

# Maine Track Club

MARCH 1992

Run with a friend...





# Random Thoughts from Pinch Hitter

## Ex-President Is Dangerous When Given Blank Slate

If you have been around MTC very long, you know that giving me pencil and paper is like giving an alcoholic booze and ice. You do not know exactly what will happen, but nothing good will come of it!

With Candace unable to create the newsletter this month, I have assumed the position of temporary Grand Pooh-Bah of MTC communications. This position is not as glamorous as it sounds, nor does it open as many doors as one might expect. For example, my request for press credentials to the New Hampshire primary were turned down. Even when I explained that I was working closely with the vice president on the '92 Presidential

Race, I could not secure a press pass. (Of course, I did not mention that my vice presidential contact is J. Tomforth Dann and that this presidential race is five miles, not 10 months, long.)

Tom Dann and Steve Jacobsen deserve a tip of the hat for their efforts in organizing the '92 Presidential Race in Kennebunkport. Their enthusiasm, creativity and persistence has resulted in a wealth of sponsorship. This could be the race that establishes a record for participation in an inaugural (ah, those presidential puns keep rolling off my fingers!) event. Recircle March 29 on your calendar so that you will not forget to work or run.

Also, kudos to Dave and Sandra Shennan for their terrific work organizing the Maine Marathon and Half Marathon. This event can develop into something special. The elements in place include an established half marathon, a tested course, enthusiastic sponsors, a beautiful time of year (both weather and foliage) and a commitment from the organizing group to offer a top-notch event that delivers satisfaction to runners. With the enthusiastic support of the membership and their commitment to working on this race (and running it!), we can re-establish our marathon tradition and offer runners a special experience.

The racing season is coming up. Be sure to work at least three races (preferably more) this year. Look at the list of race directors of upcoming events in this issue and call them today, volunteering your services before or during the race.

As you compete and volunteer this year, be sure to wear Maine Track Club clothing to distinguish you from the rest of the pack *and to ensure that the MTC photographer sees you!* Mel Fineberg (774-8868) offers the spring line.

## New Membership Cards

The membership cards sent last month are in error, as the name of only one president appears on them. That's like Tippecanoe without Tyler, Too; Cheech without Chong; pomp without circumstance or derring without do. *Please start using the new card immediately.* If you are an avid collector of double-strike coins and baseball cards with Hank Aaron's batting lefthanded, you may wish to keep your single-president card in your top bureau drawer, in the cigar box of valuables, between your retainer and high school ring, just below the McGovern-Eagleton '72 campaign button.

## MTC Budget

Funds on Deposit as of 12/16/91

\$ 6,995.80

### INCOME

*Turkey Trot	\$ 1,080.00
*Half Marathon Proceeds	\$ 330.00
*Donation	\$ 25.00
*Interest	\$ 36.77
	-----
	\$ 1,471.77

\$ 8,467.57

### DISPERSEMENTS

*Charles Scribner Bulletin Board, for Trophy Case	\$ 28.93
*Mel Fineberg-postage	\$ 6.71
*Maureen Sproul-photos	\$ 19.07
*SMTC-Scholarship	\$ 300.00
*American Northeast Glass Trophy Case	\$ 345.00
*Minuteman Press-Decals	\$ 252.00
*Mainely Running, Turkey Trot ad.	\$ 40.00
*Winter People, Dufflebags	\$ 667.80
*Dale Rand Printing, Membership Cards	\$ 36.04
*Coastal Silkscreen, Banquet Awards	\$ 558.09
*Swiss Time, Banquet Awards	\$ 127.20
*Sportline Trophy, Banquet Awards	\$ 438.29
*Summer Weeks, Banquet Expenses	\$ 96.71
	-----

\$ 2,960.93

Funds on Deposit as of January 16, 1992

\$ 5,506.64

Respectfully Submitted,

*Robert M. Laskey*

Robert M. Laskey  
Treasurer, MTC



# Presidents' Column

Dear MTC members,

The racing season has begun! The Mid-Winter Classic is the first major MTC event of the year. The 10-mile loop course is known for unpredictable weather and challenging hills. It is a major fund-raiser for the Bruce Ellis Scholarship Fund. Race directors Marla Keefe and Bob Payne did an outstanding job with all aspects of race management.

One important consideration for the MTC members and runners in general is safety and courtesy on the roads. Following this year's Mid-Winter Classic, Marla received a letter from David Pickering, Chief of Police for the town of Cape Elizabeth. The letter expressed the concerns of Cape Elizabeth residents and the Police Department regarding race safety.

Concerns expressed included "Runners taking up the southbound traffic lane for two miles beyond the race start," runner and public safety in general, and parking violations at Cape Elizabeth High School.

Maine Track Club events have not experienced any serious accidents in the past and the comments made by David Pickering raise an issue we must consider for all our club races. Marla and a small delegation of MTC members will meet with Chef Pickering to address the concerns. We will review the results of their meeting with the membership in March. We must maintain a good relationship with Cape Elizabeth Police and residents in order to continue holding our 10-miler.

MTC runners and other runners must respect the rules of the road. Please remember to run in the breakdown lane, pay attention to flag people and never compromise safety and courtesy for faster times. Good community relations and safety on the roads will allow us to continue our events for years to come.

Respectfully submitted,  
*Carol and Sumner Weeks*

## On the Cover

Bill Devou, left, and Gerard Salvo were among the 143 finishers at the blustery Mid-Winter Classic Feb. 2. Results of this race and other events are on p. 10 and 11.

# Is Your Newsletter Bottomless?

Ruth Hefflefinger sent out renewal notices in December. She threatened to delete you from the rolls at the end of February. Still, you did not renew your membership. Did you forget? *We miss you and want you back!* If you have received only the top half of your newsletter this month, you have received our none-too-subtle message that your membership has lapsed. Please fill out the membership form on the back page (located conveniently on the top half of the newsletter, or the entire back page of your special version) and return it with your check to the club. You may pick up the other half of your newsletter at the March meeting. *Please renew - we miss you, and you will miss a lot of running news about your friends and yourself!*

## Next MTC meeting

### *Hands-On Workshop*

March 11, 1992 at 7 pm

SMTC Machine Tool Auditorium

**Spindling, manual time sheets and Rainbow results: A Volunteer Workshop on Keys to Good Race Results No Matter What Happens (Until Something Else Happens!)**

The program promises to be shorter than the subtitle! This will be a hands-on workshop led by Susan Davenny, co-director of the Bud Light 5K - A Women's Distance Festival, and Bill Stuart, co-director of the Clam Festival Classic. The goals are:

- To create a larger pool of volunteers familiar with the concepts behind these procedures.
- To increase volunteers' comfort levels and accuracy with these procedures by practicing out of the pressure of race day.
- To reduce race-day explanation time and stress on race directors, finish line director and results people.
- To encourage volunteer versatility and personal satisfaction.
- To enable volunteers to react better on race day because they understand how their function fits into the entire race picture.

