



NEWS RUN

Run with a friend

March 1993

And the Legend Lives On....

Carlton Mendell responds to "How it Feels to Be Inducted to the Maine Running Hall of Fame"...

After a lifetime of athletic endeavor, it feels just fine. It's my greatest accomplishment, and that includes my professional and charitable accomplishments.

I really didn't set any goals; I simply ran the way my body felt. There were good and bad experiences along the way. But no injuries. I was lucky...I didn't hit a pothole.

But really, I can't thank my fellow runners enough. They were the persons who made it possible. I have never met a bad runner.

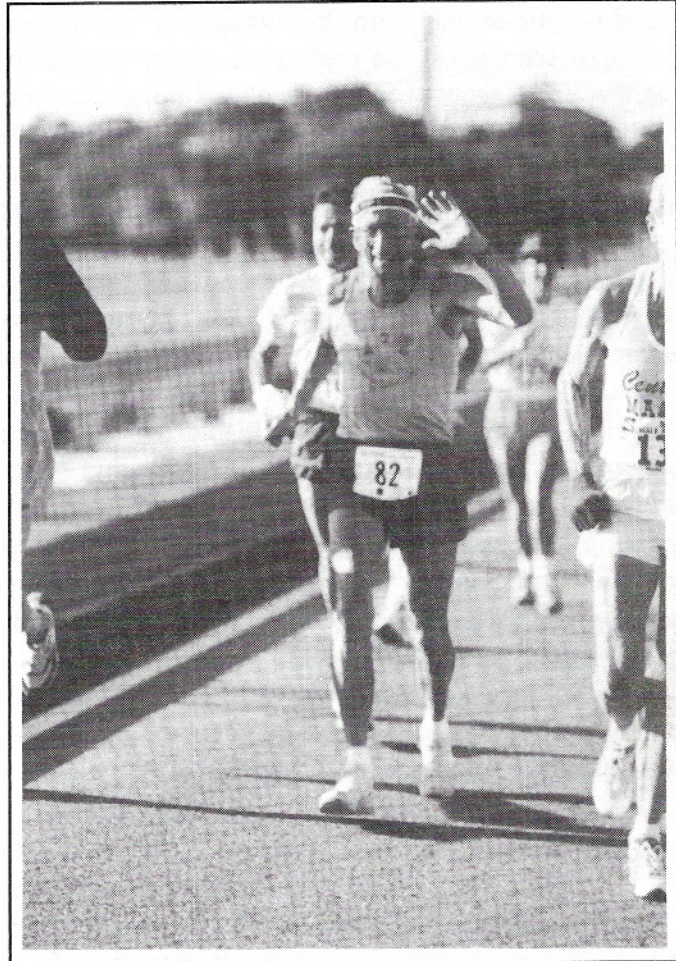
As I look back, it all started with a gift of a year's membership to the "Y", by my 96 year old aunt, now living in San Diego, CA. Time is fleeting, but it has been an exciting 63 years. I try not to look back, though it is difficult not to reminisce at times.

Sometimes I think it was a the roar of the crowd that kept me going. The Boston Marathon crowd and the New York City crowd on First Avenue, were two of the best examples of the roar of the crowd.

But first and last, it would have been impossible without the comraderie of my fellow runners.

Thank you, thank you all.

Carlton



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From the Editor . . .

Well, it's official. Spring is here. There is great hope for all of us who have endured this late-blooming winter. Disregard the mounds of snow obstructing your view. Forget about the slush and the small lakes covering the roads. Be grateful when your running partner soaks you because you got a little too close to avoid the oncoming snow plow. It means that there is a meltdown underway, and the blizzard of '93 will be history...

It seems that the prolonged winter is affecting enrollment for the early races. Steve Jacobsen notes the numbers for the Presidential are down from last year, though close to ninety serious runners did come out for Sully's. I'm also aware that many MTC members are preparing for spring marathons...

