

# Maine Track Club

MARCH 1987

Run with a friend ...



## UPCOMING MEETINGS

**Membership Meeting:  
Wednesday March 11,  
SMVTI in South Portland  
at 7pm**

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The program for the March membership meeting will be a tape of the 1984 Olympic Sprints and 800 meter races. For those of you who were unable to see some of these outstanding races, this tape, supplied by the TAC, will be of great interest and for those who watched the Olympics on TV, it will bring back memorable moments.

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Race Directors Meeting  
Wed., March 18, 7PM

Jane Dolley and Charlie Scribner will conduct a workshop for race directors. It will be held on Wednesday, March 18, 7PM, at Jane's house, 62 Blueberry Cove Rd., Yarmouth.

The purpose is to acquaint the race directors with the various aspects of planning and conducting a race. Of special interest will be a hands-on demonstration of using a personal computer for race registration and results. The Club owns a software package which has been used for the first 2 races of this year; and we want to expand not only its use but also the number of people who are familiar with it.

We are inviting: all past race directors so that they may share their experiences; the 1987 race directors; and anyone who has even the slightest interest in this aspect of the Club.

As a first step, you may want to take a more active role in working in a race, and perhaps assist a current race director. We are also looking for a director of the Officer Friendly Fun Run in June.

Please call Jane (846-6018) to RSVP if you will attend, and to get directions.

Refreshments will be served.

## SPECIAL PROGRAM

March 30 - - Monday  
SMVTI Machine Tool Auditorium

Brooks Johnson, one of the best known track coaches in the US, will be a special guest speaker.

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## Programs

This year's programs are off to a good start. We were fortunate enough to have Buzz Davis, owner and operator of Snorada as our first speaker, followed by Bruce Ellis, a MTC member who is ranked 46th in the nation in the marathon. This month, Brooks Johnson will be speaking to the membership and local area coaches. Brooks is a former Olympic Women's Track Coach who is currently training a number of elite athletes on the West Coast. Currently the head of the Women's Track Program at Stanford University, Brooks is a captivating speaker and an extremely successful coach. He has also served as a consulting expert to The Runner magazine. Brooks also had the dubious honor of being my childhood track coach. I hope to see everyone there. Please note that Brooks will be speaking at SMVTI in the machine tool auditorium on MONDAY, MARCH 30th. This is NOT the regularly scheduled membership meeting which will be held on March 11th as usual.

Our April speakers will be Dr. Henry Walstadt and Dr. Jaylene Summers. A psychiatrist and psychologist respectively, they will talk to us about running as therapy, successful imaging and goal setting, and--in general--how to incorporate running into a healthy life. Both Jaylene and Henry are successful runners themselves and have used running as therapy for many of their patients. They also enjoy canoeing, cross-country skiing, swimming and biking. It should be a very helpful session. They will speak at the regular April membership meeting on the 8th.

*Cheryl*

## ANOTHER RENEWAL REMINDER

If you haven't yet renewed or perhaps don't plan to, this will probably be your last newsletter. If you don't have the renewal application sent our with the January newsletter, use the new member application form this newsletter and mark "renewal" on it. If you joined the club after October 1, 1986, you are paid up thru 1987.



## EDITOR'S COLUMN

Spring is just around the corner, or so it felt today. Last week the thermometer read 10 below 0 when Jane Dolley and I set out on a long run. We didn't get very far before our scantily clad bodies became thoroughly chilled. We tried it again the next day with several additional layers in similar temperatures. While this was an improvement in warmth, the added weight and friction made the whole run seem uphill into the wind. Today four of us ran from Jane's house (see Run-with-a-friend column) and the +20 degree sunny weather seemed balmy. So -- take heart, it won't be long before the layers can be shed and the pace quickened!

The Maine Track Club and the Maine Coast Marathon got top billing recently in the form of a cover on the popular Boston Running News. The cover showed three MTC runners properly attired in club clothing going thru Kennebunkport village. Their big smiles may have meant that John Gale, Don McGilvery and Rod Cedrone were a) in the lead pack, b) having a good time, c) aware of the photographer, or d) none or all of the above. In any event, its great publicity for the club and points out the importance of wearing the club "colors" at the races. Contact Tom Norton (929-5548) to place your orders or get a list of available clothing.

Demers Track Classic - Feb. 22, 1987  
o AN EXCITING EVENT o

Despite the presence of some of New England's top milers, the day's most spectacular race was the women's open 1500 meters. Wendy Delan, from Bonny Eagle High School in Buxton, Maine, won the event with a new American schoolgirl record, facility record, and meet record of 4:30.3. Joan Lee, a Maine Track Club member competing in the Jr. Masters Division of the same event ran a very respectable 1500. Another MTC member, Ralph Duquette of Belmont, Mass., ran a strong mile in the Walter V. Demers Memorial Mile, an invitational event which has often highlighted some of the best male milers in New England. Other MTC participants included Wanda Haney, Vin Skinner, Don Penta, Cheryl Bascomb, and Dorothy Stoddard. Though some very impressive performances were turned in, the MTC participation was characterized by a willingness to run many events. Vin Skinner competed in the Men's 5000, 1500, and 800 meters; Don Penta placed well in the Master's 55, 1500, and 200 meters; Cheryl Bascomb ran the Women's 55, 400, 800, and 200 meters with a win in the 400; Dorothy Stoddard made her track debut with a good performance in the 200 meters; Joan Lee and Ralph Duquette also had very good showings in the mile/1500 and the 800 meters. While no one from the MTC qualified for National's, the meet was tremendous fun for all participants, providing a rare opportunity to compete on the track during the indoor season.

