

# Maine Track Club



Run with a friend...

**MARCH 1990**

## NEXT MTC MEETING

March 14th Meeting Schedule

5:30pm Fun Run Showers at SMTC Gym  
7:00pm Fred Scribner on "Sports Photography," Auditorium  
8:00pm Business Meeting  
8:45pm Refreshments

### NAME CHANGE

SMVTI is now SMTC, Southern Maine Technical College.



## Race Schedule

### UPCOMING RACES

#### March

- 11 Kilarney's 10K, 11am, Waterville, Holiday Inn, Jerry Saint Amand, 873-6753.
- 18 11th Annual Top o' the Mornin' 4 Miler, noon, Saco, Kerryman Pub, Steve Mooney, 282-2903
- 18 12th Boston Primer 15 Mile Road Race, 11am, Readfield, Maranacook Community School, Dave Grugan, 622-0289
- 18 New Bedford Half-Marathon, noon, Bank of Boston, New Bedford, Paul Foster, 508-999-2699.
- 29 Portland Hash House Harriers, 6:00pm, Gritty McDuff's, Portland, Adult non-competitive fun run.

#### April

- 1 Kennebunkport 10K Run, 8:30am, Bearberry Farm, Limit to 40 runners with pledges, see article in this newsletter.
- 8 MDA Boston Milk Run 10K, 1:45pm, Simmons College. Write DMSE, 430C Salem Street, Medford, MA 02155.
- 14 Terrier Trot 5 Miler, Waterville, Thomas College, Jerry Saint Amand 873-6753.
- 16 Boston Marathon
- 16 61st Patriot's Day 5 Miler, noon, Portland Boys Club, Dave Paul.
- 21 9th Unity 5K, Unity College, 9:00am, Ed Raiola 948-3131.
- 29 April Amble, Portland, Westbrook College, John Henderson.
- 29 Terry Fox 5K, Bangor, 10:00am, YMCA Sports and Fitness Center, Sub 5 Track Club.

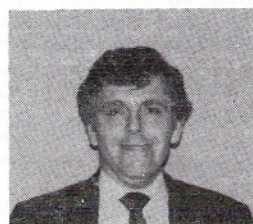
## BOARD OF DIRECTORS

### DECISIONS FROM THE BOARD OF DIRECTORS MEETING FEBRUARY 7, 1990

Rob Laskey and Susan Davenney were authorized to sign Maine Track Club checks.

The sum of \$310 was approved for Bill Stuart's Miami RRCA Convention air fare, parking, and registration. MTC Race Committee Chairman and RRCA State Representative, Charles Scribner, will receive \$65 out of miscellaneous funds for his registration fee.

The next Board of Directors Meeting will be on Tuesday, March 6.



CONGRATULATIONS  
DON PENTA!

When you see Don Penta, shake his hand. You have just met the newly-appointed Maine State Record Keeper for TACSTATS, the official publication of the National Center for long distance running and race-walking records and research of The Athletic Congress.

Don's appointment comes as no surprise, given the outstanding job he has done as Statistician for the MTC over the years.



### CHANGES IN CENTRAL MAINE STRIDERS SCHEDULE

(See Dec/Jan MTC Newsletter)

- April 28 Togus 5 Miler cancelled. New race may be planned.
- August 12 Samoset 10K will replace the Old Bristol Days 4 Miler, 9:00am, Alan Reilly, 677-3617
- August 22 Kennebec 10,000 moved from Aug. 15, 6:00pm, Bob Hagopian, 696-3088



## From the Editor

As I write this column, another winter storm is dumping two more inches of snow on top of the seven inches we got last Sunday, which was deposited upon nine inches the Sunday before that. And, as I think back to last June, my friends around me helping me pack, I remember distinctly saying: "Snow? No, I'm not worried. There is so much less snow-fall along the coast." As they turn to the full-color weather map in USA Today and see me permanently tinged in dark blue (or worse still, dead white), I know they are all having a chuckle at my expense.

By the time you read this, the crocus will have come and gone from my hometown of Washington, D.C. The daffodils that flood the parks and parkways are already almost half way grown. There has surely been at least one day where the temperature has inched toward 70, and the sun has warmed the ground enough that the earth smells just like spring. It's the kind of day where you put on your running shoes and feel like you could run forever.

Do I miss it? You bet! But there is something almost magical about waking up to fresh snow in the air and on the ground. Polypropylene and Gore-tex have made winter running comfortable in all but the bitterest days. Who of us hasn't experienced the beauty of having a snow-covered road to ourselves, traveling at a slower pace, but seeing things that might escape our view on clearer, dryer days. There is an unspoken camaraderie among those out in the snow; cross-country skiers greet walkers who smile at sledders who wave to runners. The only ones out on days like this are the ones who really want to be there.

Maine living (and running) has taken some adjustment. You have to admit that by March, warm weather fantasies have replaced those erotic ones all the surveys tell me runners have while running. But before you know it, we, too, will see crocuses peeking out of the snow. And we will feel like running forever. As I told my friends in D.C.: "Mud? Not much of that in Kennebunkport in the spring, it's much too dry." Can you hear the guffaws from where you are?

*Candace*

### BIRTH ANNOUNCEMENT

Congratulations to MTC Honorary Member Joan Benoit Samuelson and her family, husband Scott and daughter Abby on the birth of Anders Clark Samuelson. He was born on January 28th in Portland.

### FEBRUARY MTC TRAINING RUN AND POT LUCK BRUNCH

Saturday, March 17, at Bill Stuart's, 92 Elsmere Ave. So. Portland, 799-5961. This is a snow date from the Feb. 24 scheduled run.

18 miles at 7:00 am  
12 miles at 8:00 am  
6 miles at 9:00 am  
Brunch at 10:00 am

Bring juice, fruit, bagels, muffins, etc.  
Bring a friend. Directions: Broadway to Cottage Road (toward Portland Headlight). Left on Elsmere immediately before Colonial Cleaners. First house on right.

### MARCH MTC TRAINING RUN AND POT LUCK BRUNCH

Saturday, March 31st at Sandy Utterstrom's 19 West Circle, West Falmouth, 797-4710

18 miles at 7:00am  
12 miles at 8:00am  
6 miles at 9:00am  
Brunch at 10:00am

Bring juice, fruit, bagels or muffins or etc.  
Directions: Take Winn Road off of the Gray Road. Bear left by the Fire Barn. Turn right on West Circle.