I'm excited about this edition of News Run since several members have contributed pieces. It's an opportunity for me to begin to know someone through their participation in this joint effort. And the therapist in me just had to ask Carlton Mendell "what it feels like to be inducted into the Maine Running Hall of Fame." I am also aware that there is a movement toward networking as we look at how to grow this organization. Ray Shevenell made the suggestion at last month's membership meeting that each existing member invite a least one other person to join. And Sandra Shennan challenges us to involve at least seven people with the Maine Marathon. I love it! It's the way to grow!...

So let's keep talking with each other as we enjoy the budding of spring and the disappearance of winter. It's always well worth it. See you at the Races!

Jeanne Hackett

Correction:

All participants 90 and over, (changed from 80 and over, indicated in February's News Run,) in USA Track and Field certified events, will receive recognition. Also, to clarify, the age group standard times will remain the same as last year.



"News Run"

Deadline Date

April 20, 1993

This is a **firm deadline**. All material must be submitted by that date to: Jeanne Hackett, 109 Dartmouth Street, Portland, ME 04103.

Typesetting, layout and design of *News Run* this month was contributed by Sherry Johnson, of Berry, Dunn, McNeil & Parker, Portland, Maine.

News Run Sponsors

The Maine Track Club gratefully acknowledges the generosity and support of those members listed below. If you would like to become an **individual** *News Run* sponsor, please send \$10 to Maine Track Club, PO Box 8008, Portland, ME 04104.

To become a **corporate** sponsor, please mail your \$25 donation to the same address. Prime sponsorships in the amount of \$50 will reserve you advertising space in the *News Run*.

Sponsors

Milt Bailey
Charles Iselborn
Mystery Sponsor (?)

Kurt Nielsen
Carol Pierce
John Woods

Mount Washington Road Race

If you receive a rejection letter from the Mount Washington Road Race and want a second chance, contact Susan Davenny, 772-1787 (6-9 p.m.) This year the Maine Track Club has arranged for seven reserved entries for members who were not accepted in the race lottery. If we have more than seven requests, we will hold our own lottery in early May.

Volunteers are also needed for the day, June 19th. Our usual duty consists of refreshments and trash pickup at the base tent.

Maine Marathon and Half-Marathon Sports and Fitness Festival 5K Race around Back Cove October 2&3, 1993

by Sandra Shennan

The Maine Marathon, October 3, 1993. The Second Annual. It's really hard for me to believe that I am writing this. It seems like yesterday when we were voting at the Maine Track Club meeting whether to try to do the Maine Marathon 1992. And it was DONE. Done well, I may say. Consider this...

The first winner of the modern Olympics Female Marathon Joan Benoit Samuelson - shot the gun, ran the Half-Marathon and won!!

Bob Winn won the Marathon in honor of a friend. A

man deeply regarded by Bob. His daughter made the evening news with the announcer stating, "she can't understand why Bob is crying since he won the race." That little girl will have many years to miss her daddy, and Bob demonstrated the frustration and pain of that thought as he finished the race.

The final finisher of the Half-Marathon, Dr. Danny Winchester. He has cerebral palsy and "ran" the race backwards pushing his wheelchair, since that is the way he can move. More than one eye cried watching this man finish the race. We all exercised a little more the next day, realizing if he could do that for 13.1 miles, then we can push a healthy body a little harder.

And on and on and on the stories go. Eight hundred and fifty-five different stories. How can we appreciate them all?

Let me not forget the Bulgarian runner who got separated from the crowd and lost on Baxter Boulevard...finding no one who could speak Bulgarian he just struggled on and succeeded in finding the pack.

Wayne Clark from Maine Medical Center taking the Bulgarian runners to kidney dialysis the day before and the day after the race. Dialysis donated by the Southern Maine Kidney Dialysis Center. The spirit of Maine.

