

Maine Track Club



March/April 1988

Run with a friend ...

UPCOMING MEETINGS

Membership Meeting

Wednesday April 13, 7pm SMVTI
Machine Tool Auditorium

John Hayes, D.C. will speak on structural analysis and the effect on running ability and health. Come socialize and plan your spring races with friends! Note: The SMVTI gym showers will be available before the meeting for those who want to go for a fun run (from about 5-7pm).

Portland Boys & Girls Club

Portland Patriots Day 5-Miler

Mon. April 18 at 12 noon

Start the spring with this great race- one of the oldest in Maine-with a pre-race open house on Sun. April 17 from 12-5. Spaghetti dinner, running clinics, etc. Write to David Paul/ Steve Muslawski, race directors, 277 Cumberland Ave. Portland, ME 04101 for race application. MTC is officiating so please volunteer if you aren't going to race.

Urgent Bulletin!

This is your last MTC newsletter if you don't renew immediately...

Membership renewals are now due for calendar year 1988. Please use the form on the back of this newsletter (or a copy of it) and mark on it "renewal". Note that the student membership is for students up to 18 years of age. The May Newsletter will not be mailed to those who have not renewed their membership so don't delay! If you joined the club after October 1, 1987, you are paid up thru December, 1988.

RRCA Convention, May 5-8

The National RRCA Convention will be held in Indianapolis this year, and several MTC members are going including Jane Dolley and Charlie Scribner. Call Charlie at home: 772-5781 if you are interested in going.

Mid-Winter Classic

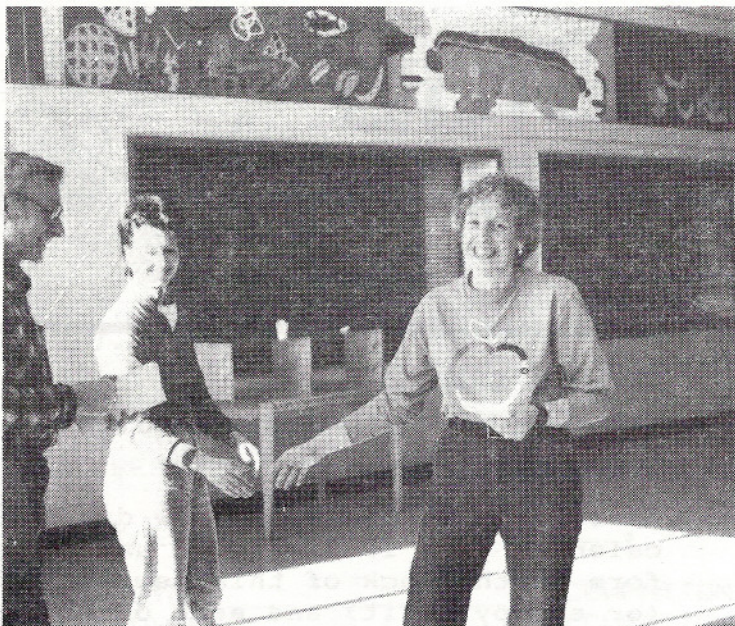
← This race brought out the heartiest of runners... Here is the start and inside are more photos...



Newsletter Prime Sponsor

Sporting
WOODS

Fine hardwood products for active lifestyles



Mid-Winter Classic

Above: Marie Wood (MTC Photographer) and Bob Payne plus others...

Left: Paul Merrill (training for yet another Ironman) and Barry Fifield (getting some tips from the master)...

Road race schedule

Boston Globe

April 9

Boston — 5 mi.; Noon; Boston Athletic Club; 269-4300.
Salem — 4 mi.; 1 p.m.; Salem State College; 741-8570 or 741-8580.

April 10

Boston — 6.2 mi. (Milk Run); Noon; Emmanuel College; 396-3001.
Lowell — 5 mi. and 1.3 mi.; 1 p.m.; Wang Labs; 957-4456.
Needham — 5 mi.; 2 p.m.; Walker School; 686-1084.
Woods Hole — 5.7 mi.; 11:30 a.m.; Community Hall; 548-9521.

April 17

Worcester — 6.2 mi.; 1 p.m.; Quinsigamond Community College; 799-1292.

April 23

Otis AFB — 6.2 mi.; Noon; Mass Military Reservation (Lytle HS); 968-5448 or 968-5447.

April 24

Brecklen — 3.1 mi. (women only) and 6.2 mi. (mixed relay); 10 a.m.; DW Field Park; 580-8933.
Stimbury, Conn. — 5.6 mi.; 1 p.m.; Drake Hill Mall; 617-367-3197 or 203-673-9377.

April 29

Newport, RI — 5 mi.; 5:30 p.m.; Naval Base; 401-841-4713.

May 1

Hyde Park — 5 mi.; 1 p.m.; Municipal Building; 384-5358.
Wellesley — 6.2 mi. and 1 mi.; 9 a.m.; Mass Bay Community College; 237-1100, x-272.
Randolph — 5 mi.; 11 a.m.; Randolph HS; 986-5037.

May 14

Nashua, NH — 6.2 mi.; 9 a.m.; Elm St. Junior High; 603-888-2848.

Leprechan Loppet X-C ski

The conditions were perfect on Sunday for the 15 K Cross Country ski race at Carrabassett Valley near Sugarloaf. About 80 skiers were there including Joan Benoit Samuelson (just for a workout). MTC made a good showing of members. Ruth Hall was 2nd female, John Mathieu was 3rd male, Peter Hall 4th male, Deb Merrill 2nd in 30-39 age, and Clint Merrill. Sun 3/20/88

Herb Strom is our new V.P.

Congratulations Herb!

Secretary needed...

The Maine Track Club needs a club secretary. Will train! Think about volunteering for this position and get more involved in the inner workings of the club.

Scribner keeping busy on sidelines

Bad knees sidelined Charlie Scribner a few years back, and he's been there ever since.

On the sidelines, stopwatch in hand.

Scribner, 43, of Portland, learned to ski when he learned to walk and worked in the ski industry after graduating from college. When Scribner took up running in the 1970s, he came to the sport with legs that had been broken and battered from his years on the slopes. And the legs said they'd had enough when Scribner entered his fourth marathon.

So Scribner, who never did get farther than 23 miles in any of his marathons, cut back to three to four miles a couple of times a week at an 8½- to 9-minute mile pace and races only occasionally.

But Scribner didn't give up the friends he'd made along the running circuit or his position as race committee chairman for the Maine Track Club. Scribner, now president of the 400-member track club as well as race chairman, has managed over 400 races in Maine since 1977.

