

Maine Track Club

March 1991

Run with a friend...



FROM THE EDITOR

March is not the most exciting month of the year, now, is it? OK, you do have a major excuse for drinking green beer and pretending that you grandparents were from County Cork. But other than some shenanigans around the 17th, March can be kind of loooooong, especially in Maine. This is why I propose that March be declared "National Get-Your-Act-Together Month." I mean, isn't this the perfect time to begin a serious running log, now that the weather is getting marginally better? Isn't this the time to radically revise your eating habits, now that some decent produce is slowly showing up at the supermarket? All the race announcements you're getting in the mail clearly indicate that there is no time like March to plan your spring/summer racing schedule. As you begin to review your yellowed, threadbare singlets and shorts, March seems to call out for a trip to House of Mel for a glorious new spring MTC running ensemble. Think of how fabulous you will look at all the races you so carefully planned for in March. And surely March a terrific time to begin to "Run with a Friend." Come to the March "Easter Egg Run and Hot Cross Bun" Brunch at Sue and Bill Davenny's (see details later in this issue). Maybe your huns won't be hot or cross, but you're sure to have fun and meet new running buddies. And finally, March is the month when we all need to remember that unless we pay our annual dues, we will not receive all the benefits of membership in the Maine Track Club (not the least of which is the monthly arrival of the hugely informative, frequently amusing MTC Newsletter). So if your name appears on the list in this issue, mail in those checks! You'd miss me and you know it!!!

Our heartiest congratulations to MTC Legend Carol Weeks. On February 23 she competed in the Seventh Annual Naples Heart Run (no, not Italy, silly, Florida). This grueling 10K race was run this year in 85 degrees with 80% humidity. In spite of the fact that Carol is used to running in sub-freezing temperatures, she breezed in as the first masters woman and third woman overall with a time of 43:08. Carol was in excellent company in the winners' circle where she was joined by Masters phenom John Campbell, who won the race handily with an awe inspiring time of 31:25. Having just returned from Florida myself, where I ran in 80+ degree weather, my jaw drops in wonder at Carol's accomplishment. Each day I felt lucky to have lived through the experience of running 6 or 7 miles in those conditions.

To all Maine Track Club members I extend the invitation to share you out-of-town (or even out-of-body) running experiences with us. We'd love to know about races around the country. Even if you don't want to write an article, call me, tell me your story and I'll put it in the Newsletter.

Candace

NEXT MTC MEETING

Wednesday, March 13 - 7:00 pm
SMTC - Machine Tool Auditorium

The March meeting will be held on Wednesday, March 13, at 7:00 pm. The speaker will be Stan Cowan, coach of track and cross-country at Maranacook Community School in Readfield.

Stan has a very successful running program at the high school and has coached several championship teams and runners. One of them, Susan Elias, is currently a nationally known cyclist. He will discuss training stages; going from one phase to another, following the methods set forth by the well-known coach, Jack Daniels.

Stan is looking forward to this meeting, and it should be both informative and interesting. The MTC business meeting and refreshments will follow Stan's presentation. Please join us!

DIRECTIONS TO MTC MEETINGS AT SMTC(SMVTI)

Take Broadway in So Portland heading towards the Spring Point Marina and SMTC(SMVTI) At the end of Broadway, turn right on Pickett St. At the stop sign, turn left on Fort Rd. The Machine Tool Auditorium is the second building on your left. Limited parking on the left beyond the building. More parking behind the building. Meetings are at 7:00pm.

MAINE TRACK CLUB EASTER EGG RUN & HOT CROSS BUNS BRUNCH

Date: Saturday, March 30, 1991

Hosts: Bill & Susan Davenny
14 Woodvale Street
Portland, ME
772-1787
Call for directions

Times: 19 miles 7:00am
14 miles 8:00am
7 miles 9:00am
Brunch 10:15am

Bring: You guessed it! Hot cross buns, bagels, fresh fruit or juice

Come and run with old and new friends at a friendly pace.

BABY BABY BABY BABY BABY BABY BABY

Congratulations to Michael and Jodi Reali on the birth of their son, Joshua, in December!

PRESIDENT'S PAGE

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As Maine's largest running club, it is important to have some goals to ensure that we continue to put on quality races, meet the needs of our members, hold informative and interesting club meetings, and promote running and health-related matters in the larger community.

I reviewed some of my goals with the Board of Directors and then asked for their input. At the February MTC meeting, I asked club members to do the same. I got some good responses, and I thank you. I will list some of these suggested goals and perhaps they will trigger some other ideas:

- o Promote the running interests of young people; perhaps have a "Kids' K" race where all finishers get an award.
- o Increase the Club's membership to 425; seek members south of the greater Portland area.
- o Improve attendance at the monthly meetings; continue to have quality speakers and programs.
- o Get an overhead "Finish" sign to be used in all races.
- o Promote the running interests of master and senior runners; put on a state or national masters' championship.
- o Have more non-competitive runs sponsored by the MTC: weekend training runs, track workouts, fun runs, etc.
- o Initiate a running program for the handicapped, or perhaps coordinate with the Special Olympics.
- o Develop a Maine Track Club Cookbook for Runners.

o Have an active Photography Committee; improve the quality of photos in the Newsletter.

o Revive the Casco Bay Marathon; promote/sponsor a greater Portland Marathon.

o Have more social events; perhaps have a runners and friends weekend outing.

o Acknowledge first time racers either after the race, and/or at the next club meeting after the race.

o Establish a mentor program.

o Set up computer programs for each race that can be used year after year.

o Develop a public relations committee to get better exposure and better coverage of road racing; become involved with community health-related projects; urge members to wear MTC clothing at the races they work or run.

o Support the race committee so that MTC will continue to have top-notch races.