The challenge in '92 we said was to stage a really class event which would cause people to brag about their experiences in Maine so that future races would grow. So now the finger is in the pie and we're ready to test the proposition. All those volunteers will be needed again. All of those hours will need to be dedicated to working and/or training for this event. We've done it once and we can do it again. Even better this time. Let's start marketing the event. Every member of the track club should advise seven other people of the weekend. We shall have a great time. And if the weather is as good by half, as it was in '92...what a time will be had by all.



Special Thanks

I would like to extend a very special thanks to Sherry Johnson for filling in this month with the layout and design of this edition of *News Run*. Sherry is employed at Berry, Dunn, McNeil & Parker, CPAs, who are also contributing this month by way of Sherry's expertise and time.

Race Schedule

April 3 - Maine Track Club Memorial 5K

10:00 a.m., Animal Welfare Society, Holland Road, West Kennebunk, \$5, Brian Gillespie 772-2753

April 10 - Terrier Trot 5 Miler

9:00 a.m., Thomas College, West River Rd, Waterville, \$6, Jim Moore 873-0080

April 17 - Unity Spring 5K

9:00 a.m., \$3, Ed Raiola 948-3131

April 19-Patriots Day 5 Miler

12 noon, Boys & Girls Club, Ptld, \$10/\$12, Steve Muslawski

April 19 - Boston Marathon,

Hopkinton, MA (508)435-6905.

April 24 - April Amble 4 Mile Race,

10:00 a.m. Fun run at 9:15.
Westbrook College, \$7/\$9/\$3.
Athletic Dept. 797-7261

April 24 - Augusta Togus 5 Miler,

9:30 a.m. \$8, Chris Bovie 622-1347

April 25, 1993 - Augusta Rape Crisis 5K,

9:00 a.m., \$6. MaryAnn Milcetic 623-1347



President's Column:

One of the goals set for the Maine Track Club in 1993, is to increase the visibility of our club by hitting the road race scene in large numbers. Attending road races, particularly out-of-state, as a friendly energetic group will do wonders for the image of the Maine Track Club and Maine running in general.

On March 7, this very thing happened at the Hyannis Marathon and Half-Marathon on Cape Cod. The Green and Yellow showed up in full force, many of whom drove together in a caravan of CB-"connected" vehicles. The weekend started at former MTC President Bill Stuart's home, where some superb people ate great pasta and had a super time socializing. Thanks Bill, for your generous hospitality. Getting back to the hotel, we hung out in the hallway like high school athletes staying overnight for a championship game. The Road Warrior - filled wing was in rare form with stories of recently purchased olive oil, no names mentioned here, however.

Race day was sunny and fairly pleasant, except for a rather cold wind. All in all, though, the weather was quite good. The wind seemed to slow times by 2-5 minutes for most, though one or two PR's were recorded. As club members finished, we were

greeted by a strong contingent of MTC supporters, many who volunteered at the finish line waterstop, as well. True volunteers at heart! Way to go MTC!!

After grouping together at the awards ceremony, where several members took home hardware, we headed back to the land of the Ice Age. (There was no snow on Cape Cod.) Snow or no snow, it is always nice to return to Maine, where "running with a friend" is a way of life!!

Let's have more of these fun weekends!

**Run and Have Fun,
Tom Dann, President**

MTC Progressive Dinner

The Maine Track Club is sponsoring a progressive dinner party on May 8, 1993 starting at 4:30 p.m., (running house to house is optional).

We need volunteers to be hosts for House #1, Dinner & Hors D'oeuvres; House #2, Appetizers (Soup & Salads); House #3, Entree; and House #4, Dessert. (all groups are invited to meet at Jane & Ken Dolley's for dessert. If you are dessert host in your group, bring your dessert to the Dolley's).

If you are interested in being a host or attending one of the progressive dinners, please call Sandy Utterstrom, 797-4710 by April 26. We will split into groups of twenty, depending on the number of people interested. The cost is \$10 each to cover the expenses for the volunteer hosts. Call now for your reservation!!!