*Please plan to attend and arrive promptly*



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# Sports Editor: Running Column to Return

## Nemitz says declining advertising forced reduction

*In January, Bill Stuart wrote to William K. Nemitz, assistant managing editor/sports, of The Portland Newspapers, expressing concern that Erin MacLean's column, On Running, no longer appeared in the Maine Sunday Telegram. Here are excerpts from Nemitz's thoughtful, two-page letter of Feb. 11:*

The column has not been dropped permanently. Rather, we have discontinued it during the winter months and will resume its publication on March 21.

Why the interruption? The answer, in a word, is space. The sagging economy has caused a significant reduction in advertising, which in turn has forced us to cut back on the size of the newspaper in 1992.

Trying to absorb that loss in the Maine

Sunday Telegram sports section was not an enjoyable task. . . We eliminated some columns outright. . . Rather than eliminate other columns with strong readership, however, we chose to reduce the number of weeks they appear. "Running," which had appeared 52 weeks per year, fell into this category. For now, it will appear 36 weeks per year.

I've told Erin that I hope to take some of the sting out of the cutback by covering as many races as possible through the year. The Mid-Winter Classic was the first such effort.

. . . I share your disappointment in the column reduction and trust that better times - and bigger newspapers - lie ahead. In the meantime, be assured that we will do everything we can to meet your needs and those of our other readers during these difficult times. . .



Mid-Winter Classic runners, from left, Larry Barker, Ed Doughty and Tim Monahan



## **Roz Randall to Run Boston As Project Heifer Fundraiser**

*You can help her reduce world hunger*

Roz Randall will run the Boston Marathon again in April to raise money for Project Heifer International. Project Heifer is dedicated to ending world hunger by providing food producing animals to poverty-stricken people in all parts of the world. This gift of food is passed on as the first-born female of each animal is presented to the needy people of another community.

Roz is part of Team Heifer, which will be running the Boston Marathon for the 10th year. Last year, 40 people ran for Project Heifer; this year, organizers are hoping to increase the size of the team to 100.

### **Here is how you can help:**

First, you can sponsor Roz by sending a pledge to her at 12 Deering St., Portland ME 04102. (Roz lives in Florida until the end of March but will receive your pledge if it is mailed to her at her Portland address.)

Second, you can become a member of Team Heifer. There still is room for people to join the team and run the Boston Marathon April 20. If you have run a marathon in less than four hours since Jan. 1, 1991, you are eligible to run Boston as part of Team Heifer. For more information, contact Bud Ames at 708-925-8070, ext. 236 days or 708-524-0167 evenings (Central Time Zone).

## **Maine Marathon and Half Marathon**

**Oct. 4, 1992**

**(old Casco Bay Marathon course)**

**Start thinking *now* about how  
you would like to become involved**

**and talk to race directors**

**Dave and Sandra Shennan**

**725-8042**

*This event promises  
to be something special!*

## **Maine Coast Running Camp and 5K Road Race Organized**

**Camp: June 22-26, 1992**

**Race: June 27, 1992**

The University of New England, recognized for its health education and fitness programs, is pleased to host, in conjunction with the Maine Track Club, its first annual running camp and clinic plus a 5K road race, both on UNE's scenic seaside campus.

The Maine Coast Running Camp is uniquely designed for all runners (middle school and above), ability and experience. The camp will feature, in addition to training seminars and group runs, a series of clinics in key areas such as athletic injuries, stretching, nutrition and sports psychology. The camp will be led by accomplished runners and experienced coaches, the clinics by physical therapists, athletic trainers and other health and fitness experts.

The Maine Coast Running Camp will be conducted from 1-5 pm, Monday, June 22nd through Friday, June 26th, permitting both commuter and resident participation. Local participants can travel daily from home or work; modestly priced room and board is available on campus for noncommuters who will have mornings for sightseeing or relaxing on local beaches.

The Maine Coast Running Camp will culminate at noon on Saturday, June 27 with the Maine Coast 5K, a flat, fast out and back course from the campus along a paved beach road with ocean and island views.

Complimentary massages and healthy refreshments will be provided before and after the race (from 10 am-2 pm) and T shirts will be given to the first 50 registrants. Applications will be available in March.



MAINE TRACK CLUB MEETING  
FEBRUARY 12, 1992

OUR SPEAKER for the evening was Jeff Glaser, of Yarmouth who spoke to us on Plyametrics, and the possible benefits of adding to an existing exercise program. Approximately 50 people attended.

FIRST TIME ATTENDEES included David Dorr, Alex Dann, Gisele Nadeau, Mike Lajeur, Ted Cooney, Michelle Hallet, and Ricky Meinking.

PRESIDENT'S REPORT: Carol thanked members for attending thus ending her biggest fear; that of facing empty seats on opening night. We were all encouraged by Carol to seek new members and bring guests along, regardless of weather or not they might run. It was also mentioned that the premeeting runs will continue, starting at 5:30 P.M. LOST at the January banquet was a tripod belonging to Maureen Sproul. Anyone with information on its whereabouts - please contact Maureen or Carol. Reggie Sargent was unanimously elected Secretary. An award was presented to Michelle Hallet from the Maine Track Club naming her its Female Runner of the Year. Michelle graciously accepted and thanked us. Awards in various other categories were also given to Candace Karu, Ruth and Peter Hall, and Jim Toulouse. Sumner made mention of Peter's fine job of getting race results in the newspaper. Sumner also commented on the lack of a running related column and read a letter to be sent to the Portland Press Herald, stating his and Carol's thoughts on this. He encouraged a letter writing campaign by the Club. Congratulations were offered to Marala and Bob on the Mid Winter Classic. Thanks also to runners and volunteers. There were some concerns of safety, especially under such road conditions. The Race Committee will be looking into these further. Some of the goals this year for the Club is to raise money for younger runners so they may attend a running camp.

Holding an auction is a strong possibility. Volunteers are being sought.

VICE PRESIDENT'S REPORT:

Tom has some speakers in mind for this year, but would welcome any thoughts and suggestions. Mention was made of the upcoming "Presidential Primary" on March 29th. All aspects of the race are coming together nicely. President Bush has been invited to compete.

SECRETARY'S REPORT: December minutes were approved.

Correspondence was read from the following: Brian Gillespie, Eileen Dunfey, Katherine Chabot, and Sara Fieweger. Look for more regarding this in the newsletter. It was asked that all members and guests please sign attendance sheets as we would like to begin keeping an accurate attendance record.

RACE COMMITTEE REPORT: As codirectors, Sandra and Dave Sheenan gave a thorough progress reports on the upcoming "Maine Marathon". Members present voted to support this project 100%. Volunteers are needed. Help is needed urgently in the Boys Club and Mark Hoffmaster races. Please see Charlie or Bill. Don Penta has available some new forms for race directors. Committee is looking for any donations toward stocking a first-aid box. The committee is looking to improve now that it has expanded.

OLD BUSINESS: The Club has applied for five reserve applications for the Mt. Washington Race. Sue Davenay is the contact. The Running Hall for Fame Banquet will be held at the Holiday Inn West on Exit 8 on March 7th.