Cheryl Bascomb

Congratulations and best wishes to Carleton and Clara Mendell who were married recently!

Editor's note: Our thanks to Cheryl for writing this on short notice about the track meet. Hopefully, we will have the complete race results and statistics for next month's issue!

### RUN WITH A FRIEND COLUMN

Listed below are some of the groups who do regular weekend runs. If you are interested in running with any of them, call the number indicated. If you would like to have your group listed or would like to start a group in your area or are tired of running alone on these cold wintry mornings, call Fred Beck at 846-3111(h) or 846-9065(w) and your listing will show up in the next newsletter.

#### Yarmouth

Ken and Jane Dolley's house  
Sunday AM  
up to 15 miles;  
Pace: about 8 min/mile  
Call Jane Dolley, 846-6018

#### Cape Elizabeth

Cape Elizabeth High School  
Saturday AM  
10-12-15 miles, with options  
Pace: variable  
Call Russ Connors, 799-8240

### TO ALL NEWSLETTER CONTRIBUTORS

With very few planned exceptions, the newsletter goes to the printer the beginning of the forth week of each month. Therefore, any contributions for the newsletter should be in the hands of the editor by the weekend preceeding the forth week. This weekend is always 10 days after the monthly membership meeting, which is always the second Wednesday of each month.

#### MAP MAKERS ATTENTION!

John Gale, course certifier, needs help from anyone in the club who is good at drawing maps of race courses. These are the types of maps given to runners before a race or are included on race applications. If you think you can help John, give him a call at 775-5017.



Travelogue -- From Jackson Hole to Tahiti!  
-- a note from Jane [Dolley] --

Maine Track Club training and racing clothing  
by Tom Norton

#### Travelogue-From Jackson Hole to Tahiti

Our Maine Track Club members are traveling far and wide for vacations this winter. Jean Thomas and Russ Connors will be joining 80+ members of the Downeast Ski Club in a long-awaited ski trip to Jackson Hole, Wyoming, 2/28-3/7. Bob Wilson, co-owner of the VALCOM Computer Center, enjoyed (and who wouldn't?) a 12 day trip to Tahiti in February!

And Dick Manthorne was seen in the Portland Airport recently, returning on Feb. 7th from a golf trip to Florida just in time to repack his bags and fly back down with his family to Orlando! Dick is feeling good about his running and is very encouraged with his come-back from a long injury. Jane and Ken Dolley were seen escaping to Florida in February to catch the warm sun; and Barbara Coughlin has planned a relaxing trip on the suncoast of Florida in March. Al Mack planned a trip to California and decided to run in the Los Angeles marathon, too! Some people will go to any extreme to get in a long run!

We now have new lycra tights available that are Kelly Green and printed with MAINE TRACK down the right leg. These can be ordered along with the regular clothing from Tom Norton (929-5548) for \$24.00. We also have made arrangements with Coastal Screen Printing to have them keep a small inventory (unprinted) of windsuits, sweatshirts, and tights. This will allow a shorter lead time between the order and delivery of these items. BUT there is still a delay. DON'T place an order and expect it within days if it is not in stock. Spring and Summer orders should be placed soon. Order forms will in next month's issue.

Volunteers needed! John Gale and Barbara Footer, Race Directors of the Oakhurst Milk Run on April 12 need volunteers to help. Call Barbara or John.

**Photo from Cover of Boston Running News, March, 1987.**  
(P.O.Box 252, Boston, MA 02113, \$12.95/yr)





## THE RUNNER'S EDGE

A Contemporary Running Column by Phil Pierce

The Runner's Edge is a cutting edge and a lot depends upon how you approach it. How far you run, how fast you run, how long you run, and why you run render this activity a double-edged sword.

### Discipline

To be good at anything - to excel, usually requires discipline. I say usually because there is always the rare exception, the person with natural ability which far exceeds that of the average person. But for most of us, to be good at running or at anything, requires a lot of work. We must plan, organize, execute, test, revise, and plan some more. Many of us organize our lives in this manner, some of us so thoroughly that we can tell you what our goals and objectives are in five or ten year increments.

My recently-turned fourteen year old daughter is this type of person. Jessica is unable to run because her current life plan precludes running. She is in fact already a professional dancer. Jessica studies every day and takes several hours of instruction each week. She is specializing in American Ballet but also studies jazz and tap. She has seen the movie "White Nights" with Mikhail Baryshnikov several times and is currently reading Dancing on my Grave, the autobiography of Gelsey Kirkland. I could go into this in greater detail but I think you have the picture.

This fourteen year old is dedicated, motivated and determined to excel. She reads, thinks and breathes dancing. She engages in those behaviors which support dancing; i.e., reading, eating, stretching, practicing, studying. She does not run because it is actually harmful to dancing. Running is an antagonistic behavior for the dancer and is essentially prohibited.

There are many similarities in running and dancing, such as stretching, the acquisition of knowledge about the activity, and the long, long time it takes to become proficient. But this is true of nearly everything we do. Education is obtained in multi-year blocks, and training to be a skilled dancer, a radiologist, or a cabinet maker takes years and years. Obtaining a high degree of skill at anything takes time, and practice, and planning.