As you can see, there are many exciting possibilities. We can succeed if there are volunteers to step forward and take that first stride toward the finish line. If you have some goals, ideas, suggestions, and/or would like to assist in some way, please contact any officer or committee chairperson listed in the Newsletter.

Happy running.

CYCLEMANIA'S 3RD SUPER SALE!

For three short days Cyclemania is offering a sale on all merchandise in the store. Select items will be so drastically reduced, you won't be able to pass up that bike you've been dreaming about. Whether you race the roads or tackle the trails, Cyclemania has a bike for you.

March 22, 23 and 24

**59 Federal Street
(1 block from Levinsky's)
Portland, Maine 774-2933**

Hours: 3/22: 12 - 8, 3/23: 10 - 7, 3/24: 11 - 5

RACE DIRECTORS MEETING
Saturday, March 23, 1991

Boys and Girls Club
Portland

A major portion of our time and effort and a major source of our club income is race management. This year's MTC officers are committed to improving the quality of our races through developing standards and training race directors and volunteers.

The MTC Road Race Technical Committee has scheduled a comprehensive meeting that will cover every phase of managing a better race, including publicity, sponsor relations, course management and budgeting. The meeting will explain the new MTC standards for a race and the benefits that the RRTC will provide for individual races.

The format will include panel discussions, Q&A periods and presentation of our new race director's manual. We ask that every race director be present at this important meeting. Interested volunteers and potential race directors also are invited to attend to learn more about this important part of our club business.

TIME: 9 am to 3 pm

Lunch will be provided



Post Race Lynn Patrick

OAKHURST MILK RUN DISPLAY ITEMS NEEDED

This is the fifth anniversary of the Oakhurst Milk Run and Co-Director, Charlie Scribner is looking for photos and awards from all the past races for a display. Please contact him at 772-5781.

NEW MEMBERS

NAME & ADDRESS	TELEPHONE	OCCUPATION
Betty Barber RR1, Box 30 Limerick, ME 04048	H793-4187 W773-6128	Musician-Portland Symphony
Clyde & Patricia Collidge Stephen 54 Mt. Vernon St. Somersworth, NH 03878	(603) H692-2153 W692-4282	Atty. Dist. Court Justice Homemaker U of NH - 1994
Albert Farris, Jr. P.O.Box 427 1616 River Road Brunswick, ME 04011-0427	H721-0848 W725-8625	Real Estate Developer A.E. Property, Inc.
M.F. Harmon 14 Williamsburg Lane Scarborough, ME 04074	H883-9799 W772-2846	Marketing Walch, Publisher
Mike Ingalls 5 Grasshopper Lane Lyman, ME 04005	H499-2360	Student Massabesic Jr. High
Brian McCrea Rhonda Prime Somerset Freeport, ME 04032	H865-1760	Running & Race Promotions Sales Rep. Tech. Service Rep.-Indxxx
Joanne Raymond 366 Shaker Road Gray, ME 04039	H657-4418 W693-6221	Interpreter for the deaf Lake Region School District
Katherine Tibbetts 55 Garden Avenue Gorham, ME 04038	H839-61351	USPS - Postal Clerk

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 (4-10 miles) varies each day. Call Bill Davenny 772-1787 or Bill Stuart 799-5961. Pace: 8-10 min. per mile. Long runs on weekends from homes, Sat/Sun. Call for location.

The Rat Pack, call All Butler at 772-6463 or John Gale at 775-5017. Pace: 7:00-7:30 min. per mile. Call for location.

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 miles. Also Saturday long runs and intervals. Call John for time and location.

Saco, Biddeford, Kennebunkport, Kennebunk?

We have a large number of members in these towns. Want to start a training group? Send a name and number to the newsletter editor for this column.

1991

MAINE TRACK CLUB RACE SCHEDULE

Date	Race	Distance
Feb 3	10th Midwinter Classic	10m
Mar 23	Roland Dyer Memorial	5k & 10k
Apr 15	62nd Portland Boys & Girls Club	5m
Apr 27	Westbrook College April Amble	4m
May 5	2nd Berwick DARE Race	5m & fun run
May 11	2nd Family Crisis Shelter Race	4m
May 18	Officer Friendly Youth Runs	1M & 2M
May 18	3rd South Portland DARE race	4m
May 19	Sugarloaf Marathon & 15k	26.2m & 15k
May 26	Oakhurst Dairy Milk Run	4m
June 2	Mark Hoffmaster Race	5m
June 9	Childrens Museum Old Port Run	TBA
June 15	Regional Corporate Championships	Closed event
June 22	JB1	4m
July 20	Clam Festival Classic	5m
July 26	Deering Oaks Festival	
	Track & Field International	TBA
July 27	Peaks Island Run	5m
Aug 18	Bowdoin & Back	10m
Sept 8	2nd Fore River Challenge	13.1m & 4m
Sept 29	2nd Bud Light/Womens Distance Festival	5k
Oct 5	Brunswick Physical Therapists	8k
Oct 12	Maine Track Club Fifty Miler	50m
Oct 13	CitiBank Falmouth	10k
Oct 20	Pine Tree Marathon	26.2 M
Nov 16	NCAA Division 3 - Cross Country Champs.	Closed event
Nov 24	23rd Turkey Trot	10k
Dec 31	3rd New Year's Portland	5k
	Portland Headlight Run	TBA

