



News•Run

Run with a friend ...

February 1997

From the Presidential Suite ...

As the new co-president of the Maine Track Club, I would like to share with you a few thoughts about myself as a runner and a long-term MTC member. To the best of my recollection, I have been a member of the club for over 13 years. Now that I'm a master, I find that my memory is slipping as fast as my race times. I can honestly say that my affiliation with the club and with the running community has become part of the fabric that makes up my individuality. I have derived numerous benefits over the years.

My circle of friends are all runners, most of whom are also Maine Track Club members. I have countless memories of marathons, races and training runs shared with friends that I consider treasures. Thoughts of these still bring me joy when I recall them. It seems our group runs are now filled with recounts of epic training runs or of duels with our peers at races that have long since been run. It was during just such a training run that I met my wife and co-president of the club, Terry Sutton. Suffice it to say, the Maine Track Club has given me far more than I have given in return. For this reason alone, I agreed some time ago to serve as an officer of our organization. Running and the Maine Track Club have enriched my life in many ways over the years, and for this I am grateful.

In the past few years, I have witnessed a change in the make-up of the club. What was once a small, close-knit group managing a handful of races has evolved into a large membership directing what often seems like a race a week. While a larger membership is good and the number of races we support impressive, I feel the personal side of the club has eroded. Meetings in the past were anticipated for the chance to visit and socialize with fellow members rather than feeling compelled to fill up the time with business issues or speakers. For the life of me, I cannot recall a single

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February MTC Meeting

Wednesday, February 12, 6:30 p.m.
Southern Maine Technical College
Machine Tool Auditorium
Fort Road, South Portland

Guest speaker: Joe Teno
Topic: Training for and competing in the
Canadian Ski Marathon

In early February, Maine Track Club member Joe Teno is competing in the Canadian Ski Marathon, a two-day cross country ski event that covers 100 miles. Joe will share his experiences training for and competing in this event.

The Maine Track Club meets monthly, the second Wednesday of each month, at 6:30 p.m. in the Machine Room Auditorium at Southern Maine Technical College in South Portland.

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1996

MTC Award Winners

Congratulations to the following award winners who were honored at the MTC Awards Banquet on Sunday, Jan. 19:

MTC Most Improved Runners

Open: Ann McGovern and Jaime Jackson
Masters: Arabella Eldredge and Gerard Conley
Seniors: Ron and Martha Deprez

MTC Comeback Runner of the Year

Pat Buckley

Special Recognition Award

(First sub-19:00 5K by Maine female master)

Carol Hogan

Outstanding Contributions to Maine Running

Bob Payne

MTC Triathletes of the Year

Rosalyn Randall and Paul Gadbois

MTC Ultra Runner of the Year

Craig Wilson

Maine High School Runners of the Year

Parker Pruett and Lynette Batt

MTC Runners of the Year

Masters: Maureen Sproul and John Eldredge
Seniors: Gretchen Read and Bob Coughlin
Open: Laurel Valley and Peter Bottomley

John Fyalka Award for Outstanding Service to MTC

Don Penta

Spaghetti Supper

The Maine Track Club will be holding a spaghetti supper on Sunday, Feb. 16 at 4 p.m. at the North Scarborough Grange on Outer Congress St., Route 22 (one mile beyond Smiling Hill Farm).

The menu will consist of pasta, meatballs, salad, italian bread and drinks. Cost will be \$7 per person for the all-you-can-eat meal, \$4 for kids 12-and-under. Club president Mike Reali and staff will prepare and serve the meal.

If you plan to attend, call Mike at 780-1677 (daytime) or 829-2014 (evenings), or Russ Bradley at 799-3864. This will give us idea how much food to prepare.

Gather at the Grange at 2 p.m. to enjoy a fun run prior to the dinner. Also, for those who are interested, cross country skiing is available at Smiling Hill Farm. The cost is \$10 for adults, \$7.50 for kids ages 9-17. Kids under 9 can ski for free. They also have rental equipment for \$10 per person.

Come enjoy old friends and meet new ones!

Race director sought

A race director is desperately needed for the Patriots Day Boys & Girls Club 5-Miler in Portland. Anyone who's interested should contact Everett Moulton at 799-2894.