Want to host a run and brunch in April? Call Bill Stuart at 799-5961 or Sue Davenny at 772-1787.

### LOST AND FOUND: MTC SUPER 8 MOVIE CAMERA

We are trying to track down the location of the club's Super 8 movie camera. Would anyone knowing its whereabouts please call Sue Davenny at 772-1787.

### PROGRAM SUGGESTIONS WANTED

Maine Track Club members, would you please list at least one subject that you would like to have presented at a meeting. Please write the name(s) of a possible speaker or contact person, if known. We want the MTC to be your club, and to serve the interests of its members. Any ideas and suggestions will be appreciated. Thanks.

Peter Bastow, Vice-President

Topic \_\_\_\_\_ Contact \_\_\_\_\_

Topic \_\_\_\_\_ Contact \_\_\_\_\_

Topic \_\_\_\_\_ Contact \_\_\_\_\_

Please send to Peter Bastow at the P.O. Box.



## Membership Meeting

### MTC MEMBERSHIP MEETING FEBRUARY 14, 1990

Bill Stuart opened the meeting at 7:05pm. Attendance: Over 60.

Peter Bastow introduced speakers, Dr. Lincoln Avery, Dr. William Heinz and Mr. Ray Eifel. They showed slides of their facility for Orthopaedics, Sports Medicine and Rehabilitation at 33 Sewall Street, Portland. Types of injuries, prevention and treatment were illustrated with slides and individual questions and answers.

Guests and new members introduced themselves. Welcome Hollee Howden, Herb Hoppe, Steve Wilson, Ernie Lebel, Bob & Emily Stewart, Steve Jacobsen, Greg Dugas, Chuck Baker, Lori Garon.

Bill Stuart announced new membership applications would be ready soon.

Peter Bastow passed out program suggestion slips and announced the March speaker will be Fred Scribner on Sports Photography.

The Secretary's report was approved as printed in the newsletter.

Treasurer's report, the balance as of Jan. 5 was \$6783.90. John Woods suggested a higher interest account for some of the funds. The 1990 budget will appear in the March newsletter and be voted on at the March meeting.

Races, Bill announced the April Amble will be on April 29th. Maureen Sproul and Paul D'Amboise will organize MTC volunteers.

Midwinter 10 Miler, rescheduled to March 4. Cape Challenge needs sponsors, race directors and partially new course.

Banquet, 123 people attended. Sue Davenney has remaining t-shirts, awards and program booklets. Suggestions for next year to Nancy Stedman.

Carlton Mendell received the Bruce Ellis Memorial Award at the Central Maine Striders Banquet.

Monthly training runs and pot luck brunches Volunteer hosts, please notify Bill Stuart.

#### Announcements

Next Hash: February 22

Newsletter deadline: February 21

Board Meeting: March 6, a Tuesday.

Pre-Meeting Fun Run: March 14 5:30pm.

Mount Washington Road Race: Sign up as soon as applications are out. Contact Ron Cedrone for info and team roster.

Maine Running Hall of Fame Banquet, Call Jerry Saint Amand by Weds.

A member questioned the trend to more Sunday races, suggested the newsletter include a comprehensive race schedule and wondered if there were any plans to hold a 24 hour relay as done in the early years of the club. All will be considered.

The meeting adjourned at 8:45pm for refreshments provided by Bill Stuart.

Respectfully submitted,

*Susan Davenney*  
Susan Davenney  
Secretary

## New Members

Name & Address	Phone	Occupation	Age
Susan & Ashleigh Arledge 113 Fessenden St. Portland, ME 04103	H761-7755		44 10
Mike Cunney 3105 Decatur Ave. Bronx, NY 10467	H654-3526 W967-7105	Auditor State of Illinois	56
John & Jenny Kim John, Becky 15 Ramble Road Cape Elizabeth, ME 04107	H799-4315	Teacher University of New England	53 49 21 17
Howard Lewis 94 Hutchins Drive Portland, ME 04102	W772-3994	Manager, Environmental & Regulatory Affairs	45
John Maxell 28 Hidden Creek Lane Standish, ME 04084	H892-7504 W772-0131	Scheduler Portland Litho	34
Michelle Mondor 7 Cote Circle Biddeford, ME 04005	H283-3277 W780-4386	Administrative Assistant USM	42
Greg Parker 34 Chase St. Apt.2 So. Portland, ME 04106	H767-6257 W878-3888	General Manager Bicknell, Inc.	31
Mike Robb 94 Hutchins Drive Portland, ME 04102	W772-3994	Mine Manager Boliden	49
Stephen Wilson 135 Whitten Hill Rd. RR2 Kennebunkport, ME 04046	H967-3761 W774-5791	Collections Fort Motor Credit Co.	28

### RUN WITH A FRIEND

#### Portland Area

Early Morning Group, USM, Portland, Gym Lobby. No showers unless you have a Lifeline membership. Parking in USM lots by sticker. Start time (5:15 - 6:00am) and mileage (4-10mi.) varies each day. Call Bill Davenney 772-1787 or Bill Stuart 799-5961. Pace: 8-10 min. mi. Long runs on weekends from homes, Sat./Sun. Call for location.

The Rat Pack, call Al Butler at 772-6463.

The Portland Hash House Harriers, watch the newsletter and Sara's column.

#### Brunswick

Call John LeRoy at 725-8680.

Sunday runs at 9:00am from Brunswick Junior High School, 4-8 mi. Also Saturday long runs and intervals. Call John for those times.



# ANNUAL AWARDS



Carlton Mendell (L) and Wanda Binette  
MTC Runners of the Year

## TENTH ANNIVERSARY BANQUET

### THE 10TH ANNIVERSARY BANQUET

One hundred and twenty-three people attended the 10th Anniversary Banquet at Keeley's Banquet Center in Portland. Ten years deserved some special touches: balloon bouquets, sparkles on the tables, two anniversary cakes, videotaping by expert, Bruce Stedman, slides with the history, slides with the awards, and a program booklet. Past Presidents Brian Gillespie, Dick McFaul, Russ Connors, Bob Jolicoeur, Jane Dolley and Charles Scribner presented awards with past awards recipients, Virginia Connors Holmes, Sandy Utterstrom and Barbara Coughlin. Under the skillful direction of Master of Ceremonies, incoming President, Bill Stuart, the tone of the evening was one of warmth, good humor and pride.