Cool Fun on the River Run

by Maggie Soule

"It isn't the distance that gets to you here in Florida—it's the heat!" "They'll never cancel this race—you can be sure of that!"

I remembered these predictions with a smile as a burst of fireworks launched us forward into the 1993 Gate River Run. Under brisk winds and a cold, bright sun, we were off—24 hours late—along a route newly cleared of flood water and fallen trees. The temperature was close to freezing. I thought of Candace Karu, whom I'd "run" into in Key West a few days earlier, and wondered what she might be thinking now, from her base in Miami, about her warning.

The second faulty forecaster, Lilly Vaill, ran beside me. Few people *knew* it was Lilly, though they might have guessed. With her inimitable flair, she wore a black ski mask trimmed in pink. My own headgear—an earband made from pinned together Reebok "arch" socks—was far less chic and mysterious but almost as practical. Unfortunately, no one took our picture.

We had left St. Augustine at dawn the day before, making several pit stops, gulping water, nervously pinning on our numbers en route to Jacksonville. The rain from the previous nights near-hurricane had almost stopped, but a gale still blew and the Vaill's Cherokee, driven gallantly by Lilly's husband, Fred, wavered with every gust. Still, we were ready. "It's going to be difficult, it's going to be a challenge, but we'll do it," Lilly had said the night before, on hearing the latest weather report. The entrance to the Gator Bowl looked desolate. A policeman greeted us. "The River Run has been postponed until 8:30 tomorrow morning." "I don't believe it," said Lilly and Fred.

Now, after another restless night and another early morning drive, it was really happening. Race organizers had somehow managed to get the course cleared, rehire the necessary people to keep Jacksonville's streets free of traffic, and swallow their disappointment at losing one-third to one-half of the 6,000-plus field they'd expected. Not today would

the River Run live up to its reputation as the "World's Largest 15K Road Race."

But for me, it didn't matter. For years, based on Lilly's glowing reports, I'd dreamed of someday doing the River Run. In December, '92, I finally decided to enter. Lilly sent a Jacksonville newspaper clipping with a suggested training regimen. As any Maine runner knows, I couldn't have picked a tougher winter to prepare. But thoughts of a warmer clime—and weekly appointments with Kathie McGonagle, my massage therapist—kept me going. I arrived in Florida two weeks ahead of time, and did my last 10-mile "long" run on Sanibel's sandy shores and smooth bike paths. Then came the "tapering off" time in Key West, where people-watching, eating and sight-seeing took the place of hard training. (That's how I spotted Candace: she happened to run by as I sat at a laundromat!)

As Main Street Bridge, the River Run's first "hill", loomed near, Lilly and I had our prearranged parting. Like most Floridians, she ascends any grade above sea level at a sensible walk. Jogging briskly on, I recalled the advice of Tom Atchison, another good Floridian, to watch my footing on Main Street's gridwork. It looked—and felt—like running on cookie cutters.

"What a rush!" I shouted to some strangers as we descended, the danger behind us. Would I be saying the same thing eight miles later, on the notorious Hart Bridge? That thought gave way to sheer enjoyment as we wended our way through some of Jacksonville's finest residential real estate. Waterstops seemed to sprout at every bend. At mile seven I paused to do some brief stretches.

In the shelter of tree-lined neighborhoods, we grew warm beneath our layers. Woolen hats drifted among the wreckage of paper cups. A small, wiry man ran by me, a pile of salvaged caps resting on his head like the Tower of Pisa. In my gloved hand, I carried my own makeshift hat. The sock heels form cute little flaps to keep your ears warm—a feature that came in handy at the start of the race as it would toward the end. So, too, did my "New York Marathon" windbreaker, which I luckily didn't discard. ("No," I kept telling people, "I've never even run a marathon—just happened to acquire this thing at an RRCA auction!")

