



Run with a friend...

February 1999

A Day At The Turkey Trot

-Race results are on page 7



➔ Michael Donahue
-Overall Winner



➔ Jayne Hanley,
MTC



➔ Eileen Dunfey, #111
MTC



➔ Richard
Cavanaugh,
#366
MTC



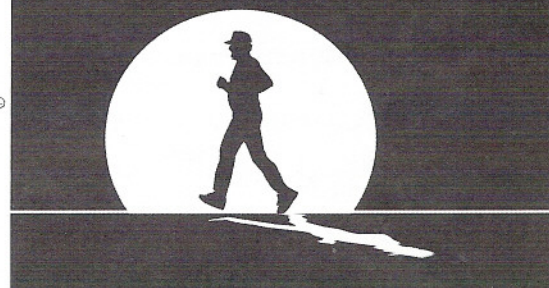
➔ John Eldredge, MTC

In Memory

The Members of the Maine Track Club and running community were saddened by the death of Alvin F. Sproul III on January 27, 1999.

Al's passion throughout life was long distance running, and he was very active in the Maine running scene. The Samoset 10K held each August was directed by Al and will now be renamed the Alvin Sproul Samoset 10K.

Our next issue will feature a tribute to Al.



NEXT MTC MEETING

Run and Brunch
At the Sprouls
Sunday, February 14th
8:00 am

Come join fellow club members for a run on the hills of New Gloucester. If you need directions, call Maureen or Willie at 926-4681

194 Town Farm Rd

1998

19th Annual Maine Track Club Awards Banquet

The Maine Track Club held its annual Awards Banquet on January 16, 1999 at the Val Halla Banquet Center, Cumberland Center. President John Gale presided. The invocation was given by Mel Fineberg. The guest speaker was runner and race director, Dave McGillivray. The lasagne, sausage, and meatballs were purchased from The Village. The rest of the meal was a modified Pot Luck (Truly Delicious!). Thanks to all of the talented cooks in the group!

New officers were installed:

President: *Marge Aube*
 Past President: *John Gale*
 Treasurer: *Carlton Mendell*
 Membership: *Maggie Soule*
 Race Committee: *Bob Aube*
 Clothing: *Steve Fox*
 Statistician and Photography: *Don Penta*
 Course Certification: *Dale Rines*
 Newsletter: *Mike Doyle*

At Large: *Maureen Sproul, Howard Spear, Rodger Smith, & Sandy Utterstrom.*

Awards were received by:

First Time Marathoners:

Maryellen Fitzpatrick, Steve Fox, Carol Hogan,
 Shelley Lathrop and John Whitman

MTC Most Improved Runners of the Year:

Open Division Maryellen Fitzpatrick & David Chamberlain.
 Masters Division Joan Lee & Carlos Philbrick.
 Senior Division Sally Paterson & John LeRoy

MTC Comeback Runner of the Year:

Al Sproul

Outstanding Contribution to Maine Running:

Joan Samuelson & Dave McGillivray

MTC Runners of the Year:

Jeanne Hackett & Michael Payson

MTC Masters Runners of the Year:

Carol Hogan & John Mollica

MTC Senior Runners of the Year:

Polly Kenniston & Jim Toulouse

Maine Runners of the Year:

Julia Kirtland & Bob Winn

MTC Volunteer of the Year:

Sandy Utterstrom

John Fyalka Award for Service to the MTC:

Howard Spear

MTC Receives Fyalka Memorial Contribution

This fall the MTC was pleased to receive a \$300 contribution from the John Fyalka family of Springfield, Illinois in memory of their son, John. John was an early and enthusiastic member of the Maine Track Club before his untimely death. In his memory, the Club matches the Fyalkas donation and awards two scholarships to an outstanding male and female high school runner. Please join me in thanking the Fyalkas for their generosity.

John Gale

Presidential Message

February, 1999

Dear Fellow Runners,

It promises to be a great year for running! The Banquet was a huge success by all reports and next year's banquet is already in the planning stages!

We have a lot to celebrate in the Maine Track Club. Our runners are doing extremely well in races of all lengths and challenges - hills, rain, terrain that is currently being paved as the race commences, and other circumstances too numerous to mention. New members are joining in record numbers and renewals are on the rise. We have many opportunities to offer our club members. Among these are the unfilled offices of Secretary and Vice-President. Think about these possibilities as your chance to participate in a unique organization. My phone number is listed on page 11 of this issue, along with the other officers. Give one of us a call.

My goals for the next year are to build upon the solid footing attained by Past-President John Gale. I hope to strengthen the feeling of camaraderie that he created and to instill a feeling of pride in our club, its members, and their accomplishments. I envision a variety of activities to offer members so that greater participation is achieved, volunteering is increased, and attendance at meetings reaches an all time high.

It is time for us to come together as a group and continue to do what the Maine Track Club does best - RUN! We have planned our next meeting to do just that! Willie and Maureen Sproul have offered their gorgeous country home in New Gloucester to host a Sunday morning Run and Brunch. Please put this on your calendar and make every effort to attend. It is sure to be a fabulous event. The hills and dales in that area are spectacular and the company could not be better.

Thank you John Gale who did a spectacular job as President of the MTC and who organized the Banquet. He obtained a speaker who dazzled us all! Dave McGillivray is truly a remarkable individual who shared several of his accomplishments with us. We hope he will return for another visit with this group in the near future.

Happy New Year!

Happy Running!

....Marge



A Message From Bob Aube *Race Committee Chairperson*

As the new chairperson of the MTC's Race Committee, I'd like to bring everyone up to date on a few matters concerning this year's race schedule, as well as outline a few goals for the upcoming year.

First, I'd like to thank Mike Doyle and Colleen Redmond for taking over my duties as newsletter editor. I know that they have some changes planned for the newsletter and I look forward to seeing the results over the next few months.

Also, on behalf of the club, I want to express thanks to Everett Moulton for all the work he has done as race committee chairperson for the last several years. I know I'll have my hands full following in his footsteps, and I'm sure I'll be calling on him for guidance for quite some time.

As for the race schedule, we currently have a firm list of 13 events on the club's schedule, beginning with the Mid-Winter Classic. Two popular races conspicuously missing from that list as of now are the Presidential 5-Miler and the Sports East Bowdoin and Back 10-Miler. It appeared a few weeks ago that the Presidential was going to be canceled due to a lack of anyone in the Kennbunkport area willing to organize that event, but I'm told the local Rotary Club now wants to keep the race alive. It remains to be seen whether there's enough time left to get things organized for this year, but stay tuned for an update.

The future of Bowdoin and Back is in jeopardy due to Sports East's decision to end its involvement with the race. In the past, the club's sole role in this event has been to provide timing and results; Sports East handled all the other organizational tasks. Sports East would like to see the race continue under the full management of the MTC, though, so we'll need to decide as a club whether or not we want to take over this race completely. If we do, we'll be needing an enthusiastic person willing to serve as race director.

