Many Thanks to Sue Davenny for complete results!



Tom Allen, 5K Turkey Trot



Harley Lee, 5K Turkey Trot



## More Race Results

### 25th Annual Shop'N Save Turkey Trot 10K - 154 Fini. Cape Elizabeth, Maine - November 21, 1993

#### Top Overall Finishers:

1	Peter Lessard	31	33:56
2	William Freeman	20	34:47
3	Graydon Stephens	41	35:17
4	Shaun Keenan 1,30-39	31	35:18
5	Pete Bottomley (MTC) 2,30-39	32	36:10
22	Gail Turner (MTC)	33	39:38*
26	Rose Prest-Morrison	31	40:20*
29	Laurel Valley	31	41:03*
43	Rhonda Lee Benner 1,20-29	21	42:08*
48	Mary Ann Doss (MTC) 1,30-39	33	42:36*

#### Other Top Divisional Finishers:

6	Steve Sarkozy 20-29	25	36:37
13	Andre Benoit, Jr. 40-44	41	38:19
20	Bob Coughlin 50-59	54	39:21
36	Michael Macomber 19&under	17	41:50
74	Rosalyn Randall (MTC) 40-44	43	44:32*
91	John Chandler 60-69	66	46:30
96	Joan Tremberth (MTC) 45-49	48	46:57*
98	Russ Bradley (MTC) 70&over 70 USAT&F	47	47:23
114	Carlton Mendell (MTC) 2,70&+72 USAT&F	49	49:19
129	Honey Swinburne (MTC) 19&under 16	52	52:23*
138	Jean Thomas (MTC) 50-59	57	54:36*
150	Terri Morris 60-69	65	66:08*

#### Other Maine Track Club Finishers:

8	John Eldredge	39	37:12
11	Michael Reali	39	37:50
12	Harry Nelson	39	37:53
14	Tom Clemence	36	38:54
18	Terry Clark	49	39:09
21	Album Butler	40	39:21
24	Erich Reitenbach	43	39:58
27	Bob McCormack	42	40:34
32	Les Berry	45	41:30
35	Ron Cedrone	44	41:41
38	Richard Scribner	42	41:59
42	James McCorkle	38	42:05
45	Rick Fecowicz	38	42:17
50	Clyde Coolidge 3,50-59	54	42:41
53	Maureen Sproul	37	42:56*
64	John Merritt	43	43:41
72	Ann Strohm 3,20-29	29	44:10*
73	Steve Assante	41	44:14
76	Gary Giffard	34	44:39
77	Richard McFaul	49	44:52
83	Joan Lee	39	45:22*
84	Alan Leathers	50	45:39
92	Cindy DiPalma	35	46:33*
97	Michael Cavanaugh	42	47:04
100	Jeff Thaler	40	47:43
101	Orlando Delogu	56	47:52
104	Gary Johnson	47	48:06
109	Patty Medina	35	48:47*
120	John Flaherty	41	50:03
124	Tracey Hall	29	51:09*
126	Bob McArtor	54	52:00
127	Tim Strohm	30	52:13
137	Ken Dolley	57	54:35
140	Jeri Lynn Schroeder	46	55:21*
145	Tina Marzul	30	56:05*
148	Robert Marzul	32	59:50
154	Julius Marzul	68	75:15

Many thanks to Sue Davenny for complete results!

Continues on next page.



Patty Medina, Dave Shennen, Turkey Trot



## More Race Results

### 12th Annual Thanksgiving Day 4 Miler - 466 Finish.

Portland, Maine - Thursday, Nov.25th, 1993

#### Top Overall Finishers (132 Women & 334 Men):

1	Christine Snow-Reaser (MTC)	27	22:28*
2	Rose Prest-Morrison	30	24:20*
3	Marjorie Haney (MTC) 1,25-29	26	24:28*
4	Rhonda Morin 2,25-29	27	24:44*
5	Caroline Meehan	26	25:22*
1	Sam Wilbur	21	19:28
2	Colin Peddie	31	19:34
3	Bob Winn 1,35-39	35	19:39
4	Gerry Clapper 1,30-34	32	20:03
5	Bruce Bridgham 2,30-34	33	20:05