***For information or applications, please contact:
Maine Track Club, P.O. Box 8008, Portland, Maine 04104***

1990 Clarence Demar Marathon - 329 Run.
Gilsum to Keene, NH - 23 September 1990

1 Robert Ashby ME	22	2:36:22
6 Ronald Johnston (MTC)	38	2:44:40
26 Dale Dorr ME	42	2:57:17
31 Michael Daly ME	45	2:58:49
42 Kim Goff RI 1st woman	29	3:03:42*
52 Ronald Deprez (MTC)	46	3:05:03
54 Walter Trott ME	32	3:05:24
77 Larry Kinner ME	41	3:10:04
122 Michael Cowell (MTC)	53	3:17:27
125 Glen Gallupe ME	31	3:17:32
138 Jay Landers ME	41	3:21:37
141 Thomas Littlefield ME	44	3:22:54
147 Kenneth Hooper ME	40	3:24:55
155 John Dehart ME	49	3:27:09
158 William Hazzard (MTC)	25	3:27:48
208 Robert Jarratt ME	48	3:40:33
241 Jessica Boureault ME	20	3:47:38*
246 Heather Higbee ME	44	3:48:26*
251 Karen Pagnano ME	24	3:50:43*
255 Richard Jewell ME	47	3:52:17
273 Kim Youngdahl ME	54	3:58:46
285 Theresa Gallupe ME	28	4:05:44*

Many thanks to Ron Deprez for complete results!

Columbus Day 5K Classic - 47 Fin.
West Farmington, ME - 6 August 1990

1 Scott Brown	32	15:16
2 Jeff Meserve	32	15:27
3 Andrew Black	28	16:20
4 Jeremy Howard	14	16:32
15 Bob Bachorik	46	19:00
16 Dick Cummings	53	19:04
25 Jim Sullivan (MTC)	44	19:54
27 Lisa McConcie 1st woman	27	20:14*
37 Dennis Morrill (MTC)	51	22:36
38 Warren Wilson (MTC)	57	23:20
42 Carol Nichols	40	24:34*
47 Kay Sullivan (MTC)	43	37:55*

11th Annual Gasping Gobbler 10K - 164 F.
Augusta, Maine - 22 November 1990

1 Peter Lessard	28	32:21
2 Billi Davis	26	34:31
3 Jeremy Howard	14	34:50
4 Tom Thibau	32	35:09
6 Rick Lane	43	36:05
11 Lois Brommer (CR)	26	37:24*
18 Doug Ludewig	51	38:51
21 Tom Menendez (MTC)	37	39:16
32 Nancy Sutton (2nd)	29	40:42*
33 Amy Bouchard (3rd)	31	40:43*
51 Cynthia Moreshead	16	43:08*
64 Rick Meinking (MTC)	29	44:27
73 Nancy Lagin	40	45:40*
106 Barbara Coughlin (MTC)	47	48:27*
108 Richard Lepore	60	48:37
127 Connie Towne	52	52:08*
164 Mardie Brown	73	79:57*

Many thanks to CMS for complete results.

13th Annual UNH Homecoming 10K - 256 F.
Durham, New Hampshire - 25 October 1990

1 Michael O'Brien	30	31:06
7 Jeremy King 1, Maine	26	33:15
11 Douglas MacGregor	51	34:17
20 Lawson Noyes 2, Maine	48	35:48
37 Tamara Tuselli	22	37:44*
48 Laurinda Currier	31	38:54*
50 Joe Richards (MTC)	47	39:15
89 Dale Rines (MTC)	38	41:50
114 Donna Hardy	42	43:47*
228 Linda Richards (MTC)	27	53:44*

Many thanks to Dale Rines for providing complete results.

RACE RESULTS

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12th Annual "January Thaw" 4.5 Miler
Belgrade, ME - 20 January 1991 - 64 F.

1 Cliff Rogers	32	24:48
2 Scott Ellis	28	25:21
3 Paul Fagan	38	25:49
4 Jeff Mills, Jr.	16	25:52
5 Morgan Laidlaw	18	25:58
6 Veronica Knight	23	26:41*
9 Gary Larson	45	27:24
14 Carl Fogg (MTC)	42	27:58
15 Doug Ludewig	51	28:00
17 Donna Hubert (MTC) (2nd)	23	28:12*
19 Dale Rines (MTC)	38	29:04
22 Audrey Augustin (3rd)	24	29:25*
23 Jim Sullivan (MTC)	44	29:45
26 John LeRoy (MTC)	54	30:39
29 Laurie Nicholas (4th)	22	30:52*
34 Russ Bradley (MTC)	67	31:56
36 Carlton Mendell (MTC)	69	32:54
51 Donnajean Pohlman	40	37:11*
63 Mardie Brown	73	53:34*

Many thanks to the Central Maine Striders for complete results.

3rd Annual Christmas Classic 5K - 49 F.
Farmington, ME - 25 November 1990

1 Gordon Hartwell	33	16:34
2 Cliff Rogers	32	16:43
3 Jeremy Howard	14	16:44
8 Phil Stuart	43	18:02
13 Donna Hubert (MTC) (1st)	23	19:17*
19 Jim Sullivan (MTC)	44	20:05
32 Carlton Mendell (MTC)	69	22:28
35 Robin Estey (MTC)	27	23:08*
36 Walter Viles	54	23:50
37 Donnajean Pohlman	40	23:58*
49 Kay Sullivan (MTC)	43	32:44*

Many thanks to the Central Maine Striders for complete results.