NEW BUSINESS: The Gorham track composition is scheduled for improvement. MTC members in residence and volunteers may be sought. National Distributors has agreed to donate "10-K" to MTC races this year. Also, Mr. Bagel may provide bagels each meeting.

The 50/50 raffle was won by Don Kent.

Respectfully submitted,

Reggie Sargent,  
Secretary



## Second Annual Easter Egg Run and Hot Cross Buns Brunch

**Saturday, April 4, 1992**

**Who's Invited:** MTC members and guests. Special treats for new members and long lost members.

**Starting Times and Distances:**

7:00 am 15 or 19 miles

8:45 am 4 or 7 miles

9:45 am Brunch

**Your Hosts:** Susan and Bill Davenney  
14 Woodvale St.  
Portland ME 04102  
772-1787

**Directions:** From Brighton Avenue, take Warwick Street (opposite 930 Brighton Avenue). Go all the way to the end of Warwick and turn left onto Glenhaven West. Take an immediate right onto Woodvale Street. Gray cape with white trim behind lots of cars with MTC bumper stickers. Limited parking; car pool if possible.

**Bring:** (Your buns), fruit, juice or your favorite carbo. Carbos should serve only three to four hungry runners. We usually have way too much!

## New Members

NAME & ADDRESS	TELEPHONE	OCCUPATION	AGE
David Cate P.O. Box 84 Kennebunk, ME 04043	HP95-3062	Cabinetmaker Arundel Cabinet Works	42
Ira Cohen RP1, Box 647 Bath, ME 04530	H442-8082 W443-5563	Police Officer Bath Police Department	39
David Darr 102 Agamenticun Ave. Cape Neddick, ME 03902	H363-2150 W983-3753	Property Manager Maine Properties	45
Mary Ann Doss 15 Ship Channel Road South Portland, ME 04106	H799-0896 W965-3180	Nutritionist/Sales Associate J. Crew, Inc.	32
Donald & Parcel Foshay 5 Colony Lane South Portland, ME 04106	H879-0496 W283-1463 W780-4170	Op. Mgr.-Summit of New England USM Lifeline Instructor	32 24
Kevin Gordon 15 Woodmont Street Portland, ME 04102	H772-9025 W773-6411	Attorney Pierce, Atwood, Scribner	37
Donald & Doris McHamara Kate 25 Settler's Way Gorham, ME 04038	H839-6935 W822-7453	Insurance Executive - Blue Cross Teacher, Westbrook Jr. High Student, Gorham Jr. High	44 43 13
Ginole Nadeau 305 Commercial St. #513 Portland, ME 04101	H775-2106		37
Sandra Negus HP-60, Box 147 Medomak, ME 04551	H529-5866		34
Robert Panetta, Sr. Robert, Jr. Leslie Courtney 15 Bayberry Ave. Kennebunk, ME 04043	H967-4501	Self Employed Students	42 14 13 8
Cindy Parsons Meadowbrook Aptn. #3F 1390 Forest Avenue	H283-4991	Legal Secretary - Verrilli & Dana	25

## Wouldn't It Be 'Glove'rly?

Mel Fineberg, the clothier with a conscience who recently extended the reach of his accessory empire to the tips of your fingers, again is offering a glove special. During March, you can partake of his "Buy one glove, get one for the other hand free" sale. Heavyweight cotton globes (large or small size, with or without rubber grip spots) are \$2 each (but \$2 per pair when bought together during March!). Thermax gloves ("If the one size does not fit you, then your hands are the problem") are \$4.50 each (with the companion glove free!)

Also, with warmer weather just around the corner, it's time to make a fashion statement with an MTC singlet (mesh or cotton, men's and women's styles and sizes, long- or short-sleeve T-shirt, shorts or hat. Be sure to stock up now through Mel, the haberdasher with a heart.



MTC clothier Mel Fineberg shares his fashion tips with Elisabeth Gendron and Carol Weeks.

## Reserved Entries for Mount Washington Road Race

Maine Track Club has applied for five reserved entries for this year's race. If you wish to run Mt. Washington, you must go through the regular application process first. If you receive a rejection letter, contact Susan Davenney at 772-1787 to apply for a reserved entry.

We hope to send a women's team this year. So, ladies, send in those apps!

The club receives these reserved applications by agreeing to supply volunteers for the race. Check a future newsletter to learn how you can become involved in this event as a volunteer.



# Maine Track Club Award Winners 1991

Presented at the MTC Awards Banquet, Jan. 18, 1992

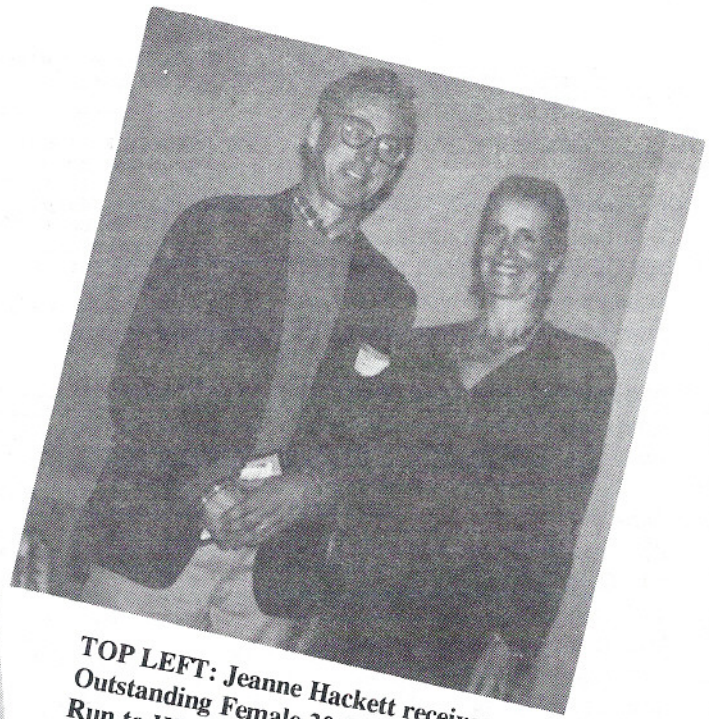
Pee Wee Runner of the Year  
Youth Runners of the Year  
High School Runners of the Year  
John Fyalka Scholarship  
MTC Scholarship  
Maine Runners of the Year  
MTC Runners of the Year  
Most Improved Runner, Open  
Most Improved Runners, 30-39

Outstanding Runners, 30-39  
Outstanding Masters  
Most Improved Runners, 40-49  
Outstanding Runners, 50-59  
Most Improved Runners, 60-69  
Most Improved Runner, 70+  
Triathletes of the Year  
Ironman Competitor  
MTC Handicap Race Winner  
Rookies of the Year  
Maine Alpine Series Champions  
Swimming Achievement  
Race Directors of the Year  
Outstanding Contributor to Maine Running  
Outstanding Contributor to MTC  
John Fyalka Award  
Lifetime Membership  
First-Time Race Directors