#### Other Top Divisional Finishers:

6	Deb Raszmann 40-44	40	25:39*
9	Sarah Piampiano 15&under	13	25:53*
10	Mary Ann Doss 30-39	33	26:20*
12	Megan Lane 16-19	19	26:51*
17	Joan Lee (MTC) 35-39	39	27:45*
30	Lisa Young 20-24	23	29:26*
40	Joan Tremberth (MTC) 45-49	48	30:11*
68	Jean Thomas (MTC) 55-59	57	33:04*
100	Shirley French 60-64	61	36:30*
111	Alicia Harding 50-54	53	38:47*
115	Terri Morris 65-69	65	39:17*
6	David Weatherbie 25-29	25	20:39
8	Charlie French 20-24	22	20:46
10	Eric Goodwin 16-19	18	20:56
11	Danny Paul 40-44	40	20:57
33	Joel Croteau 45-49	49	23:22
46	Bob Payne (MTC) 55-59	55	24:22
56	Joe Richards (MTC) 50-54	50	25:00
60	Lloyd Slocum 60-64	60	25:24
68	Ethan Higbee 15&under	15	25:41
183	Russ Bradley (MTC) 70&over	70	29:29
327	Widery Thomas (MTC) 65-69	69	41:29

#### Other Maine Track Club Finishers:

7	Carol Hogan 2,40-44	43	25:46*
8	Coreen Corsetti	29	25:51*
11	Kathy Jenkins 2,30-34	33	26:32*
18	Rosalyn Randall	43	27:48*
20	Betty Rines 2,35-39	36	28:29*
27	Diane LaVangie	35	29:23*
31	Cindy DiPalma	35	29:27*
45	Patti Medina	35	30:59*
51	Catherine McCourt	29	31:10*
52	Lorraine Paradis		31:11*
63	Patricia Clark	34	32:21*
65	Linda Richards	30	32:41*
73	Judy Bastow	30	33:23*
87	Laurie Curtis	46	35:02*

105	Migs Handcock	43	36:55*
107	Talya Corsetti	18	37:23*
110	Deb Merrill	37	38:41*
113	Nadia Corsetti	15	39:03*
127	Ruth Hefflefinger 2,60-64	64	43:08*
9	Pete Bottomley	32	20:53
40	Terry Clark 2,45-49	49	24:07
45	Ken Thompson	48	24:18
50	Kurt Nielsen	39	24:29
69	David Smith	52	25:42
81	Carlos Philbrick	41	26:06
91	Peter Bastow 2,55-59	57	26:17
96	Neil Martin	50	26:32
103	David Young	41	26:49
120	Harley Lee	40	27:22
127	Charles Iselborn	36	27:41
128	Dale Rines	41	27:42
130	Gary Johnson	42	27:54
133	Dan Hogan	43	27:58
134	Rocco Corsetti	46	28:09
142	Howard Spear	43	28:21
150	David Paul	48	28:32
153	Jeff Thaler	40	28:40
162	Steve DiPalma	38	29:05
163	Jonathan Dietz	46	29:06
165	Reggie Sargent	47	29:08
175	Paul LaVangie	35	29:22
179	Jim Bunnell	36	29:25
182	Michael Cavanaugh	42	29:28
185	Richard Cavanaugh	60	29:29
202	Jerome Jerome	54	30:10
207	John Pearson	31	30:14
208	Gerard Salvo	38	30:15
210	John Flaherty	42	30:18
211	Orlando Delogu	56	30:25
214	Bill McArtor	27	30:35
219	Bill Stuart	35	30:42
229	Andrew Coffin	26	31:05
230	John Legere	51	31:09
239	Mike Reali	39	31:13
241	Alburn Butler	40	31:14
247	Don Kent	40	31:31
253	Carlton Mendell 2,70&over	72	31:40
255	Bill McArtor	54	32:06
269	Joe O'Donnell	42	32:34
275	Warren Wilson	60	32:57
290	Bob Cushman	56	33:55
296	Clint Merrill	45	34:33
303	Thomas Decker	49	35:36
319	Wayne Newland	55	37:49
325	Bill Lovett	52	39:15
330	Don Penta	47	44:10

Many thanks to Sue Davenny for complete results!