News•Run Sponsors

If you would like to become an individual *News•Run* sponsor, please send \$10 to: Maine Track Club, P.O. Box 8008, Portland, ME 04104.

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

Sponsors

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Locksley Hall

(Continued from page 1)

speaker from those days gone by, but the memory of camaraderie and friendship is vivid. There was an energy you could feel. Somehow the enthusiasm of a group of individuals, new to a sport, has transformed itself into a small core group that performs the lion's share of work for a fairly large running club. Moral is bound to suffer under these circumstances.

While my predecessor emphasized increasing membership, I feel our efforts should be directed towards getting these people involved. Ron mentioned cohesiveness in his parting column, and I couldn't agree more. If we accomplish nothing more than to bring the members of the club closer over the next year, I will consider our tenure a success. The feeling of teamwork and camaraderie that goes along with it is just the shot in the arm we could use. It is essential if we are to progress as an organization. Too few have done too much for too long. I was attracted to the club due to its members and the enthusiasm they shared for running. If we can make the club fun again, the membership will grow of its own accord.

This newsletter will go out to almost 500 households, most of which won't have any idea of the issues the club is experiencing. This fact goes to the core of the problem itself. If we could somehow get more members involved, we could more effectively administrate the club and its numerous races while having fun in the process. Our monthly meetings could return to the way they used to be; well-attended and enthusiastic.

The idea of appointing a social chairman was proposed to help boost morale and to generate more interest in the club from newer members. To date, no one has accepted the appointment. I am hopeful someone will step forward and offer their time for this cause. In the interim, Russ Bradley and I have taken the bull by the horns and have planned the first in what I hope to be a long string of social events. On February 16, we will have a pasta feed coupled with a group run to help foster fellowship. Cross country skiing will also be available at Smiling Hill Farm for those so inclined. In past years, the club hosted such events at the Sprague Hall in Cape Elizabeth with great success. Considering the popularity of the bus trip to Newburyport that Russ organizes, I am optimistic about the turnout.

I hope that this column doesn't paint too bleak a picture of the state of the club, because that is not my intent. We have the largest, most organized club in the state, and we own and direct one of the best run marathons anywhere; the NYLCare Maine Marathon. The schedule of quality races we direct is impressive. None of this could be accomplished without the dedicated work of the members. The Maine Track Club has many good qualities to be proud of ... but there is room for improvement.

During the coming year, I encourage each and every member to offer me advice on how to improve not only morale and participation, but the club itself. I have no other objectives or structured agenda other than to restore teamwork and enhance camaraderie. Please don't hesitate to call or drop me a line with your thoughts. I welcome any input. I may suggest ideas that you don't agree with over the next year, but my intentions will always be driven by my desire to improve our organization.

In closing, I want to thank the membership for placing their trust in our ability to guide the club over the next year. Terry and I hope to be able to shape the future of a great club for the better. As I stated previously, I have a lot to be thankful for as a result of my affiliation with the Maine Track Club and hope I can repay a small portion of this debt over the next year.

Mike Reali

***NYLCare Maine Marathon
& Casco Bay Half Marathon
Sunday October 5, 1997 8:00 A.M.***

****Event Update****

*This year the event will promote the NYLCare Marathon Relay. This event will consist of four legs approximately 6.5 miles. This will allow more runners to be part of this great event! *All volunteers will receive a Newsletter 3 or 4 times a year.

*To receive this Newsletter call today to volunteer 781-5887!

Mrs. O'Neill's Cheese Cake

From Ann McGovern

Crust

1 1/2 cups of graham cracker crumbs

1/4 pounds of butter

dash of cinnamon

1/4 cup sugar

Mix all ingredients, put in spring form pan and press firmly over bottom and slightly up the sides.

Cake

3 half-pound packages of cream cheese (room temperature)

4 eggs

1 1/2 cups sugar

1 teaspoon vanilla

Mix eggs yolks, sugar, cream cheese and vanilla. Beat egg whites until stiff and fold in to mixture. Pour into pan, bake 1 hour at 325 degrees. Take out and leave sitting for 15 minutes.

Topping

1 pint sour cream

1/4 cup sugar

dash of vanilla

Mix above ingredients and spread over top. Return to oven at 425 degrees for five minutes.

Upcoming races

March 16

Irish Road Race (5K), Portland, 11 a.m.