First-Time Marathoners

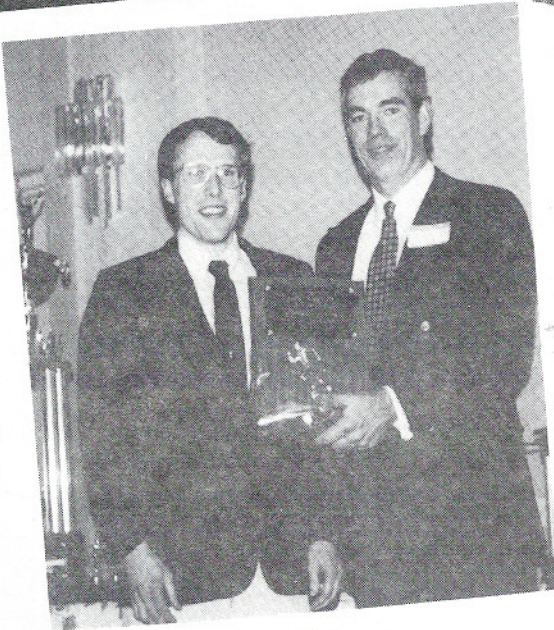
Rebecca Sproul  
Jennifer Alpern, Eric Tableman  
Tammy Wheeler, John Brennan  
Nate Woodruff  
Katherine Chabot  
Michele Hallett, Bob Winn  
Eileen Dunfey, Tom Dann  
Wendy Hall  
Maureen Sproul, Nancy Kneeland  
Tom Menendez  
Jeanne Hackett, Gordon Scannell  
Carol Pierce, Jim Toulouse  
Brigitte Edquid, Steve Jacobsen  
Jean Thomas, Clyde Coolidge  
Christine DeTroy, Paul D'Amboise  
Carlton Mendell  
Roz Randall, Paul Merrill  
Steve Fluet  
Larry Dyer  
Laurie Quint, Reggie Sargent  
Ruth Hall, Peter Hall  
Willie Emerson  
Mel Fineberg, Tom Atchison  
Bob Payne  
Ruth Hefflefinger  
Bill Stuart  
Charles Scribner  
Tom Atchison, Peter Bastow, Pat Buckley,  
Al Farris, John LeRoy, Katherine  
MacDonald, John Pearson, Rae Pierce,  
Patti Tableman, Joel Titcomb, Patty  
Titcomb, Al Utterstrom, Bob Wyman  
Dolores Billings, Mike Cavanaugh, Patricia  
Clark, Ron Dubois, Jeanne Hackett, Donna  
Hubert, John Kazilionis, Everett Moulton,  
Jeanne Richmond, Gerard Salvo, Ken Simpson





**TOP LEFT:** Jeanne Hackett receives Outstanding Female 30-39 award from Run to Win Coach Ziggy Gillespie.  
**TOP RIGHT:** Gordon Scannell, Outstanding Male 30-39 and Co-President Carol Weeks.

**Tom Dann, left, incoming vice president, receives MTC Runner of the Year award from Co-President Sumner Weeks.**



**ABOVE:** Pat Buckley exhibits her race directors jacket. **LEFT:** Eric Tableman receives Male Youth Runner of the Year award from Co-President Sumner Weeks.







**MEN/WOMEN**  
**OPEN - Top 7 overall**  
**1st & 2nd in:**  
**YOUTH--18 and under**  
**MASTER--40-49**  
**SENIOR--50-59**  
**VETERANS--60 & over**

**KENNEBUNKPORT, MAINE ★ MARCH 29, 1992**  
**10:00AM Dock Square**



**Saucony®** 



**KEY BANK** SM

Full Results  
will be published in  
*Mainly*  
*Running*

## Longsleeved Cotton T-shirts to first 300 entries

## ENTRY FEES:

\$8:00 preregistration  
(postmarked by 3/20/92)  
\$10.00 day of race

This certified\* 5 mile course starts and finishes in picturesque Dock Square, Kennebunkport and follows scenic Ocean Avenue, by passing President Bush's home at Walker's Point.

- The course is moderately challenging
- Come ready to run.
- Sanctioned by the Maine Track Club
- Register Early! Field limited to 500 Runners.
- Proceeds to Benefit Kennebunk High School Track and Field Programs.

\*certification pending

### RACE DIRECTORS:

**Tom Dann** (207)985-2727  
**Steve Jacobsen** (207)985-4107

Shirt Size: Sm      M      L      XL      Checks payable to : Presidential Race

☐ I would like information about the Maine Track Club

**NO REFUNDS, EXCHANGES or TRANSFERS**

☐ I would like information about the Maine Youth Race

Last Name

First Name

Age on race day

Birth Date			Sex	
Mo.	Day	Yr.	Male	Female

Mailing Address		Street	Include Apt. No. and/or C/O (Check here if this is a change of address) <input type="checkbox"/>	

Area Code			Phone							

City										State (or Country if not USA)										Zip Code				



**AWARDS:**  
MEN/WOMEN  
OPEN - Top 7 overall  
1st & 2nd in:  
YOUTH--18 and under  
MASTER--40-49  
SENIOR--50-59  
VETERANS--60 & over

**KENNEBUNKPORT, MAINE ★ MARCH 29, 1992**  
**10:00AM Dock Square**



**Saucony®** 

costar



KEY BANK SM

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Tom Dann (207)985-2727  
Steve Jacobsen (207)985-4107

Shirt Size: Sm \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ Checks payable to : Presidential Race

☐ I would like information about the Maine Track Club

**NO REFUNDS, EXCHANGES or TRANSFERS**

[illegible]

**NO BABY STROLLERS OR RADIO HEADSETS ALLOWED**

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to, falls contact with other participants, the effects of the weather, including high heat/humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_ PARENTS SIGNATURE  
IF UNDER 18 YEARS \_\_\_\_\_

**Mail entry and fee to: Presidential Race, PO BOX 1163, KENNEBUNK ME 04043**



## Hangover Classic

Jan. 1, 1992

Salisbury, MA

The Maine Track Club was well represented in this race by several participants and many volunteers (including all three race directors) from our New Year's/Portland race the previous day. The weather was sunny and warm - beautiful running conditions.

Maine Track Club finishers:

**Male (544 finishers)**

25	George Towle, 41	35:17
84	Clyde Coolidge, 52	38:41
147	Larry Barker, 42	40:57
302	Bill Davenney, 47	46:13
303	Mal. Washburn, 38	46:17
349	Al Farris, 39	47:25
352	Carlton Mendell, 70	47:47
365	Bob Cushman, 54	48:16
532	Bob Wyman, 54	60:51
543	Bill Stuart, 33	71:00

**Female (122 finishers)**

18	Joan Lavin (2,40s)	43:06
22	Carol Pierce, 45	43:56
34	Joan Tremberth, 46	47:27
43	Barbara Coughlin, 48	48:23
51	Jean Thomas (3,50s)	49:40
109	Patti Tableman, 33	60:20
119	Ruth Hefflefinger, (2, 60+)	68:14



Carl Fogg at  
Mid-Winter Classic

11th Annual Mid-Winter 10 Mile Classic  
Cape Elizabeth, Me - 2/2/92 - 143 Fin.