Greg Hale (L) and Tina Meserve  
Maine Runners of the Year



# PRESIDENT'S PAGE

It was great seeing such a terrific turnout at our last meeting. Special thanks are in order to Drs. Lincoln Avery, William Heinz and Ray Eifel of the Orthopaedics, Sports Medicine and Rehabilitation facility in Portland. They presented a very informative program on their facility, their services and how to avoid common running injuries.

Less than two weeks prior to the meeting, we learned that you can schedule a road race in Maine in February, but you cannot schedule good racing conditions. By the time that you read this column, I hope that the Mid-Winter Classic will have gone smoothly.

## CONVENTION REPORT

Jane Dolley, Ken Dolley, Charles Scribner, Maggie Soule and I will be attending the RRCA convention in Miami from March 8-11. We will provide information in the next newsletter about the things that we learn about club and race management, children's running, newsletters, sponsorships, etc. Also, we will report on Jane's expected election as national president of RRCA.

## CAPE CHALLENGE

As I noted at the February meeting, we need help if we are to maintain the tradition of a fall half-marathon. The Cape Challenge probably attracts more out-of-state interest than any other race that we manage. At present, we have no sponsors, one race director who no longer can help and another who can offer guidance but cannot manage the race, and some problems with the course. One person stepped forward at the last meeting to become involved as a co-director. If you are interested in working to save this race - the only half-marathon in southern Maine - please call Charles Scribner or me to express interest.

## BOARD OF DIRECTORS NOTES

Beginning with this issue of the newsletter, we are running a brief review of the decisions that we make at our Board of Directors meetings. The 11-member Board is empowered to make policy decisions and spend amounts of money less than \$500 without consulting the membership. We hope that keeping members informed about the issues that we are discussing will lead to additional member input on important decisions. If you have any questions about topics that the board is discussing, please see me or a member of the board (Peter Bastow, Rob Laskey, Susan Davenny, Charles Scribner, Candace Karu, Ruth Hefflefinger, Don Penta, Herb Strom, Barbara Coughlin, Carlton Mendell, Ken Dolley).

## CLUB GOALS

The Board of Directors will be discussing goals for 1990 at the March 6 board meeting. I will provide additional information in the next newsletter about the goals that we hope to achieve in 1990.

## MASTERS GROUP

Several members have expressed interest recently in bringing together MTC master runners for team competition. Some races, particularly in Massachusetts, have team competition. The strength of MTC is in the over-40 age divisions. Obviously such an effort can be successful only if someone steps forward to organize a group of runners and research races with master team categories. If you are interested in helping with such a program, please let me know.

*Bill*

## Newsletter Deadlines

For the April 1990 issue:  
March 19, 1990

For the May 1990 issue:  
April 23, 1990

For the June 1990 issue:  
May 21, 1990

For the July 1990 issue:  
June 20, 1990

**Deadline:** n. the LAST day to submit material for the newsletter in question.

PH3



**NO RASA THIS MONTH!**  
TRY AGAIN NEXT MONTH - EVERYONE WELCOME.



## Race Results

### 5th Annual Sentinal 10K Classic - 115 F. Waterville, Me - 17 September 1989

1 Greg Hale open	26	30:01
2 Tim Wakeland	24	30:47
3 Todd McGraw	24	31:14
8 Tom Thibau 30-34	31	33:24
12 Dennis Croteau 35-39	39	34:12
13 Guy Martin 40-44	43	34:27
23 Deb Potter open	34	36:49*
24 Doug Ludewig 45-49	49	36:50
41 Rose Prest-Morrison	26	38:46*
46 Dick Cummings 50-59	52	39:45
55 Wendy Hosea	17	40:08*
56 Peter Bastow (MTC) 2,50-59	53	40:12
64 Jane Rau 35-39	39	41:20*
71 Jo Comeau 45-49	45	42:09*
77 Carol Pierce (MTC) 40-44	43	43:22*
88 Carlton Mendell (MTC) 60+ 67	45:15	

Carol Pierce's time was a Distance PR.

### 7th Annual Olde Bristol Days 4M - 127 F. Pemaquid Point, Me - 13 August 1989

1 Chris Donnell open	24	20:40
2 Patrick James	23	21:06
3 Tom Thibau	31	21:27
5 Steve Reed	41	22:10
8 Al Sproul	51	23:18
11 Joe Richards (MTC)	46	24:00
14 Richard Scribner (MTC)	38	24:24
40 Maureen Sproul (MTC) open 33	26:58*	
47 Jane Rau	39	27:34*
60 Paul D'Amboise (MTC)	59	28:41
75 Tom Menendez (MTC)	35	29:31
88 Robert Wyman (MTC)	52	30:44

### Wilton Blueberry Festival 10K - 74 Fin. Wilton, Me - 12 August 1989

1 Jeff Meserve open	31	33:20
2 Dennis Croteau	39	35:12
3 Russell Chretien	23	35:45
6 Tina Meserve open (CR)	22	37:01*
7 Doug Ludewig 40-49	49	37:19
19 Linda Larue-Keniston	35	40:05*
21 Roy Morejon (MTC)	46	40:14
31 J. Ireton-Hewitt (MTC) 50-59	51	43:22
36 Theresa Pratt	16	43:45*
39 Dale Rines (MTC)	37	44:54
42 Carlton Mendell (MTC) 60+ 67	45:35	
56 Dennis Morrill (MTC)	49	49:12
60 Dennis Connelly (MTC)	41	50:14

### Wilton One Mile Fun Run (125 Fin.)

1 Arnold Henry	13	5:54
2 Leah Yates	13	6:08*
5 Robert Flottmesch	11	6:20
8 Jaclyn Ouillet	10	6:40*
9 Roy Morejon, Jr. (MTC)	8	6:42
11 Gillian Morejon (MTC)	10	6:44*