Speaking of which, a race director is still needed for the YMCA Back Bay 5K in May. This race is a good opportunity for someone who has never directed a race before but would like to give it a try, because the YMCA handles much of the work themselves. Also, because the race is run on the Back Cove path, not many volunteers are needed. If anyone is interested in acting as race director, please contact me either at 829-5079 or via e-mail at raube@sunjournal.com.

Finally, I have three main goals for the year:

1. Establish a check-in, check-out procedure for our equipment trailer so that all of our equipment is kept where it belongs — in the trailer. Lately, it seems our equipment is getting scattered all over the place, and there's no good reason for that. Within the next few months, I plan to re-establish a checklist that will list each piece of equipment in the trailer and ask race directors to verify that all the equipment has been returned to the trailer before they bring it back to the equipment manager Bill Devoe's house. That way, whoever's directing the next club race won't have to go on a scavenger hunt for equipment, as is often the case now.
2. Upgrade our computer equipment. I've been authorized by the board of directors to look into the cost of purchasing 1 or 2 new laptop computers for the club, as well as a laser jet printer and possibly a photo scanner. Our computer equipment is woefully out of date, and now that the club treasury is in excellent shape, this is a good time to use some of our money to purchase some reliable equipment.
3. Train more volunteers to be able to compile race results. We currently have only a handful of experienced volunteers in the club who know how to use our computer equipment and do race results, which means those few people inevitably get burned out because they're asked to work at almost every race. Ideally, I'd like to have at least 20 people who know how to use our results program — Runscore. It's not terribly complicated, but it does take a bit of training to learn the quirks of the program. My plan is to collect a list of volunteers who would be willing to assist our experienced computer people at upcoming races, thereby giving you a chance to learn the program without having to take on all the responsibility immediately. Anyone interested in learning how to run our computer equipment can contact me at the phone number or e-mail address above.

Sincerely

Bob Aube, *Race Committee Chairperson*

1999 MTC RACE SCHEDULE

February 7

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

April 19

Portland Boys & Girls Club 5-Miler, noon. Contact: Maine Track Club 741-2084.

May 28

YMCA Back Bay 5K, Portland, 6 p.m. Contact: Maine Track Club 741-2084.

June 13

Oakhurst 4-Miler, Portland, 9 a.m. Contact: Maine Track Club 741-2084 or Charlie Scribner 772-5781.

July 17

Pat's Pizza Clam Festival Classic (5 miles), Yarmouth, 8 a.m. Contact: Maine Track Club 741-2084 or Ron Pelton 865-6919.

August 13

St. Peter's Road Race (4 miles), Portland, 7 p.m. Contact: Maine Track Club 741-2084 or Mike Reali 829-2014.

September 3

Maine Running Hall of Fame 5K, Portland, 6:45 p.m. Contact: Maine Track Club 741-2084.

September 12

RRCA Harvard Pilgrim Women's Fitness 5K, Portland, 8 a.m. Contact: Maine Track Club 741-2084.

October 3

Aetna Maine Marathon and Casco Bay Half Marathon, Portland, 8 a.m. Contact: Maine Track Club 741-2084.

October 16

MTC 50-Miler, Brunswick, 6:30 a.m. Contact: Maine Track Club 741-2084 or Al and Sandy Utterstrom 797-4710.

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Physical Therapy 8K, Brunswick, 9 a.m. Contact: Maine Track Club 741-2084 or Roger and Dorothy Fenn 725-1487.

November 21

Shop 'n Save Turkey Trot (5K), Cape Elizabeth, 9 a.m. Contact: Maine Track Club 741-2084 or Mel Fineberg 774-8868.

November 25

Thanksgiving Day 4-Miler, Portland, 9 a.m. Contact: George Towle 780-5595.

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'98 MARATHON UPDATE (finally)

Better late than never! The 1998 Nylcare Maine Marathon & Relay & Casco Bay Marathon was a huge success. With almost 1100 entries and almost 1000 finishers, a picture perfect day weather wise, who could have asked for more. This represents about a 25% increase over 1997.

THANKS to the hundreds of volunteers. As usual, this race, nor any other race could not have been accomplished without you. SPECIAL thanks to the marathon race committee who worked throughout the year giving their time and effort *Joe Teno, Howard Spear, Joe Guimond, Ann McGovern, Michael Reali, Ray Shevenell, Charlie Scribner, Ron Pelton, Dale Rines, Mel Fineberg, Dr. Bill Dexter, Russ Bradley, John Gale, Maggie Soule, Bob & Marge Aube, Don Penta, Sally Gore, Patrick Guinn, Al Utterstrom, Ward Grossman* of SPORTSHOE, *Rbonda Harrington, Tim Hoerrner & Susie Andros* of L.L. BEAN and *Matt Flynn* of Nylcare and *Joel Maynes*. **PLUS A BIG "BAILOUT" THANKS** to *Nancy Kneeland* and *Eric Ortman*.

Plans for 1999 are in full swing. Aetna US Health Plans has agreed to be our major sponsor for this year, the Massachusetts Chapter, Team in Training of the Leukemia Society is also joining us for 1999.

We do need either one or two TRAFFIC VOLUNTEER COORDINATORS and someone to step forward and take charge of race day clean up. These are very big jobs, and we need to start early in filling these positions. Anyone interested contact either Howard Spear or Bob Aube. Speaking of Bob Aube, he has stepped forward to become Co-Director of the marathon with Howard. Joe Teno has stepped down, as he is moving to California. Joe did a wonderful job and we'll miss him.

Something for all to think about, we are in the process of changing the marathon course for the year 2000, keeping half of it in Falmouth (the first half or the second half) and running the other half thru Portland (including the new Eastern Promenade Pathway that runs from the foot of India Street along the water past the treatment plants).

Finally, we wish to share with all of you the many comments received from various marathoners thru their thank you cards and letters (see below).

Thanks again! We always have room for race committee members. Anyone interested in joining the committee, please call Howard or Bob. Current web site for the marathon is sportshoe.com and e-mail address is memarathon@juno.com

SEE YOU ALL AGAIN IN OCTOBER.

Comments from Thank You Cards & Letters Received From Runners:

- "You folks put on a nice event, keep up the good work" Traverse City, MI
- "Thank you for putting together another superb running event" Bucksport, ME
- "The volunteers were plentiful and skilled in their work, their spirit was fantastic" Brewer, ME
- "Thank you very much! I had a great experience for my first marathon" Orono, ME
- "Congratulations...the organization was outstanding" Richmond, MA
- "Please send me an entry form for '99, I heard you put on a great race" Burlington, VT
- "I can't wait to return so I can tell my running friends about this race" Hartford, CT
- "I have run marathons in 42 states... yours was the nicest" Detroit, MI
- "I'm glad that I chose your marathon for my first. I could not imagine a better race, or better place to run. My hat is off to you and your army of terrific volunteers. See you in '99" Oakland, ME
- "I traveled all the way from the west coast of Canada to take part. I love every minute of it.. I'll see you again in '99" Duncan, BC Canada
- "I would like to thank the organizers, sponsors and volunteers. Support on the road was superb, among the best that I have seen ever, and I have run over 50 races. I felt privileged to have taken part in your marathon. You run a classy race, I will never forget it" Moncton, NB Canada

GROUP RUNS

The Maine Track Club includes all kinds of runners doing many different distances and 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:

Brunswick

Long runs on weekends and track and tempo workouts during the week. Times vary, so it's best to call. Contact John LeRoy (725-8680).