Contact: Don McKeown 657-2184.

April 6

**Presidential Road Race (5 miles),
Kennebunkport, 10 a.m. (1K kids run at
9:30 a.m.). Contact: David McCullough
967-0113 or 967-3293 (fax).**

Note: Races in bold are MTC

Florida bound?

If any club members are going to Florida this winter and are interested in race information, contact Bob Payne during February and March at the following address: 504 Bluff Dr., Auburndale, FL 33823. His telephone number is 941-967-6376.

**Call 781-5887 for information
about upcoming races**

We need your input

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

If you have a story or a news item that you think belongs in *News-Run*, please bring it to our attention. It need not be a lengthy article — short newsworthy items are always welcome. Have you or a fellow club member recently had an interesting experience that you'd like to share? If so, please let us know and we'll get it in the newsletter. E-mail your story, article or announcement to Bob Aube at 74270.2276@compuserve.com, or send it to:

**Marge Parsons
178 Bruce Hill Road
Cumberland Center, ME 04021**

Race Results

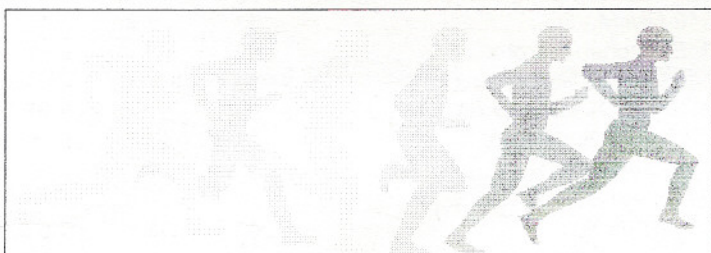
Submitted by Don Penta

The Winners' Circle Running Club Presents
The 1997 Hangover Classic 10 Kilometer Road Race
335 Finishers (63 Female & 272 Male)
11:00 AM, Wednesday, January 1st, 1997
Salisbury, Massachusetts

An "*" following the runner's time indicates a female finisher

PLACE/NAME	AGE	TIME	PACE
1 Dan Verrington overall	34	31:49	5:06
2 Bob Winn 1,35-39	38	32:06	5:09
3 Lowell Ladd 1,20-24	21	33:48	5:25
4 Mauricio Maia 2,35-39	35	34:07	5:28
5 David B. Hampson 1,19&under	19	34:12	5:29
7 Tom Carroll 1,45-49	47	34:38	5:33
16 Julie Peterson overall	15?	36:33*	5:51
17 Bethany Morse 1,30-34	32	37:27*	6:00
19 Joel Croteau 1,50-54	52	37:42	6:03
32 Erich Reitenbach (MTC)	46	38:45	6:13
47 Robert Ludwig 1,55-59	56	39:44	6:22
58 Carl Hefflefinger	36	40:18	6:28

69 Karen Tripp 1,35-39	37	41:08*	6:36
70 Susan Cunningham 1,25-29	28	41:09*	6:36
88 Ann McGovern (MTC) 2,30-34	32	42:13*	6:46
89 James Boisvert (MTC)	40	42:14	6:46
95 Ed Doughty, Jr. (MTC)	48	42:36	6:50
98 George H. Bisson 1,60-69	61	42:48	6:52
108 Vickie Miller 1,40-44	43	43:34*	6:59
117 Nancy Kneeland (MTC) 2,40-44	42	44:09*	7:05
127 Steve Jacobsen (MTC)	47	44:27	7:07
128 Ann Stairs (MTC)	28	44:36*	7:09
138 Kitty Kelley (MTC) 1,45-49	49	45:29*	7:17
151 Joan Lavin (MTC) 2,45-49	49	46:00*	7:22
154 Reggie Sargent	51	46:04	7:23
164 Don Bessey (MTC)	51	46:49	7:30
173 Malcolm Washburn, Jr. (MTC)	43	47:12	7:34
205 Brian McGrath (MTC)	36	48:26	7:46
254 Kenneth Folsom 1,70&over	71	51:17	8:13
275 Carlton Mendell (MTC) 2,70&+	75	53:21	8:33
294 Beverly Doughty (MTC)	45	56:44	9:02
302 Jean Boswell 1,50-54	52	58:03*	9:18
334 Louise M. Rossetti 70&over	75	78:24*	12:34