My daughter has learned early that discipline is required to succeed and to compete in the marketplace. When a hundred girls try out for a major production looking for ten dancers, only the best get chosen. It is hard not to be chosen, but then, the message is, work harder to succeed. A success here, a failure there, and so a dancer's career is shaped.

And so it is with running, dancing, and life in general. Our successes and failures shape our careers, our interpersonal lives, and our running.

## MEMBER PROFILES

MEMBER PROFILES by Katherine Christie

This month's edition of MEMBER PROFILES focuses on two of our triathletes. New member David Crawford and "old" member Deb Hewson both competed in and finished the Ironman Triathlon in Hawaii last October. Whew!

David Crawford hales from Cumberland. He is 37 years old, holds a master's degree in public health, and is presently the director of Health and Safety at Envirologic Data. Dave ran cross-country and track in high school and college and has been a dedicated runner for over 20 years. His first triathlon attempt was the Portland Triathlon on 1983. Although, like many others that year, he was defeated by the abnormally cold water temperature, it did not kill his enthusiasm for the event. Last summer he placed first in his age division at the Vermont Steel Man (one-half the Ironman distance), which qualified him for the Ironman in Hawaii. Dave completed the Ironman in 12 hours, 28 minutes, despite spending over an hour at an aid station during the marathon, recovering from muscle cramps due to salt depletion. He describes the Ironman as an "absurd event - a crazy but fascinating challenge".

Dave describes himself as primarily a runner, but he feels the cross-training is important in his fitness program and reduces the incidence of injury. He enjoys cross-country skiing in the winter, and he also recommends snowshoeing as a training alternative for runners. Snowshoeing, according to Dave, is very aerobic and incorporates a running motion with a high knee lift.

Dave's favorite place to run is the beach in Ogunquit.

Deb Hewson is 31, she's a graphic designer, and she lives in Brunswick. She was brought up in Montreal, and spent her summers at Wohelo, a girls' camp on Sebago Lake which is owned and run by her family.

Deb started running at age 18 and ran her first race 7 years ago. She started running triathlons 3 years ago. During the past year she entered 27 races, including biathlons, triathlons, running, cycling, and cross-country skiing races, and she won 9 of those events. In her training last summer she averaged 5 miles a week swimming, 150 miles cycling, and 40 miles running. Deb says she especially enjoys the running and couldn't live without it. During her runs she experiences a sense of mental quietness, and enters into a soothing, meditative state of mind. A necessary balance in a busy life!

Deb's favorite place to run is the Durham Road in Brunswick, which she describes as great for hill training. Her favorite race is the Kingfield 10K because it's such a fun social event, although the Cape Challenge rates high as well.

In the winter Deb trains on a mountain bike in order to cope with tricky road conditions. She also enjoys roller blading, which is like cross-country skiing on pavement, and a great workout for the upper body as well as the legs. She offered a helpful tip for runners, cyclists, and other athletes who must share the road with vehicular traffic: wear bright colorful clothing so you can be more easily seen by motorists.

Deb's most recent acquisition is a racing canoe. She loves the process of learning and is always open to a new athletic challenge.

(Editor's note: Deb is a graphic designer with ImageSet Associates, Computer Publishing and Design. The layout of this newsletter is her creation, and the fact that the newsletter gets out at all is due to her help in cutting, editing, and paste-up at her office each month late into the night.)



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 SHILLELAGH

## Reflectors offered to night runners

**AUGUSTA —** The Maine State Police have imported 10,000 Finnish reflectors to distribute to joggers and pedestrians to make them more visible to drivers at night. The reflectors, made by the Pisma company, are considered the world's finest, police officials said.

The devices were imported with the assistance of Chapman & Chapman of Damariscotta. Troopers will hand out the reflectors at speaking engagements. Reflectors are also available through the mail by sending a stamped, self-addressed envelope to: Community Relations Office, Maine State Police, 36 Hospital St., Augusta, 04333-0042.

MAINE TRACK CLUB PUZZLE - FEBRUARY

J U V X Y E U L F H A R H L B F D Z I G  
 T R D K S L J Q D N M N Y M C R A M P G  
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## MAINE TRACK CLUB 1987 RACE SCHEDULE

Date	Race	Distance
Apr 12	Oakhurst Milk Run	4
Apr 20	Boy's Club	5
June 7	Officer Friendly	Fun Run
July 12	Mark Hoffmaster	5
July 19	Pat's Pizza	5
Aug 16	Good Sports	10
Sept 13	Cape Challenge	13.1
Oct 4	WCSH	6.2
Nov 1	Falmouth Lions	6.2
Nov 22	Turkey Trot	6.2
Dec 5	Club Fun Run	?
?	Rowdy Ultra	50



C D A L F C H G A L E L L I H S J X F K  
 B M F V I M R Z C K L E K A X R S S I I  
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# EQUIPMENT ROUNDUP

by Chris Stanley

Unlike other sports, you don't need much to go running. The only important thing is a good pair of running shoes. For many of us casual runners, the price tags on some of the shoes may make us think that it would be cheaper to take up yachting. Anxiety can develop when you worry about buying a "cheap" (i.e., inexpensive) pair of shoes that may not be all that kind to your feet.