### 1989 Kingfield 10K - 275 Finishers Kingfield, Me - 23 September 1989

1 Glendon Rand open	32:16
2 Roy Morris	32:25
3 Todd McGraw	32:31
11 Steve Reed	35:39
18 Tina Meserve open	36:58*
29 Joe Richards (MTC)	38:04
37 Rose Prest-Morrison	38:44*
55 Joan B. Samuelson (Hon. MTC)	39:59*
57 Lloyd LaFountain (MTC)	40:06
60 Phil Coffin (MTC)	40:24
79 Scott Fone (MTC)	41:35
80 Carol Weeks (MTC) 5th 1,40-49	41:40*
93 Jack Ireton-Hewitt (MTC)	42:34
95 Sumner Weeks, Jr. (MTC)	42:45
116 Rosalyn Randall (MTC)	44:11*
119 Carey Trimble (MTC)	44:24
146 Carlton Mendell (MTC)	46:10
200 John Woods (MTC)	51:57
240 Georgianna Haskell (MTC)	55:11*

### Pepsi Cola 10K Classic, Bangor, 10/8/89

Tim Wakeland 1st/142 men	30:56
Julia Kirtland 1st/32 women	36:12*
Cheryl MacMahon (MTC) 5th woman	42:01*
Lloyd Smith (MTC) 92nd man	44:22

Race Results are carefully  
compiled and edited by  
Don Penta each month.

### Inaugural Pine Tree Marathon - 137 Fin. Waterville, Me - 22 October 1989

#### Top Finishers (overall):

1 Joe McGuire open	45	2:32:24
2 Peter Millard 1,35-39	35	2:38:07
3 Arthur Feeley	26	2:39:45
4 Bob Everett	29	2:45:39
5 Leo Chandler 1,40-44	42	2:48:53
33 Christie Hendrich open	23	3:11:26*
37 Susan Hawkins	27	3:13:49*
46 Connie McLellan 1,35-39	39	3:19:26*
50 Jo Comeau 1,45-49	45	3:23:45*
52 Nancy Ellis (MTC) 2,35-39	36	3:24:48*

#### Other Top Divisions:

12 Bob Coughlin 50-59	50	2:58:24
31 Mike Stapenhurst 45-49	48	3:11:12
54 Frank Lorey 60&over	60	3:25:32
72 Sarah Andrus 30-34	34	3:32:02*
86 Joan Merriam 40-44	41	3:39:04*
124 Connie Towne 50-59	51	4:17:15*

#### Other MTC Finishers:

10 Richard Mulhern 3,35-39	36	2:57:22
24 Frank Ferland	40	3:08:06
65 Robert Jolicoeur	52	3:29:34
76 Carlton Mendell 2,60+ 67	68	3:34:51
96 Maureen Sproul 2,30-34	33	3:47:20*
133 Rick O'Brien	43	4:40:50

### 21st Annual Turkey Trot 10K - 159 Fin. Cape Elizabeth, Me - 18 November 1989

#### Top Finishers (overall):

1 David Weatherbie	21	32:40
2 Sebastian Yunger	27	32:56
3 Tim Swope	24	33:10
4 Stu Hogan	27	33:39
5 David Libby	24	33:48
30 Gail Turner (MTC)	29	39:05*
35 Erika Maddaleni	23	39:24*
41 Rose Prest-Morrison	27	40:24*
47 Jennifer Allen	23	40:50*
65 Cheryl MacMahon (MTC)	26	43:14*

#### Top Divisions:

7 Kenneth Flanders 35-39	37	34:27
11 Barry Fildfield (MTC) 30-34	32	35:48
13 Lawson Noyes 45-49	47	36:03
23 Bob Coughlin 50-59	50	37:57
33 Bill Devou 40-44	40	39:20
69 Joan Lee (MTC) 35-39	35	43:33*
75 Dianne Whitcomb 30-34	30	44:01*
77 Joan Tremberth (MTC) 40-44	44	44:31*
79 John Chandler 60&over	62	44:37
138 Jean Thomas (MTC) 50-59	53	51:42*
148 Maggie Soule (MTC) 45-49	48	55:55*

#### Other MTC Finishers:

12 Joel Titcomb 2,30-34	30	36:01
15 James Bunnell	32	37:15
18 Sean McFaul 3,18&under	18	37:21
20 Stephen Wilson	28	37:34
21 Harry Nelson	35	37:44
22 Glen Roy	28	37:55
25 Joe Richards 2,45-49	46	38:39
27 Steve Robertson	30	38:44
29 Thomas Clemence	32	38:48
31 Dick McFaul 3,45-49	45	39:06
32 Tom Allen	33	39:18
34 Mike Towle 2,40-44	41	39:22
36 Russ Connors 2,50-59	57	39:30
52 Lloyd LaFountain	27	41:39
53 Jack Ireton-Hewitt 3,50-59	52	41:46
54 Thomas Carll	45	41:58
58 Craig Robinson	43	42:43
61 Eric Ellis	36	42:59
62 Michael Cowell	52	43:02
67 Michael Goodwin	26	43:25
74 Thomas Menendez	36	44:00
76 Donald McDade	37	44:22
82 Bob Laux	34	45:00
84 Kathryn Tolford 2,35-39	35	45:19*
86 Michael Cavanaugh	38	45:27
91 Carol Pierce 2,40-44	43	46:05*
92 Orlando Delogu	52	46:06
99 Herb Strom 2,60&over	60	46:40
106 Russ Bradley 3,60&over	66	47:21
113 Frank Morong	57	48:20
115 John Maxwell	34	48:51
116 Les Berry	41	49:01
121 Lisa O'Loughlin	21	49:46*
122 Diane Flanders	32	49:58*
123 Rick O'Brien	43	50:00
127 Gail Waitkum-Romanoff	35	50:26*
129 Bob Perkins	46	50:46
130 Warren Foye	41	50:48
131 Robert Wyman	52	50:59
133 Claire Edwards	34	51:10*
136 John Woods	71	51:34
142 Donald Penta	43	53:36
143 Widgery J. Thomas	65	54:35
144 Craig Cunningham	30	55:01
145 Georgianna Haskell	34	55:10*
147 John Gleason	46	55:40
150 Denny Morrill	50	57:34
156 Jim Carroll	80	1:03:00
159 Jenny Kim 2,45-49	48	1:08:34*