The 1997 Hangover Classic 5 Kilometer Road Race
188 Finishers (66 Female & 122 Male)

PLACE/NAME	AGE	TIME	PACE
1 Sean Donnelly overall	31	15:52	5:05
2 Jim Chute 1,25-29	28	16:36	5:19
3 Bruce Butterworth 1,40-44	43	16:48	5:23
4 Nick Godo 2,40-44	41	16:52	5:24
5 Richard Murray 1,50-54	50	17:10	5:30
20 Emily Hampson overall	13	19:30*	6:15
22 Maureen Mahoney 1,30-34	32	19:42*	6:19
23 Nancy Givens 1,35-39	37	19:45*	6:20
41 K. Scott Hinckley (MTC)	38	21:30	6:53
47 Marle Forrest 1,40-44	43	21:49*	7:00
78 Joe Cuddy 1,60-69	62	24:53	7:59
79 Donna Woods 1,45-49	45	25:00*	8:01
134 Louis Peters 1,70&over	72	27:36	8:51
155 Marge Parsons (MTC)	45	29:01*	9:18
158 Phil Campbell 2,70&over	79	29:20	9:24
171 Catherine Seymour 1,55-59	56	31:16	10:01
188 Julius Marzul (MTC) 1,70&over	70	41:30	13:24

Many thanks to Steve Jacobsen for complete results to the "Hangover Classic" road races!

5K

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More Race Results

The 16th Annual Shaws Old Port Thanksgiving Day 4 Miler
554 Finishers (193 Female & 361 Male)
From the Bay Club, One City Center, Portland, Maine
9:00 AM, Thursday, November 28th, 1997

Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Christine Snow-Reaser 1,over	30	22:49	5:42
2 Kristin Pierce 2,overall	23	23:10	5:48
3 Rose Prest-Morrison 1,30-34	34	23:49	5:57
4 Katie Payson 2,30-34	31	24:21	6:05
5 Marjorie Graff 1,25-29	29	24:35	6:09
1 Bob Winn 1,overall	38	20:02	5:01
2 Matt Lane 2,overall	19	20:37	5:09
3 David Weatherbie 1,25-29	28	21:00	5:15
4 Pete Bottomley (MTC) 1,35-39	35	21:03	5:16
5 Lonnie Reny 1,20-24	21	21:10	5:18

Other Top Divisional Finishers

8 Carol Hogan (MTC) 45-49	46	26:08	6:32
9 Julianna Lugin-Nasse 19&under	17	26:54	6:44
10 Mary Ann Doss (MTC) 35-39	37	27:15	6:49
12 Sarah MacColl (MTC) 40-44	40	27:38	6:55
16 Melissa Murphy 20-24	24	27:47	6:57
51 Martha Deprez (MTC) 50-54	51	31:12	7:48
140 Polly Kenniston 55-59	59	37:04	9:16
184 Jan Bastow (MTC) 60-69	60	43:01	10:45
8 Allan Muir 40-44	41	21:50	5:28
10 Tom Howard 19&under	19	22:01	5:30
33 Craig Wilson (MTC) 45-49	47	23:58	6:00
42 Christopher Hall 30-34	30	24:17	6:04
71 Lloyd Slocum 60-69	63	26:05	6:31
77 Michael Myrick 50-54	51	26:28	6:37
130 Clyde Coolidge (MTC) 55-59	57	28:09	7:02
276 Carlton Mendell (MTC) 70&over	75	33:42	8:26

Other Maine Track Club Finishers

13 Rosalyn Randall 2,45-49	46	27:42	6:56
20 Annie Pratico	30	28:18	7:05
22 Christy Boisvert	22	28:33	7:08
32 Cathy Locke	34	29:18	7:20
50 Sherry Carl	49	31:11	7:48
55 Adelle Belisle	24	31:31	7:53
56 Lisa Belisle	25	31:32	7:53
64 Jean Nale	18	31:52	7:58
66 Carol Nale	45	31:53	7:58
68 Theresa Gallupe	35	31:57	7:59
87 Betsy Lane	45	32:52	8:13
90 Renee Lathrop	18	33:01	8:15
93 Emily Belisle	21	33:18	8:20
94 Nancy Murphy	49	33:21	8:20
103 Mary Beth Coolidge	28	34:01	8:30
112 Bridget Ramsdell	37	34:30	8:38
118 Beth Wilson	41	34:58	8:45
120 Beverly Doughty	45	35:06	8:47