## More Race Results

### Maine Track Club Handicap 5K -

14 Finishers

Westbrook College, Portland - Dece. 5, 1993

Race Hand Act.T PredT AFIn

1	Ruth Hefflefinger	33:08	1:00	32:08	32:00	13th
2	Richard Scribner	33:12	14:00	19:12	19:00	2nd
3	Howard Spear	33:14	11:00	22:14	22:00	6th
4	Peter Bastow	33:15	12:30	20:45	20:30	5th
5	Marjorie Haney	33:17	13:30	19:47	19:30	4th
6	Will Lund	33:19	14:00	19:19	19:00	3rd
7	Susan Davenney	33:35	6:00	27:35	27:00	10th
8	Christine Reaser	33:44	15:30	18:14	17:30	1st
9	Bill Davenney	34:07	8:00	26:07	25:00	8th
10	Carlton Mendell	34:07	8:00	26:07	25:00	9th
11	Don Penta	34:49	0:00	34:49	34:00	14th
12	Mark Clinch	34:53	5:00	29:53	28:00	11th
13	Mel Fineberg	35:25	4:00	31:25	29:00	12th
14	Dennis Morrill	35:40	10:30	25:10	22:30	7th

Many thanks to Brian T. Gillespie, Sumner and Carol Weeks for Complete results!



Arabella Eldridge, 5K Turkey Trot



Cathy Claven, 5K Turkey Trot



Marje Haney, 5K Turkey Trot

### 1794-1994 Bowdoin College Bicentennial

10K -

161 Finishers

Brunswick, Maine - October 17, 1993

1	Todd Coffin	32	31:26
2	Tom Thibeau	35	33:39
3	Robert Ashby	25	33:47
4	Steve Podgajny	43	33:57
5	Allan Muir	38	34:04
9	Joan Benoit Samuelson 36 USAT&F	36	36:14*
10	Guy Berthiaume	47	36:19
17	Richard Mulhern (MTC)	40	38:33
19	Julie McGee	33	39:08*
27	Nate Alsobrook	18	40:49
33	James McCorkle (MTC)	38	41:23
34	John Rolfe (MTC)	39	41:23
41	Debbie Brown	30	42:01*
44	Kimberly Mills	33	42:39*
47	Neil Martin (MTC)	50	42:44
49	Tom Keating (MTC)	37	42:51
50	Evelyn King	35	42:54*
60	Jessica Pohl	26	43:37*
61	Scott Samuelson	36	43:39
64	Joan Lee (MTC)	39	43:45*
65	John LeRoy (MTC)	56	44:23
73	Betty Rines (MTC)	36	45:39*
75	Dale Rines (MTC)	41	45:55
77	Russ Bradley (MTC)	69	46:05
85	Richard Cavanaugh (MTC)	60	46:50
89	Meaghan Groothuis	19	46:56*
90	Kathy Satter	42	47:14*
94	Ron Pelton (MTC)	40	47:53
118	Jane Dolley (MTC)	45	50:51*
120	Laurie Curtis (MTC)	46	51:07*
125	William Stuart (MTC)	35	51:59
128	Warren Wilson (MTC)	60	52:28
133	Kenneth Dolley (MTC)	57	53:44
134	Ann Blanchard (MTC)	36	53:47*
135	Polly Kenniston	56	53:52*
154	Thomas, Widge (MTC)	69	62:18
156	Christine DeTroy (MTC)	65	67:11*
157	Don Penta (MTC)	47	67:19

Many thanks to MAINELY RUNNING for complete results!

Continues on next page.