MIDWINTER 10 MILE CLASSIC



#544 Jim Toulouse



#523 Tom Dann 2nd Overall



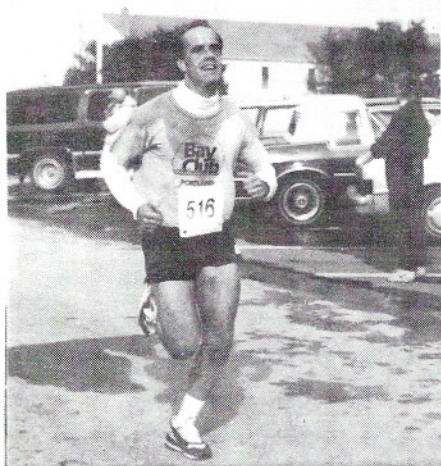
#597 Diane's Husband, Ken Flanders



#501 & 576 Tom & Jeanne Clemence



#686 Sean Keough



#516 Jim Bunnell

10th Annual Mid-Winter 10 Mile Classic
Cape Elizabeth, ME - 206 Record Fin.
February 3rd, 1991

Overall Finishers (Top 3: Open):		
1 Chip Pierce	30	52:56
2 Tom Dann (MTC)	33	53:13
3 Jeremy King	26	54:51
4 Steve Grygiel 1,30-34	33	57:39
5 Tom Thibau 2,30-34	32	57:48
6 Veronica Knight	23	1:02:43*
7 Mary Ann Doss	31	1:06:54*
8 Christine Bracerias	28	1:06:58*
9 Donna Hubert (MTC)	23	1:07:08*
10 Ellen Bowden 1,35-39	38	1:07:29*

Other Top Age Divisions:		
7 Michael Dubois 40-44	40	58:25
9 S.P. Keough (MTC) 35-39	35	59:17
0 Guy Berthiaume 45-49	45	59:27
7 Bob Coughlin 50-54	52	1:03:17
6 Russ Connors (MTC) 55-59	58	1:08:25
0 Eileen Dunfey (MTC) 30-34	34	1:09:22*
4 Carol Weeks (MTC) 40-44	41	1:11:50*
9 Walter Webber (MTC) 60&+	60	1:13:18
2 J. Tremberth (MTC) 45-49	45	1:16:06*
1 Jean Thomas (MTC) 55-59	55	1:18:38*
0 D. Billings (MTC) 60&+	60	1:39:04*
5 Jenny Kim (MTC) 50-54	50	1:53:57*

Other Maine Track Club Finishers:

11 Gordon Scannell 2,35-39	38	59:32
12 Bill Bristol	34	1:00:20
18 Jim Toulouse	42	1:01:47
20 James Bunnell	33	1:02:03
21 Joel Titcomb	32	1:02:34
23 Alan Quinlan	35	1:02:55
25 Tom Clemence	34	1:03:06
37 Erich Reitenbach	40	1:05:37
39 Tom Allen	34	1:05:50
41 Carl Fogg	42	1:05:56
48 Brian Milliken	37	1:06:55
49 Dick McPaul	46	1:06:58
57 Lloyd LaFountain	28	1:08:42
58 Phil Pierce	49	1:08:56
62 Jody King 2,30-34	30	1:09:39*
66 Yun Chong	30	1:10:11
74 Jeanne Hackett	32	1:10:58*
75 Michael Cowell	53	1:11:07
76 Ed Doughty, Jr.	42	1:11:09
81 Brad Davis	36	1:11:40
83 Ray Shevenell	50	1:11:49
85 Dale Rines	38	1:11:51
88 Scott Brown	46	1:12:02

More Maine Track Club Finishers:

94 Don Bessey	45	1:12:36
95 Loren Lathrop	42	1:12:44
98 Carol Pierce 2,40-44	44	1:12:58*
100 Brigitte Edquid	42	1:13:28*
101 Susan Daignault	29	1:13:32*
102 Steven Jacobsen	41	1:13:34
106 Donald Rameau	33	1:14:13
107 Kathryn Telford 2,35-39	36	1:14:31*
111 Rick Strout	52	1:15:11
112 William Davenney	46	1:15:11
113 Roy Dunfey (MTC Friend)	37	1:15:15
114 M.F. Harmon	40	1:15:27
115 R. Cavanaugh 2,55-59	57	1:15:33
116 Robert Green	42	1:15:36
118 Russ Bradley 2,60&over	67	1:15:46
119 Deb Merrill	34	1:15:56*
120 Carlton Mendell	69	1:15:57
124 Jeanne Clemence	42	1:16:27*
125 David Trussell	47	1:16:33
126 Richard Scribner	39	1:16:47
128 Frank Morong	57	1:17:14
136 Nancy Lund	39	1:17:37*
146 Orlando Delogu	53	1:19:00
147 Lynn Patrick	28	1:19:06*
153 Tom Atchison	42	1:20:13
154 Patti Tableman	32	1:20:20*
157 Carol Cantin Hooper	31	1:20:37*
159 Rick Meinking	29	1:21:13
160 Nancy Kneeland	36	1:21:22*
162 Ed Saint John	51	1:21:45
173 Diane Flanders	33	1:23:38*
175 Mark Doucette	29	1:24:25
176 Patricia Titcomb	33	1:24:26*
178 Karen Wood	42	1:24:43*
180 Michael Cavanaugh	39	1:25:12
182 Warren Wilson	57	1:26:10
183 Dan Sobel	43	1:26:18
187 Sandy Utterstrom 2,45-49	47	1:26:46*
193 Robert Wyman	53	1:31:28
194 Harry Giddinge	57	1:33:02
199 Jeanne Richmond	32	1:37:26*
202 Bill Stuart	32	1:42:07
204 Beverly Strout	39	1:51:28*
206 John Kim	54	1:53:59