121 Brooke Libby	32	35:07	8:47
129 Ellen Della Torre	32	36:01	9:00
139 Kelly Butterfield	33	36:58	9:15
163 Sarah Belisle	15	38:45	9:41
178 Maggie Soule	55	41:51	10:28
190 Ruth Hefflefinger 2,60-69	67	46:43	11:41
17 Jaime Jackson	28	22:39	5:40
43 Mark Steege	41	24:18	6:05
48 Britt Wolfe	31	24:36	6:09
49 Jim Bunnell	39	24:38	6:10
55 Jamie Chamberlain	32	24:53	6:13
60 Gerard Conley	42	25:12	6:18
61 Dick Graves	41	25:18	6:20
73 Eric Ortman	37	26:19	6:35
76 Ed Doughty, Jr.	47	26:27	6:37
83 Kurt Nielsen	42	26:34	6:39
89 Ron Deprez	52	26:45	6:41
90 Ron Cedrone	47	26:47	6:42
91 Alburn Butler	43	26:47	6:42
95 Richard Conley	41	26:52	6:43
99 Thomas Carl	52	27:01	6:45
100 Paul LaVangie	39	27:10	6:48
103 Peter Bastow 2,60-69	60	27:25	6:51
106 Paul Lessard	39	27:40	6:55
112 Neil Martin	53	27:46	6:57
113 Stephen Murphy	52	27:47	6:57
116 George Boudreau	34	27:49	6:57
117 Paul Aceto	30	27:49	6:57
122 Kevin Butterfield	26	27:55	6:59
128 Dale Rines	44	28:06	7:02
137 Keith Malone	39	28:22	7:06
139 Jim Estes	47	28:24	7:06
140 Phil Pierce 2,55-59	55	28:32	7:08
141 Rex Holtan	44	28:35	7:09
142 Michael Cavanaugh	45	28:38	7:10
143 Harley Lee	43	28:41	7:10
149 Terry Clark	52	28:55	7:14
150 Derry Rundlett	50	28:57	7:14
157 Steven Hawkins	28	29:13	7:18
192 Joe Teno	44	30:28	7:37
201 Dana Seguin	42	30:45	7:41
213 Richard Hart	50	31:03	7:46
214 Richard Cavanaugh	63	31:04	7:46
216 Glen Gallupe	37	31:08	7:47
219 Joe O'Donnell	45	31:13	7:48
224 Dan Bergeron	38	31:22	7:51
229 Malcolm Washburn	43	31:38	7:55
230 Howard Spear	46	31:38	7:55
232 Bill Robertson	57	31:40	7:55
237 Gary Johnson	45	32:00	8:00
258 John Gale	40	32:39	8:10
266 Brian Lathrop	16	33:00	8:15
267 Loren Lathrop	47	33:01	8:15
269 M.F. Harmon	46	33:03	8:16
270 Bob McArtor	57	33:09	8:17

(Continued on page 7)

More Race Results

(Continued from page 6)

287 Dick Lancaster.....	38	34:30	8:38	341 Kenneth Spier.....	53	39:32	9:53
289 Gregg Wood.....	37	34:37	8:39	350 Ryan Salvo.....	9	42:24	10:36
290 Mike Brooks.....	51	34:38	8:40	351 Gerard Salvo.....	41	42:25	10:36
299 Dave Conley.....	57	35:03	8:46	358 Don Penta.....	50	45:32	11:23
300 Peter Bass.....	46	35:10	8:48	359 Julius Marzul 2,70&over.....	70	45:53	11:28
309 John Belisle.....	13	36:19	9:05	Many thanks to Sandy Utterstrom, chief computer consultant, for complete results!			

MTC Handicap Race

Seventeen hardy souls braved bone-chilling weather to take part in the MTC Handicap Race in New Gloucester on Sunday, Jan. 19. Runners were given a time handicap based on their results from a recent race — the slowest runner starts first, and the fastest runners try to catch up to all those who got a head start. In theory, all runners should finish at approximately the same time. This year's winner was Phil Pierce, who passed Andrew Coffin in the final 100 meters and beat his goal time by eight seconds. Complete results are shown below.