A final sip of water, a quick step-aside for one last hamstring stretch, and I was ready to rejoin the scattered throng as they leaned into the real "work" of the River Run—the behemoth known as Hart Bridge. I zipped my jacket, pulled down my "earflaps" and trudged forward against the blustery wind. Partway up the span, I thought of the snowy hills of Maine I'd trained on, including the New Gloucester monster Maureen Sproul had led me over (twice!) just three weeks earlier. Compared to that, I decided, Hart Bridge was a cakewalk.

With a whoop and a wave, I neared the top. I seemed to be passing dozens of others, all walking or fitfully jogging. The blue-brown river glinted below, the sharp Jacksonville skyline stood sentinel downstream. And then, as they say, it was all downhill; a long graceful arc down an exit ramp, a swoop around a corner, and a short, intense stretch to the finish. Feeling as if I could run yet another Hart Bridge, I left the chute and joined the younger members of our contingent to cheer Lilly in, still wearing her phantom mask, a few minutes later.



Maggie Soule hitting the pavement!

Spring Training!

Chute Etiquette by Bill Davenny!

On April 10, 1993 at the Tennis of Maine on Outer Congress Street, between 8:00 a.m. and 9:00 a.m. we will show you how to work the timers, and what goes on in the chute in a race!

If you are interested in learning more about this important training, please call Sandy Utterstrom at 797-4710.

Maine Track Club Meeting

March, 1993

Our Program

MTC's own Nancy Kneeland, Carol Pierce, Bob Winn, Carlton Mendell, and Steve Jacobsen enlightened us all with their goals, motivation and training tactics for long distance running. It seems that while training philosophies and goals may differ, motivation and determination are very similar for all of us.

President's Report

Tom Dann opened the meeting with a mention of the recent Half-Marathon and Marathon in Hyannis, where The MTC was well represented, with several members taking awards. Also, big thanks to Bill Stuart for his hospitality.

In this segment of the meeting, Carol Weeks received her award for Mainely Running's Athlete of the Month for October, as did Carlton Mendell for the month of April.

Other members recognized for recent performances were Phil Pierce - 100K: Herb Strom - Hyannis Marathon: Russ Connors - L.A. Marathon: and Carlton Mendell - 100k in New York, where he set a North American Record for age 70 and over!

Upcoming races mentioned were the Presidential, MTC Memorial, Boys and Girls Club 5 Miler, and the April Amble. Dates and times for these races were given and the need for volunteers was mentioned.

An overview of the 1993 budget was given by Treasurer Steve Assante. Much discussion followed with the focus mainly on cost and direction for the publication of the newsletter. Also discussed was appropriating funds for the purchase of club race equipment.

A motion was eventually made and passed to accept the budget as is, with the option to change if necessary.

Vice-President's Report

A letter from Portland Trails was read by Mel, thanking us for our membership donation. Mel also mentioned social activities that are being planned, such as the Progressive Dinners, and a Red Sox trip.

Secretary's Report

The February minutes were accepted as written.

Race Committee Report

A clinic on chute and timing is scheduled for April 10, at Tennis of Maine in Falmouth. Contact Sandy Utterstrom. On the same day, there will be a USA Track and Field officials workshop held. For details, contact George Towle.

Plans are well under way for the October Marathon with sponsor commitments and items flowing smoothly.

Newsletter

Jeanne Hackett is requesting an article be written for the next publication, pertaining to the March 7 races in Hyannis, MA. Also mentioned for all concerned was the March 19 newsletter deadline.

Membership Committee

Laurie mentions that the membership is low at present. It was suggested that each member try to bring one new member into the club.

New Business

The Pottle Hill 10-k is a possible MTC road trip in June. Further details later.

To spice up the business meeting, two raffles were drawn. Winners were Reggie Sargent and Bob Payne.

The 50-50 raffle was won by Don Penta.