The toughest part of the job, Scribner said, is the dollars and cents: coming up with sponsorship to finance the race numbers, applications, awards, T-shirts and the police protection along the course.

There are no-frills races, like the Feb. 14 Mid-Winter Classic 10-miler. No T-shirts, no hoopla. Just a well-organized road race. That's fine for the experienced runner, Scribner said, but the novice runner wants his T-shirt. It's his trophy. It commemorates what was for him an extraordinary accomplishment.

Despite the loss of the Casco Bay and Maine Coast marathons, Scribner said road racing is alive and well in the state.

"In general, the participation in marathons — except the mega-marathons like Chicago, Boston and New York — are down. The biggest races now are 5-milers and 10-Ks. It takes a lot of time and dedication to run a marathon."

It takes time and dedication to organize the races as well, but sometimes not all the bugs are out of the system before the starting gun sounds.

"I remember one time we delayed the start of the Falmouth Lions Club race because a train was scheduled to run across the course," Scribner said. "I don't know for sure, but I think the year before the train had come through during the middle of the race. And there's not much you can do when a train crosses in front of you."

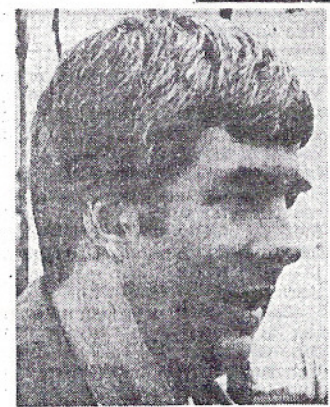
Another time, also in Falmouth, a race was delayed when a patrol car pulled up to the starting line.

"Everyone was lined up when the cruiser showed up," Scribner said. "The officer said we weren't going to run the race on his road because he didn't know anything about it. We had to show him the letter from the town saying it was OK for us to race."

Scribner remembers the 3-mile race on Portland's Eastern Promenade where the lead runners took a wrong turn and went down to Washington Avenue. The middle-of-the-packers went the right way,

Sara Hobson

On Running



Charlie Scribner
...running on sidelines

taking the loop by Fort Allen Park. "The middle runners technically won the race," he said.

And remember Rosie Ruiz, the woman who finished 24th in the New York City Marathon after taking the subway and who "won" the 1980 Boston Marathon after jumping in a half-mile from the finish? Portland had a Rosie, a man who finished in the top 10 at Casco Bay a few years back. The man took off his number and went home after race officials confronted him with the fact that none of the spotters along the 26.2-mile course had recorded his number in the pack of lead runners, but that he had been seen leaving his car on Park Avenue during the race.

"He had been caught before by the Maine Coast Road Runners," Scribner said.

At this level, with prize money more the exception than the rule, a runner who cheats is cheating no one but himself, Scribner said.

Scribner, whose next project is computerizing the finishes of Maine Track Club events, gets calls from as far away as California seeking advice on putting together road races. And, just as Kris Kringle in *Miracle on 34th Street* received all the dead letters addressed to Santa Claus, for a while the U.S. Postal Service was directing any running mail in Maine to Charlie Scribner.

"This was in the days before the track club had a post office box," Scribner said. "All this mail just seemed to find itself to me, without my name on it."

You can't argue with the Post Office. Charlie Scribner is Maine's road racing authority.

Next month, we'll be looking at streak runners — people who've run every day for months or even years without missing a day. Send your streak story, along with your name and hometown, to Running, Maine Sunday Telegram, P.O. Box 1460, Portland, Maine 04104.

Farewell to Debbie Jensen...

March 14, 1988

Jennifer Rood
3 Bridge View Terrace
Kittery, ME 03904

Dear Jennifer & Maine Track Club Members:

I just wanted to write a Thank you note to all of you for making my year in Maine a very enjoyable one. I'm moving back to Portland Oregon at the end of March to get married and live. I've like living in Maine for the past year even with the climate adjusts, especially the winter climate. You all have made me feel very welcome in the the past year and I feel expecially honored with the award I received from the club at the end of January. I will miss running many of the races that I ran this past year but I will continue to run in Oregon under the Maine Track club, so the club will be represented out on the west coast. Thanks again for the encouragement and friendship that I received from many of you. I hope to be back sometime to visit, and hopefully participate in a race or two.

Sincerely,

Debbie Jensen

Debbie Jensen

Maine Track Club 1988 Race Schedule

		Distance
Apr 18	Boy's Club	5
May 22	Oakhurst Milk Run	4
June 5	Mark Hoffmaster	5
June ?	Officer Friendly	Fun Run
July 16	Pat's Pizza	5
Aug 13	Peaks Island Race	5
Aug 21	Bowdion and Back	10
Sept 11	Cape Challenge	13.1
Sept 25	Rowdy Ultra	50
Oct 2	Falmouth Lion's	6.2
Oct 9	WCSH for Kid's Sake	4
Nov 20	Turkey Trot	6.2

Maine Sunday Telegram, February 28, 1988

About the enclosed promotional material.....

This issue of the MTC Newsletter has an insert provided by Sportingwoods, Inc., a new company in Portland recently formed by Scott Samuelson and David Crawford. By sponsoring the newsletter for a month we are giving them the opportunity to display their wares to the membership. This may be another way for the club to obtain sponsorship for the newsletter, so let us know your opinions regarding the use of the newsletter as an advertising vehicle for local companies.

About Sportingwoods.....

Sportingwoods custom builds first class, imaginative and practical hardwood products for athletes and anyone whose active lifestyle could use some help with storing or otherwise managing the periphenalia that goes along with sports and fitness activities. All the other companies attend to the technology of the sport implements, whether its new fangled handlebars for the bike, air cushioning in running shoes, or multi-layer fabrics for protection from the weather. Sportingwoods has dedicated itself to providing answers for, "what do you do with your stuff after your workout?!"

The enclosed brochure shows Sportingwoods first products - lockers and a clothes rack - both perfect for runners. Although the locker, in particular, is an expensive, fine piece of furniture, both products are ultimately functional and practical for handling the weekly volumes of apparel that usually end up on the floor, a chair, or the shower rod before they reach the washing machine.

David and Scott started Sportingwoods this past fall after some vacillation as to whether to start a company from scratch or to try to acquire an existing small business on which to build their plans. David left his job with Envirologic Data, a national health risk assessment consulting firm, and Scott had previously been a business consultant in the Portland area. Both have now combined their interest in athletics with business and are looking forward to meeting product needs for a wide range of athletic endeavors, all implemented in fine hardwoods made with Maine labor and craftsmanship.