There's no need for mental trauma. Nowadays, it is pretty hard to buy a "cheap" (i.e., low quality) set of shoes as long as you get a shoe made by a respectable running shoe company. These companies stay respectable by offering performance-orientated shoes for every runner, whether entry level or professional. What you pay for in a shoe are features, and each feature will benefit you (as a runner) in one way or another. Some features are undesirable for certain runners. For instance, the Nike Dauntless is built on a straight last, which would be a benefit for those who over-pronate, as the shoe would offer more support under the medial side of the foot. If you supinate, however, this feature would be useless to you, and will probably be counter-effective. So, a \$100 shoe (which will be packed with features) may not offer you more benefits than another shoe which may cost only \$50. The key is to know what features you need in a shoe.

To help you decide what shoe may or may not be best for you, just consider that all shoes are, more or less, designed for 4 different groups of runners:

1. Runners who over-pronate (those who excessively roll inward on the medial side of the foot).
2. Runners who need basic stability (those who moderately pronate or need basic motion control).
3. Runners who supinate (those who roll off too much toward the lateral side of the foot).
4. Runners with no bio-mechanical problems.

By analyzing your current running shoes and their wear patterns, you can get a basic idea of what type of shoe would be best for your needs. Of course, a shoe's fit is a good indication if it's the type of shoe for you as well. Again, for example, the Nike Dauntless with it's straight, wide shape wouldn't feel right on a person who has a high-arched, curved foot.

I guess that all I'm trying to say is that there's more to buying a pair of running shoes than looking at the price tag, because just getting the most expensive shoe available will not guarantee that you'll have the best possible shoe for your needs. Experienced high mileage runners may benefit more from expensive shoes, yet because of their experience they will be choosy when selecting a running shoe.

For the increasingly more common casual runner, it should be reassuring to know that many of today's \$50 shoes are just as good (perhaps better in some ways) as the top-of-the-line shoes of 5 years ago. This is due to the incredible advances that technology has brought us. This technology is now being seen in low cost, low mileage shoes as well. Tiger's new shoe, the Miramar, for example, is a \$40 shoe that offers a dual-density, compression molded E.V.A. midsole, and a pocket of silicon gel in the sock liner to help disperse shock. As another example, the Reebok CL1400 is a \$36 shoe that also has a two density midsole, a tough internal P.V.C. heel counter that is reinforced externally, and a good rubber outsole. Both of these shoes are prime examples of low cost footwear incorporating some features found in higher priced shoes.

So, don't give yourself cranial cramps when trying to find a shoe that is inexpensive which also offers high performance. It's not a paradox. Don't let the prices intimidate you— fight back: get informed, know what you need, and always shop around. You're sure to find the best shoe for you.

## TALKING WITH THE PACK

By Jodi Reali

This month I had some nice conversations with some of the members of the club, it seems that when people get talking the conversation can travel and I end up almost forgetting to ask the question! It's a good way to get to know people. Anyways, my question this month is "What is your most valued piece of clothing for running in the cold winter weather?"

Pattie Locke - "It's definitely my Gore-tex suit. I always wear my polypro tights under the pants as I seem to always be cold, this seems to keep me the warmest."

Jane Dolly - "My Gore-tex jacket would be it, I've had it for three years and I really love it. I wear the jacket more than I wear the pants, I usually wear my winter lycra tights instead. This combination seems to be the warmest."

Mike Worden - "I'd have to say that it would be both my polypro top and bottom with my windsuit over it, this seems to keep me warm. Wearing a nice wool hat helps too."

Jean Thomas - "I guess it would be my polypro gloves with a pair of mittens over them. If my hands aren't warm I don't make it very far running. I also wear thick socks to keep my feet warm."

John Gale - "I recently got a new Gore-tex running suit and I wear that often to keep me the warmest. I'd say that Gore-tex and polypro are the warmest things you can wear."

Herb Strom - "I really value my Gore-tex running suit. I had it given to me from Tony Owens, as he didn't like the noise it made while running, and ever since then I wear it whenever it's cold out."

Herb mentioned another valuable piece of clothing. I don't believe he owns one but knows someone who does. I won't tell you what it is -- I'll let him tell you!!!!

Thank you for all your answers. There wasn't a wide variety of answers, I guess that goes to show that Gore-tex is the answer if any of you runners are out there trying to keep warm with any thing but.



## UPCOMING RACES

- MARCH 7 5TH ANNUAL FROSTBITE RUN. 11 a.m. from Ellsworth High School. 3.5 mile road race. 5\$ t-shirts to first 25 registrants. Contact Sheldon Booze, Down East Family YMCA, P.O.Box 512 Ellsworth, ME 04605 207-667-5647
- MAR 15 KERRYMAN'S PUB 4 - MILER 12:00 noon on RT 1 in Saco. Contact Stoddard Chaplin, 380 West St., Biddeford Me. 04805
- MAR 15 8TH ANNUAL ST. PATRICK'S DAY "KILLARNEY'S 10K" ROAD RACE. 12 noon from Killarney's in Waterville. Contact St. Pats American Heart Assoc., Maine Affiliate, Inc., P.O. Box 346, Augusta, ME 04330
- Mar 22 Ninth Annual Boston Primer Road Race: 15 miles, 11:00 AM, Maranacook Community School, Readfield, Maine. Entry Fee \$5.00. Registration 9:30. Maine Road Ramblers, P.O. Box 264, Augusta, Maine 04330.
- MAR 28 4TH ANNUAL GREAT LITE BEER MAINEiac HALF MARATHON. 10 a.m. from the Holiday Health and Racquet Club, Odlin Road in Bangor. \*ME-85022-GN\* \$6 Contact Dave Wilson, Maine Air National Guard Base, Bangor, ME 04401
- APRIL 12 1987 OAKHURST MILK RUN 10:00 a.m. SMVTI, 4 mile course \$5 Pre, \$6 day of race, t-shirts first 150 - Preregistrants Contact MAINE TRACK CLUB P.O. BOX 8008 PORTLAND, ME 04104