## More Race Results

### Westbrook College Halloween Classic 3K - 74 Finishers Evergreen Cemetary, Portland - Oct. 31, 1993

1	Bob Winn	9:39
2	Todd Boothby	10:35
3	Christine Reaser (MTC)	10:53*
4	Steve Reed	11:30
5	Gino Valeriani	11:35
9	Ray Shevenell (MTC)	12:10
11	James McCorkle (MTC)	12:25
12	Mary Ann Doss (MTC)	12:28*
13	Alex Dann (MTC)	12:35
16	Rosalyn Randall (MTC)	13:28*
17	Kelly Pitcher	13:46*
25	Kristy Harris	14:40*
26	John LeRoy (MTC)	14:42
28	Dennis Morrill (MTC)	14:48
30	Herb Strom (MTC)	14:55
33	Harriet Turkanis (MTC)	15:29*
35	Chris Conly (MTC)	15:50
39	Alex Lund (MTC)	16:11
49	Wayne Clark	17:45
50	Diana Laskey (MTC)	17:45*
51	Dave Shennan (MTC)	17:46
62	Don Penta (MTC)	20:55
70	Terry Dann (MTC)	25:06*
71	Tom Dann (MTC)	25:06

Many thanks to MAINELY RUNNING for complete results!



Nancy Kneeland, 5K Turkey Trot

### 5th Annual Physical Therapy 8K - 201 Finishers Brunswick, Maine - Saturday, Oct. 23, 1993

#### Top Open Division Finishers:

1	Todd Coffin	32	24:46
2	Michael Grigware	29	26:16
3	Tom Thibeau	35	26:21
4	Dan Dearing	32	26:30
5	Ron Newbury	43	26:32
6	David Donnelly	24	27:05
15	Susannah Beck (MTC) USAT&F	25	27:37*
16	Joan Samuelson (H.MTC) USAT&F	36	27:48*
18	Julia Kirtland	28	28:31*
19	Christine Snow Reaser (MTC)	27	28:35*
21	Marty Shue	25	28:43*
39	Rose Prest Morrison	30	30:41*

#### Other Top Divisional Finishers:

10	Ralph Fletcher 40-49	43	27:26
30	Bob Coughlin 50-59	54	30:12
41	Jesse Randall 19&under	17	30:45
57	Deb Raszmann 40-49	40	31:58*
84	Hap Hazzard (MTC) 60&over	61	33:37
87	Gretchen Read 50-59 USAT&F	50	33:49*
168	Sally Amory (MTC) 60+ USAT&F	68	43:23*
194	Christine DeTroy (MTC) USAT&F	65	51:25*
199	Helen Ring USAT&F	71	63:45*
201	Mardie Brown USAT&F	76	69:00*

#### Other Maine Track Club Finishers:

26	John Eldredge	39	29:17
31	Terry Clark	49	30:22
32	Will Lund	38	30:25
38	Richard Mulhern	40	30:39
46	Marjorie Haney	26	31:04*
49	Kevin Burke	28	31:18
55	Sumner Weeks	45	31:55
65	James McCorkle	38	32:25
66	Carol Weeks 2,40-49	44	32:30*
68	John Rolfe	39	32:35
75	D. Paul	48	33:06
81	Maureen Sproul	37	33:37*
90	Dan Hogan	42	34:16
100	Dennis Morrill	54	35:41
111	Ann Strohm	29	36:33*
118	Ken Brennan	49	37:27
125	Herb Hoppe		38:28
149	Sue Inches	38	41:11*
152	Thomas Brown	36	41:22
190	Kathryn Harris	48	50:10*
191	Jennifer Brennan	17	51:05*
193	Ruth Hefflefinger 2, 60&over	64	51:24*

Many thanks to MAINELY RUNNING for complete results!



## Welcome New Members . . .

The MTC is pleased to welcome the following new members. We hope they will find the activities of the MTC as fun and rewarding as we do.

Mike Cirillo (H)781-3007  
Surrey Lane  
Cumberland Foreside, ME 04110

Timothy & Catherine Clement (H)883-6925  
40 Horseshoe Drive (W)775-3344-T  
Scarborough, ME 04074  
Jonathan Clement  
Matthew Clement

Richard Evans (H)846- 2 7  
5 Villa e roo oa (W)871-2526  
Yarmouth, ME 04096

Peter & Deb Raszmann (H)773-8741-P  
169 Clinton Street  
Portland, ME 04103  
Zeb Raszmann  
Lydia Raszmann

Roch Garand (H)324-7965  
71 Grammar Street  
Sanford, ME 04073

Cynthia Smith (H)892-4190  
84 Plummer Road  
Gorham, ME 04038

Katherine MacDonald (H)698-5817  
P.O. Box 502 (W)439-2700  
Berwick, ME 03901

Alyce Schultz (H)780-9805  
20 Groveside Road (W)871-2460  
Portland, ME 04102

Peter & Heidi McDonald (H)883-8426  
15 Iris Drive (W)324-8060-P  
Scarborough, ME 04072 (W)883-6343-H