Phil Pierce, left, and Mike Davey

photos by Maureen Sproul



Place	Name	5K Time	Race calculated	Handicap	Finish Time	Plus or Minus	Projected Pace	Actual Pace
1st	Phil Pierce	23:25		4:04	23:17	minus :08	7:32	7:46
2nd	Andrew Coffin	28:00		9:31	28:02	0:02	9:01	9:21
3rd	Donna Moulton	36:18	Sentinel 5K	17:49	36:54	0:36	11:41	12:18
4th	Herb Strom	28:00		8:31	29:13	1:13	9:01	9:44
5th	Martha Deprez	25:00		6:31	26:35	1:35	8:03	8:52
6th	Russ Bradley	25:45	L.L.Bean 10K	7:16	27:28	1:43	8:17	9:09
7th	Ruth Hefflefinger	35:06	Turkey Trot 5K	16:37	37:09	2:03	11:18	12:23
8th	Marge Parsons	29:15		10:46	31:23	2:08	9:25	10:28
9th	Bob Aube	23:00		4:31	25:16	2:16	7:24	8:25
10th	Mike Davey	22:45	Sports East 10M	4:16	25:13	2:28	7:19	8:24
11th	Maggie Soule	31:09	Turkey Trot 10K	12:40	33:49	2:40	10:52	11:16
12th	Ron Deprez	18:29	Maine Cancer 5K	0:00	21:17	2:48	5:57	7:06
13th	Sandy Utterstrom	31:30	Casco Bay Half	13:01	34:23	2:53	10:08	11:28
13th	Mel Fineberg	31:30	Sandy's Pace Equal	13:01	34:23	2:53	10:08	11:28
15th	Carlton Mendell	25:15	Back Bay 5K	6:46	28:16	3:01	8:08	9:25
16th	Julius Marzul	36:00	Hangover Classic 5K	17:31	39:35	3:35	11:35	13:12
17th	Bob Paine	19:06	Eliot Days 5K	0:37	22:59	3:53	6:09	7:40

Losing to Father Time

A first-time master on the Harvard track

By Will Lund

I was losing the race against Father Time.

Not figuratively, but literally. It was Jan. 9, 1997, and a guy who looked like Father Time in running shorts, white beard flowing, was passing me high on the banked turns at the Harvard University indoor track.

Before the trip to Harvard, I had two goals for 1997 — a 5-minute mile and a completed marathon. After Harvard, I still have the same two goals.

Four quarters of 75-seconds each ... it sounded so easy. After all, last summer I'd managed to bring my 5K road race times to below six minutes per mile.

But alas, I lacked even an iota of experience on the oval. During my two years running cross country for Cony High School so many years ago, I had assiduously managed to avoid track work.

But when the promotional flyers for the Greater Boston Track Club Meet began circulating in December, it seemed natural to send in the application.

It was, as they say, a learning experience.

I should have known things would not go well when I arrived at my friend Ray's house at 7 a.m. to pick him up for the trip to Boston. His house was surrounded by red ladder trucks, the result of a short by spectacular chimney fire. He bade me to proceed without him and promised to catch up later.

Arriving at Harvard mid-morning, I watched as some of the 900 registrants went through their paces. Fast. In one heat in the Men's Invitational Mile, the entire field finished sub-4:15. College women milers from as far away as Floriday finished easily around the 5-minute mark.

My race, the Master's Mile, assembled at 4 p.m., after I had sat in the arena for about seven hours (excuse No. 1, if you'd like to keep count). Earlier, I had tried to warm up outside along the banks of the Charles River, but the temperature was a frigid five degrees (excuse No. 2). I was placed in an outside lane (excuse No. 3), leading directly to the first of 32 steeply banked curves (excuse No. 4) which stood between me and the finish line.

At the gun, we were off. I went out as fast as I could but soon found myself near the back of the pack with only two runners behind. The first quarter flashed by in 72 seconds. I did a quick calculation — $72 \times 4 = 4:48$ mile! Glory and fame would soon be mine.

About halfway through the next quarter, a huge invisible rubber band began to wind itself around my chest. My arms flailed like those of a swimmer caught in a riptide. My loyal coach, who had yelled encouragement for the first few laps, turned slightly to one side and busied himself with the paperwork on his clipboard.