RACE RESULTS

7TH ANNUAL MIDWINTER 10 MILE CLASSIC
CAPE ELIZABETH, MAINE FEB 14, 1988

NAME	AGE	S	TIME	PACE
=====	=====	=====	=====	=====
1 STUART HOGAN	25	M	0:55:44	5:34
2 BRIAN FLANDERS	25	M	0:56:51	5:41
3 JIM TOULOUSE	39	M	0:56:58	5:42
4 DAN TROMBLAY	34	M	0:57:15	5:44
5 STEVE GRYGIEL	30	M	0:57:30	5:45
6 PAUL S. MERRILL	33	M	0:57:40	5:46
7 BARRY FIFIELD	30	M	0:58:20	5:50
8 KENNETH FLANDERS	36	M	0:58:51	5:53
9 GUY MARTIN	41	M	0:59:03	5:54
10 STEPHEN FLUET	29	M	0:59:13	5:55
11 KEN HOULE	40	M	0:59:17	5:56
12 GUY LINDWALL	40	M	1:00:28	6:03
13 TOM THIBEAU	29	M	1:00:54	6:05
14 BRYANT BOURGOIN	37	M	1:01:09	6:07
15 BILL PENNINGTON	33	M	1:01:41	6:10
16 ROBERT COUGHLIN	49	M	1:01:56	6:12
17 DENNIS WEEKS	32	M	1:02:01	6:12
18 MICHAEL DEWAR	21	M	1:02:24	6:14
19 GREG DUGAS	33	M	1:03:18	6:20
20 GARY LARSON	42	M	1:03:38	6:22
21 BRAIN LADNER	29	M	1:03:45	6:23
22 HARRY HUNT	45	M	1:04:16	6:26
23 JIM PATERSON	46	M	1:04:29	6:27
24 RUSTY DEWSNAP	29	M	1:04:35	6:28
25 DONALD E WILSON	40	M	1:04:42	6:28
26 ROBERT PAIGE	36	M	1:04:43	6:28
27 JOE MEEHAN	42	M	1:04:47	6:29
28 JOSEPH P. FORNARO	33	M	1:04:53	6:29
29 BILL SKERRITT	28	M	1:05:15	6:32
30 SALLY PERKINS	24	F	1:05:16	6:32
31 DEBORAH POTTER	33	F	1:05:25	6:33
32 DEBBIE JENSEN	29	F	1:05:26	6:33
33 PHIL VEZINA	28	M	1:05:30	6:33
34 TOM ALLEN	31	M	1:05:41	6:34
35 BARRY W. SARGENT	42	M	1:05:43	6:34
36 HARVEY L. FONTAINE	39	M	1:05:48	6:35
37 RUSS CONNORS	55	M	1:06:05	6:37
38 DAVID P SILK	30	M	1:06:12	6:37
39 STEVEN ROBERTSON	28	M	1:07:38	6:46
40 MICHAEL J COWELL	50	M	1:07:44	6:46
41 PAUL CASEY	33	M	1:07:45	6:47
42 LEO LEVASSEU	30	M	1:07:53	6:47
43 MUZZY BARTON	35	M	1:08:16	6:50
44 WANDA HANEY	21	F	1:08:22	6:50
45 STEVEN HIGHTOWER	26	M	1:08:47	6:53
46 PAUL V. GURNEY	33	M	1:08:56	6:54
47 WILLIAM SHUTTLEWORTH	40	M	1:09:15	6:56
48 DANIEL J. ROONEY	43	M	1:09:20	6:56
49 BYRON COOK	40	M	1:09:24	6:56
50 TIM J. O'LEARY	41	M	1:09:30	6:57
51 PHILIP S. PIERCE	46	M	1:09:33	6:57
52 CHERYL MACMAHON	24	F	1:09:36	6:58
53 JOHN DEHART	47	M	1:09:39	6:58
54 STEVE GIFFORD	33	M	1:09:41	6:58
55 RAY SHEVENELL	47	M	1:09:41	6:58
56 NANCY CORBITT	26	F	1:10:20	7:02
57 D. SCOTT FORBES	33	M	1:10:36	7:04
58 TERRY R CLARK	43	M	1:11:06	7:07
59 GEORGE LIMING	36	M	1:11:11	7:07
60 HADLEY AUSTIN	29	M	1:11:21	7:08
61 J. CESTA	35	M	1:11:31	7:09
62 WILLIAM C DAVENNY	43	M	1:11:51	7:11
63 LARRY RICH	40	M	1:11:58	7:12
64 R. LEO RICHARDSON	29	M	1:12:01	7:12
65 JOHN ERIKSSON	37	M	1:12:12	7:13
66 WALTER WEBBER	57	M	1:12:33	7:15
67 DAVID W. FREEMAN	39	M	1:12:45	7:17
68 CRAIG REYNOLDS	39	M	1:13:25	7:21
69 DAVID BUTLER	30	M	1:13:26	7:21
70 JANE RAU	38	F	1:13:29	7:21
71 THOMAS CARLL	43	M	1:13:50	7:23
72 J. W. SMITH	36	M	1:14:20	7:26
73 EILEEN D. STERGION	31	F	1:14:26	7:27
74 ROGER BORDUAS	36	M	1:14:40	7:28
75 AUDIE BRIDGES	38	M	1:14:57	7:30
76 ALAN LEATHERS	45	M	1:15:43	7:34
77 CARLTON MENDELL	66	M	1:16:00	7:36
78 JOHN KIM	51	M	1:16:07	7:37
79 SANDRA WYMAN	31	F	1:16:23	7:38
80 RICHARD JEWELL	44	M	1:16:43	7:40

TREASURER'S REPORT

PROPOSED BUDGET - 1988

Income:	1987 Budget	1987 Actual	1988 Budget
Lawn Sale		\$ 663.00	\$ 1,000.00
Patron Donations	\$ 1,000.00	\$ 535.00	\$ 1,000.00
Memberships	\$ 4,000.00	\$ 4,213.00	\$ 4,500.00
Scholarships	\$ 300.00	\$ 200.00	\$ 200.00
Clothing	\$ 1,000.00	\$ 1,453.00	\$ 1,500.00
Potluck Dinner	\$ 600.00	\$ -0-	\$ -0-
Road Races	\$ 3,900.00	\$ 6,358.00	\$ 7,000.00
Interest	\$ 300.00	\$ 400.00	\$ 400.00
Miscellaneous	\$ 100.00	\$ 506.00	\$ 500.00
Annual Banquet		\$ -0-	\$ 1,776.00
	<u>\$11,200.00</u>	<u>\$14,328.00</u>	<u>\$17,876.00</u>