Thomas & Carolyn Billen (H)773-1471-T  
39 Sokokis Street  
South Portland, ME 04106  
Kim Billen

Sarah Thornton (H)781-2239  
131 Woodlands Drive (W)772-6565  
Falmouth, ME 04105

Amy Parker (H)773-5822  
52 Neal Street - Apt. 3 (W)761-3922  
Portland, ME 04102

Sarah Parrott (H)761-7928  
23 Coach Road (W)885-3211  
South Portland, ME 04106

Robert & Sherron Small (H)767-2508  
14 Valley Road (W)855-2568  
Cape Elizabeth, ME 04107  
Angela Small

Jessica Hayes (H)508/667-3459  
86 Partridge Road  
Billerica, MA 01866

Carol Hooper (H)646-6637  
2 Hillside Street (W)772-5444  
RFD#1, Box 2730  
Wells Beach, ME 04090

Norman Lachance (H)324-9404  
P.O. Box 201 (W)603/427-2173  
Federal Street  
Alfred, ME 04002

Paul Lessard (H)284-9505  
P.O. Box 744 (W)854-1226  
Biddeford, ME 04005

Dermot Bostock (W)770-1284  
D21 Juniper  
E. Yarmouth, ME 04096

Albert Brunelle (H)284-5645  
31 Herring Avenue Ext. (W)283-3611  
Biddeford, ME 04005

## Reminder . . . Dues Are Due!

If you have not already done so, please send in your membership dues. Your dues include a subscription to this newsletter and the RRCA newsletter, the FOOTNOTES. As a volunteer organization, we cannot afford the luxury of sending bills. Please do your part by sending you check to:

**Mary Anne Champeon, Membership**  
**Maine Track Club**  
**P.O. Box 8008**  
**Portland, ME 04104**

*Unfortunately, unless your 1994 dues are paid, this will be your last issue of **NEWS-RUN**.*



## Maine Track Club Clothing Inventory, 1/15/94 . . . Don Kent

Listed below are the items we currently have in stock. If you have questions concerning any of these items or would like to order some clothing, please contact me at 871-7870.

Number	Item/Description	Price
32	Sun Visors (Green & White, No Logo)	\$4.00
5	Green & Gold Baseball Caps (No Logo)	\$4.00
7	Green Baseball Caps (Black Logo)	\$5.00
5	White Baseball Caps (Black Logo)	\$5.00
10	Green/Gold Logo Crew Neck Sweatshirts (Large)	\$16.00
2	Green/Gold Logo Crew Neck Sweatshirts (X-Large)	\$16.00
2	Green/Gold Logo Hooded Sweatshirts (Medium)	\$19.00
15	White/Green Logo Long Sleeve T-Shirts (Large)	\$7.00
3	White/Green Logo Long Sleeve T-Shirts (Medium)	\$7.00
6	White/Green Logo Short Sleeve T-Shirts (X-Large)	\$5.00
2	White/Green Logo Short Sleeve T-Shirts (Large)	\$5.00
2	Green/Gold Logo Long Sleeve T-Shirts (X-Large)	\$7.00
10	Green/Gold Logo Long Sleeve T-Shirts (Large)	\$7.00
3	Green/Gold Logo Long Sleeve T-Shirts (Medium)	\$7.00
2	Green/Gold Logo on Back Long Sleeve T-Shirts (Small)	\$7.00
8	Green/Gold Logo Soark Brand Running Shorts (Large)	\$9.00
2	Green/Gold Logo Insport Brand Running Shorts (Large)	\$9.00
17	Green/Gold Logo Soark Brand Running Shorts (Medium)	\$9.00
3	Green/Gold No Logo Sub-4 Brand Running Shorts (Small)	\$9.00
2	Green/Gold No Logo "Holes" Singlet (Small)	\$9.00
3	Green/Gold Logo Solid Nylon Dolfon Brand Singlet (Small)	\$9.00
7	White/Green Bar Cotton/Poly Soark Brand Singlet (Medium)	\$9.00
	A Large Quantity of Cotton/Thermal (?) Gloves (Large & Small)	\$2.00

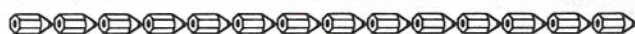
### Notice to Race Directors. . .