### UPCOMING RACES - OUTSIDE OF MAINE

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- MARCH 15 NEW BEDFORD, MA - NEW BEDFORD/BANK of BOSTON HALF MARATHON, 11 a.m. Susan Foster, 69 Forest St., New Bedford MA 02740. TAC Trust Purse \$23,000. TAC Men's National HALF MARATHON CHAMPIONSHIP.
- MARCH 22 8TH ANNUAL NEW ENGLAND ATHLETICS CONGRESS 30K CHAMPIONSHIP 30K 11 a.m., Tahanto Regional HS. Central MASS STRIDERS, P.O. Box 2, Greendale Station, Worcester MA 01606
- MARCH 29 BOSTON MASS - 4TH ANNUAL AZALEA RUN, 5 mile 12:00 noon, West End, Faneuil Hall Market Place. Allyson Reed (617) 523-1300 Benefits Massachusetts Special Olympics.
- 

Race Director needed for the Officer Friendly Fun Run in June. Bob Coughlin will be unable to do it again this year but will help the new director



# RACE RESULTS

6TH ANNUAL MID-WINTER CLASSIC  
TEN MILE ROAD RACE  
SO. PORTLAND, ME. FEB 8, 1987

PLACE	NAME	AGE	S	TIME	PACE
1	ANDREW C WHELAN	26	M	0:52:57	5:18
2	STEPHEN GRYGIEL	29	M	0:54:27	5:27
3	JOHN D WRIGHT	23	M	0:56:00	5:36
4	KENNETH FLANDERS	35	M	0:56:56	5:42
*5	BARRY FIFIELD	29	M	0:57:00	5:42
*6	JIM TOULOUSE	38	M	0:57:04	5:42
7	GRAYDON STEVENS	34	M	0:57:09	5:43
*8	STEPHEN MCGRATH	32	M	0:57:39	5:46
9	GUY A BERTHIAUME	41	M	0:58:26	5:51
10	LARY DEANS	30	M	0:58:49	5:53
11	STEPHEN FLUET	28	M	0:58:51	5:53
12	JOEL CROTEAU	43	M	0:59:08	5:55
13	GUY MARTIN	40	M	0:59:22	5:56
14	FRANK BRUME	46	M	0:59:53	5:59
15	DAVE KIRBALL	16	M	0:59:58	6:00
*16	JOEL TITCOMB	29	M	1:00:00	6:00
*17	BOB COUGHLIN	48	M	1:00:37	6:04
*18	JUDSDN ESTY-KENDALL	37	M	1:01:07	6:07
19	SCOTT A MARTEL	18	M	1:01:47	6:11
*20	MIKE TOWLE	38	M	1:02:15	6:14
21	ROY G CRAWFORD	33	M	1:02:23	6:14
22	LARRY D KINNER	37	M	1:02:25	6:15
23	MICHAEL DESAUTELS	28	M	1:02:30	6:15
24	MICHAEL KIMBALL	33	M	1:02:41	6:16
25	BILL SKERRITT	27	M	1:02:58	6:18
26	STEVE SARGENT	16	M	1:02:59	6:18
27	DONALD E WILSON	39	M	1:03:07	6:19
*28	RON CEDRONE	38	M	1:03:25	6:21
29	BRIAN D MONAS	27	M	1:03:36	6:22
30	MICHAEL LEIGHTON	25	M	1:03:38	6:22
*31	BRIAN MILLIKEN	33	M	1:03:39	6:22
*32	JERRY ALLANACH	37	M	1:03:43	6:22
*33	JOHN R LUNT	27	M	1:03:45	6:23
*34	DAVE SMITH	45	M	1:03:49	6:23
*35	WANDA HANEY	20	F	1:03:56	6:24
36	SALLY PERKINS	23	F	1:04:03	6:24
*37	ROBERT HOOVER	32	M	1:04:52	6:29
38	STEEVEN J ROBERTSON	27	M	1:04:55	6:30
39	BOB JOLICQUER	49	M	1:05:28	6:33
40	CONRAD A LABELLE	32	M	1:05:34	6:33
41	WAYNE CLARK	40	M	1:05:48	6:35
*42	PHIL S PIERCE	45	M	1:05:50	6:35
43	JOSEPH L TRYON	34	M	1:06:27	6:39
44	STANLEY SHELDON JR	40	M	1:06:43	6:40
45	TOM CASH	45	M	1:07:25	6:45
46	PHIL VEZINA	27	M	1:07:47	6:47
47	DON BEST	31	M	1:07:54	6:47
48	JOHN EDWARDS	37	M	1:08:03	6:48
*49	CAROL WEEKS	37	F	1:08:27	6:51
50	JOHN ERIKSSON	36	M	1:08:39	6:52
51	ROBERT KRAMER	43	M	1:08:42	6:52
52	THOMAS CARLL	42	M	1:08:47	6:53
*53	DICK LAJOIE	46	M	1:08:50	6:53
*54	MICHAEL FROST	36	M	1:09:51	6:53
55	MICHAEL O'BRIEN	29	M	1:09:06	6:55
*56	JOHN GALE	31	M	1:09:08	6:55
*57	GORDON CHAMBERLAIN	48	M	1:09:26	6:57
*58	GEORGE LIMING	35	M	1:09:42	6:58
59	TOM REILLY	33	M	1:10:03	7:00
60	J. CESTA	34	M	1:10:04	7:00
61	CRAIG REYNOLDS	38	M	1:10:27	7:03
*62	WALTER W. WEBBER	56	M	1:10:33	7:03
63	DAVID FREEMAN	38	M	1:11:10	7:07
64	JOE REGALI	33	M	1:11:11	7:07
65	DONALD PUTNAM	42	M	1:12:21	7:14
66	GUY N LAFLAMME	31	M	1:12:44	7:16
67	WALTER SMITH	44	M	1:13:16	7:20
*68	RICHARD LITTLEFIELD	38	M	1:13:26	7:21
*69	NORMAN LOCKE	27	M	1:14:17	7:26
*70	FRANK MORONG	53	M	1:14:59	7:30
*71	BOB GREEN	38	M	1:15:22	7:32
*72	ERIC R ELLIS	34	M	1:15:25	7:33
*73	RICK STROUT	48	M	1:15:32	7:33
*74	PATTI LOCKE	23	F	1:16:02	7:36