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 Sunday mornings at 7 a.m. from Payson Park. Contact Ron Deprez (772-4312) or Mike Reali (829-2014).

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

The *Maine Front Runners*, a gay and lesbian running club, runs from Back Cove across from Shop & Save on Saturday mornings at 9 a.m. Contact Jim Estes (761-2059).

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).

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

Notice About Race Fliers

Anyone who wishes to have their race fliers included in the Maine Track Club newsletter must submit the fliers and a payment of \$40 by the 15th of the month. Fliers 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 the race fee is already being paid to the club, there is no charge for race fliers. Please call or e-mail Mike Doyle to arrange for flier inclusion.

1999 RACE SCHEDULE

Race dates and times may be subject to change. Please check with Race Director for accuracy

- February 6** Wild Katahdin Trust Snow Run (5K) Houlton, 11 a.m. Contact: Larry Tonzi 532-7548/ltonzi@mfz.net.
- February 7** Mid-Winter Classic 10-Miler, Cape Elizabeth, noon. Contact: Don Penta 892-4526, Jeanne Hackett 766-5026 or Ray Shevenell 799-6219.
- March 7** Irish Road Rover 5K, Portland, 11 a.m. Contact: Dan McKeown 657-2184/mckeown@maine.rr.com.
- March 14** Boston Primer (15 miles), Readfield 9:30 a.m. Contact: Bob Brosius 395-2464/runnar@bigfoot.com.
- March 21** Kerryrmen's Pub 4-Miler, Saco. Contact: 781-RACE.
- March 28** Killarney's 10K, Waterville, 9 a.m. Contact: Tom McGuire 465-2829.
- April 10** 5K Sports, 5K To Benefit USM College Of Nursing, Portland 9 a.m. Contact: Jim McCorkle 781-3134/FiveKSport@aol.com.
- April 11** Eastern States 20-Miler, Kittery, 11 a.m. Contact: 781-893-8383/dea@world.std.com.
- April 17** Bert'n I 5-Miler, East Vassalboro. Contact: Mert Dearnley 923-3301.
- April 19** Yarmouth U-14 Girls Colts Soccer Benefit 5K, Cousins Island, 9 a.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
- April 24** Unity Spring 5K, 9:30 a.m. Contact: Gary Zane 948-3131.
- April 25** Portland Boys & Girls Club 5-Miler, noon. Contact: Maine Track Club 741-2084.
- May 2** April Amble 4-Miler (10 a.m.) & Kids Fun Run (9 a.m.), Portland. Contact: Split Time Race Management 781-RACE.
- May 8** Animal Orphanage 5K Pet Run, Old Town, 10:30 a.m. Contact: Robert Fowler 827-2658.
- May 9** Saucony Classic 5K, 10:00 a.m. Bangor, Contact: Shellie Arbuckle 942-7644.
- May 12** 9th Annual Rape Crisis Assistance 5K, Waterville, 9 a.m. Contact: Melissa Krueger 872-0601.
- May 16** Flete Feet 4-Miler, Portland, 8 a.m. Contact: Split Time Race Management 781-RACE.
- May 22** Bath YMCA Longreach 5-Miler, Bath, 10 a.m. Contact: John or Betsey Morse 443-3948/bathymca@gwi.net.
- May 23** MMMC Hospital Week 5K, Waterville, 6 p.m. Contact: Jane Wherren 872-4490.
- May 28** Sugarloaf Marathon (7 a.m.) & 15K (7:30 a.m.), Eustis. Contact: Sue Foster 237-2000.
- May 29** Tufts Health Plan 5K Series For Women, Portland 9 a.m. Contact: Conventures, Inc. 617-439-7700/tufts5k@conventures.com.
- May 31** 5K Run/Walk For Your Bones, Portland, 9:30 a.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
- June 6** Kick To Finish For Kids' 5K & Fun Run, Portland, 10 a.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
- June 12** YMCA Back Bay 5K, Portland, 6 p.m. Contact: Maine Track Club 741-2084.
- June 13** Tobacco Awareness Day 5K, Portland, 10 a.m. Contact: Split Time Race Management 781-RACE.
- June 18** Memorial Mile/Kids' Fun Run, Cumberland, 8:00 a.m. Contact: Jim McCorkle 781-3134/FiveKSport@aol.com.
- June 19** Apple Blossom 15K/4.7 Little Bud, Monmouth, 8 a.m. Contact: Doug Ludewig 933-4677.
- June 20** Women's Fitness Studio 5K, Brunswick, 9 a.m. Contact: Jim McCorkle 781-3134/FiveKSport@aol.com.
- June 23** Woody Allen Memorial 5K, Norway, Call For Times Contact: 743-2281.
- June 26** MDI YMCA Spring 5K (10 a.m.) & 1-mile fun run (9:15 a.m.), Bar Harbor. Contact: Sharyn Kingma 244-5308.
- June 27** Joseph's 5K, Bruce Bickford Open Mile & Bruce Ellis Masters Mile, Fairfield, 8 a.m. Contact: David Benn 873-0363.
- July 4** Oakhurst 4-Miler, Portland, 9 a.m. Contact: Maine Track Club 741-2084 or Charlie Scribner 772-5781.
- July 5** Doc's Tavern 3-Miler, 7 p.m. Biddeford. Contact: Split Time Race Management 781-RACE.
- July 7** New Sharon Bicentennial 5K, 9:30 a.m. Contact: Ed Ferriera 778-9235.
- July 10** Hampden 8.5 Miler, 8:30 a.m. Contact: Skip Howard 223-4715.
- July 11** Habitat for Humanity 4-Miler, Portland, 7:00 p.m. Contact: Charlie Scribner 781-RACE.
- July 14** Tour Du Lac 10-Miler, Bucksport, 8:30 a.m. Contact: Fred or Joan Merriam 469-2019.
- July 17** Hollis Recreation Dept 4-Miler. 9:00 a.m. Contact: Charlie Scribner 781-RACE.
- July 18** Literacy Volunteers 5K, Falmouth, 9 a.m. Contact: Split Time Race Management 781-RACE.
- July 19** Gardiner 5-Miler, 8 a.m. Contact: John Schwerdel 623-8086.
- July 20** L.L. Bean 10K, Freeport, 7:30 a.m. Contact: Jim McCorkle 781-3134/FiveKSport@aol.com.
- July 21** Walter Hunt Memorial 3K, Brewer, 10:45 a.m. Contact: Dave Torrey 942-1988.
- July 22** Bridgton 4 on the Fourth, 8 a.m. Contact: Lorraine or Jay Spenciner 647-3347.
- July 23** Four on the 4th Road Race, York. Contact: 363-1040.
- July 24** Houlton 8K, 9 a.m. Contact: Houlton Rec Dept 532-1310.
- July 25** Summer Fun Run Series (5K/1-mile/.5-mile) Falmouth, 6:30 p.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
- July 26** Town of Otisfield 4-Miler, 1-mile walk & 1/2-mile fun run, 8:00 a.m. Contact: Split Time Race Management 781-RACE.
- July 27** Moxie Day 5K, Lisbon Falls, 9:30 a.m. Contact: Split Time Race Management 781-RACE.
- July 28** Pottle Hill 10K, Mechanic Falls. Contact: Dave McCullough 967-0113.
- July 29** Kennebunk Beach Improvement Association 5K, 9 a.m. Contact: Lorraine Sacco 617-593-3762.
- July 30** Summer Fun Run Series (5K/1-mile/.5-mile) Falmouth, 6:30 p.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
- July 31** Pat's Pizza Clam Festival Classic (5 miles), Yarmouth, 8 a.m. Contact: Maine Track Club 741-2084 or Ron Pelton 865-6919.
- August 1** Hermon Fun Days 10K, 8 a.m. Contact: Steve Tuckerman 848-3485(w) or 848-5447(h).
- August 2** Loon Call 5K, Smithfield, 8 a.m. Contact: Fawn or John Paradis 362-5121.