### Top Overall Finishers:

1	Peter Bottomley	30	56:58
2	Paul Merrill (MTC)	37	58:36
3	Graydon Stevens	39	59:17
4	Roland Thibault	23	1:00:31
5	Guy Berthiaume 1,45-49	46	1:01:37
8	Veronica Knight	24	1:02:47*
22	Ellen Bowden	39	1:07:30*
25	Christine Braceras	29	1:07:39*
31	Libby Greaney	29	1:09:42*
41	Kerry Keenan	27	1:10:42*

### Other Top Divisional Finishers:

7	John Tarling 40-44	40	1:02:32
11	Michael Dinehart 35-39	35	1:04:32
12	Barry Wight 30-34	33	1:05:06
18	Clyde Coolidge (MTC) 50-54	53	1:06:26
51	Carol Weeks (MTC) 40-44	42	1:11:48*
52	Jim Angwin 55-59	55	1:12:13
67	Anne Davee 35-39	35	1:14:56*
71	Carol Pierce (MTC) 45-49	45	1:15:18*
79	Catherine McGuire 30-34	32	1:16:29*
94	Carlton Mendell (MTC) 60+	70	1:18:24
124	Jean Thomas (MTC) 55-59	56	1:27:16*

### Other Maine Track Club Finishers:

14	Bill Devou	43	1:05:51
21	Ronald Cedrone	42	1:07:29
24	Malcolm Kidd	35	1:07:37
28	Carl Fogg	43	1:08:20
30	Phil Pierce	50	1:08:40
34	Ed Doughty, Jr.	43	1:10:14
35	Larry Barker	42	1:10:18
38	Don Bessey	46	1:10:23
39	Steven Jacobsen	42	1:10:24
54	Elisabeth Gendron	28	1:12:19*
56	Rocco Corsetti	44	1:12:56
59	Lloyd LaFountain	29	1:13:25
60	Sumner Weeks	43	1:13:35
62	Donna Hubert	24	1:14:02*
63	Jack Ireton-Hewitt	54	1:14:20
72	Bradford Davis	37	1:15:19
74	Michael Cavanaugh	40	1:15:27
77	Michael Cowell	54	1:16:27
80	Suelene Houser	28	1:16:32*
83	Kathryn Tolford	37	1:16:59*
84	John Petrorini	42	1:17:09
85	Terry Wiley	31	1:17:13*
86	Orlando Delogu	54	1:17:26
96	Russ Bradley	68	1:18:42
97	Mark Doucette	30	1:18:52
99	Gary Giffard	33	1:19:14
101	Bill Davenney	47	1:19:52
102	Gerard Salvo	37	1:19:55
103	James Boisvert	35	1:20:11
105	Stephen Assante	39	1:20:28
108	Joan Tremberth	46	1:21:39*
112	Timothy Monahan	37	1:23:19
115	Frank Morong	58	1:23:59
125	Diane Flanders	34	1:27:27*
134	Kathleen Duddy	40	1:30:12*
139	Beverly Doughty	40	1:35:00*

Many thanks to Ruth Hefflefinger for complete results.

### A Special Note:

As Maine TAC record keeper I will include all race finishers in TAC certified races held in Maine who meet 1992 TAC standards for recognition of road race performance in either open or age standards that I submit to the MTC Newsletter. Obviously, I will try to include, at least, minimal reports on all Maine road races held on TAC certified courses.

The following finishers of the Mid-Winter 10 Mile Classic met TAC standards of recognition for 10 Mile races:

Carlton Mendell	70-74	(1:40:00)
Russ Bradley	65-69	(1:19:00)

8th Annual Downeast 4M Classic - 206 Fin.  
Sanford-Springvale YMCA - 10/13/1991

### Top Overall Finishers:

1	Rob Edson 1,20-29	28	19:27
2	Bob Winn 1,30-39	32	19:33
3	David Smith 2,20-29	21	20:51
4	Jay Jenkins 1,40-49	41	20:53
5	Don Legere	29	21:08
11	Sally Perkins 1,20-29	28	22:46*
36	Tina Blier 2,20-29	26	25:49*
44	Jeanne Lamontagne (MTC)	28	26:11*
45	Jeanne Hackett (MTC) 1,30-39	32	26:20*
49	Laurie Nicholas	23	26:40*

### Other Top Age Divisional Finishers:

12	Chris Bernier 15-19	18	22:48
24	Robert Randall 50-59	54	24:36
55	Joan Lavin (MTC) 40-49	43	26:53*
73	Russell Stanton 60&over	65	28:07
138	Jennifer Vermette 15-19	18	31:40*
25	Chuan Napolitano 14&under	14	24:54
141	Heather Durost 14&under	14	31:42*
171	Gail Browning 50-59	54	34:03*

### Other Maine Track Club Finishers:

26	Clyde Coolidge 2,50-59	52	24:56
30	Malcolm Kidd	35	25:15
68	Brigitte Edquid 4,40-49	43	27:39*
72	Stephen Assante	39	28:05
86	Mary Ann Peck	33	29:02*
93	Joe Hepp	41	29:27
106	Warren Wilson	58	30:15
133	Herb Hoppe	49	31:36
135	Reggie Sargent	45	31:39
145	Wendy Hall	26	31:47*
153	Betty Barber	34	32:08*
160	Pat Murphy	46	32:54*
165	Chris Parsons	38	33:38
197	Pat Buckley	53	37:12*

Many thanks to John LeRoy for complete results.

Inaugural Coastal Cruisers 5K X-C Run  
Macworth I, Portland - 77 F. - 11/3/'91

### Top Overall Finishers:

1	David Smith 1,20-29	21	16:48
2	Dan Dearing 1,30-39	30	16:57
3	Ron Newbury 1,40-49	41	16:58
4	Kim Wettlaufer 2,30-39	34	17:02
5	Stu Hogan 2,20-29	29	17:12
25	Marjorie Haney 1,20-29	24	21:20*
29	Kristen Lindholm 1,19&under	18	21:31*
30	Connie Hallet 1,30-39	32	21:44*
36	Jessica Silva 2,20-29	20	22:07*
38	Brigitte Edquid (MTC) 1,40-49	22	22:22*

### Other Top Divisional Finishers:

20	Art Warren 50-59	50	20:07
28	Matt Russey 19&under	16	21:31
62	Paul D'Amboise (MTC) 60&+	61	26:42
65	Gail Browning 50-59	54	27:16*

### Other Maine Track Club Finishers:

7	Chuck Snekvik 2,40-49	48	18:27
8	Harry Nelson 3,30-39	37	18:40
10	John Eldredge	37	18:59
12	Ron Deprez	47	19:14
14	Ron Cedrone	42	19:28
15	Tom Menendez	38	19:31
19	Al Butler	37	20:04
21	Philip Pierce 2,50-59	50	20:10
22	Peter Bastow 3,50-59	55	20:17
26	Dale Rines	39	21:21
34	Rick Meinking	30	21:55
39	Dana Seguin	37	22:24
41	Nancy Lund 2,30-39	39	23:03*
47	Diane LaVangie	33	24:20*
50	Roy Morejon, Jr, 3,19&under	10	24:51
51	Roy Morejon	48	24:53
58	Martha Deprez	46	25:44*
59	Kathleen Duddy	40	25:59*
63	Pat Murphy	46	26:55*
66	Ricky Meinking	8	27:24
75	Don Penta	45	29:44

Many thanks to John LeRoy for complete results.