Expenses:

Clothing	\$ 1,500.00	\$ 2,208.00	\$ 2,200.00
Scholarships	\$ 300.00	\$ -0-	\$ 650.00
Potluck Dinner	\$ 300.00	\$ 200.00	\$ 250.00
Newsletter	\$ 2,310.00	\$ 2,153.00	\$ 2,300.00
Printing	\$ 1,000.00	\$ 841.00	\$ 900.00
Postage	\$ 800.00	\$ 1,163.00	\$ 1,300.00
Races	\$ 2,400.00	\$ 2,506.00	\$ 2,500.00
Film	\$ 250.00	\$ 78.00	\$ 100.00
Speakers	\$ 600.00	\$ 200.00	\$ 600.00
Insurance	\$ 625.00	\$ 270.00	\$ 300.00
Membership - RRCA	\$ 300.00	\$ 243.00	\$ 300.00
RRCA Convention	\$ 500.00	\$ 300.00	\$ 300.00
Equipment	\$ -0-	\$ 652.00	\$ -0-
Miscellaneous Expenses	\$ -0-	\$ 1,628.00	\$ 1,700.00
Annual Banquet	\$ -0-	\$ -0-	\$ 3,468.00
	<u>\$10,885.00</u>	<u>\$12,442.00</u>	<u>\$16,868.00</u>
Profit	\$ 315.00	\$ 1,886.00	\$ 1,008.00

This budget has been reviewed by the Board of Directors and is submitted for review by the full membership at the April membership meeting, all members present will be asked to approve the 1988 budget. If you have questions feel free to contact Rick Strout before the April meeting, home phone # 829-3216, business phone #774-5643

TREASURER'S REPORT

March 4, 1988

Funds on Deposit February 4, 1988 \$ 5,292.69

Receipts:

Interest	\$ 25.21
Memberships	\$ 893.00
Banquet receipts	\$ 14.00
Mid Winter Classic	\$ 580.00
Patron Ad-Newsletter	\$ 10.00
	<u>\$ 1,522.21</u>
	<u>\$ 6,814.90</u>

Disbursement:

*John Gale - Expenses	
Turkey Trot	\$ 83.85
*Olympia Sport Center	
Gift Certificate - Mid Winter Classic	\$ 105.00
*Marie Wood - Film	
Postage, film developing	\$ 94.52
*Grace Print - Printing	
Banquet	\$ 32.51
*Jennifer Rood - Postage	
Newsletter	\$ 91.30
*Marie Wood - Expenses	
Mid Winter Classic	\$ 133.07
	<u>\$ 540.25</u>
Funds on Deposit March 4, 1988	<u>\$ 6,274.65</u>

R. Strout
Richard K. Strout
Treasurer



Attention!

Check out this proposed budget carefully as it needs to be voted on at the next meeting.

MORE RACE RESULTS

ROAD RACING

Hyannis Marathon

at Hyannis

1. John O'Leary, Hyde Park, 2:31:12; 2. Craig Bloodgood, Duxbury, 2:36:10; 3. Jeff Staab, Springfield, 2:38:28; 4. Mark Galloway, Exeter, R.I., 2:44:30; 5. Jack Cleland, Silver Spring, Md., 2:45:13; 6. James Hirst, Westerly, R.I., 2:45:20; 7. Don Bates, Harwich, 2:45:58; 8. Escadill Asuncion, Arlington, 2:47:06; 9. Tom Cash, Braintree, 2:48:15; 10. Kevin Petrovsk, Hyannis, 2:47:22; 11. David Sullivan, Malden, 1:47:51; 12. Bill O'Mara, Acushnet, 2:49:56; 13. Thom Gilligan, Charlestown, 2:50; 14. Lynn Josep Cousineau, Pawtucket, R.I., 2:51:44; 15. Terrance McNatt, Dedham, 2:53:13; 16. Michael Bennett, Cambridge, 2:53:59; 17. Rich Leonard, Boxford, 2:54:20; 18. Tom Wujcik, Fairhaven, 2:54:38; 19. Chip Apfelbrum, Hartford, 2:55:40; 20. Bruce Brown, Lowell, 2:56:14; 21. Keith Mellones, Waltham, 2:56:44; 22. John Wright, Startham, N.H., 2:56:56; 23. Chip Apfelbrum, Hartford, 2:57:12; 24. Tom Tehudy, Bedford, 2:57:28; 25. Michael Fisher, Jewett City, Conn., 2:57:58.

Women — 1. Agnes Ruane, Prospect, Conn., 2:56:23; 2. Anita Jones, Greensboro, N.C., 3:05:26; 3. Jane Millspeugh, Boca Raton, Fla., 3:10:33; 4. Kathleen McGrath, Medway, 3:14:15; 5. Sarah Hatch, Hull, 3:22:11.

HALF-MARATHON

1. Sebastian Junger, Cambridge, 1:09:43; 2. Steve O'Connell, Chicopee, 1:09:44; 3. Rob Ryan, Newton, 1:10:20; 4. Kevin Mackinnon, Canada, 1:12:22; 5. Joe Hall, Newport, R.I., 1:12:30; 6. Michael Kelleher, Amesbury, 1:12:53; 7. Ken Fleming, Jamaica Plain, 1:13:02; 8. Jeff Mello, Provincetown, 1:13:29; 9. Peter Blomquist, Worcester, 1:13:43; 10. Tom Sargent, Dorchester, 1:15:22.

Women — 1. Julie Peterson, Beverly, 1:18:50; 2. Kathleen Bowman, W. Falmouth, 1:19:33.

Women's Relay Marathon

at Yokohama, Japan

1. USSR (Elena Romanova, Zoya Ivanova, Natalya Artemova, Yekaterina Khramenkova, Olga Bondarenko and Regina Chistyakova) 2:15:41; 2. China 2:17:36; 3. Japan 2:17:40; 4. Britain 2:18:17; 5. United States 2:18:47; 6. Norway 2:20:29.

ROAD RACING

Orlando 10K Classic

at Orlando, Fla.

1. Paul Davies-Hale, England, 28:18; 2. Marcos Barreto, Mexico City, 28:24; 3. Ashley Johnston, S. Africa, 28:27.

Women — 1. Liz Lynch McColgan (\$31,000), Dundee, Scotland, 30:59 (world record); 2. Judi St. Hilaire, Brighton, Mass., 32:27; 3. Brenda Webb, Austin, Texas, 32:40.