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July 21	Summer Fun Run Series (5K/1-mile/.5-mile) Falmouth, 6:30 p.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
July 24	Hancock Lobster Classic 10-Miler, 9 a.m. Contact: Andrew Beardsley 667-7128 (5-9 p.m.).
	Casco Days 4-Miler. Contact: Carrie Scribner 627-7631.
July 25	Fort Knox Bay Festival Family 5K, Bucksport, 9 a.m. Contact: Bucksport Bay Area Chamber of Commerce 469-6818.
	Save the Observatory 3-Miler, Portland, 8:30 a.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
July 28	Summer Fun Run Series (5K/1-mile/.5-mile) Falmouth, 6:30 p.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
	Roland Dyer Memorial 5K, Winslow, 6:30 p.m. Contact: Gene Roy 465-7296.
July 31	Peaks Island 5-Miler, 10 a.m. Contact: Jim McCorkle 781-3134/FiveKSport@aol.com.
August 7	Beach to Beacon 10K, Cape Elizabeth, 8 a.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com or Split Time Race Management 781-RACE.
	Wilton Blueberry Festival 10K, Wilton, 9 a.m. Contact: Kelley Cullenburg 778-4971.
August 8	Alvin Sproul Samoset 10K, Bristol, 9:15 a.m. Contact: Carlene Sproul 677-2586.
August 11	Falmouth Education Foundation 5K, 5:45 p.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
August 13	St. Peter's Road Race (4 miles), Portland, 7 p.m. Contact: Maine Track Club 741-2084 or Mike Reali 829-2014.
August 21	Machias Blueberry Run 5-Miler, 9 a.m. Contact: Sunrise Opportunity 255-8596.
	Spring Point Festival 4-Miler, South Portland, 8:30 a.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
	Breakaway 5K, Old Orchard Beach, 10 a.m. Contact: 781-RACE.
	Gorham Family Fair 5K & Kids Fun Run, 5K 8:30 a.m./Kids Fun Run 8:00 a.m. Contact: Gorham Rec. Dept 839-8000.
	Houlton Potato Feast 5K & 1.5-mile walk, 9 a.m. Contact: Ann Joy 532-9471 ext. 628.
August 28	Northeast Harbor Road Race (5 miles), 9:30 a.m. Contact: Albert Hamor 276-3646.
August 29	Rotary Waterfront/Bridge 4-Miler, South Portland, 9 a.m. Contact: Split Time Race Management 781-RACE.
September 3	Maine Running Hall of Fame 5K, Portland, 6:45 p.m. Contact: Maine Track Club 741-2084.
September 6	Bangor Labor Day Road Race (5 miles), 9 a.m. Contact: Bangor Parks & Recreation 947-1018.
	Caribou Labor Day 5-Miler (10 a.m.) & Viking Run (9 a.m.). Contact: Marrily Welch 498-3756.
September 12	Terry Fox 5K, Bangor, 11:30 a.m. Contact: 862-3737.
	RRCA Harvard Pilgrim Women's Fitness 5K, Portland, 8 a.m. Contact: Maine Track Club 741-2084.
September 18	Bar Harbor Half-Marathon, 8:30 a.m. Contact: MDI YMCA 288-3511/ebartlett@mdiymca.org.
	Maine Children's Cancer 5K, Portland 9 a.m. Contact: Jim McCorkle 781-3134/FiveKSport@aol.com.
September 19	Help Can't Wait 10K, Brunswick. Contact: Charlie Scribner 781-RACE.
	Race for the Cure 5K, Bangor. Contact: Rosemary Baldacci 947-2582.
	Common Ground Fair 5K, Unity, 8 a.m. Contact: Chris Bovie 622-1267 or Skip Howard 223-4715.
September 25	Eliot Festival Day 5K, 8:30 a.m. Contact: Randy Bartlett 439-3707/eliot5k@fcgnetworks.net.
	Cornish Apple Festival 5K, 8 a.m. Contact: Paul Howe 625-3122.
	Riverfest 3-Mile Road Race, Old Town, 8:30 a.m. Contact: 827-3961.
	Kingfield 10K & Kids 1K, 10 a.m. Contact: Glenn Eddy 237-2000.
October 2	Lifeline 5K/Kids' Fun Run, Portland, 9:30 & 10 a.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
October 3	Aetna Maine Marathon and Casco Bay Half Marathon, Portland, 8 a.m. Contact: Maine Track Club 741-2084.
October 9	2nd Edition 5K Road Race/Walk, Kennebunk, 10 a.m. Contact: 5K Sports/Jim McCorkle 781-3134/FiveKSport@aol.com.
	Silent Hills 5K, Hinckley, 9 a.m. Contact: Mike Gordon 453-7368.
	Windham Homecoming 4-Miler, 10:00 a.m. Contact: Charlie Scribner 781-RACE.
October 10	Belfast Pancake 5K, 9 a.m. Contact: Sandra Gordon or Hugh McLean 338-1724.
October 16	MTC 50-Miler, Brunswick, 6:30 a.m. Contact: Maine Track Club 741-2084.
October 17	Physical Therapy 8K, Brunswick, 9 a.m. Contact: Maine Track Club 741-2084 or Roger or Dorothy Fenn 725-1487.
October 24	Great Pumpkin Race (10K), Saco, 9:30 a.m. Contact: Charlie Scribner 781-RACE.
	Halloween Classic (3K), Portland. Contact: Brian Gillespie 797-7261.
November 6	Capital City 5K, Augusta, 9:30 a.m. Contact: Tom Wells 685-3332.
November 13	Great Osprey Ocean Run (10K), Freeport. Contact: Charlie Scribner 781-RACE.
November 21	Shop 'n Save Turkey Trot (5K), Cape Elizabeth, 9 a.m. Contact: Maine Track Club 741-2084 or Mel Fineberg 774-8868.
	Brewer Turkey Trot 5K, 1 p.m. Contact: Dave Jeffrey 825-3403.
November 25	Thanksgiving Day 4-Miler, Portland, 9 a.m. Contact: George Towle 780-5595.
	Gasping Gobbler 10K/Turkey Two-Miler, Augusta, 10 a.m. Contact: John Schwerdel 623-8086.
November 27	Turkey Trot 5K, Caribou, 10 a.m. Contact: Dan Harrigan 498-3226.
December 4	Season's Greetings 5.5-Miler, Madison, 11 a.m. Contact: Ron Paquette 437-9237.
December 19	Bob Marley's Toys For Tots 5K, Portland, 10 a.m. Contact: 5K Sports/Jim McCorkle 81-3134/FiveKSport@aol.com.