Top Finishers (/\* : Women):

1 Terry Hersh	37	24:12*
2 Edie Dubord	31	24:23*
3 Wanda Binette (MTC)	23	24:26*
4 Rose Prest-Morrison	27	24:40*
5 Mary Ann Doss	29	25:55*
1 Rick Garcia	25	21:36
2 Richard Perry	20	21:54
3 Mike Lyons (MTC) 1,16-18	18	22:21
4 James Harvie	20	22:28
5 David Wong	19	22:29

Top Divisions:

9 Ellen Bowden 35-39	37	27:11*
11 Joan Lavin (MTC) 40-44	41	27:59*
20 Elizabeth Handy 30-34	32	29:49*
26 Erin Barry 16-18	16	30:40*
35 Meghan Barry 15&under	9	32:10*
38 Kathy Gardiner (MTC) 45-49	47	32:17*
40 Jean Thomas (MTC) 50-59	53	33:09*
67 Chris. DeTroy (MTC) 60&+	61	38:25*
6 Barry Fifield (MTC) 30-34	32	22:36
10 James Sackett 40-44	40	23:14
11 Dan Barker 35-39	36	23:18
15 Joel Croteau 45-49	45	23:26
82 David Stakel 15&under	15	27:33
104 Richard Cavanaugh 50-59	56	28:26
132 Russ Bradley (MTC) 60&+	66	29:57

Other MTC Women (81 Total):

13 Katie Thorne	29	28:33
14 Kay MacDonald 2,35-39	37	28:39
15 Carol Pierce 2,40-44	43	28:44
24 Diane Flanders	32	30:28
34 Gail Waitkum-Romanoff	34	31:54
37 Jeanne Clemence 3,40-44	40	32:16
39 Jeri Schroeder	40	32:48
41 Sandy Utterstrom 2,45-49	46	33:11
43 Maureen Sproul	33	34:11
44 Susan Davenney	41	34:25
50 Sherry Carll	42	36:03
51 Bambi Lovett 3,50-59	51	36:15
55 Sara Hobson	29	36:37
64 Brenda Cushman 3,45-49	48	37:56
66 Ingrid Snekvik 3,15&-	14	38:14
68 Linda Richards	26	38:30
72 Julie O'Brien	18	39:10
75 Kim Monaghan	30	39:30
76 Ruth Hefflefinger 2,60&+	60	39:30
77 Donna Moulton	40	39:36
79 Michelle Mondor	42	40:32

Other MTC Men (210 Total):

7 Joel Titcomb 2,30-34	31	22:55
18 Richard Mulhern 2,35-39	36	23:43
19 Jim Bunnell	32	23:51
29 Ron Cedrone	40	24:43
39 Charles Snekvik 2,45-49	46	25:17
45 Steven Robertson	30	25:42
46 Dale Rines	37	25:43
52 Richard Scribner	38	25:56
60 Al Butler	36	26:35
67 Thomas Carll	45	27:00
68 Roy Morejon	46	27:02
77 Norman Locke	30	27:17
84 Peter DeTroy	41	27:38
93 Scott Fone	29	27:57
99 Loren Lathrop	40	28:14
100 James DiVirgilio	32	28:16
109 Michael Cavanaugh	38	28:38
121 Dick Lajoie	49	29:17
113 Bob Jolicoeur 2,50-59	52	28:46
125 John LeRoy	52	29:36
130 Tom Menendez	36	29:47
137 Chris Taylor	12	30:22
145 Bob Cushman	52	31:06
156 Tom Atchison	40	31:44
170 Robert Wyman	52	32:18
182 Widgery Thomas 3,60&over	65	33:48
187 Joey Fifield	13	34:29
189 Bill Lovett	48	34:49
190 Wayne Newland	51	34:56
193 Don Penta	43	35:02
196 Stephen Monaghan	63	36:19
199 Raymond Neveu	51	36:30
207 Joe Richards	46	38:31
209 Rick O'Brien	43	39:18

Top Finishers (open division):

1 Kenneth Flanders	38	16:46
2 Kip Bachman	18	17:02
3 Trey Cassidy	21	17:13
4 Gregory Wilson	31	17:18
5 Robert Jones (MTC)	17	17:23
13 Christine Snow-Reaser	23	18:22*
14 Lisa Wakem	22	18:25*
24 Ellen Grant (MTC)	32	19:13*
25 Erika Maddaleni	23	19:15*
33 Christine Braceras (MTC)	27	19:46*

Top Age Divisions:

6 Richard Davee 30-39	33	17:38
7 Allen Livingood 20-29	26	17:46
8 Joel Croteau 40-49	45	17:55
17 Bob Payne (MTC) 50-59	51	18:37
20 John Olson 16-19	17	18:53
26 Josh McCarthy 15&under	14	19:19
33 Christine Hendrich 20-29	23	19:52*
75 Katheryn Tolford (MTC) 30-39	35	22:10*
77 Carlton Mendell (MTC) 60-69	68	22:17
85 Erin Barry 16-19	16	22:54*
122 Kim Murphy 40-49	43	26:13*
125 Gail Browning 50-59	52	26:28*
139 Terri Morris 60-69	61	28:23*
156 Frank Long 70&over	72	32:53

Other MTC Finishers:

9 Harry Nelson 2,30-39	35	18:02
10 Joel Titcomb 3,30-39	31	18:07
11 Thomas Clemence	33	18:15
12 Jim Bunnell	32	18:18
34 Dale Rines	37	19:47
41 Phillip Pierce	48	20:22
44 Donna Hubert 2,20-29	22	20:35*
47 John LeRoy 3,50-59	52	20:49
48 Eric Ellis	37	20:58
49 Loren Lathrop	40	20:59
53 Craig Robinson	43	21:15
54 Jeanne Lamontagne 3,20-29	26	21:18*
59 Nathan MacDuffie	30	21:39
60 Michael Cavanaugh	38	21:40
64 Michael Towle	41	21:44
65 Steven Jacobsen	40	21:47
68 Neil Martin	46	21:53
69 Susan Daignault	28	21:54*
78 Andy Braceras	27	22:28
80 Orlando Delogu	52	22:34
81 Richard Robinov	29	22:38
92 Marla Keefe 3,30-39	36	23:34*
93 Diane Flanders	32	23:36*
95 Tom Atchison	40	23:38
113 Patti Tableman	31	24:59*
114 Robert Wyman	52	25:21
124 Patricia Titcomb	32	26:22*
127 Donald Penta	43	26:32
129 Daniel Sobel	42	26:58
135 Maggie Soule 2,40-49	48	27:48*
133 Paul D'Amboise 2,60-69	60	27:22
137 Judy Wilson	44	28:10*
143 Stephen Monaghan 3,60-69	62	28:42
148 Linda Richards	26	29:18*
151 Lori Garon	40	29:30*
157 Michelle Mondor	42	33:13*
158 Ruth Hefflefinger 2,60-69	60	33:38*