Alex Dann, top, and Judy Grassi display strong finishes at New Year's/Portland.

6th Ann. White Mountain Milers 1/2 Marathon  
N. Conway, NH - 243 Fin. - 10/27/'91

1	Art Sorrell	1,30-39	31	1:10:20
2	Douglas McGregor	1,50-59	52	1:15:50
3	Larry O'Toole		31	1:16:16
4	Julie Peterson	1,30-39	31	1:17:37*
5	Shawn Keenan	1,18-29	29	1:17:57
8	Kevin McDonald	1,40-49	41	1:19:10
18	Dick Joseph	(MTC)	42	1:24:47
26	Jennifer Rood	2,30-39	30	1:26:23*
27	Lynne Schuler	1,18-29	28	1:26:46*
28	Sean Kerwin	(MTC)	18	1:26:54
45	Ed Patton	(MTC)	28	1:31:00
74	John Parker	1,60&over	60	1:36:32
89	Dan Fitzgerald	(MTC)	30	1:38:21
99	Katheryn Telford	(MTC)	37	1:39:59*
102	Carlton Mendell	(MTC) 2,60+	70	1:40:31
113	Russ Bradley	(MTC)	67	1:42:09
63	Mike Gauthier	1,17&under	16	1:34:41
114	Rene Collins	1,50-59	50	1:42:12*
139	Mike Cavanaugh	(MTC)	40	1:46:18
153	Linda Welborn	1,40-49	49	1:48:19*
192	Warren Wilson	(MTC)	58	1:55:55
193	Joe Hepp	(MTC)	41	1:56:00

Many thanks to John LeRoy for complete results.

1992 Camden Snow Bowl Hill Run - 27 Fin.  
Camden, Maine - October 6th, 1991

1	Peter Hall	(MTC)	29	19:57
2	Bob Poirer		36	20:05
6	Ralph Fletcher		41	21:01
8	Chase Pray		47	21:55
9	Arnold Henry		15	22:51
11	Ruth Hall	(MTC)	33	23:35*
12	Tom Menendez	(MTC)	38	23:38
15	Deb Merrill	(MTC) (2nd)	35	24:07*
13	Arthur Warran		50	23:50
18	Maureen Sproul	(MTC) (3rd)	35	25:46*
19	Faye Gagnon		46	27:22
22	Louisa Dunlap		51	29:56*
24	Paul D'Amboise	(MTC)	61	33:02

Many thanks to John LeRoy for complete results.

8th Annual Oyster Festival 5M - 130 Fin.  
Damariscotta, Me - July 13th, 1991

1	Tom Dann	(MTC)	25:30
2	Jeremy King		25:46
3	Dan Dearing		27:07
4	Ronald Frontin		27:49
5	Ethan Nedeau		28:16
7	Rick Lane	1,40-49	28:53
13	Al Sproul		30:41
20	Phil Pierce	(MTC)	31:33
21	Tom Menendez	(MTC)	31:37
27	Eileen Dunfey	(MTC) 1st W	32:08*
28	Peter Bastow	(MTC)	32:16
35	Karen McCracken	(MTC) 2nd W	32:50*
37	Larry Barker	(MTC)	32:52
40	Dara Jones	3rd W	33:05*
50	Jennifer Cusick	4th W	34:21*
51	Ginger Rober	5th W	34:25*
53	Carol McRea		34:31*
54	Nancy Kneeland	(MTC)	34:39*
61	Carlton Mendell	(MTC)	35:34
66	Russ Bradley	(MTC)	36:45
83	Bob Cushman	(MTC)	38:36
86	Nancy Lovetere	(MTC)	38:53*
100	Robert Wyman	(MTC)	41:02
113	Warren Wilson	(MTC)	43:22
121	Shirley Chamberlain	(MTC)	44:35*

10th Annual Great Osprey 10K - 137 Fin.  
Freeport, Maine - November 16th, 1991

Top Overall Finishers:

1	Gerald Ostheim	31:45
2	Tom Dann	(MTC) 32:40
3	William Best	33:28
4	Michael Grigware	33:30
5	Pat Lee	34:28
8	Sally Perkins	36:17*
17	Julia Kirtland	38:03*
25	Felicia Greer	39:24*
41	Ann-Marie Davee	41:12*
44	Shelley Slaten	41:31*

Other Maine Track Club Finishers:

6	Gordon Scannell	35:38
15	Brian McCrea	37:49
18	Bill Sylvester	38:11
22	Malcolm Kidd	38:53
24	Tom Allen	39:01
26	Clyde Coolidge	39:26
29	Roy Morejon	39:56
36	Philip Pierce	40:44
42	Paul LaVangie	41:13
51	Eileen Dunfey	42:00*
58	Nancy Kneeland	42:35*
62	Neil Martin	43:01
64	Dale Rines	43:11
77	Rosalyn Randall	44:37*
79	John LeRoy	44:41
87	Carlton Mendell	45:49
94	Richard Cavanaugh	46:35
102	Betty Barber	48:09*
108	Tom Atchison	49:47
112	Marla Keefe aka "Maria Heep"	50:09*
120	Dave Shennan	51:29
122	Deb Merrill	54:42*
127	Patti Tableman	59:48*
109	Malcolm Washburn, Jr.	49:47
135	Don Penta	64:14

Many thanks to John LeRoy & "Mainely Running" for complete results to the Oyster Festival 5 Miler & Great Osprey 10K.

13th Ann. January Thaw 4.5 Miler - 58 Fi.  
Belgrade, Me - January 19th, 1992

1	Stan Bickford	28	22:58
2	Scott Laliberte	17	24:42
3	Jerry Richardson	34	24:50
5	Guy Berthiaume 1,40-49	46	26:11
6	Veronica Knight (1st)	24	26:35*
12	Bob Payne (MTC) 1,50-59	53	28:20
13	Richard Scribner (MTC)	40	28:22
16	Peter Bastow 2,50-59(MTC)	55	29:38
21	Dale Rines (MTC)	39	30:57
29	Jane Rau 1,40-49 (2nd)	42	31:51*
35	Carlton Mendell (MTC) 1,60+ 70	32	32:49
36	Mark Doucette (MTC)	30	32:56
32	Kris Ryding (3rd)	28	32:10*
37	Betty Barber (MTC) 1,30-39 34	32	32:56*
38	Russ Bradley (MTC) 2,60&+ 68	33	33:03
54	Mark Clinch (MTC)	35	39:19

Results courtesy of Central Maine Strider newsletter, "The Interval."

Maine Track Club results are compiled carefully every month by Don Penta. You may contact Don at 892-4526 or 54 Sebago Ave., Windham 04062-5413.