RACE RESULTS

The Maine Track Club presents

The Thirtieth Reunion of the Shop N'Save Turkey Trot 5K

383 record finishers (165 female & 218 male)

Certified loop course from Scott Dyer Road in scenic Cape Elizabeth

Mild & sunny conditions; 9:00 a.m., Sunday, November 22, 1998

TOP OVERALL FINISHERS

Place/Name	Age	Time	Pace
1 Michael Donahue overall	31	16:31	5:19
2 Jorma Kurry 1,20-29	27	16:44	5:23
3 Roland Thibault 1,30-39	30	16:51	5:25
4 Chad Sisson 2,20-29	25	16:51	5:25
5 T.J. Hesler 2,30-39	30	16:53	5:26
32 Libby Christensen overall	36	19:15*	6:12
34 Alyson Grant 1,under 20 USAT&F	17	19:27*	6:16
38 Kristy Wechter 2,under 20 USAT&F	16	19:39*	6:19
39 Marjorie Graff 1,30-39	31	19:46*	6:22
46 Terese Roberts 1,20-29	28	20:11*	6:30

OTHER TOP DIVISIONAL FINISHERS

9 Steve Reed 50-59	50	17:31	5:38
12 Dan Barker 40-49	45	17:58	5:47
13 Jacob Koelker under 20	17	18:01	5:48
54 Bob Payne (MTC) 60-69	60	20:29	6:36
69 Thomas Meehan USAT&F	10	21:05	6:47
83 Helen Cheney 40-49	44	21:41*	6:59
141 Joan Tremberth (MTC) 50-59	53	23:16*	7:29
197 Patricia Terrill 60-69 USAT&F	63	24:47*	7:59
201 Herb Taylor 70 & over	73	24:51	8:00
266 Carl Mendell (MTC) 2,70&+ USAT&F	77	27:11	8:45
347 Terri Morris (MTC) 70&+ USAT&F	70	33:48*	10:53
356 Beatrice Dorbacker 2,70&+ USAT&F	72	37:00*	11:55

OTHER MAINE TRACK CLUB FINISHERS

14 John Eldredge 2,40-49	44	18:03	5:49
20 Dick Graves	43	18:38	6:00
21 Paul Aceto	32	18:39	6:00
36 Kurt Nielsen	44	19:32	6:17
48 Ed Doughty	49	20:14	6:31
57 William Sproul	40	20:16	6:38
61 Mike O'Brien	31	20:45	6:41
62 Bob McCormack	47	20:46	6:41
67 Amy Tchao 3,30-39	34	20:58*	6:45
79 Gary Punskey	40	21:34	6:56
85 Dennis Leighton	41	21:47	7:01
89 Phil Pierce	57	21:53	7:03
92 Deborah Cassidy 3,40-49	41	22:02*	7:06
95 Eileen Dunfey	42	22:13*	7:09
98 Neil Martin	55	22:16	7:10
119 Ron Dubois	44	22:46	7:20
125 James McFarlane	42	22:52	7:22
158 Ryan Salvo	11	23:47	7:58
159 John Littlefield	42	23:49	7:40
161 Ron Chase	58	23:50	7:40
165 Jayne Hanley	41	23:59*	7:43
169 Harry White	56	24:03	7:44
182 Jeff Flynn	42	24:29	7:52
187 Daniel Entwistle	14	24:35	7:55
188 George Entwistle	44	24:35	7:55
195 Sherry Carll 3,50-59	51	24:44*	7:58
206 Kelly Fernald	36	24:57*	8:02
207 Margaret Reimann	44	24:59*	8:02

209 Richard Cavanaugh 3,60-69	65	25:09	8:06
230 Danielle Parsons	15	26:01*	8:22
239 Cindy Smith	51	26:24*	8:30
240 Sarah MacColl	42	26:29*	8:31
244 Taylor McFarlane	12	26:38	8:34
245 Robb Cotiaux	42	26:39	8:35
250 Jim Tyrrell	51	26:47	8:37
263 Karen Connolly	39	27:07*	8:44
269 Kenneth Spier	55	27:12	8:45
271 Elizabeth Dubois	36	27:14*	8:46
273 Terry Young	37	27:16*	8:47
274 Elizabeth Wilson	43	27:17*	8:47
296 Alice Mellor	53	28:38*	9:13
299 Beverly Doughty	47	28:52*	9:17
300 Sandy Utterstrom	55	28:52*	9:17
302 Phillips Sargent	52	28:58	9:19
304 Rita Moulen	40	29:02*	9:21
305 Ed Stewart	39	29:06	9:22
313 Gerard Salvo	43	29:50	9:36
322 Kathleen Harris	36	30:15*	9:44
330 Deb Stewart	38	30:48*	9:55
340 Linda Metzger	55	32:00*	10:18
351 Ruth Hefflefinger 2,60-69	69	35:03*	11:17
353 Robert Derrah	50	35:28	11:25
357 Julius Marzul 3,70 & over	72	37:04	11:56
367 Paula Parsons	46	39:41*	12:32

Many thanks to MTC computer consultants

Sue Davenny and Everett Moulton

for complete results!

The USM Women's Cross Country & Track & Field Teams Present

The 17th Annual Shaw's

Thanksgiving Day Four Miler

584 finishers (201 female & 383 male)

Modified double loop course in Portland's Old Port

Mild conditions; 9:00 a.m.,

Thursday, November 26, 1998

TOP OVERALL FINISHERS

Place/Name	Age	Time	Pace
FEMALE			
1 Christine Snow-Reaser 1,overall	32	23:43	5:56
2 Rose Prest-Morrison 2,overall	36	24:31	6:08
3 Katie Payson 1,30-34	33	25:08	6:17
4 Jeanne Hackett (MTC) overall master	40	25:39	6:25
5 Katherine Crowley 1,under 20	19	26:18	6:35
MALE			
1 Kyle Rhoads 1,overall	29	20:44	5:11
2 David Howe 2,overall	24	20:56	5:14
3 Paul Johnson 1,20-24	21	20:56	5:14
4 Brian Oickle 2,20-24	21	21:28	5:22
5 Tom Howard	21	21:42	5:26

OTHER TOP DIVISIONAL FINISHERS

FEMALE			
10 Ellen Bowden 45-49	45	27:31	6:53
12 Kim White (MTC) 35-39	36	27:42	6:56
14 Megan Lane 20-24	23	27:50	6:58
28 Vicki Bryant (MTC) 40-44	40	29:06	7:17
76 Martha Deprez (MTC) 50-54	53	32:12	8:03
86 Polly Kenniston (MTC) 60-69	61	33:25	8:21
118 Aletha Delbs-Dunn 55-59	56	35:18	8:50

RACE RESULTS (contu.)