Other races

at Fresh Pond, Cambridge (2.5 miles)

1. Bob Reagan, Irish American TC, 14:24; 2. John McKenna, Fitcorp, 14:28; 3. Alfredo Aponte, Greater Boston TC, 14:54; 4. Russ Muirhead, Cabot House, 15:19; 5. Rich Meyer, Cabot House, 15:51.

Women — 1. Jennifer Leonard, NMH, 22:59.

(5 miles)

1. Brian Pickell, Central Mass. Striders, 29:02; 2. Norbert Madroy, PBDS, 29:27; 3. Scott Skinner, Cambridge Sports Union, 31:06; 4. Bill Butzner, unattached, 31:06; 5. Pete Orml, CMS, 31:11.

Women — 1. Megan McSheffery, unattached, 31:55.

BOSTON TO BANGOR

By Phil Pierce

The Running Dilettante's Guide to Selected Road Races

Races of the Month: There are three races this month that you should consider and it is possible for you to run two of these races. Each race is cited as an outstanding race because of its organization, its course, or both. These outstanding races are:

[1] Killarney's 10-K in Waterville, with its moderate course and excellent organization. I have always enjoyed this race.

[2] Boston Primer in Readfield. This course is superb preparation for the Boston Marathon. Its 15 mile length and mile long hill at mile 9 are significantly challenging, and going out too fast on this course will show you what will happen if you do the same at Boston.

[3] New Bedford/Bank of Boston Half Marathon. This race is a happening, the first and newest race in the growing Association of Road Racing Athletes [ARRA] circuit, and presents a world class field against which you can measure yourself.

March 13 Sunday Killarney's 10-K, Waterville, Maine. Race starts at 12 noon from the Holiday Inn parking lot. Long sleeved T-shirts for the first 100 entries. \$6. Contact Jerry Saint Amand [873-6753] [One of the best 10-Ks in Maine.]

March 20 Sunday Boston Primer 15 Miler, Readfield, Maine. Race starts at 11a.m. from the Maranacook Community School. \$5; no T-shirts; showers and refreshments after the race. Contact Russell Martin [622-1258] [One of the best training runs in Maine!]

March 20 Sunday New Bedford/Bank of Boston Half Marathon, Massachusetts Race starts at 11a.m.; number pickup on Saturday, March 19, 1-5 p.m. at Carney Academy or Sunday at the Bank of Boston. Take I-95 Exit 15 to Downtown Exit. \$12 to March 18, \$15 on March 19 + 20. T-shirt \$5 unless pre-registered by 2/28. Tactrust purse \$25,000; ARRA circuit race. Contact Susan Foster [617-997-8031] [For those

who are building rather than tapering!]

April 2 Saturday Great Lite Beer Maineiacs Down East Half Marathon. Bangor, Maine Holiday Health and Racquet Club. \$6. No race day registration. Dave Winslow, 101st AREFW-RS Maine Air National Guard Base, Bangor ANGB, Maine 04401. [207-941-0464]

April 9 Saturday 25-K Championship Run. 15.5 mile road race. \$5 pre-registration; no T-shirts. Race starts in Union, goes to Rockland on Route 17. Contact Vern Demmons [273-2594].

April 10 Sunday Boston Milk Run 10-K. Race starts at 12 noon, Avenue Louis Pasteur, Simmons College. \$10; \$12 post. [617-396-3001]. [This is very fast but very crowded 10-K. Was Boston Running News' Race of the Year in 1987.]

April 10 Sunday Five Acres Road Race 5-K. Race starts at 11a.m. from the Pendleton Grade School in Brewer. \$6. Levi polo shirts. Contact Tom Manship [989-7950]

April 10 Sunday Frank Sabasteanski Memorial Polar Bear Run [10K] 1p.m. start at Bowdoin College Polar Bear. \$3 Contact Lynn Ruddy [725-3623]. [A fast but short, uncertified course]

April 18 Monday Portland Boys Club Race. 5 miles \$6 T-shirts. Contact Dave Paul [797-4242]. Race starts at 11a.m. [This is Maine's oldest and greatest race.]

April 18 Monday Boston Marathon. 12 noon from Hopkinton Common \$15. Qualification necessary-plan ahead.

Male	Female
3 hrs. or less under 40	3:00 or less under 40
40 to 49; 3:20	40 to 49; 3:50
50 to 59; 3:30	50 to 59; 4hrs.
60 and over	60 and over

[This is the greatest race in the United States as well as the oldest. Bob Payne and others can look for Phil Pierce at the finish line.]

April 23 Saturday Spring 5-K 9a.m. Start. Unity College Contact Ed Riola [948-3131]

April 24 Sunday New Jersey Waterfront Marathon. Jersey City, N.J. 1p.m. from Liberty State Park for U.S. Men's Olympic Trials; 1:15p.m. open race. \$12 by April 15. No race day registration. Call [201-376-0231]. [This should be one of the great races of 1988]

April 30 Saturday Spring Wellness Run 5-K in Bangor. Starts at 10a.m. from St. Joseph's Hospital, Center Street. \$6 Contact Mike McCarthy or Candy Jordan [941-1796]

April 30 Saturday April Amble at Westbrook College. Four Mile Race starts at 12 noon. \$5 pre, \$6 post Contact Lynn Allgaier [797-7261, ext. 212].

Interesting races outside of the
Boston to Bangor circuit:

March 19 Saturday Knickerbocker 60K and Metropolitan Athletes Congress Championship. Central Park, New York. 9a.m. \$10 Contact Vince Chiapetta [212-796-5189 or 212-220-7105]. [Six full laps of the beautiful Central Park in Midtown Manhattan.]

March 26 Saturday Metro 100 Kilometer Prospect Park. 6a.m. Contact 718-768-2415 for further information.

April 2 Saturday Sri Chimmoy 100 Miler Flushing Meadows 8a.m. Contact 718-297-2556 for further information.