Note to MTC participants -- If you note a difference between these and posted times following the race, there was a discrepancy in those preliminary results which has been corrected.
Record field: 206 & MTC finishers: 76

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

Triathlon Notes:

10th Annual Camden Tinman Triathlon
September 1990 - 90 Individ./ 14 Teams

1 David Crawford (MTC) open	1:54:--
2 Steve Fluet 1,30-39	2:02:--
3 Hal Stuart 1,19-29	2:06:--
7 Erich Reitenbach (MTC)	2:14:00
9 Jody King (MTC) 1st woman	2:15:41*
57 Steve Woodsum (MTC)	2:40:30
61 Jerie Schroeder (MTC) 1,40&+	2:45:06*

Teams:

13 Donald Harden (MTC)	2:58:00
Kathleen Harden (MTC)	
Renee Carter	

1990 Bud Light Bay State Triathlon
Medford, Mass. - 423 Finishers

MTC Finishers:

8 David Crawford (1st/42, 40-44)	
62 Joel Titcomb (11th/89, 30-34)	
121 Jody King (2nd*/15, 30-34)	
140 Erich Reitenbach (17th/69, 35-39)	

New England Triathlon Series - Vermont
(Swim: 1 mi/ Bike: 25 mi/ Run: 10K)

MTC Finishers:

5 David Crawford (5th/18, pro)	1:50:20
90 Jody King (1st/22, 30-34)	2:06:45*
107 Philip Coffin (5th/20, div)	2:08:31
112 E. Reitenbach (9th/61, 35-39)	2:08:54

More Triathlon Notes --

U.S. Triathlon Series - Shelburne, Vt.:
David Crawford 1st/40-44 2:06:48

Tupper Lake, N.Y. Tinman - 7/21/90
(S: 1.2mi/ B: 56 mi/ R: 13.1 mi)
Roselyn Randall 2nd/40-44 5:18:11*

Leon's Nat. Amateur Champ. - 8/12/90
(S: 1.5K/ B: 40K/ R: 10K)
David Crawford 2nd/40-44 1:52:30

Texas Hill Country Triathlon - 9/9/90
(S: 1.5 mi/ B: 48 mi/ R: 10 mi)
Jody King 2nd/30-34 4:26:05*

World Triathlon Championship - 9/15/90
(S: 1.5K/ B: 40K/ R: 10K)
David Crawford 1st/40-44 2:05:18

13th Annual Snofest 5 Miler - 72 Finish.
Augusta, Maine - 17 February 1991

1 Sean Keough (MTC)	35	27:49
2 Tom Thibau	32	27:53
3 Steve Reed (C.Rec: Mas)	43	28:03
4 Scott Ellis	23	28:07
7 Guy Berthiaume	45	28:53
16 Doug Ludewig	51	31:33
17 Carl Fogg (MTC)	42	31:40
18 Veronica Knight	23	32:02*
27 Dale Rines (MTC)	38	33:41
28 Richard Scribner (MTC)	39	34:13
34 Jim Sullivan (MTC)	44	35:13
36 George Liming (MTC)	39	35:37
41 Carlton Mendell (MTC)	69	36:36
53 Cindy Ellingwood (2nd)	32	39:40*
66 Wendy Sayres	57	44:14*
67 Donna Donald	41	46:17*
69 Don Penta (MTC)	44	48:06
72 Mardie Brown	73	61:15*

Many thanks to the Central Maine
Striders for complete results.

HELP US KEEP ALL OUR MEMBERS

As of February 13th, the following members have not renewed. We greatly value their membership and participation in the Maine Track Club. Please encourage anyone you know to renew. This is the last newsletter that non-renewed members will receive. Any questions, call Ruth Hefflefinger, 797-4625.