The **absolute deadline** for submission of 1993 race results to the **Road Race Information Center** of USA Track & Field is **March 1, 1994**.

**Race Directors** should send results along with completed USA Track & Field Application Form (s) for the Recognition of Road Race Performances by February 21st to:

**Don Penta, Maine Record Keeper**  
54 Sebago Avenue  
Windham, ME 04062-5413  
Phone: 892-5426

After February 21st **Race Directors** should send results and completed form directly to: **USA Track & Field, Road Race Information Center, 5522 Camino Carraivo, Santa Barbara, CA 93111. Phone: (805)683-5868. Fax: (805)967-5958.**



### Important News-Run Notes

Ten (10) issues of **NEWS-RUN** are printed each year. Combined issues are the March/April **NEWS-RUN** and the July/August **NEWS-RUN**. The deadline for submission of materials is the 15th of each month. Every effort will be made to print materials received by that date. Send materials to: Editor, **NEWS-RUN**, Maine Track Club, P.O. Box 8008, Portland, ME 04104.

### In the Next Issue . . .

**SAVE YOUR RECIPES!** In the next issue of **NEWS-RUN**, we will be calling for your favorite healthful dish recipes to share and be included in the MTC Club's membership cookbook, **Recipes for the Road** to be produced by the end of this membership year. Sale proceeds will go to the Rick Strout Fund. Stay tuned...and start searching for your favorite--there will be prizes for the recipes selected to be printed in **NEWS-RUN!**





# Announcing the 3rd Annual



KENNEBUNKPORT, MAINE.

## WHEN:

Sunday, March 27, 1994  
Presidential Race - 10am

*all ages and abilities*  
Kids 1K Fun Run - 9:15 am  
*12 yrs and younger*

## WHERE:

Starts and finishes in picturesque Dock Square and follows Scenic Ocean Avenue, passing former President Bush's home at Walker's Pt.

**Costor**  
**ALISSON'S**

REGISTRATION/POST  
RACE AWARDS, REFRESHMENTS  
AND ENTERTAINMENT:

At the Consolidated School  
Gym, School St., (Rt. 9) Kennebunkport.  
Opens at 7:30 am



## AWARDS:

5-Mile Presidential Race: Male & Female  
OPEN: 1st, 2nd, & 3rd  
1st and 2nd Awards to 19 -under, 20 - 29  
30 -39, 40 - 49, 50 -59, 60 + Other Special  
Awards.

RACE DIRECTOR:  
Steve Jacobsen  
1-207-985-4107

Kids 1K (.62 mi.) Fun Run  
Boys & Girls 1st & 2nd. Recognition, Timing  
and Bib numbers for all.



Cable TV of the Kennebunks



PLEASE PRINT

FIRST NAME \_\_\_\_\_ LAST \_\_\_\_\_ SEX \_\_\_\_\_ AGE \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ PHONE No. \_\_\_\_\_ ( ) I would like info about the Maine Track Club.

ENTRY FEES: Mail to: Presidential Road Race, P.O. Box 62, Kennebunk, ME 04043 DUE BY MARCH 15, 1994.

Pre - Registration Fee	\$5.00
Post - Registration (after March 15)	7.00
Kids 1K Fun Run	2.00

FEATURING "NEW" '94 PRESIDENTIAL LOGO  
100% Cotton, Heavy, Long Sleeve T-Shirt (m,l,xl) \_\_\_x 8.00  
Cotton Tank-Top Singlet (m,l,xl) \_\_\_x 6.00  
80%/20% Heavy Sweatshirt (m,l,xl) \_\_\_x 16.00

**Proceeds to Benefit:**  
Kennebunk, Kennebunkport  
July 4th Celebrations &  
Presidential Race High School  
Runners Scholarship Fund.