Through the half-mile in 2:32. My fogged brain could still multiply by 2, and I decided that a 5:04 mile would have to suffice.

No such luck. The fellow nearest behind me, who looked like Rip Van Winkle, loped by smoothly. Then came the aforementioned Father Time, gaining, then passing.

My mind was awash in cliches. I had hit the wall. The wheels had fallen off. The air had been let out. I stuck a fork in ... yup, I was done.

Watching my dubious performance from the front row of the bleachers, several high school girls began chanting in unison, "Go, Forrest Gump, go!"

Staggering across the line with a 5:29, dead last, I shuffled over to offer my hand in congratulations to Mr. Time.

"The hardest part," he quickly confided to me, "was recovering from the Masters 800 I ran an hour ago."

Notice about race flyers

Anyone who wishes to have their race flyers included in the Maine Track Club newsletter must submit the flyers and a payment of \$40 by the 15th of the month. Flyers will not be included in any mailing if not accompanied by the \$40 service fee. The fee applies only to races not run by the MTC, so if a race fee is already being paid to the club, there is no charge for race flyers.

Group runs

The Maine Track Club includes all kinds of runners doing many different distances at a variety of paces — from the weekend jogger to the daily 20-minute runner to the serious road racer.

Whatever your pleasure may be (social, speed, long distance), we probably have a running/training group near your area. For more information, contact any of the following:

Kennebunk

The Kennebunk Road Warriors run weeknights in Kennebunk. Contact: Steve Jacobsen 985-4107 or Nancy Kneeland 985-8100.

Portland

The USM Morning Group runs at 5:45 a.m. daily from the USM gym. Contact: Mel Fineberg 774-8868 or Ruth Hefflefinger 797-4625.

The Rat Pack runs at 7 a.m. Sunday mornings from Payson Park. Contact: Ron Deprez 772-4312 or Mike Reali 829-2014.

YMCA Noon Runs from YMCA on Forest Ave. Contact: Marla Keefe 775-9620 or Mike Pratico 874-1111.

South Portland

South Portland Road Runners run Thursday nights at 5:30 p.m. from the high school. Contact: Russ Bradley 799-3864 or Donna Moulton 799-2894.

Yarmouth

The Royal River Rapids meet weekdays at the entrance to Royal River Park on East Elm Street at 6 a.m. Pace is moderate to slow, and distances are between three and six miles. Contact: Keith Malone 846-1403.

If you know of a group run that isn't listed above, please contact either Bob Aube (946-7681) or Marge Parsons (829-5079) to let us know where, when, how far, approximate pace per mile and contact person for inclusion in the monthly newsletter.

MTC Discounts

The following area sporting goods stores have agreed to give MTC members discounts on running shoes and running clothing. It is necessary that you show your 1997 club ID card when requesting discounts.

5K SPORTS,

190 US Route 1, Falmouth
15% on Shoes

OLYMPIA SPORTING GOODS,
Maine Mall, South Portland
10% on Shoes Only

YANKEE SPORTS,

35 Foden Road, South Portland
10% on Shoes Only

COASTAL ATHLETICS,

502 Woodford, Portland
ASIC Shoes Exclusively...
discounts according to model
Call ahead for Ron Kelley 772-4530

GEORGE AND PHILLIPS, INC., Rt. 1,
Kittery; 295 Water St., Exeter, NH
These are Nike Outlet Stores featuring
slightly defective or blemished shoes at
reduced prices. All top quality regularly
prices shoes 20% off.

LAMEY WELLEHAN,

Maine Mall; Falmouth Shopping Center;
Cook's Corner; Auburn Mall
10% on Running Shoes

MVP SPORTS, 333 Clarks Pond Pkwy.,
South Portland 04106
10% on non-sale Running Shoes and
Clothing

FAMOUS FOOTWEAR, 330 Clarks Pond
Pkwy., South Portland 04106
Also Auburn and Kittery
10% on Running Shoes

Welcome to our newest members

Louise Stone
80 Wellington Road
Portland, ME 04103-3442
772-7038
Social Worker, MMC

Paul Lavender
56 Craigie Street
Portland, ME 04102-2530
871-1347
Tech-Rep., Xerox Corp.