MALE

6 Randy MacNeillm 35-39	37	22:05	5:31
7 Allan Muir overall master	43	22:11	5:33
9 Kirby Davis under 20	14	22:16	5:34
10 Roland Thibault 30-34	30	22:20	5:35
21 Mark Steege (MTC) 1,40-44	43	23:01	5:45
34 Marlin Conrad (MTC) 45-49	46	23:38	5:55
67 Don Duncanson (MTC) 50-54	50	25:47	6:27
69 Bob Coughlin (MTC) 60-69	60	25:54	6:29
103 Michael Beaudoin 55-59	56	27:20	6:50
336 Carlton Mendell (MTC) 70 & over	77	36:03	9:01

OTHER MAINE TRACK CLUB FINISHERS

FEMALE

8 Amy Tchao	34	27:15	6:49
13 Colleen Redmond	33	27:45	6:56
30 Joan Lee 2,40-44	44	29:08	7:17
39 Jean Nale	20	29:46	7:27
44 Rosalyn Randall	48	30:11	7:33
50 Diane LaVangie	40	30:54	7:44
57 Bridget Ramsdell	39	31:14	7:49
63 Jayne Hanley	41	31:48	7:57
80 Arabella Eldredge	44	32:27	8:07
96 Mary Coolidge	30	34:03	8:31
109 Carol Nale	47	34:55	8:44
149 Sally Paterson 2,55-59	57	37:19	9:20
157 Amy Kuhn	33	37:51	9:28

MALE

15 Paul Greene 2,25-29	26	22:40	5:40
33 John Eldredge	44	23:37	5:54
40 Dick Graves	43	24:16	6:04
47 Paul Aceto	32	24:26	6:07
56 Gerard Conley, Jr.	44	24:47	6:12
66 Rex Holtan	46	25:44	6:26
77 Richard Conley	43	26:15	6:34
93 Bob Payne 2,60-69	60	26:59	6:45
95 Kevin Butterfield	28	27:06	6:47
99 Michael Doyle	34	27:14	6:49
108 Bob McCormack	47	27:34	6:54
122 Phil Pierce 2,55-59	57	28:05	7:01
123 Tom Keating	42	28:06	7:02
135 Mike O'Brien	31	28:25	7:06
141 Dale Rines	46	28:40	7:10
146 Neil Martin	55	28:54	7:14
148 John Morse, IV	53	28:57	7:14
157 Bob Green	50	29:10	7:18
178 Howard Spear	48	29:46	7:27
192 Joe Bernard	28	30:15	7:34
208 Paul LaVangie	46	30:51	7:43
209 Larry Thomas	50	30:51	7:43
233 Jeff Flynn	42	31:41	7:55
237 Jim McFarlane	42	31:45	7:56
241 Clyde Coolidge	57	31:50	7:58
255 Scott Hamilton	42	32:24	8:06
262 Richard Cavanaugh	65	32:48	8:12
265 John Stevens	56	32:51	8:13
277 Mike Brooks	53	33:09	8:17
301 John Gale	42	34:01	8:30
349 Kenneth Spirer	55	36:58	9:15
363 Brian Barnes	32	39:15	9:49
376 Don Penta	52	44:26	11:07
379 Julius Marzul 2,70&over	72	47:37	11:54

Many thanks to Sandy Utterstrom for complete results!

The USM Men's Cross Country & Track & Field

Teams Present

The Second Annual New Year's Day 5K Road Race

142 finishers (44 female & 98 male)

Wheel Measured Out & Back on Baxter Boulevard

10:00 a.m., Friday, January 1, 1999

TOP OVERALL FINISHERS

Place/Name	Age	Time
1 Mike Payson (MTC) overall	35	16:43
2 Kirby Davis 1,under 20	14	17:27
3 Kurt Cote 1,30-34	30	17:43
4 Roland Thibault 2,30-34	30	17:49
5 Blake Davis 2,under 20	14	17:55
23 Marjorie Graff overall	32	20:01*
28 Carol Hogan (MTC) 1,45-49	48	20:33*
29 Kathy Hepner 1,35-39	38	20:34*
48 Helen Cheney 1,40-44	44	21:42*
54 Amy Harrow 1,20-29	25	22:17*

OTHER TOP DIVISIONAL FINISHERS

6 Bryan Hagopian 20-29	25	18:01
8 David Chamberlain (MTC) 35-39	37	18:09
10 Mike Grant 40-44	41	18:33
15 Russell Boisvert (MTC) 45-49	49	19:07
30 Ed Doughty (MTC) 50-54	50	20:36
32 Phil Pierce (MTC) 55-59	57	20:51
61 Christine Smyth 30-34	31	22:45*
73 Clyde Coolidge (MTC) 60-69	60	23:48
83 Jeanne Weber 50-54	50	24:47*
94 Jessi McGreehan under 20	12	25:35*
116 Sandy Utterstrom (MTC) 55-59	55	27:24*
121 Carlton Mendell (MTC) over 70	77	27:57
136 Pat Buckley (MTC) 60-69	61	33:16*

OTHER MAINE TRACK CLUB FINISHERS

13 Dick Graves	43	19:00
17 Gerard Conley 2,45-49	45	19:21
18 Ken Cotton	49	19:28
36 Loren Lathrop	49	21:15
39 Jim Estes	49	21:28
50 Les Berry	51	21:53
53 John Morse	53	22:07
69 Jim McFarlane	42	23:26
77 Neil Chivington	51	24:06
80 Harry White	56	24:31
86 David Paul	53	25:01
88 Mike Brooks	53	25:05
100 Locksley Hall	59	25:45
101 Karen Connolly	39	25:49*
112 Ed Stewart	39	27:11
124 Beverly Doughty	47	28:32*
125 Deb Stewart	38	28:35*
126 Marge Aube	48	28:50*
128 Alice Mellor	53	29:11*
129 Rita Moulen	40	29:34*
130 Kathleen Harris	36	29:53*
131 Judy Cotton	49	30:01*
135 Mark Clinch race walker	42	32:49
137 Don Penta	52	33:21
142 Julius Marzul	72	39:44

Many thanks to Linda Benn, Editor of the Central Maine Striders' INTERVAL for complete results!