Cindy & Doug Aiken	Flo Aliberti	Peter Allen
Tom Allen	Velma Allen	Paul Alpert
Susan & Ashleigh Arledge	Nancy Batchelor	Kathy Beauregard
Alison Berglund	David & Nancy Berrang	Lester Berry
Wanda Binette	John Bird	Pamela Birmingham
Bonnie Black	David Brink	Alan Brooks
Gail Browning	Al & Tammy Butler	Robert Caron
Michael Cavanaugh	Gordon Chamberlain	Marilyn Champagne
Geoffrey Clark	Robert Clarke	John Conley
Dennis Connelly fam.	Robert & Marilyn Conner	Dennis Coulombe
Michael Cowell	Ethan Crain	Brian Cullen
Susan Daignault	Conrad Demers	Roger Dionne
James Donald	Tom Donaldson	David Dowling
Richard Downs	Edie & Steve Dubord	Gregory Dugas
Eileen Dunfey	Claire Edwards	Cathy Faucher
Frank & Diana Ferland	Barry Fifield	Mark & Terri Finnerty
Bonnie Fox	Michael & Barbara Frost	Lori Garon fam.
Christopher Gaudette	Eugene Gendron	Harry Giddinge
Arthur Gingold	Will Giroux, Jr. fam.	Molly & Jim Graffam fam.
	Nancy Grant, Mike Boyson	Robert Greene
Jeff & Diane Greenhalgn	David & Jean Hall fam.	Ruth & Peter Hall
Barbara Hamaluk	Don & Kathy Harden fam.	Eileen Harris
Lisa Hathaway	John Hayes	
Doris Healey	Ivan Herschenfeld	Deanna Hodgkin
Carol Hooper	Barry & Martin Howgate	Linda Hunt
Ken Hutchins	Olin Hysom	Patricia Ianni
Charles Iselborn	Janice Jaffe	Elizabeth Johns
Ron Johnston	Bob & Priscilla Jolicoeur	Len & Claire Jordan fam.
John Kazalski	John Kazilionis	James Kein family
John Kendall J. King & E.	Reitenbach Chris & Mary	Kinney fam.
Joan & Harley Lee	Richard Lemieux	Bill & Marion Leschey fam.
Richard Littlefield	Bill & Bambi Lovett	Bob & Caroline Lyman fam.
Katherine & Bob MacDonald	Donald & Michelle Main	John Maxell
Jeanine May		Deb & Clint Merrill
Brian Milliken fam.	Stephen Morse	Richard Mulhern
Mary McAleney	Donald & Risa McDade	Meg McGovern
Steven McGrath fam.	Adrienne McGuigan	Tom McMillan
Linda McPhee	George Nadeau	Gayle Nappi
David Niederstadt	Rick & Norma O'Brien	Elizabeth Olivier
Lisa O'Loughlin	Jack Oppen	Lorraine Paradis
Mark Pelletier	Cynthia Pratt	Steve Putnam
Marcy Quill	Susan Quimby	Alan Reilly
Harvey & David Rhode fam	Bill & Nancy Rouse	Glen Roy
Patrice Roy	Brian Smith	David Smith
Linda & Kris Sorensen	Suzanne Spencer	Chris Stanley
Dorothy Stoddard	James Sullivan	Chris Taylor
Beth Thompson	Katherine Thorne	Joel & Patricia Titcomb
Tiffany Tobiasen		Mike & Lori Towle
Richard & Barbara Trafton	David Trussell	Kathy Urban
Richard & Lynn Vail	Cindy Vokey	Christopher Vought
Tammy Wheeler	Larry & Suzanne White	Robert White
Stephen Wilson	Karen Wood	Steve Woodsum

MTC MEMBERSHIP MEETING

MTC MEMBERSHIP MEETING **FEBRUARY 13, 1991**
SMTc MACHINE TOOL AUDITORIUM

President Peter Bastow opened the meeting at 7:00pm. Fifty people attended.

Vice-President Sumner Weeks introduced the speaker, Davis Hart, marathon swimmer. Dr. Hart gave a spellbinding presentation on his swim of the English Channel.

New members and members attending first meeting were Al Farris, Brenda Keene, Joanne Raymond, Deborah Shaw, Henry Wolstat and Greg Parker. Welcome!

President's Report: Maureen Sproul will be photography coordinator. Carol Weeks will chair the Youth Programs Committee. Tom Atchison will continue the 50/50 raffle. Donna and Everett Moulton will be the Refreshments Committee. Open positions are Membership Assistant, Masters Running Committee, Social Committee and Newsletter Advertising and Columnists. Peter distributed cards to members for suggestions on goals for the club and nominations for open positions. Peter announced the Maine Running Hall of Fame Banquet will be March 9th at the Pilot's Grill in Bangor.

Vice-President's Report: Meeting notices will appear two weeks ahead.

Secretary's Report: Approved as published.

Treasurer's Report: The balance as of January 6th is \$9,328.92. The budget was approved for 1991 with a change of scholarship expense to \$750 and a reduction of postage expense to \$1400.

Newsletter: Deadline has passed. Candace away until January 25th. Send remaining material before then. Ruth must receive address corrections. Newsletters will not be forwarded under bulk rate.

Races: Dennis Morrill spoke about the Roland Dyer Memorial 5K/10K on March 23rd. The Boys' and Girls' Club course has been measured by John LeRoy for certification. The goal for Oakhurst is 600 registrants. Ron DePrez will co-direct with Charlie Scribner.

MEMBER PROFILE

Lori Towle is a senior at South Portland High School. She is a very motivated and active young lady. Lori is captain of three sports this year, cross-country, basketball and tennis. She is Vice President of the National Honor Society and her classmates voted her Most Athletic and Most Likely to Succeed, an unusual combination! Lori has been accepted to Bowdoin College next fall. At Bowdoin she plans to play tennis, basketball and perhaps run track.

Lori began her running career when she was a mere four years old. She would run weekly half mile fun runs at Bonny Eagle on Sundays through the summer. By age eight, Lori was competing in TAC track meets in the 800 meters. At nine, she set a state record of 2:54 for the 800 which hasn't been broken. At ten she won both the 800 and the 1500 meter races in the State meet, this time

Race Directors Meeting will be on March 16 from 9-3 at the Boys' and Girls' Club. All race directors and those interested in directing are encouraged to attend.

Race Committee Meeting will be February 27 at Ken Dolley's House.

Pre-meeting fun runs: Limited interest. May have on special occasions.

Mt. Washington Road Race: Sue will write the race director to see if slots for MTC team members can be arranged by providing volunteers to the race. Russ Connors also encouraged a team for the Lake Winnepesaukee Race.

Remaining Banquet Awards: Ron DePrez received his first time race director jacket. Ron & Donna Moulton received their mileage certificates. Ted Cunningham was recognized for being an RRCA 2000 Hour Volunteer.

Announcements: Everett Moulton is organizing an evening running group in So. Portland.

The Club Run and Brunch is Saturday from Tom and Jeanne Clemence's house.

A speaker is needed for a program on running at the Union Station Fitness Center. See Charlie Scribner. Possible meeting site for us.