TOTAL ENCLOSED \_\_\_\_\_

# ENTRY FORM!

## No Baby Strollers or Radio Headsets Allowed

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely compete the run. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat / or humidity, traffic and the conditions of the road, all such risks known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parents Signature (if under 18 years of age) \_\_\_\_\_





# ***We Need You!***

We need YOU to help YOUR club. We are all in this together. Your participation is critical to the progress of our club. If this is the first time you have read **NEWS-RUN**, or you are a new member, welcome to our club. We currently have close to 400 members and serve the Southern Maine area. Our goal is to promote and encourage running and educate the public to its benefits. We are a diverse bunch, but we all share the love of running! Our club officers are all volunteers, and we encourage you to get involved. Not only will you find it a lot of fun, but rewarding in the many friendships you will make along the way.

Please get involved! Volunteer for one of our MTC Action Teams! Please indicate your interest below and send to:

***Mel Fineberg, President  
Maine Track Club  
P.O. Box 8008  
Portland, ME 04104***

## **MTC 1994 ACTION TEAMS!**

Yes, I want to get involved by becoming a member of the following action team(s):

- |   |  |
|---|--|
| <input type="checkbox"/> Race Committee               | <input type="checkbox"/> Membership          |
| <input type="checkbox"/> Newsletter & Publications    | <input type="checkbox"/> Clothing            |
| <input type="checkbox"/> New Member/Welcome Wagon     | <input type="checkbox"/> Volunteer Team      |
| <input type="checkbox"/> Programs                     | <input type="checkbox"/> Social Committee    |
| <input type="checkbox"/> Coaching                     | <input type="checkbox"/> Special Events      |
| <input type="checkbox"/> Publicity & Public Relations | <input type="checkbox"/> Scholarships/Awards |
| <input type="checkbox"/> Race Teams                   | <input type="checkbox"/> Rick Strout Fund    |
| <input type="checkbox"/> Awards                       | <input type="checkbox"/> Banquet             |
| <input type="checkbox"/> Budget                       | <input type="checkbox"/> Community Events    |
| <input type="checkbox"/> Refreshments                 | <input type="checkbox"/> Other _____         |
| <input type="checkbox"/> Achilles Team                |  |

**NAME:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_





## Maine Track Club 1994 Officers and Committee Chairs

Mel Fineberg	President	774-8868	Donna Moulton	At Large	799-2894
Ron Pelton	V. President	846-9039	Jeanne Hackett	At Large	879-0678
Eileen Dunfey	Secretary	767-5435	Russ Bradley	At Large	799-3864
Steve Assante	Treasurer	642-4298	Dale Rines	Course Cert.	854-2486
Tom Dann	Past Pres.	985-2727	John Gilliss	Course Cert.	879-0222
Charles Scribner	Race. Comm.	772-5781	Don Penta	Statistician	892-4526
Mary Anne Champeon	Membership	799-0456	Howard Spear	Equipment Mgr.	856-6496
Susan Roberts	Newsletter	829-6288	Don Kent	Clothing	871-7870
Maureen Sproul	Photography	926-4681			

## Maine Track Club Membership Application

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

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

Last name \_\_\_\_\_ First name \_\_\_\_\_ Gender (M or F) \_\_\_\_\_ DOB \_\_\_\_\_

Last name \_\_\_\_\_ First name \_\_\_\_\_ Gender (M or F) \_\_\_\_\_ DOB \_\_\_\_\_

Last name \_\_\_\_\_ First name \_\_\_\_\_ Gender (M or F) \_\_\_\_\_ DOB \_\_\_\_\_

Last name \_\_\_\_\_ First name \_\_\_\_\_ Gender (M or F) \_\_\_\_\_ DOB \_\_\_\_\_

Street address \_\_\_\_\_ Home phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Nine-digit ZIP\* \_\_\_\_\_

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

Employer \_\_\_\_\_ Occupation \_\_\_\_\_ Bus. phone \_\_\_\_\_

Employer \_\_\_\_\_ Occupation \_\_\_\_\_ Bus. phone \_\_\_\_\_

If student, school \_\_\_\_\_ Yr. of grad. \_\_\_\_\_

If student, school \_\_\_\_\_ Yr. of grad. \_\_\_\_\_

## Volunteer Waiver

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

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

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

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