## Survey Results

The recent survey of MTC members elicited 38 responses. Respondents included 23 known males, 11 known females and four whose sex is unidentified (because they did not include names, but because they are "gender blenders.")

Here are the results:

- 71% (27) attend club meetings. Those who do not cite location, time constraints, work schedules and programs other than running.
- 87% (33) indicated that they would attend business-only meetings (no program) two-three times per year.
- 82% (31) worked three or more races during 1991. Comments included an inability to secure babysitters, conflicting work schedules and suggestions to hold more Saturday races.
- 82% (31) wore MTC clothing when volunteering or running. Comments included the need for painters caps and a dislike of the color green.
- 45% (17) attend MTC group runs. Those who do not cited limited time, participation on running teams and running with other friends.
- 66% (25) attend MTC social events. Those who do not cited time constraints.
- Suggested club goals/activities included a fall marathon, running health clinic, more active members, Saturday races, a bus trip to the 1992 world cross-country championships (in Boston March 20), youth running and other meeting locations.
- Suggested speakers include Joan Samuelson, nutrition, training, adventure running, Carlton Mendell, panel of elite runners, training/goal setting, biathlon and orienteering.
- Respondents wanted a clearer definition for criteria for the Maine Running Hall of Fame. Suggested nominees include Carlton Mendell, Brian Gillespie, Ton Dann, Bob Payne, Bruce Ellis, Kim Beaulieu and Bob Winn.
- Only one respondent indicated that he joined the club only for the newsletter and race information.

### Maine Running Hall of Fame Annual Banquet and Induction

Saturday, March 7, 1992

Holiday Inn West

51 Riverside St. (ME Tpke., Exit 8)  
Portland

Cash bar at 6 pm, dinner at 7 pm, induction beginning at 8 pm. 1991 inductees: Bruce Ellis, Diane Fournier, Bob Hillgrove, Frank Sabasteanski and Ed Shepard.

To reserve your space at \$25 per person, please contact Jerry Saint Amand at 873-6753.

## Upcoming Opportunities to Earn MTC Clothing

Remember, under our new incentive program, after you work three races and earn a special volunteer T-shirt, you earn credits toward discounted MTC clothing. Please give the following race directors a call today and volunteer to help them before, during or immediately after their events.

**'92 Presidential Race.** Sunday, March 29 at 10 am in Dock Square in Kennebunkport (Rt. 35 east to Rt. 9 north). Race directors Tom Dann (985-2727) and Steve Jacobsen (985-4107).

**Boys Club Five Miler.** Monday, April 20 at noon at Cumberland Avenue in Portland. Race coordinator Bill Stuart (799-5961).

### Maine Track Club Auction/Pot Luck Supper

**We need product donations, food and volunteers to make this event a social and financial success. If you can help at the event or if your business (or a friend's) can donate a product or service, please call one of our co-chairs, Jeanne Richmond (967-5968) or Reggie Sargent (967-5629). Exact date in May TBD.**

### 1992 MTC Budget

A copy of the proposed 1992 MTC budget is enclosed with this newsletter. Please study it and bring any questions to the March 11 membership meeting. The budget will be presented for member approval at the March meeting.



# Race Schedule

*This schedule includes the most current information at the time of publication. Contact race directors to confirm details and receive additional information. Races denoted MTC are Maine Track Club events. Races denoted CMS are Central Maine Striders events; applications are available from CMS, PO Box 1177, Waterville ME 04901.*

March 8 **Killarney's 10K.** Waterville. 9 am. Great race over a new course ("guaranteed to improve your time"). \$10 pre-registration (T-shirt to first 150), \$10 race day. Changing rooms. Limited showers. Refreshments. Special price on famous buffet. Exit 34 off I-95 to Holiday Inn (visible from interstate). CMS. Tom McGuire 465-2829.

March 8 **Stu's 30K Road Race.** Boylston, MA. 11 am. I-495 to Rt. 62 West exit (just north of I-290 exit) to Rt. 70, then left on Rt. 70 to Tahanto Regional High School. "This course is an absolute killer - but it's a great race!" -Bill Stuart, MTC. Very hilly, endless. Stuart Thurston, Central Mass Striders, Box 2, Greendale Station, Worcester MA 01605. 508-798-0896 (day) or 508-869-6541 (eve.)

March 14 **Frostbite Run 5K.** Ellsworth. 11 am. \$7 (T-shirt to first 25). CMS. Start, finish at YMCA on Rt. 1A. Down East Family YMCA, PO Box 25, Ellsworth ME 04605. Sheldon Booze 667-3086.

March 15 **Sully's St. Patrick's Run.** Portland. 1 pm. 5K. \$6 pre-regis. (T-shirts to first 50). Start at Sully's, 1160 Forest Ave, Portland. Sully's 5K, 128 Maine Ave. Portland ME 04103. Sully's 797-6924 or Bill Skerritt 797-8175.

March 15 **New Bedford Half Marathon.** New Bedford MA. 11 am. \$12 before 3/1, \$15 thereafter. 1700 finishers in 1991. Leo's Cycle Mart, 1657 Acushnet Ave. New Bedford MA 02746. 508-999-5005.

March 22 **Boston Primer.** Readfield. 15 miles. 11 am. CMS. Changing rooms and showers. Refreshments. Start, finish at Maranacook School. Dave Gudan 622-0289.

March 29 **'92 Presidential Race.** Kennebunkport. 5 mile. 10 am. \$8 pre-regis. (T-shirts to first 300), \$10 race day. MTC. Wheel measured. Start and finish in Dock Square. I-95 to Exit 3 (Kennebunk), then Rt. 35 to Kennebunkport. Presidential Race, PO Box 1163, Kennebunk ME 04043. Inaugural event! Steve Jacobsen 985-4107, Tom Dann 985-2727.

April 4 **Championship Run.** Rockland. 25K (15.5 mile). 11 am (runners must arrive and be registered by 10:15). \$5 pre-entry, \$6 race day. Weight divisions. Pen Bay Racers/Vern Demmons, PO Box 54, Warren ME 04864. Vern Demmons 273-2594.

April 4 **April Fool's Four Mile Road Race.** Salisbury, MA. 11 am. \$6 (T-shirts to first 250), \$8 race day. Winner's Circle Sports Bar, Rt. 110, Salisbury MA 01952. I-95 to Rt. 110E. Bar is on right.

April 5 **Mark Hoffmaster Memorial 5K.** *Canceled to lack of race director. Will you help revise this event in 1993? Contact Charles Scribner (772-5781).*

April 11 **Terrier Trot 5 Miler.** Waterville. 9 am. CMS. Jim Moore 873-0080.

April 12 **Jaycees 10K.** Skowhegan. 9 am. Walter Crockett 474-7179.

April 12 **Amish Country Half Marathon.** Lancaster PA. 1200 finishers. MTC road trip (Tom Atchison 839-6159). Bill Smith, 509 Big Bend Rd., Lancaster PA 17603. 717-394-7812.

April 12. **Milk Run 10K.** Boston. 1 pm. This major event goes low-key with the loss of the major sponsor. DMSE. 617-932-9393.