April 24 Sunday Lake Waramuag Ultras, 50 miles and 100KM. 7:30a.m., New Preston, Connecticut. Course: slightly rolling paved around the lake; 7.6 miles per loop. Six aid stations. Entry \$20 pre; \$25 post. Contact Bert Meyer, P.O. Box 3093, New Milford, Connecticut 06776

Finally, I have written this column from a bed in the Mercy Hospital. Having been hospitalized for a foot condition unrelated to running [apparently]. I hope to recover fast and not lose the runner's edge. Having not run for 4 days, I feel like a caged lion. Thanks to all those who are sending me information on races. Phil Pierce

EQUIPMENT ROUND-UP

by Chris Stanley

Reebok may be the number one shoe company (by sales), but Nike is the number one seller of running shoes, and it is all because of the incredible success of their "Nike Air" marketing drive. This summer Nike hopes to keep the momentum going by introducing new Air shoes. The Nike AIR STAB is a straight lasted stability shoe that has a visible air midsole similar to the Nike Air Max. The Nike AIR FLOW will be the perfect shoe for the lighter weight, efficient runners. This shoe is basically a training version of the Nike AIR MARIAH. The AIR STAB will retail for \$100.00 and the AIR FLOW will go for \$75.00, and both will be made in mens and womens versions.

Speaking of the AIR MARIAH, it is in the Portland area now. The MARIAH is quite a shoe, and should prove to be one of the lightest yet most cushioned racing flats available. The DUALIST is also around now, and it is one of the better buys on the market, although it is a non-Air shoe. Also available is the incredible ZOOM ULTRA, Nike's first racing spike with the benefits of Nike Air.

Congratulations...

to Dan Dearing, (new MTC member) second in the Killarney's 10K after Bruce Bickford and on the Maine Ekiden relay Team.

The Maine Track Club Newsletter is compiled monthly. Circulation 400. Related material may be copied with acknowledgment. Editor: Jennifer Rood.

RUNNING INJURIES

Danien Howell, MS, RPT

When should you seek a health professional's services concerning a running injury? This question has been and will be faced by many at some point during their running career. If you are suffering from an injury and/or the associated mental depression, you should seek a professional's help when:

- * the discomfort is getting progressively worse
- * the discomfort has plateaued at a level which is chronically affecting your performance
- * the discomfort is more frequent and/or is present while not running
- * the discomfort is at a level of three or higher on a scale of one (no pain) to ten (worst pain imaginable)
- * attempts at self-treatment (i.e., new shoes, a change of surface or training, etc.) do not significantly improve the symptoms
- * the discomfort is causing you to compensate and develop additional injuries
- * the mental depression, denial or guilt you may be experiencing is identified to you by significant others

Once you have decided to seek professional treatment concerning your running injury, the next decision is whom to see. In today's expanding field of sports medicine, there are many disciplines to choose from: orthopaedic surgeons, athletic trainers, podiatrists, physical therapists, chiropractors and others. Primarily you need to choose a qualified health care professional enough to recognize when a patient

should be referred to a more appropriate person or profession. The competent health professional who evaluates and treats running injuries should:

- * examine you with dynamic methods as well as static. You need to be examined while motionless, walking and running
- * provide you with a specific diagnosis or a list of potential diagnoses
- * provide you with a potential cause of the diagnosis
- * counsel you about methods of coping with possible withdrawal symptoms from not running if abstinence from running is prescribed
- * clearly explain how to prevent the injury from recurring
- * advise you on training modifications to prevent recurrence
- * provide a multi-faceted treatment approach. Running injuries typically have multiple causative factors, and therefore varied treatment approaches
- * re-examine you after a therapeutic intervention and demonstrate to your satisfaction that the cause and/or injury had been adequately addressed
- * offer alternative treatment approaches (including referral) if the first approach did not remedy the problem.

THE AUTHOR IS CHAIRMAN OF THE RRCA'S SPORTSMEDICINE COMMITTEE, AND IS IN PRIVATE PRACTICE OF PHYSICAL THERAPY IN RICHMOND, VA.



This article is a service from the Road Runners Club of America. It may be reprinted with credit to the RRCA.

NEW MEMBERS

<u>Name & Address</u>	<u>Phone</u>	<u>Occupation</u>	<u>Age/Sponsor/Interests</u>
Dearing, Daniel D. Kathleen F. RR#2, Box 596 Lisbon Fall, ME 04252	H353-5676 W775-5117	Sales, technician The Shed	26 25 Team & individual sports
Farley, David J. 37 Wildwood Drive Cape Elizabeth, ME 04107	H767-3769 W874-5113	Banker, Merrill/Norstar	46
Hayes, Dr. John F. 249 Ocean House Road Cape Elizabeth, ME 04107	H799-8544 W797-5868	Chiropractic Orthopedist	39

CENTRAL MAINE STRIDERS - 1988 ROAD RACE SCHEDULE

- March 13 : Waterville : "KILLARNEY'S 10-K": Jerry Saint Amand, race director: 12 noon from Waterville Holiday Inn.
- April 23 : Unity : "SPRING 5-K": Ed Riola, race director: 9am from Unity College.
- May 2 : Togus : "TOGUS 5 MILER" - Chris Bovie, race director: 10am from V.A. center, Togus.
- May 29 : Monmouth : "APPLE BLOSSOM 15-K" - Doug Ludewig, race director: 9am from Monmouth Academy
- June 11 : Fairfield : "BLOOD, SWEAT & CHEERS 5-K" - Jerry Saint Amand, race director: 10am from American Legion.
- July 27 : Winslow : "DYER MEMORIAL 5-K" - Jerry Saint Amand, race director: 6:30 pm from Winslow High School.
- July 30 : E.Vassalb. : "BERT 'N I 5 MILER" - Bill Seekins, race director: 9am from East Vassalboro library.
- Aug. 13 : Wilton : "BLUEBERRY FESTIVAL 10-K" - Bill Yates, race director: 9am from Kineowatha Park.
- Aug. 14 : Pemaquid : "OLD BRISTOL DAYS 4 MILER" - Alan Reilly, race director: 8:30am from Charthouse Restaurant.
- Aug. 17 : Madison : "KENNEBEC 10,000" - Bob Hagopian, race director: 6pm from Madison Jr. High School.
- Aug. 28 : Kingfield : "SUGARLOAF MARATHON" - Chip Carey, race director: 7am from Cathedral Pines Campground, Eustis.
- Aug. 28 : Kingfield : "SUGARLOAF 15-K" - Chip Carey, race director: 7:30am from Carrabassett Valley Crossing.
- Sept. 5 : Norridgewk : "LABOR DAY 5-K" - John Malek, race director: 9am from Oosoola Park.
- Sept. 11 : Waterville : "SENTINEL 10-K CLASSIC" - Jerry Saint Amand, race director: 9am from Castonguay Square.
- Sept. 24 : Kingfield : "KINGFIELD 10-K" - Chip Carey, race director: 11am from downtown Kingfield.
- Dec. 3 : Madison : "SEASON'S GREETINGS 5½MILER" - Ron Paquette, race director: 11am from Madison High School.
- Jan. 15 : Belgrade : "JANUARY THAW 4½ MILER" - Gene Roy, race director: 12 noon from Belgrade Central School.