*75	ROGES SMITH	41	M	1:16:33	7:39
*76	JIM GEARY	26	M	1:17:34	7:45
77	BRUCE W LITTLE	31	M	1:17:51	7:47
78	PAUL DAMBOISE	57	M	1:18:37	7:52
*79	PAT TITCOMB	29	F	1:19:01	7:54
80	STEPHEN CROCKETT	32	M	1:19:30	7:57
81	KARL GEIB	28	M	1:19:31	7:57
*82	BARBARA FOOTER	34	F	1:19:45	7:59
*83	BILL DAVENNY	42	M	1:20:12	8:01
84	RICHARD LEPORE	56	M	1:20:37	8:04
85	TED PRATT	18	M	1:20:43	8:04
*86	MAUREEN SFROUL	10	F	1:20:49	8:05
*87	RUSS BRADLEY	63	M	1:20:52	8:05
*88	BOB CUSHMAN	49	M	1:20:53	8:05
89	S.M.HALL III	26	M	1:21:21	8:08
*90	DAVE CONLEY	47	M	1:21:31	8:09
*91	DON PENTA	40	M	1:21:49	8:11
92	LORNA GILES	42	F	1:23:23	8:20
93	RICHARD JEWELL	43	M	1:23:45	8:23
*94	PHILLIP BARTLETT	38	M	1:23:50	8:23
*95	SUSAN DAVENNY	38	F	1:25:20	8:32
*96	RICHARD SCRIBNER	35	M	1:25:57	8:36
97	JOE MELVIN	18	M	1:26:46	8:41
98	CLYDE PARKER	34	M	1:26:52	8:41
99	LINDA BEST	29	F	1:28:10	8:49
100	DAVE MARSTON	51	M	1:28:10	8:49
101	KIM SCHROETER	30	F	1:30:52	9:05
102	DANIEL P OLEARY	23	M	1:36:10	9:37
103	BEVERLY GARBER	39	F	1:36:38	9:40
104	JAMES A BERRY	60	M	1:36:41	9:40
*105	TERRY MCGOVERN	63	M	1:37:49	9:47

## \* MTC MEMBERS

### Some comments from Race Director Marie Wood -

It was good to see Terry McGovern racing again, he has been recovering from a knee injury. Terry's time would have been 3-4 min. faster, but being the guy that he is, stopped to help a fellow runner who had twisted his ankle during the race. Our congratulations to Wanda Haney who was the first woman to cross the finish line in 63:56. All that hard effort and smart training has really paid off. Marie can't figure out why there were only 12 ladies in this years race! (7-MTC members) Come on ladies, I want to see a stronger field next year.....don't let a few hills scare you away. ( sorry don't look at me... I'd swim the course before I'd run it)

Marie Wood and Bob Payne, race directors, wish to thank the following helpers who made this race possible:

Bob Laskey	Nancy Steadman
Carlene Anderson	Cindy Vokey
Lloyd Cook	Jeanette Strickland
Joyce Cook	Jeri Bugbee
Susan Milliken	Younne Jurkowski
Dale Rines	Patrick Reny
Ken Hutchins	Tim Smith
David Canarie	Peter Dube
David Crawford	Paul Merrill
Jane Dolley	Pat Buckley
Toni Parise	Steve Caron
Jodi Reali	Warren Foye
Mike Delcourt	Al Butler
Jean Thomas	Ken Dolley
Ted Cunningham	Frank Ferland
Eileen Whynot	

A soecial thanks to Ted and Ken for their expertise in producing our computer race results and Jane for also coordinating our flag team.