Ron DePrez suggested a speaker on Weight Training. And he's found a new high: downhill ski racing.

Stephanie Fischer won the 50/50 raffle, a sign of better things to come. Stephanie and her husband were recently victims of a fire which destroyed their home.

A Valentine card was available for signatures for Bob Jones. Bob is in the service and training in Texas.

Respectfully submitted,

Susan Davenny
Susan Davenny
Secretary

running 5:43 in the 1500, another record which hasn't been touched. Also as a ten year old, Lori ran in the National TAC Cross-Country Championship in Omaha, Nebraska. There she earned All-American status. In high school Lori has run cross-country three seasons and made the All-State team two of those years. Her Freshman year she was the only Freshman to earn her varsity letter in soccer.

Lori has continued to run but has also found tremendous success in tennis and basketball. She was state champ in tennis as a twelve year old. She then went on to high school where she made All-State as a Freshman. She has continued to excel and led her high school team to two state tennis titles the past three years. In basketball she has shot at half time at Celtics games twice as New England Pepsi Hot Shot Champ. She has played varsity at South Portland for the past three years and is one of the key starters on a 9 and 1 team.

Lori plans to major in education at Bowdoin and would like to coach at the high school level someday.

Michael Towle

1991 Officers and Committee Chairpersons

Peter Bastow	President	829-3669	John Leroy	Course Certification	725-8680
Sumner & Carol Weeks	Vice President	774-7302	Loren Lathrop	Course Certification	772-8356
Susan Davenney	Secretary	772-1787	Ruth Hefflefinger	Membership	797-4625
Bob Laskey	Treasurer	729-4104	Bill Stuart	Past President	799-5961
Charlie Scribner	Race Committee	772-5781	Melvin Fineberg	Clothing	774-8868
Candace Karu	Newsletter Editor	967-4257	Don Penta	Statistician	892-4526
Barbara Coughlin	Member at Large	799-0463	Rick Strout	Member at Large	829-3216
Carelton 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!

PRIME SPONSORS

John Davis
Carol Pierce
Widgery & Jonnie Thomas

SPONSORS

John Woods
Mel Fineberg
Maggie Soule
Richard & Nancy Lemieux
Malcolm & Adrienne Kidd
Cynthia Smith

UPCOMING EVENTS

March

- 2 9th Annual Red Lobster 10K Classic; Orlando, FL; 8:00 AM; Contact: Track Shack, 1322 N. Mills Avenue, Orlando, FL 32803; Phone: (407)898-1313.
- 3 8th Annual Hyannis Marathon & Half-Marathon; Barnstable H.S., Hyannis, MA; 10:30 AM / \$10 Fee; Contact: Cape Cod AC, P.O. Box 1678, Hyannis, MA 02601; BAA qualifier; Information: Bill Stuart evenings at 799-5961.
- 9 Maine Running Hall-of-Fame Banquet; Pilot's Grill Restaurant, Bangor; Social hour starts at 6:00 PM; Contact: Bob Payne, 655-6006.
Frostbite 3.5 Miler; Ellsworth H.S.; 12 Noon; Contact: Down East Family YMCA, P.O. Box 25, Ellsworth, Me 04605; phone: 667-3086.
- 10 12th Annual Killarney's 10K; Holiday Inn, Exit 34, Waterville; 11:00 AM/ \$8 Fee; Contact: Jerry Saint Amand, 873-6753 or Central Maine Striders, P.O. Box 1177, Waterville, ME 04901; TAC Certified (ME-88011-GN) course.
- 13 Maine Track Club Membership Meeting; SMTC Machine Tool Auditorium; 7:00 PM.
- 16 Maine Track Club Race Directors Conference; SMTC-Machine Tool Auditorium; From 9:00 AM to 3:00 PM; Contact: Charlie Scribner, 772-5781 (evenings before 9 PM)

- 17 12th Annual Top O' The Mornin' 4 Miler; Kerryman's Pub, Route 1, Saco; 12 Noon; Contact: Ken Dion, 934-2242 (eve.) 45 Old Salt Road #10, Old Orchard Beach, ME 04064 or Steve Mooney, 282-2903(eve.); TENTATIVE DATE!!
New Bedford Half-Marathon/ NEAC Championship; Pleasant Street, New Bedford, MA; 11:00 AM; Registration: \$12 before 3/1, \$15 post; Contact: New Bedford Half-Marathon, c/o Leo's Cycle Mart, 1657 Acushnet Ave., New Bedford, MA 02746; phone: (508)999-5005.
- 23 Roland Dyer Memorial Races; 5K at 1:00 PM, 10K at 1:10 PM; at the Riverside Industrial Park - Riverside Street and Forest Avenue; Entry fee \$6; Contact: Dennis Morrill at 772-6306(home) or 767-1083(office) or Jerry Saint Amand, 873-6753.
- 24 13th Annual Boston Primer 15 Miler; From Maranacook Community School, Readfield, ME; 11:00 AM / \$5 Fee; Contact: Dave Guban, Pond Road Box 580, Manchester, ME 04351; phone: 622-0289 or 873-6753.
12th Central Mass. Striders Stu's 30K; Tahanto Regional High School, Main Street (Route 70), Boylston, MA; Contact: Stuart Thurston, Box 2 Greendale Station, Worcester, MA 01606; phone: (508)798-0896 or (508)869-6541(eve.).
- 30 10th Annual Winners Circle April Fool's 4 Miler; Salisbury, MA; 11:00 AM; Contact: Winner's Circle, 371 Elm Street, Salisbury, MA 01952; phone: (508)388-4322(Sue) or (508)462-8994.
- TBA Portland Headlight Bicentennial 8K/5M