NOTICE: As with all road races, dates and starting times are subject to change each year. Check with race director!

Mid Winter Classic Results Continued...

81	DICK GILMORE	43	M	1:17:23	7:44
82	ARNIE CLARK	40	M	1:18:01	7:48
83	FRANK MORONG	54	M	1:18:02	7:48
84	SALLY HENDERSHOT	28	F	1:18:36	7:52
85	AL MACK	37	M	1:18:47	7:53
86	BARBARA COUGHLIN	45	F	1:19:03	7:54
87	SANDY UTTERSTROM	44	F	1:19:14	7:55
88	JANE RASMUSSEN	51	F	1:19:57	8:00
89	DAVE CONLEY	48	M	1:20:15	8:02
90	DAVID HUTCHINSON	48	M	1:20:22	8:02
91	PAMELA D. FISHER	42	F	1:21:07	8:07
92	KATHERINE CHRISTIE	43	F	1:23:09	8:19
93	JERI LYNN SCHROEDER	40	F	1:24:34	8:27
94	CAROL A WEEKS	33	F	1:25:05	8:31
95	LORNA L. JEWELL	43	F	1:25:20	8:32
96	RICK O'BRIEN	41	M	1:25:52	8:35
97	RICHARD LEPORE	57	M	1:26:16	8:38
98	PAULA LEPORE	40	F	1:26:35	8:40
99	ROBERT W. JONES	15	M	1:27:28	8:45
00	HERB STROM	58	M	1:27:28	8:45
01	KEN NEVERS	28	M	1:29:08	8:55
02	RUSS BRADLEY	64	M	1:30:45	9:05
03	BOB CUSHMAN	50	M	1:30:26	9:03
04	JERRY SAINT AMAND	44	M	1:30:46	9:05
05	SALLY PATERSON	46	F	1:32:17	9:14
06	RICHARD FITZGERALD	50	M	1:33:21	9:20
07	MARIANNE GAGNE	46	F	1:33:45	9:23
08	ROBERT M. WYMAN	51	M	1:33:53	9:23
09	PHILIP L. BARTLETT	39	M	1:36:36	9:40
10	ALAN FINK	40	M	1:38:42	9:52
11	DAVE MARSTON	52	M	1:42:27	10:15
12	SARA HOBSON	27	F	1:51:29	11:09
13	LESLIE RUSSELL	50	F	1:52:40	11:16
14	PHILIP SOULE	46	M	1:52:42	11:16

Five runners and five alternates have been named to Maine's Ekiden relay team. The team will compete in TAC's Ekiden relay April 9 in New York City. The race consists of relay legs of 5, 8, 10, 12 and 15 kilometers. Teams from each of the 50 states plus the District of Columbia and nine international teams will compete for prize money totalling \$214,000.

The Maine runners, with best 10-K times, are:

- 5-K: Greg Hale, 24, of Waterville, 30:06.
- 8-K: Sam Pelletier, 30, of Biddeford, 29:23.
- 10-K: Andy Palmer, 34, of South Portland, 29:04.
- 12-K: Todd McGraw, 22, of Farmington and Boston, 30:15.
- 15-K: Bob Winn, 29, of Ogunquit, 29:34.

The alternate who will travel with the team is Danny Paul, 34, of Cumberland Center.

The other four alternates are:

- Stuart Hogan, 25, of Augusta, 30:29. Hogan won last week's Mid-Winter Classic 10-mile race in Cape Elizabeth.
- Myron Whipkey, 30, of Portland, 31:19.
- Bob Everett, 27, of Fort Fairfield, 30:56.
- Dan Dearing, 26, of Lisbon Falls, 31:27. (Joined MTC!)

"They all have some pretty good credentials," said Maine state coordinator Jane Dolley. "I think they've got a good chance of finishing in the top 20."

9th Annual Top O' The Mornin' 4 Miler 119 Finishers - Saco, ME - 13 March '88

Top Men:

1	Lance Gulliani	29	20:06
2	Kim Wettlaufer	31	20:30
3	Rusty Snow	18	20:38
4	Mike St. Laurent	32	20:42
5	Dennis Berard	20	21:18

Top Women:

26	Diane M. Lounder	26	23:42
27	Wanda Haney (MTC)	21	23:42
35	Donna Dearborn	35	24:14
37	Jenny Allen	21	24:26
47	Carol Weeks (MTC)	39	25:22

Top Masters:

8	Guy Martin	41	21:39
97	Pamela Fisher	42	30:32*

Other MTC Finishers:

6	Paul Merrill	33	21:25
15	Harry Hunt	45	22:55
24	Greg Dugas	33	23:34
34	Bob Payne	49	24:11
40	William Shuttleworth	40	24:34
42	Vincento Lotsopizza	30	24:48
43	Harley Lee	34	24:53
44	George Liming	36	24:56
45	Jim Geary	27	25:02
48	Sumner Weeks, Jr.	39	25:24
50	Rick Strout	49	25:31
55	Dale Rines	35	25:57
58	Les Berry	40	26:13
64	Arnie Clark	40	26:43
66	Tom Norton	35	26:47
71	David Hutchinson	48	27:12
85	Robert Wyman	51	29:02
94	Gordon Chamberlain	49	29:49
95	Don Penta	41	30:19
97	Patty Titcomb	30	30:28*
108	Debbie Borduas	38	33:22*
115	Ted Cunningham	60	35:37

Congratulations!

Wanda Haney, 2nd, 20 - 29*
Carol Weeks, 2nd, 30 - 39*
Paul Merrill, 3rd, 30 - 39
Robert Wyman, 3rd, 50 & over

Shamrock Marathon

Top 10, women

1	Elizabeth M. Andrews, 75, Norfolk	2:50:29
2	Claudia L. Clavarella, 39, Cary, N.C.	2:52:38
3	Debra Snodgrass, 32, Richmond	2:53:33
4	Kathy L. Stiles, 30, Berryville, Va.	2:55:51
5	K. McAllister-Moran, 32, Portsmouth	2:58:50
6	Jennifer Road, 27, Kittery, Maine	3:02:20
7	Joanne D. Zirkelbach, 40, Depew, N.Y.	3:07:59
8	Jeanne J. Kruger, 40, Norfolk	3:09:27
9	Joyce R. Ploeger, 44, Norfolk	3:11:08
10	Susan E. Malone, 30, Mercedburg, Pa.	3:11:13

Our Editor!