OF THE TWENTY-THREE MTC MEMBERS WHO PARTICIPATED IN BOTH THE '86 AND '87 MID-WINTER CLASSICS THE FOLLOWING THIRTEEN IMPROVED ON THEIR '86 TIMES;

	'86	'87	DIF.
John Gale	1:17:36	1:09:08	8:28
Joel Titcomb	1:05:36	1:00:00	5:36
Phil S. Pierce	1:10:06	1:05:50	4:16
Bill Davenney	1:24:20	1:20:12	4:08
Gordon Chamberlain	1:12:04	1:09:26	2:38
Bob Jolicoeur	1:07:53	1:05:28	2:25
Erie Ellis	1:17:26	1:15:25	2:01
Russ Bradley	1:22:52	1:20:52	2:00
Dave Conley	1:22:35	1:21:31	1:04
Ron Cedrone	1:04:25	1:03:25	1:00
Wanda Haney	1:04:46	1:03:56	0:50
Don Penta	1:22:24	1:21:49	0:35
Judson Esty-Kendall	1:01:09	1:01:07	0:02

FAST COMPANY - - BEST OF TIMES IN 1986  
by Don Penta - - Club statistician

## 2 MILES:

Peter Dube, 10:35, Gray Old Home Days  
Debbie Sawyer, 11:33.5, Gray Old Home Days

## 3 MILES:

Kevin Kein, 16:23, Doe's Tavern  
Wanda Haney, 16:59, St. Mary's Festival

## 5 K:

Ralph Duquette, 15:21, RRCA  
Wanda Haney, 18:06, RRCA

### CERTIFIED:

Randy Hastings, 16:52.3, Epsteins 5 Aces  
Wanda Haney, 18:41.6, Epstein's Five Aces

## 4 MILES:

Peter Dube, 20:49, Gray Annual  
Wanda Haney, 23:07, April Amble

### CERTIFIED:

Jim Harmon, 22:47, Bridgton 4 On 4th  
Jennifer Rood, 25:19, Bridgton 4 On 4th

## 5 MILES:

Wanda Haney, 29:47, Portland Boy's Club

### CERTIFIED:

Hank Pfeifle, 24:06, Pat's Pizza  
Debbie Sawyer, 29:57, Pat's Pizza

## 10 K:

Bruce Ellis, 30:52, Harbor House

### CERTIFIED:

Hank Pfeifle, 31:06, Maine Event Tri  
Wanda Haney, 37:36.6, Benjamins

### ALSO:

Joan Samuelson, 34:07, Turkey Trot  
34:48, L.L.Bean(Cert.)

## 15 K:

Kim Moody, 58:01, Great Maine Race

### CERTIFIED:

Bruce Ellis, 46:38, Schoodie  
Nancy Ellis, 1:01:46, Schoodie

## 10 MILES:

Kim Moody, 1:02:07, Mid-Winter Classic

### CERTIFIED:

Jim Toulouse, 56:45, Good Sports  
Deb Hewson, 1:09:34, Good Sports

## HALF MARATHON, CERTIFIED:

Bruce Ellis, 1:07:28, Cape Challenge  
Deb Hewson, 1:28:56, Cape Challenge

## 15 Miles:

Bruce Ellis, 1:22:10, Boston Primer  
Kim Moody, 1:37:25, Boston Primer

## MARATHON, CERTIFIED:

Bruce Ellis, 2:18:37, Sugarloaf  
Debbie Sawyer, 3:05:59, Casco Bay

## Ultramarathon, CERTIFIED:

Phillip S. Pierce, 6:43, Rowdy Ultra

Gasping Gobbler 10K  
Augusta, Maine  
November 27, 1986  
167 finishers

### Top Men:

1. Ralph Duquette (MTC)	28	32:23
2. Peter Lessard	24	33:39
3. Patrick O'Malley	20	33:58

### Top Women:

21. Diane Wood	24	38:44
43. Denise Whelton	17	40:24
53. Jane Rau	37	42:01

### Other MTC finishers:

28. James Hogerty	31	39:16
37. Bob Jolicoeur	49	39:56
56. William Shuttleworth	39	42:31
59. Donald McGilvery	35	42:39

### Top Masters:

6. Guy Berthiaume	41	35:55
75. Faye Gagnon	41	44:37

Gasping Gobbler 2-miler  
118 finishers

### Top Men:

1. Michael Sargent	35	10:37
2. Christopher Bovie	36	10:45

### Top Women:

27. Veronica Knight	19	12:54
28. Janelle Comeau	17	13:01

### MTC finishers:

10. Jerry Allanach	37	11:31
72. Valerie Shuttleworth	13	16:34

We heard that Jim Hogerty and Bruce Ellis both ran in the Houston-Tenneco Marathon on January 18th. Jim finished in 3:28:49 and Bruce cruised to a 2:26:14 (just a training run probably!).

Good Sports 10-mile Run-to-the-Coast-and-Back has seen its last running under the capable hands of Rob Jarrett. Rob has sold the Good Sports store and it is going out of business. This race is one of the best summer races in Maine and with a little help from its friends may survive. Your club is looking at the possibility of directing the race, particularly if a new sponsor can be found. The race will be held on August 16 this year (hopefully) and will NOT be in conflict with other races such as the Sugarloaf Marathon.