NEW MEMBERS

Travis Beaudoin (27) P.O. Box 11099, Portland, 04104 • 774-1780(H) 756-1052(0)
Senior Transportation Coordinator, Johns Manville Corporation "I have been running for most of my life. I began running AAU track when I was 5 and continued competitively through my senior year of high school. My last employer had a corporate track team, and I ran a few races with them. Recently I have been training for road races, and have run the Yarmouth Clam Festival 5-miler, the St. Peter's 4-miler, and the Lifeline 5K. I want to have access and information on upcoming events and that is my primary reason for wanting to join the Maine Track Club."

Steven Bremner (49) 111 Maine Avenue, • Portland 04103
Sales, Martin, Shuman, Sullivan, Inc.

Kathleen Bryant (25) 4 Ellsworth Avenue, Apt. 34 • Cambridge, MA 02139

James Corbett (34) 20 Waterhouse Road • Cape Elizabeth 04107 • 791-1717
Claims Rep., Commercial Union

Ulrich Daniels (13) 10 Beacon Lane • Cape Elizabeth 04107-9527 • 799-4501
Student, Cape Elizabeth Middle School
Experience: Cross Country, 2 years; Turkey Trot 5K, 22 minutes.

Edward DiBiase (36) 10 Shirley Lane, Gorham 04038 • 839-8656(H) 871-0700x307(0)
Inventory Control Supervisor, Jordan's/SYSCO
"I started running this year to lose weight. A friend asked me if I'd like to join him for the Boys' Club Patriots' Day race. At that point my goal was just to finish—I ended up enjoying the experience so much that other races soon followed. The Oakhurst Milk Run was a splash! The Beach to Beacon was phenomenal! I ran a race over the Casco Bay Bridge. I ran one or two more after that and then came the Casco Bay 1/2 Marathon. When I finished that I vowed to go all the way in 1999! Finishing out the year, I ran in a Turkey Trot and the Bob Marley Toys for Tots 5K.
"I guess I'm joining the club now because it seems like the next logical step. I like the idea of receiving some discounts and look forward to helping out during a couple of races next year. The newleffer with entry forms mailed right to my door seems like a nice benefit, and membership-highlighted race results sounds fun."

Lisa Gignac (41)

Joseph Gignac (11) 12 Broadmoor Drive • Cumberland Center 04021 • 829-6676
Postal Worker • Student

Robert C. Giroux (40) 468 Centre Road, Wales 04280 • 375-8783 (H) 375-9500
Insurance Health Investigation

Michael Gordon (36) 278 Veranda Street • Portland 04103
Key Bank michael_s_gordon@msn.com • 874-7189

Cheri Gowen (29) 17 Locke Street • Saco 04072-2830 • 284-5187
Teacher, Thornton Academy

Meredith Greenlaw (26)

Clare Greenlaw (28) 20 Read Street • Portland 04103 • 773-3968 (H) 774-6238 (0)
Bioscience, Idexx • Administration, Cheverus H.S.

Nelly Hall (30) 3 Grandview Drive • Scarborough 04074 • 885-5517 (H) 856-0458 (0)
Customer Service Mgr., Idexx Laboratories, Inc.
"I started running earlier this year and fell absolutely in love with it. I ran two races this year (company 3.4 mi. and Turkey Trot). I hope to participate in more local races, improve my running, meet other runners and perhaps participate in a marathon (long-term goal). "Came across club information accidentally. A customer of my husband's dropped off the information, and thought the club could help me discover this sport further."

Kathleen Harris (36) 17 Adelaide Street Portland 04103 • 878-5419(H) 797-6492 x109
Lending & Marketing Officer, Portland Regional FCU "I am so excited to become a member of your club. I only started running last fall and ran my first 5K in November in Cape Elizabeth. I am anxious to meet other runners and learn new ideas about training, eating, time, etc. Thank you."

Eve Harrison (33)* P.O. Box 273 • Islesford 04646-0273 • 244-7446
Building Contractor

Kathy Hepner (38) 13 Meadow Crossing Drive • Gorham 04038 • 839-4992
Self-employed, Human Resources Support Services

Kevin Hubley (15) 350 Randall Road • Lewiston 04240 • 795-6561
Student, Lewiston High

Nancy Jacobs (46) 37 Pine Hill Drive • Bath 04530
Engineer, Dept. of the Navy

Jean Johnson (28)* 1015 Monroe, Apt. 7 • Spokane, WA 99204
MA candidate (PT), Washington State Univ.

Heather Jones (28)* Northeast Harbor 04662

Amy Kuhn (33) 41 Belmont Street Portland 04101 • 874-4035
Attorney
"I moved to Portland a few months ago with my family and started running as a stress reliever. I've never been a runner before, but now I'm hooked! I heard about the club from a woman in my neighborhood and thought it sounded like fun"

Bob LaNigra (56) 7 High Bluff Lane • Scarborough 04074 • 883-8660(H) 784-1150(0)
Director of Sales, Gates FFP

Edward Miller (49) 4 Lincoln Street • Hallowell 04347 • 623-2106
Health Administration, Am. Lung Assoc. of ME

Danielle Parsons (15) 488 Runaround Pond Road • Durham 04222-5146 • 688-2237
Student, Greely H.S.

Dana Peterson (30) 347 Island Ave. • Peaks Island 04108 • 766-3049(H) 775-7391(0)
Interior Designer, Ethan Allen

Amy Philbrook (33)* Islesford 04646

Steve Reed (51) P.O. Box 387 • Wiscasset 04578 • 882-7512
Physician

Linnea Schwartz (43) 12 Broadmoor • Cumberland 04021 • 829-6696(H) 871-1733(0)
Circulation Supervisor, Portland Public Library

Jeni Shields (34) 16 Mousam Ridge Road • Kennebunk 04043 • 985-1424

David Skelton (41)

Lincoln Skelton (9 1/2) 18 Raymond Rd. Topsham 04086 725-8718(H) 865-4100 x25008
Supervisor, L.L. Bean Student • Woodside Elementary School
"Last summer I entered the Clam Festival road race. I had not run in years. Both my girlfriend and 9-year-old son finished the race before me. "Several weeks ago my now ex-girl friend told me that she was still doing 6-mile runs. I had not run since the race and decided that day that it was time to get into shape. I have been running 3x per week for the last few weeks and feeling great about it. I am interested in entering more races and getting my son involved"

NEW MEMBERS

Jim Hogerty (44)

Gloria Allcorn (37)

10712-L Point South Dr. Charlotte, NC 28273

704-588-5095(H) 704-331-0850/672-0656

Accountant, Grinnel Fire Protection Systems • Claim Auditor, CIGNA Healthcare
"I am a transplanted Mainiac," writes Jim. "I belonged to MTC in the mid-80's. Sustained an Achilles tendon injury and am now coming back after a 10-year layoff from running—currently training to attempt to finish the Pittsburgh Marathon in May 1999. Would LOVE to wear MTC colors in road races down here in the Southland. Please send me info on how to order MTC singlets, etc., and also if you know of any MTC members that may be in Pittsburgh for the marathon in '99. Thanks, and it's great to be back!!"