11th Annual January Thaw 4.5 Miler  
CMS Event - 66 Fin. - 21/January/90

1 Todd Coffin open	28	23:21
2 Steve Reed 40-49	41	25:52
10 Bob Payne (MTC) 50-59	51	27:58
12 Deb Potter open	35	28:30*
24 Richard Scribner (MTC)	38	30:42
27 Dale Rines (MTC)	37	31:11
45 Carlton Mendell (MTC) 60&+	68	34:25
55 Wendy Sayres 50-59	56	40:06*
66 Mardie Brown 60&over	72	1:01:53*

## Tidbits

Dear Maine Track Club,

I would like to  
express my sincerest thanks  
in being awarded the John  
Tyalka Memorial Scholarship.  
I regret that I am unable  
to attend the banquet due  
to a track meet being scheduled  
for that evening. Thanks again!

Yours Truly,  
Sam Wilbur

## COLD WEATHER

### Don't Get Cold Feet!

If you are one of those unfortunate people whose feet sweat heavily, it may be that in the winter your socks become so soaked with sweat that your feet grow cold when you run. What can you do to relieve this annoying problem?

A fabric provides insulation largely because it traps air in the spaces between fibers. If the fabric becomes wet, the air spaces are either pressed out as the fabric sags or they fill up with water. In this way fabrics lose their ability to insulate.

The exception is wool. Wool fibers are naturally crimped; this means they have very small waves and kinks. In addition, wool absorbs water, about 30% of its own weight. When wool comes in contact with water the fibers swell. Because they retain most of their crimp the fibers still trap a lot of air, and they retain much of their insulation. For this reason wet wool feels relatively comfortable and protects you from most of the effects of cold.

If wool feels itchy and uncomfortable, wear thin polypropylene inner soles to avoid this problem. The yarn of polypropylene is spun from very thin fibers that are separated by almost microscopically small spaces. Since the fibers themselves do not absorb water, moisture is wicked along the capillary spaces between fibers. Sweat from your feet will be wicked away into your woolen outer socks, which even when wet will still insulate your feet.

If you decide to wear two pairs of socks, make sure you wear them in the store when you try on new running shoes. You can buy polypropylene socks, and woolen socks of various thicknesses, at outdoor outfitters. (TS)



## RRCA News



### MTC RACE DIRECTORS MEETING JANUARY 10, 1990

Guests, Wayne and Sally Nicholl, officials with the TAC Road Running Technical Committee, spoke to MTC race directors and interested members on the subjects of course certification and reporting of race results to TAC STATS for recognition of road racing performances. Wayne is a national certifier and Vice-Chairman East and Sally is Validations Chairman of the committee. They live in Potter Place, New Hampshire. TAC Manuals on Course Measurement Procedures and forms and instructions for reporting to TAC STATS were distributed.

Jane Dolley spoke on the new RRCA Liability insurance and TAC sanctions. Races will reimburse the club for an insurance expense using the same participant/cost scale as previously used for a national TAC sanction. Race directors are encouraged to apply for a Maine TAC sanction through Jane. This keeps in effect a TAC member's accident insurance during this event.

Charles Scribner distributed Rainbow Racing Catalogues, tentative schedules, sample entry forms, new RRCA logo sheets, MTC and TAC logos, Runner's Line logos and information sheets. Jane Dolley shared copies of the Cape Challenge budget.

Dave Paul outlined plans for the 61st Portland Boys Club Race, April 16th, which include Sunday clinics, exhibits, spaghetti dinner and possibly a children's run.

John LeRoy encouraged efforts to get complete race results to runners.

Training clinics will need to be scheduled on timing equipment and computer use.

**Race directors: Save your liability waivers until the statute of limitations runs out.**

Respectfully submitted,

*Susan Davenny*  
Susan Davenny  
Secretary

### NIKE WOMEN'S RACE WASHINGTON, D.C. MOTHER'S DAY

After last year's inaugural which saw four women go under the American 8K Record, runners are eagerly awaiting the second annual Nike Women's Race. The race will be on Sunday, May 13 at 8:00 am in West Potomac Park. (Entries close May 2.) American 8K Record holder and defending champion Lynn Jennings will be returning to defend her title against a world class field.

The race is designed not only to showcase some of the world's finest women runners, but to attract runners of all abilities and ages from all over the US to run in the nation's capital, according to race officials. Runners will vie for age group and team awards as well as a chance to be the fastest mother/daughter team. And all finishers under 13 receive a commemorative ribbon in addition to Nike Supplex shorts, donated by Sponsor Du Pont, that go to all contestants.

The Nike Women's Race is part of the \$1,000,000 ARRA Championship Circuit. \$24,500 in prize money will be awarded with \$5,000 going to the winner.

In addition to title sponsor Nike, other sponsors are Du Pont, Gatorade and Self Magazine. The race will be conducted by the all women's distance running club, the Washington RunHers, coordinated by Darman and Associates, and directed by Henley Gible. As part of the race weekend festivities, Nike will sponsor a running expo at the Ritz Carlton, Pentagon City (Arlington VA) as well as a race clinic featuring several elite women runners.