David Grieve
7 Wildes District Road
Kennebunkport, ME 04046-6129
967-5846
Software Engineer, Cabletron

Diane, Robert & Craig Cormier
6 Lunt Drive
Westbrook, ME 04096-3640
878-2438

Mick, Cheryl & Allison McCall
8 Cottage Farms Road
Cumberland, ME 04021-9757
829-4793

Bruce, Debbie, Ashley & Brian Akers
P.O. Box 548
Standish, ME 04084
637-3213; 1-800-775-7964

Paul Morphy
1512 East Conway Road

Center Conway, NH 03813-4056

Howard Green
89 Liberty Common
Rye, NH 03870
603-436-8498

Christopher Harte
364 Spring Street
Portland, ME 04102-3643
772-2717

Nick Anastasi
P.O. Box 460
Atkinson NH 03811
508-372-7246
Retired

Notes from our newest members

I thought it'd be fun to join to, one, support MTC and, two, allow me the change to run with others if I want to. I've been running (jogging?) off and on for almost 18 years. I never really did much competitively, but have done some races--no marathons. currently, I'm running ~ 5 miles +/- and I aim for 4 times a week. I often run with a friend; our pace at best is 8:30 miles, but probably a little slower. I'm read to run more, I need variety. Just started running with another friend, plus our dogs. I get up early, am out when it's dark. Fear the black ice. I talk to Jim McCorkle at his store often..and he's been encouraging.

— Louise Stone

The 1996 Oakhurst Milk Run was the first Road Race I had ever been in. I found it an interesting and enjoyable experience, and entered several more races during the course of the summer and fall. Many of the races were supported by the Maine Track Club, and this is primarily why I would like to join and support the club.

Both Cheryl and I are recreational runners. Neither of us ever competed in track or cross country. The 1996 "Road Race Circuit" in Maine was our first foray into competition with both other runners and the clock. My weekly mileage is 25 to 30; Cheryl's is 10-12.

Allison, age 8, has run in at least a half-dozen "fun runs."

— Mick McCall

I am applying for membership as a result of my association with the White Mountain Milers here in Conway and my subsequent associations with Mr. Paul LeTarte of Berlin, NH, and Mr. Dennis McIver of Bridgton, ME, and running at this year's Yarmouth Clam Festival 5 miler.

I run recreationally at distances from 1 mile to marathon. I am hoping to break 2:40 in the marathon this year.

— Paul Morphy

Support these MTC members in business

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Russ Bradley
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Cape Elizabeth, ME 04107



MTC 1997 Officers and Committee Chairs



Mike Reali and Terry Sutton	Co-Presidents	829-2014	Ann McGovern	At Large	839-8332
John Gale	Vice President	775-5017	Howard Spear	At Large and Clothing	856-6496
Ron and Martha Deprez	Past President	772-4312	Don Penta	Statistician and Photography	892-4526
Joe Guimond	Treasurer	797-9436	Maureen Sproul	Photography	926-4681
Mary Ann Doss	Secretary	799-0896	Jim McCorkle	Equipment	781-3134
Maggie Soule	Membership	846-3631	Dale Rines	Course Certification	854-2481
John Eldredge	Membership	829-4540	Bob Aube	Newsletter	946-7681
Everett Moulton	Race Committee	799-2894	Marge Parsons	Newsletter	829-5079
Russ Bradley	At Large	799-3864			

Maine Track Club Membership Application

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

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

Last Name _____ First Name _____ Gender (M or F) _____ DOB _____
 Last Name _____ First Name _____ Gender (M or F) _____ DOB _____
 Last Name _____ First Name _____ Gender (M or F) _____ DOB _____
 Last Name _____ First Name _____ Gender (M or F) _____ DOB _____

Street Address _____ Home Phone _____
 City _____ State _____ Nine-digit ZIP* _____

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

Employer _____ Occupation _____ Bus. Phone _____
 Employer _____ Occupation _____ Bus. Phone _____
 If Student, School _____ Yr. of Grad. _____
 If Student, School _____ Yr. of Grad. _____

Volunteer Waiver

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

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

Signature _____ Date _____
 Signature _____ Date _____
 Signature _____ Date _____
 Signature _____ Date _____

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