Susan Snow (34)

24 Carriage Way • Scarborough 04074 • 883-8932

CPA

Blake Strack (37) 111 Spurwink Ave. • Cape Elizabeth 04107 • 799-8746(H) 575-3773(0)

Mgt. Consultant, UNUM • Professor, USM

Jill Szopinski (28)

P.O. Box 278 • Biddeford Pool 04006 • 282-6357

Student, USM

Amy Tchao (34)

33 Payson Road, Falmouth 04105 • 781-2402(H) 772-1941(0)

Attorney, Drummond Woodsum & McMahon

"have done a number of races from 5K to 10K. I Would like to get some coaching to increase my speed and endurance. I Would like to run with someone for a marathon."

Jim Tyrrell (51) 367 Mitchell Rd. • Cape Elizabeth 04107 • 799-4571(H) 780-6391(0)

Insurance & Investments, Sunset Financial

Jackson White (19) 66 Littlefield Road Lisbon 04250 • 353-2373 (H) 729-0505 (0)

Retail, Lamey Wellehan Student, USM

"I graduated from high school in June of '98... Iran cross country and track. My senior year I was first team all-conference and broke two school records. I've continued my running career through the summer and fall by running road races. When I'm able to enroll in college full time, I plan on running at USM.

"I'm joining because last summer I had a hard time finding out about races far enough in advance to really train for them. I'm also interested in finding training partners."

Terrie Wysocki (28)*

13 Central Street • Ellsworth 04605

**Member of "The Cranberry Running Buddies."*

Membership Renewals

If your address label has a 1998 date on it, this may be your last edition of News • Run. Please send your renewal to:

Maine Track Club

P.O. Box 8008

Portland, Maine 04104

Individual or Family=\$20.00 • Student=\$12.00



NEWS RUN 10

UPCOMING MTC BIRTHDAYS

FEBRUARY

8: Diane Daley

9: Jake Adams

10: John LeRoy, Joe Pike

12: Kenneth Spier

13: Robert Perkins

14: Galina Conrad

15: Joe Crocker, Bob "Hap" Hazzard, Kerry Salvo, Howard Spear

16: Kim White

17: Amy Grant, Robert Jolicoeur

18: K. Scott Hinckley

21: Michael Cavanaugh, Ron Cedrone

22: Elise Moody-Roberts, Stanis Moody-Roberts

23: Charles Isel-born, Jean Nale

24: D.Scott Hamilton

25: Karen Connolly, Tom Peterson, George Spatoulas, Louise Stone

28: M.F. Harmon, Nancy Hewett, John Nale

29: Robert Green, Eric Tableman

MARCH

1: George H. Entwistle, John Gale, Linda Iselborn

3: Michael Reali, Mel Uchenick

4: Kathy Norton

6: Ralph Butts

7: Phil Bartlett, Judy Cotton, Maryellen Fitzpatrick

8: Jenny Menendez

We Need Your Input

NEWS•RUN features news of interest about fellow MTC members. If you have some news to share about yourself or someone else in the club, please pass along the information by calling Mike Doyle at 871-0051, sending e-mail to mdoyle@mainecul.org, or by mail to:

Maine Track Club

Newsletter

P.O. Box 8008

Portland, Maine 04104

The deadline for each issue is the 15th of the preceding month.

LETTERS & MESSAGES

To all MTC Members,

I was contacted recently by Dr. John Rosene at the University of Southern Maine Department of Sports medicine who is conducting a study on the effects of low-dosage creatine supplementation on endurance athletes. For more information, please see Dr. Rosene's insert in this newsletter or contact him at 780-4566 at the University of Southern Maine.

Dr. Rosene is offering runners from the Maine Track Club an opportunity to become involved with this exciting study. Please consider participating if you fall into the target population.

John Gale

MAINE TRACK CLUB OFFICERS & COMMITTEE CHAIRS



Marge Aube	<i>President</i>	829-5079
Vacant	<i>Vice President</i>	XXX-XXXX
John Gale	<i>Past President</i>	775-5017
Carlton Mendell	<i>Treasurer</i>	761-8634
Vacant	<i>Secretary</i>	XXX-XXXX
Maggie Soule	<i>Membership</i>	846-3631
Bob Aube	<i>Race Committee</i>	829-5079
Rodger Smith	<i>At-Large</i>	883-3041
Howard Spear	<i>At-Large</i>	856-6496
Maureen Sproul	<i>At-Large</i>	926-4681
Sandy Utterstrom	<i>At-Large</i>	797-4710
Steve Fox	<i>Clothing</i>	799-8840
Bill Devoe	<i>Equipment</i>	761-0602
Don Penta	<i>Statistician and Photography</i>	892-4526
Dale Rines	<i>Course Certification</i>	854-2481
Mike Doyle	<i>Newsletter</i>	871-0051

MTC Financial Report

(For 12/1/98-12/31/98)

INCOME

Races	\$4,162.00
Membership515.00
Clothing Sales169.00
Interest4.48
Total	\$4,850.48

EXPENSES

Races	\$1,876.32
Banquet300.00
Administrative227.97
Newsletter36.05
Total	\$2,440.34

Net

(For 1/1/98-12/31/98)

INCOME

Races	\$16,296.13
Membership4,038.00
Newsletter1,160.00
Banquet1,136.00
Clothing Sales949.00
Reimbursement (Mt. Washington/Newburyport)873.00
Overpayment294.00
Social Event243.25
Interest71.13
Other Income7.00
Total	\$25,067.51

EXPENSES

Race Expense	\$5,892.34
Banquet3,936.67
RRCA2,363.92
Race Committee2,052.35
Newsletter2,022.69
Administrative1,904.05
Clothing1,722.69
Mt. Washington/Newburyport635.00
Insurance588.00
Post Office Box558.00
Social Expense504.24
Bulk Permit464.00
Scholarship300.00
Debit20.00
Total	\$22,963.95

Net

Checkbook balance as of 12/31/98
\$12,297.39



NEWS RUN SPONSORS

If you would like to become an individual News•Run 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. Or, if you would like to have your business card included in News•Run, you can do so for just \$5 per month.

Sponsors:

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swedish, reflexology, myofascial stretching
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MAINE TRACK CLUB 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 1999 club ID card when requesting discounts.

Peak Performance Sports

59 Middle St., Portland

15% ON ALL PURCHASES

Olympia Sporting Goods

Maine Mall, S. Portland

10% ON SHOES ONLY

Yankee Sports

35 Foden Road, South Portland

10% ON SHOES ONLY

Coastal Athletics

84 Cove St, Portland

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DISCOUNTS ACCORDING TO MODEL CALL
AHEAD FOR RON KELLEY 772-4530

George & Phillips, Inc.,

Route 1, Kittery • 295 Water St., Exeter, N.H.

These are Nike Outlet Stores featuring slightly defective or blemished shoes at reduced prices. All top quality regularly.

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Maine Mall ~ Falmouth Shopping Center~Cook's Corner~
Auburn Mall

10% ON RUNNING SHOES

MVP Sports

333 Clarks Pond Pkwy., South Portland

10% ON NON-SALE RUNNING
SHOES AND CLOTHING

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10% ON RUNNING SHOES

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