THANK YOU, VOLUNTEERS

MIDWINTER 10 MILE CLASSIC VOLUNTEERS

Bill Stuart	Jean Thomas
Sumner Weeks	Sandy Utterstrom
Al Utterstrom	Alisa Keefe
Marla Keefe	Ruth Hefflefinger
Susan Davenney	Ted Cunningham
Dennis Morrill	Dana Seguin
Ken Dolley	Eric Tableman
Joanne Raymond	Barbara Coughlin
Diana Laskey	John Lavin
Joan Lavin	Shelley Lathrop
Renee Lathrop	Brian Lathrop
Lloyd Cook	Kathi Foye
Dick Lajoie	Mike Reali
Maureen Sproul	Paul D'Amboise
Kathy D'Amboise	Don Penta
John Kendall	Kathy Jacobsen
Al Butler	Herb Strom
Warren Foye	

Thanks to all for your help. This turned out to be our best race ever in its ten year history.

Bob Payne

WANT TO BE A RACE VOLUNTEER?

- March 23 **Roland Dyer Memorial 5K/10K**, Portland.
Call Dennis Morrill at 772-6306.
- April 15 **Portland Boys' and Girls' 5 Miler**,
call Dave Paul at 797-4242.
- April 27 **April Amble 4 Miler**, Westbrook College,
call Charlie Scribner at 772-5781

CAN'T VOLUNTEER? YOU CAN.....

Be a Newsletter Sponsor

- \$10 Individual is listed in each newsletter for the year
- \$25 Corporate Level is also listed in each newsletter for the year

Obtain Newsletter Advertising

- | | | | |
|----------|--------------|--------------------|---------------------|
| 1/4 page | \$25 a month | \$125 for 6 months | \$250 for 12 months |
| 1/2 page | \$50 a month | \$250 for 6 months | \$500 for 12 months |
| Full pg. | \$75 a month | \$375 for 6 months | \$750 for 12 months |

Be or Obtain a Club Patron

- \$65 Contributor receives a MTC SS T-shirt or a Contributor's Plaque
- \$75 Benefactor receives a MTC LS T-shirt or a Benefactor's Plaque
- \$100 President's Club Patron receives a MTC sweatshirt or a President's Club Plaque

For each \$100 in advertising or patron donations you will receive 1 credit towards 3 needed for a volunteer T-shirt or free membership for the following year. Send all checks and information to the PO Box labeled with the appropriate category. Thank you!

NOTES

IF YOU DON'T GET YOUR NEWSLETTER...

The 1991 newsletters are being mailed as non-profit bulk mail. This means they will not be forwarded or returned if an address has changed or is otherwise incorrect. If you or anyone you know does not receive a newsletter before the meeting date of the 2nd Wednesday of each month, call Membership Chairperson, **Ruth Hefflefinger**, at 797-4625. Please notify her immediately of any change of address.

Thank you.

MAINE TAC NEWS NOTE

Hubert (Herb) Strom, a Past President of the Maine Track Club, has been appointed to the Executive Committee of Maine TAC and Masters Long Distance Running Chair by Maine TAC President, Adrian Wadsworth. Herb was nominated by John Woods who resigned after serving for five years in this position.

BOSTON MARATHON

Maine Track Club runners are encouraged to gather informally at the Boston marathon eve supper at 5:45pm. There will be information about the supper at the packet pickup area. Wear and/or look for others in Maine Track Club clothing. Many Maine Track Club members stay at the Howard Johnson's 57 on Stuart Street. Call now for reservations. And call Mel Fineberg if you need a singlet for marathon day (see notice in this newsletter.)

RUN INTO SPRING MTC CLOTHING SALE

Mel (MTC Haberdasher) Fineberg announces Spring **Below Cost Specials** on Instock Items for the Well Dressed MTC Racer, Volunteer and All Around Athletic Supporter.

Small Sale \$1 off on all size small shorts and singlets!

50/50 Tank Tops Regularly \$5.50 Now \$4.50! Assorted sizes.

Small Bicycle Caps Regularly \$6.00 Now \$5.50!

MTC purchases clothing in quantity and sells it at cost to members. Several **hooded sweatshirts** are currently in stock and available at cost, \$21. **Call for prices and availability on other items.** Mel has promised to take his answering machine out of the box and hook it up. No call will go unanswered! Call **774-8868**. Fashion consultants, Tom Atchison and Candace Karu will be selecting a new line of items once inventory is reduced. Remember:

"Wearing a Fineberg is like wearing nothing at all."

MAINE TRACK CLUB MEMBERSHIP FORM

MEMBERSHIP APPLICATION

I hereby make application to the Maine Track Club as follows: (Check 1)

☐ Individual (\$12.00)

☐ Family (\$15.00)

☐ Student (\$5.00) (18 yrs. old maximum)

TODAY'S DATE _____

LAST NAME _____	FIRST NAME _____	SEX (M/F) _____	D.O.B. _____
LAST NAME _____	FIRST NAME _____	SEX (M/F) _____	D.O.B. _____
LAST NAME _____	FIRST NAME _____	SEX (M/F) _____	D.O.B. _____
LAST NAME _____	FIRST NAME _____	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 _____
IF STUDENT: SCHOOL _____,	YEAR OF GRADUATION _____

SEND TO: Membership c/o Maine Track Club, P.O. Box 8008, Portland, Maine 04104



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