Applications for the race are available by sending a self-addressed, stamped envelope to: Nike Women's Race, Box 134, Mt. Vernon, VA 22121, (703) 780-3037

## Frank & Ernest





# MTC BUDGET REVIEW 89/90

## BUDGET/ACTUAL 1989/90

<u>Income</u>	<u>1989 Budget</u>	<u>1989 Actual</u>	<u>1989 Variance</u>	<u>1990 Budget</u>
Lawn Sale	\$ 1,000	\$ 347.80	(\$ 652.00)	\$ -0-
Patron Donations	\$ 500	\$ 135.00	(\$ 365.00)	\$ 3,000.00
Memberships	\$ 4,000	\$ 3,125.00	(\$ 885.00)	\$ 3,500.00
Scholarships	\$ 200	\$ 200.00	(\$ 200.00)	\$ 200.00
Clothing	\$ 1,500	\$ 2,520.00	\$ 1,020.00	\$ 2,500.00
Road Races	\$ 15,000	\$ 17,443.00	(\$ 2,443.00)	\$ 5,000.00
Annual Banquet	\$ 1,600	\$ 2,281.85	\$ 681.85	\$ 1,642.00
Interest	\$ 550	\$ 418.77	(\$ 131.23)	\$ 500.00
Miscellaneous	\$ 500	\$ 50.00	(\$ 475.00)	\$ 500.00
Course Certification	\$ 250	\$ -0-	(\$ 250.00)	\$ 250.00
Bruce Ellis Fund	\$	\$ 463.52	\$ 450.00	\$ 500.00
Race Insurance Fees				775.00
Race Management Fees				\$ 3,000.00
	<u>\$ 25,100</u>	<u>\$ 26,984.94</u>	<u>\$ 1,844.94</u>	<u>\$ 21,367.00</u>

<u>Expenses</u>	<u>1989 Budget</u>	<u>1989 Actual</u>	<u>1989 Variance</u>	<u>1990 Budget</u>
Clothing	\$ 1,300	\$ 2,695.67	\$ 1,395.67	\$ 2,000.00
Scholarships	\$ 650	\$ 500.00	(\$ 150.00)	\$ 500.00
Potluck Supper	\$ 350	\$ 194.99	(\$ 155.01)	\$ 200.00
Newsletter	\$ 1,500	\$ 1,800.11	\$ 300.11	\$ 1,800.00
Printing	\$ 900	\$ 937.42	(\$ 37.42)	\$ 1,000.00
Postage	\$ 1,600	\$ 1,443.25	(\$ 156.32)	\$ 1,500.00
Road Races	\$ 12,000	\$ 14,280.80	\$ 2,280.80	\$ 5,000.00
Film	\$ 100	\$ 132.01	\$ 32.01	\$ 100.00
Speakers	\$ 600	\$ -0-	(\$ 600.00)	\$ 600.00
Insurance	\$ 200	\$ -0-	(\$ 200.00)	\$ 775.00
Membership RRCA	\$ 250	\$ 263.50	\$ 13.50	\$ 263.00
Conventions	\$ 800	\$ 770.00	(\$ 30.00)	\$ 800.00
Equipment	\$ 1,000	\$ 1,009.01	\$ 9.01	\$ 1,500.00
Annual Banquet	\$ 3,200	\$ 4,147.45	(\$ 947.45)	\$ 4,196.00
Maine Running Hall of Fame	\$ 150	\$ 100.00	\$ 50.00	\$ 200.00
Youth Competition Fund	\$ 250	\$ 250.00	(\$ 250.00)	\$ 500.00
Miscellaneous	\$ 500	\$ 439.49	\$ 60.51	\$ 400.00
	<u>\$ 25,100</u>	<u>\$ 28,963.70</u>	<u>3,863.00</u>	<u>\$ 21,367.00</u>

Profit (Loss) (\$ 1,978.76)

-0-



# 1990 Officers and Committee Chairpersons

Bill Stuart	President	799-5961	John LeRoy	Course Certification	725-8680
Peter Bastow	Vice President	829-3669	Loren Lathrop	Course Certification	772-8356
Susan Davenny	Secretary	772-1787	Ruth Hefflefinger	Membership	797-4625
Rob Laskey	Treasurer	729-4104	Herb Strom	Past President	799-7705
Charlie Scribner	Race Committee	772-5781	Melvin Fineberg	Clothing	774-8868
Candice Karu	Newsletter Editor	967-4257	Don Penta	Statistician	892-4526
Barbara Coughlin	Member at Large	799-0463	Ken Dolley	Member at Large	846-6018
Carlton Mendell	Member at Large	797-7806			

Maine Track Club, Box 8008, Portland, Maine 04104 \* A non-profit organization



## WANTED: NEWSLETTER SPONSORS!

MTC gratefully acknowledges the generosity and support of those members listed at right. If you would like to become an individual sponsor, please send \$10 to the Maine Track Club, Box 8008, Portland 04104.

To become a corporate sponsor, your donation of \$25 should be mailed to the same address. Prime sponsorships in the amount of \$50 will reserve you advertising space in the newsletter. For details, contact the Editor at the number listed above.

All donations are gratefully accepted!

### SPONSORS

Malcolm & Adrienne Kidd  
Debbie & Warren Alpern  
Robert Perkins  
Claire Edwards  
John Woods

### PRIME SPONSOR

Carol Pierce

## Treasurer's Report

January 5, 1990

Funds on Deposit December 5, 1989		\$ 7,425.20
<b>Receipts:</b>		
Turkey Trot	\$ 527.50	
Membership	\$ 672.00	
Banquet	\$ 607.50	
Ad Sponsor	\$ 60.00	
New Year 5K	\$ 1,367.00	
Clothing	\$ 295.30	
Interest	\$ 36.42	
		\$ 3,565.72
		\$ 10,990.92
<b>Disbursements:</b>		
*Carolyn's - Food	\$ 28.35	
*Turkey Trot	\$ 180.00	
*Postage	\$ 11.81	
*Photos	\$ 17.41	
*Photo Album-Banquet		
*Road Runners Club		
Dues	\$ 256.50	
Insurance	\$ 769.50	
*Congregational Church	\$ 100.00	
Fort Luck Supper		
*Charlie Scribner - Labels	\$ 23.85	
*Ruth Hefflefinger - Postage	\$ 137.60	
Printing		
*DF Trophy World	\$ 300.00	
Deposit for Trophies - Banquet		
*University of Maine Scholarship	\$ 250.00	
*University of Pennsylvania	\$ 250.00	
*Ruth Hefflefinger - Expenses	\$ 56.30	
*Bill Stewart - Expenses 5K	\$ 557.00	
*Maine Arts - 5K Proceeds	\$ 551.00	
*Big Red Q Printing - Newsletter	\$ 158.45	
*Coastal Silkscreen - Clothing	\$ 352.50	
*Printing	\$ 15.75	
*Dale Rand Printing		
Flyers - 10 Mile Classic	\$ 90.30	
Certificates - Banquet	\$ 14.70	
*Cape Community Service - 10 Mile race	\$ 86.00	
		\$ 4,207.02
Funds on Deposit January 5, 1990		\$ 6,783.90