April 18 **Unity Spring 5K.** Unity. 9 am. Ed Raiola 948-3131.

April 19 **WTVL Rape Crisis 5K.** Waterville. 9 am. CMS. Ruth Saint Amand 873-6753.

April 20 **Boys and Girls Club 5 Miler.** Portland. Noon. MTC. Steve Muslawski 874-1070.

April 20 **Boston Marathon.** Hopkinton, MA. Noon. Must have qualified by March 1. Boston Marathon, Box 1991, Hopkinton MA 01748. 508-435-6905.

April 25 **April Amble.** Portland. Approx. 4 mi. 10 am. MTC. Start, finish at Westbrook College, Stevens Ave., Portland. Jim Graffam 797-7261.

April 25 **Togus Road Race.** Togus. 5 mile. 10 am. Chris Bovie 872-2324.

April 26 **WTVL Rape Crisis 5K.** Waterville. 8:30 am. CMS. Ruth Saint Amand. 873-6753.

April 26 **Augusta Rape Crisis 5K.** Augusta. 1 pm. Maryann Milcetic 623-1347.





**WINTER MEMORIES:** Diane Flanders, left, at the Mid-Winter Classic. Rick and Ricky Meinking, center, conquer downtown Portland and Marla Keefe flashes a smile at the end of the New Year's/Portland race.

## The People Magazine of Running

*I found this article in the December issue of the Cape Cod Athletic Club newsletter. It is a humorous and interesting piece. Enjoy!*

Bill Stuart

Every Christmas some well-meaning relative offers to give me a subscription to Runner's World. My reply usually goes something like "Give me a year's worth of Conde Nast Traveler, or Adventures in Needlepoint, but never, ever give me RW!" Why such antipathy toward the People magazine of road running? Simple. Because those smarty little trend setters have capitalized on the inherent laziness of the American public to create a false concept that success in running can be achieved with very little sweat equity. Yuppies took up running in huge numbers during the boom but they quickly dropped out when they discovered real work was involved. With many subscriptions at stake the editors of RW hatched a lot to emphasize anything but real running. A couple of articles in recent issues are good examples. "Run Your Best Marathon on 18 miles a week." Sure, if your PR is somewhere around six hours, this will work fine. "Beta Carotene - Will It Unlock the Talent Within You?" No, but it will unlock ample noxious gasses within you to

give new meaning to the term fartlek in your training run. How about "3K. The Race of the Future?" In the ten or so years I've run, I've seen the most popular race shrink from 26.2 miles to just over three miles. By the time I'm 70, 100 meters will be a distance race. You say you want real training tips? No, but RW can set you up with the latest shade of neon. Why train in the cold of winter? RW can provide you with a combination tanning bed and "muscle energizer" so you will look great running your 10-min. miles in the spring. And how about the models? The only difference between RW and the swimsuit issue of Sports Illustrated is that the SI girls are wearing more. The males all look like Giorgio Armani rejects from Esquire - full, pouty lips with a hint of perspiration. And they all have stories like "I used to smoke three packs of Camels and drink a case of Bud every day, then I discovered running (make that RW) and I just ran my first 10K in 29 minutes."

Enough print wasted on these corporate scoundrels. To this day I own only one copy of RW. It is the issue with our own Johnny Kelley wearing his CCAC singlet, crossing the finish line at Boston. None of these gimmicks for him. He's been great for 50 years for one simple reason - he got out there and put in the miles.



# Member Profile: Paul D'Amboise

## Award-Winner Leads Three-Generation MTC Running Family

With its 300+ members, MTC has many couples and various mother-father-son-daughter combinations, but Paul D'Amboise, Maureen Sproul and her daughter Becky may be our only three-generation team.

They certainly are the most awarded, as all three were recognized for their 1991 running accomplishments at the MTC banquet in January. Paul was cited as *Most Improved Male 60+*, Maureen was recognized for *Most Improved Female 30-39* and Becky was named *Pee Wee Runner of the Year*.

Now 63, Paul started running in 1977 and made his debut with a 49-minute 10K in the Lewiston Heritage Bank Run. He was hooked. Now retired from the state Department of Labor, he enjoys a variety of training sites, from Baxter Boulevard to the hilly terrain near his New Gloucester home. Paul is a man who enjoys challenges, saying that his favorite

running experience was the tough, hilly Readfield Primer for the Boston Marathon. Further challenging him is the fact that since 1989 he has had an internal cardiac pacemaker. When the pacer had a minor malfunction in the 1990 Shaw's Thanksgiving Four Miler, Paul collapsed at mile three and finished the race in the emergency room at Maine Medical Center, where at a later date he received an implanted half-pound defibrillator to regulate his heart rhythm. Since then, his training has continued as before - strong and consistent.

Paul's daughter, Maureen Sproul, has contributed to MTC as club photographer for the past two years. She began running almost to her surprise, going along "for the ride" to the Gasping Gobbler race in Augusta in 1981. She finished last, but it was the beginning of a rather remarkable running career. This past summer, Maureen finished second overall in the six-race Alpine Series, running ski trails such as Saddleback, Sugarloaf USA and Shawnee Peak. An amazing season accomplishment itself, the series preceded a 3:09 finish (second female) in the Pine Tree Marathon in October. This was 35 minutes faster than Maureen's previous marathon time and qualified her for Boston in April.

While I talked with Paul and Maureen for this article, six-year-old Becky took in every word, more than willing to add her own observations. She's been running in kids' races for about three years and has brought home some prizes. When asked what she likes most about running, her pretty, freckled face lit up and she chortled, "Nothing!" I think, though, that she'll probably follow in the family "footsteps."

*This article was written by Pat Buckley, MTC marriage and multigenerational-family reporter.*





# 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)

Note: Applications received after Sept. 30 are good through the following year.

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 _____ 9-Digit Zip Code* _____ -

Employer _____	Occupation _____	Phone _____
Employer _____	Occupation _____	Phone _____

If Student: School _____	Year of Graduation _____
If Student: School _____	Year of Graduation _____

\*Please include 9-digit zip code to ensure newsletter delivery. If you do not know your zip, please consult a utility bill.

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

## 1992 OFFICERS AND COMMITTEE CHAIRPERSONS

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Sumner Weeks

Tom Dann

Reggie Sargent

Rob Laskey

Candace Karu

Russ Connors

Carlton Mendell

Charles Scribner

Presidents 774-7302

Vice Pres. 985-2727

Secretary 967-5629

Treasurer 729-4104

Newsletter 967-4257

At Large 799-8240

At Large 797-7806

Race Comm 772-5781

John Gilliss

Dale Rines

Maureen Sproul

Ruth Hefflefinger

Peter Bastow

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Mel Fineberg

Don Penta

Course Cert. 879-0222

Course Cert. 854-2486

Photography 926-4681

Membership 797-4625

Past Pres. 829-3669

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Clothing 774-8868

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Maine Track Club, PO Box 8008, Portland ME 04104-8008

*Run with a Friend*

### WANTED: NEWSLETTER SPONSORS!

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

Sponsors

Candace Karu

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