## NEW MEMBERS

Since our last newsletter was published the following 11 new members have joined the Track Club:

NAME & ADDRESS	PHONE	OCCUPATION	AGE/SPONSOR/ INTERESTS
Carlene Anderson & Fam. 48 Hobart Street So. Portland, Me. 04106	(B) 780-6157	Receptionist (UNUM)	37 Raquetball, tennis, and camping.
Milton Bailey 93 Barton Street Presque Isle, Me. 04769	(B) 764-4672 (H) 764-0583	Parker K. Bailey (Owner/Manager)	67 Ice Skating, skiing, and swimming.
Guy Berthiaume Box 726, Pine Cove Rd. Gray, Me. 04039	(B) 657-3554 (H) 657-4017	Eng. Tech. (Maine D.O.T.)	41/Guy's wife/ Skiing, fishing, tennis, hiking.
Ronald Dubois 43 Riggs Street Portland, Me. 04102	(B) 775-3171 (H) 773-7764	Customer Service (Delta Airlines)	32
Matthew Knox P.O. Box 262 Wayne, Me. 04284	(H) 685-3570	Student (Mavanacook/9th Grade)	15 Cross Country, cycling, and X/C Skiing.
Raymond Labonte P.O. Box 1001 Saco, Me. 04072	(B) 775-3471 (H) 283-1365	Direct. Shipping (Emery Waterhouse)	26 Skiing, golf, swimming, foot- ball, baseball, basketball, hik- ing, & cycling.
John W. LeRoy 3522 Oaklane Drive Philpot, Kentucky 42366	(H) (502) 729-9788	Manager (General Electric)	50 X/C Skiing and triathlons.
Peter Lessard 757 Main Street So. Portland, Me. 04106	(B) 892-2531 (H) 775-6392	Night Manager (Shop 'N Save)	24 Computers, camp- ing, traveling, racing and more racing.
Michael O'Brien 155 Woodlawn Ave. Portland, Me. 04103	(B) 774-5000 (H) 797-7470	Asst. V.P./Audit (Coastal Savings)	29 Triathlons
Walter Smith Upper Pleasant St. Freeport, Me. 04032	(B) 846-9055 (H) 865-4961	Maint. Planner (CMP)	44/N. Stedman
Russell H. Steiger 144 Marineast So. Portland, Me. 04106	(B) 775-8984 (H) 767-3888	Mgr.-Envir. & Chem. Services (Fairchild)	26 Tennis, Music.



## SHOE RATINGS

The October 1986 issue of *Consumer Reports* contains an impressive evaluation of twenty-six current running shoe models. The shoe appraisal involved 117 runners (77 men and 40 women) recruited from a New York City area running club. Each runner ran in two different pairs of shoes, alternating test models daily for two to three months until a total of 200 miles had been run in each pair. Every forty miles, participants gave the shoes ratings for overall comfort, shock absorption, flexibility, and toe room. Sports medicine specialists evaluated each shoe model for heel counter construction and overall stability, and *Consumer Reports* engineers measured shoe breathability (how fast the shoes would permit moisture from sweaty feet to evaporate).

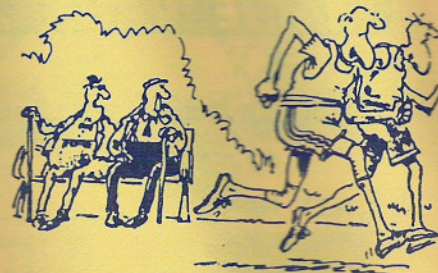
*Asics Tiger* shoes emerged as the top overall brand. The *Tigers* were found to be comfortable and flexible, were rated highly by male and female runners, and also received high ratings from the specialists. Other shoes did not do as

well. The *Brooks Chariot* was found to be stable but inflexible and uncomfortable. The *New Balance 1300*, a \$130 shoe, was rated as sturdy and highly shock absorbent, but many runners found it to be rubbery, heavy, and stolid. The *Nike Vortex* and *Nike Venue*, both of which have midsoles containing Nike's revolutionary air pillow construction, joined the *Brooks Chariot*, the *Etonic Mirage*, and the women's *New Balance 470* at the bottom of the list for shock absorption.

The highest rated men's shoes were the *New Balance 470*, *Asics Tiger Epirus*, *Turntec Quantum Plus*, *Saucony Shadow*, and the *Asics Tiger Ultra 1000*. At the top of the women's list were the *Asics Tiger Lady Alliance*, *Adidas Helsinki*, and *New Balance 520*.

The most poorly rated men's shoes were the *Nike Venue*, *Nike Vortex*, *New Balance 575*, and *Etonic Mirage*. At the bottom for women were the *Reebok DL5600*, *New Balance 470*, and the *Turntec Lady Quantum*.

from: Running Research News, Nov/Dec 1986  
(P.O.Box 2704, Lansing, MI 48909 \$15.00/yr)



**"Look at those old  
fools running themselves  
into the ground."**



**"Look at those old  
geezers sitting around,  
going to seed."**

This month's newsletter deserves a credit line for ImageSet Associates, Computer Publishing and Design. They generously donated their Xerox machine, Macintosh computers and office to help get this newsletter out.

### Officers and Committee Chairpersons



Phil Pierce	President	781-3769	Tom Norton	Clothing	929-5548
Cheryl Bascomb	Vice President	929-8259	Nancy Stedman	Social	774-4013
Susan Milliken	Secretary	781-2321	Maggie Soule	Publicity	846-3631
Rick Strout	Treasurer	892-3216	Don Penta	Statistician	892-4526
Charles Scribner	Race Committee	772-5781	Cheryl Bascomb	Programs	929-8259
Fred Beck	Newletter	846-3111	Brian Milliken	Refreshments	781-2321
Dennis Connelly	Membership	797-2007	John Gale	Course Certific.	775-5017
Jane Dolley	Past President	846-6018	Frank Ferland	Photography	829-3390

Maine Track Club is a  
non-profit organization.

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



# 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



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04104

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