**ATHLETIC FOOTWEAR** is off and running—with sales up 13 percent over last year, reports NPD/SMART. Basketball shoes are enjoying the biggest jump in sales, up nearly 30 percent over 1988. Aerobic shoes are up 11 percent; racket shoes and cleats, 10 percent; and running shoes, 6 percent. Like sales, advertising dollars spent to market these new-age sneakers has also increased considerably.

### CONDOLENCES

Sympathy cards have been sent to:  
Mrs. Robert Payne on the death of her father in December,  
Dr. and Mrs. Anthony Salvo on the death of their son, John,  
and Mr. Richard Vail on the death of his mother in January,  
and Mr. John Bird on the death of his mother in February.

Susan Davenny  
Secretary



JAN. 20, 1990  
NINTH (?) ANNUAL  
HANDICAP RACE - 4M?

On a brisk Saturday with the temperature in the teens or low twenties, we held MTC's Annual Handicap Race. We used the Oakhurst/JBI course without the start from the top of the hill, so the course was a little short for most people, except for Kathy Gardner, who ran the long block down to Broadway rather than turning right at Surf Road, Dick Manthorne, who missed the turn at Surf Road, but was called back by Steve Monaghan and Wayne Newland, who were supposed to start ahead of him. Jenny Kim took a wrong turn, which can happen when you're the first runner. Also, Carleton Mendell got a late start because of a snafu. Warren Wilson and Bob Cushman also lost around a minute since there were inside keeping warm or battling the breeze or both. Joel Titcomb, since he spent a little extra time warming up, also got a late start.

A fun time was had by all and after showers, the entourage headed to Herb and Evie Strom's for juice, coffee and refreshments and trophies for the top ten finishers. The trophies used were recycled ones with new plaques.

I want to thank Ted Cunningham for timing, Bill Stuart for photography, which was exhibited that night at the banquet, Dick McFaul for help with registration and starting, Ray Hefflefinger for handling the turn at Preble Street and Cottage Road and Don Penta for handling the turn at Cottage Road and Richland Street.

1	Wayne Newland	43:36	minus 9:00 =	34:36
2	John Kim	43:38	" 15:00 =	28:38
3	Loren Lathrop	43:39	" 17:00 =	26:39
4	John Leroy	44:17	" 17:00 =	27:17
5	Christine DeTroy	44:23	" 7:00 =	37:23
6	Wilbur Holmes	44:46	" 7:00 =	37:46
7	Patty Titcomb	44:54	" 11:00 =	33:54
8	Ruth Hefflefinger	45:03	" 5:00 =	40:03
9	Jenny Kim	45:10	" 0:00 =	45:10
10	Dick Manthorne	45:19	" 9:30 =	35:49
11	Bill Davenney	45:29	" 9:00 =	36:29
12	Steve Monaghan	45:30	" 9:00 =	36:30
13	Dick Scribner	45:32	" 19:00 =	26:32
14	Nate McDuffie	45:33	" 18:30 =	27:03
15	Dale Rines	45:42	" 18:30 =	27:12
16	Joel Titcomb	45:46	" 22:15 =	23:31
17	Carlton Mendell	46:04	" 15:40 =	30:24
18	Ed St. John	46:14	" 15:00 =	31:14
19	Sandy Utterstrom	46:26	" 14:00 =	31:26
20	Maggie Soule	48:01	" 11:00 =	37:01
21	Mike Robb	48:02	" 13:00 =	35:02
22	Kathy Gardner	48:37	" 13:00 =	35:37
23	Bob Cushman	49:23	" 13:00 =	36:23
24	Russ Bradley	49:24	" 13:00 =	36:24
25	Warren Wilson	49:25	" 13:00 =	36:25

Respectfully submitted,  
Herb Strom

THE KENNEBUNKPORT 10K RUN

The Maine Health Foundation will benefit from this race scheduled for April 1st. Entrants are asked to seek pledges in the effort to raise \$7500. The race is limited to 40 participants. If each runner can bring in \$250 in pledges, the goal will be met. Susan Davenney has pledge sheets or call Hugh McKerlie at 967-0787.

Date: April 1st

Registration: 8:00am

Start: 8:30am

Location: Bearberry Farm, Route 9, Kennebunkport

Prizes: To winning male and female, and to entrant with the most extravagant running attire, donated by Polo Ralph Loren

T-shirts: To all entrants and volunteers

Victory breakfast: For all entrants and volunteers at Bearberry Farm

Founded in 1983, the Maine Health Foundation is 100% volunteer, administered by a volunteer Board of Trustees. The Foundation provided financial assistance to People Living With Aids, has funded a study for an expanded hospice program in Maine, is establishing a Work-site AIDS Education Program, and contributes to a variety of AIDS educational and support group efforts.

Run with a friend and help.

PRE-MEETING  
FUN RUNS/WALKS

The first pre-meeting fun run in a long time was held at 5:30 from SMTC gym before our Feb. meeting. I ran to Portland Headlight at a conversational pace and talked to myself.

This fine old tradition will continue at 5:30pm or earlier, if you want to go further, with showers following at SMTC gym. If you're interested in something to eat after your run, you can bring it with you or someone who chooses to be a gopher can pick up pizza or something fast for the rest of us.

Please bring reflective gear and penlights, since it may be dark before we finish. I also want to encourage those that run shorter distances and walkers to take in Spring Point and Willard Beach, which are very scenic. So bring the family or a friend and I'll have maps available and follow-up for those with a tendency to wander.

See you March 14th!  
Herb Strom

PHOTOGRAPHERS NEEDED

We need photographers to take black and white prints for the newsletter and color slides for programs. It can count as a race worked. Contact Bill Stuart or the race director.



# 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