MEMB. MEETING NOTES

March membership meeting

March 9 7:30 p.m. at SMVTI

Charlie Scribner presided

50 members present

Mike Perry from L.L.Bean presented program on climbing Mt. Logan, 2nd highest peak in the U.S.

Herb Strong was nominated & voted on for new Vice President.

Jenifer Rood - Newsletter
General plea for news & articles for newsletter.

Pat Buckley - Membership
80 renewals so far. April 1st deadline when which newsletter etc. will be stopped.

Don Penta - Statistics
Reports May 22nd Sugarloaf Marathon

John Gale - Course Certifications
Encourages race directors to send info to him 6-8 weeks prior to the race for insurance purposes. Anyone interested in learning certifications, contact John Gale.

Maggie Soule
Wants info on any upcoming events.

Race Directors
Boys Club 4/18 needs volunteers.

Oakhurst Milk Run 4 miles, 5/22
John Conly will co-direct race. Another director is needed.

Westbrook College
April Ambler, 4 miles, 4/30. Needs volunteers.

Race Director needed for Officer Friendly Race in June as there has been no response from South Portland Schools.

George Cole reported TAC sanctioned meet will be held later in year. Volunteers will be needed.

Robert Jones reported Windham Classic 1st Annual, June 5. Put on by his sophomore class, proceeds towards child needing liver transplant. Flyers next month.

June 12 Marc Hofmeister Race in Westbrook.

Mount Washington Road Race
Send in your APS now.

New Business
Fun runs prior to regular meetings will resume. Date TBA. Interval training sessions will be starting up again. Date TBA.

Fun Runs. Members encouraged to organize their own in their communities....."Run With a Friend"

A lengthy discussion on a new "low key" marathon was held but tabled until further discussion at board meeting.

Toni Parisi showed videos and handed out pledge sheets for the coast to coast bike ride for the American Lung Association she will be participating in.

Refreshments thanks to:

Bill Davenny
Mel Finberg
Georgiana Hogerty

Nancy Stedman
Sue Davenny

NEXT MEETING

Bruce Ellis will talk about marathon trials.

Meeting adjourned at 9:30 p. m.

Respectfully submitted
Alic Handell

WHAT IS A WORK OUT?

→ A workout is 25 percent perspiration and 75 percent determination. Stated another way, it is one part physical exertion and three parts self-discipline. Doing it is easy once you get started.

→ A workout makes you better today than you were yesterday. It strengthens the body, relaxes the mind, and toughens the spirit. When you work out regularly, your problems diminish and your confidence grows.

→ A workout is a personal triumph over laziness and procrastination. It is the badge of a winner - the mark of an organized, goal-oriented person who has taken charge of his, or her destiny.

→ A workout is a wise use of time and an investment in excellence. It is a way of preparing for life's challenges and proving to yourself that you have what it takes to do what is necessary.

→ A workout is a key that helps unlock the door to opportunity and success. Hidden within each of us is an extra-ordinary force. Physical and mental fitness are the triggers that can release it.

→ A workout is a form of rebirth. When you finish a good workout, you don't simply feel better. You feel better about yourself. *

Volunteers

MID-WINTER 10M CLASSIC VOLUNTEERS

SUE DAVENNY
TERRY MCGOVERN
BOB JOLICEOUR
PAT BUCKLEY
MARLA KEEFE
ALYSSA KEEFE
DALE RINES
FRED BECK
BILL BRISTOL
BRENDA CUSHMAN
DRU JONES
TED CUNNINGHAM
DAN FITZGERALD
DEBBIE FITZGERALD
AL UTTERSTROM
CHARLES SCRIBNER
ROB LASKEY
DENNIS MORRILL
DAVID CRAWFORD
DON PENTA
DICK SCRIBNER
JULIE GRANT
TONI PARISE
BARBARA FOOTER
MARSHALL COHEN
GEORGE PRESCOTT
JOHN RASMUSSEN
LLOYD COOK
COLLEEN FLANDERS
MEL FINBERG
RUTH HEFFLEFINGER
RAY HEFFLEFINGER

CANDY CANE FUN RUN



Thanks to the following members
who volunteered at this years
Candy Cane Fun Run, held Dec. 19th
in Freeport.

Marion Bouchard
Diana Laskey
Rob Laskey
Carleton Mendell
Vin Skinner
Jean Thomas
Sandy Utterstrom

SPECIAL THANKS TO MY
HUSBAND, TOM WOOD FOR
THE GREAT PHOTO'S.

1988 MTC Newsletter Sponsors

**Barry Fifield
Debbie Borduas
Jennifer Rood
Sportingwoods**

We need Newsletter Sponsors!

Become an patron and get fame and recognition for your support and generosity by having your name in the above box! Feel guilty about not volunteering for enough races? This donation will put you in good graces and we especially need help now that postal rates have gone up...

To be an individual patron, send \$10 to the Maine Track Club, Box 8008, Portland, ME 04104. To Become a corporate patron, your donation of \$25 should be sent to the same address. Please note on the check that it is a patron's contribution to the newsletter. And MANY thanks!

To be a Prime sponsor, contact Jennifer Rood (W) 603-431-0666 (H) 207-439-3519. The sponsorship is \$50 and includes recognition and any message you may have in a box on the front page. Your support will be noted by all who pick up and glance at the front page- about 400 newsletters are mailed out each month.

1988 Officers and Committee Chairpersons



Charlie Scribner	President	
Herb Strom	Vice-President	799-7705
Sue Vandell	Secretary	
Rick Strout	Treasurer	829-3216
John Gale	Race Committee	775-5017
Jennifer Rood	Newsletter	439-3519
Ruth Hefflefinger	Membership	797-4625
Phil Pierce	Past President	781-3769
Tom Norton	Clothing	929-5548
	Social Direct.	
Maggie Soule	Publicity	846-3631

Don Penta	Statistician	892-4526
	Programs	
Bill/Sue Devenny	Refreshments	772-1787
John Gale	Course Certif.	775-5017
Marie Wood	Photography	839-6785

P.O.Box 8008, Portland, Maine 04104
Run with a friend...

Maine Track Club is a non-profit organization



MAINE TRACK CLUB MEMBERSHIP FORM

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

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

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

ADDRESS _____, HOME PHONE _____

CITY _____, STATE _____, ZIP CODE _____

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

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

OTHER INTERESTS: _____

YOUR SPONSOR (IF ANY): _____

Maine Track Club

P.O. Box 8008
Portland, Maine
04104



First Class Mail

ATTENTION
Your dues are due.
Use form on back.