Respectfully submitted,
Reggie Sargent
Secretary

Race Results

New England Runner 1992 Marathon Rankings

Maine Track Club Women:

Open (819) Total:

Rk:	Name:	Race:	Time:
35	Eileen Dunfey	MM	3:10:31
42	Catie Dean	RI	3:12:08
98	Donna Hubert	BM	3:23:32
115	Theresa Gallupe	CD	3:25:51
182	Claire Savoie	MM	3:33:44
194	Nancy Duffy	MM	3:34:53
225	Nancy Kneeland	CD	3:38:04
259	Carol Days-Merrill	RI	3:39:57
282	Patti A. Tableman	NY	3:41:17
291	Kathryn Tolford	SL	3:42:34
355	Nikki Kagan	MM	3:49:13
414	Diana Laskey	SL	3:55:24
476	Suelene Houser	MM	4:01:48
701	Patricia Clark	MM	4:36:54
714	Ann Blanchard	MM	4:39:02

Masters (220):

45	Joan Lavin	RI	3:40:21
63	Carol Pierce	BM	3:49:26
65	Linda Folger	MM	3:50:14
103	Jane Dolley	MM	4:03:05
	Rosalyn Randall	BM	4:04:33
107	Joan Tremberth	SL	4:04:54
149	Kathleen Duddy	SL	4:21:53

Seniors (42):

22	Sally Paterson	MM	4:06:13
25	Jean Thomas	CD	4:10:13

Maine Track Club Men:

Open (2802):

22	Bob Winn	MM	2:30:17
45	Paul Merrill	SL	2:35:45
98	Stephen Fluett	MM	2:43:31
281	Steven Hertford	SL	2:55:12
326	Michael Reali	MM	2:56:48
332	Alburn Butler	MM	2:57:06
341	Kevin Carley	MM	2:57:29
434	Thomas Clemence	SL	3:00:46
445	Tom Menendez	VC	3:01:09
451	Gordon Scannell	BM	3:01:18
628	Harry Nelson	BM	3:07:00
713	Glen Gallupe	CD	3:09:14
791	Paul Slajus	MM	3:11:27
860	David Green	RI	3:13:17
1097	Malcolm Washburn	RI	3:20:50
1112	John Brady	BM	3:21:23
1144	William Sproul	MM	3:22:21
1223	Thomas Allen	MM	3:24:55
1225	Stephen Wilson	MM	3:24:57
1323	Bradford Davis	SL	3:28:51
1703	James Bunnell	BM	3:41:49
1809	Gerard Salvo	SL	3:45:42
1840	Christopher Rolfe	MM	3:46:57
2240	Rick Meinking	SL	4:05:07
2638	Don Kent	MM	4:34:02

Masters (1504):

29	James Toulouse	BM	2:47:32
231	William Sylvester	BM	3:11:01
348	Carlos Philbrick	MM	3:16:46
350	Bill Devou	BM	3:16:52
454	George Prescott	MM	3:21:29
502	Erich Reitenbach	BM	3:23:50
603	Lawrence Barker	NY	3:28:16
685	Steven Jacobsen	CD	3:33:06
759	Dan D'Entremont	SL	3:37:10
771	Paul Stugaitis	MM	3:37:51
786	Carl Fogg	BM	3:38:44
825	Richard McFaul	BM	3:40:56
878	Rocco Corsetti	MM	3:44:27
893	William Davenney	SL	3:45:33
	Mike Cavanaugh	MC	3:45:48
917	Thomas Carl	BM	3:47:14
924	George Campbell	MM	3:47:49
977	Stephen Assanti	CD	3:51:01
1096	Stephen Doane	MM	4:00:58
1154	Stanley Simpson	MM	4:06:42
1247	Thomas Atchison	CD	4:16:29
1315	Daniel Sobel	MM	4:24:05
1324	David Shennan	NY	4:25:18
2346	Raymond Oneglia	MM	4:29:20
1434	Albert Farris, Jr.	NY	4:45:24

Seniors (435):

30	Robert Payne	BM	3:09:51
36	Philip Pierce	MM	3:11:54
	Clyde Coolidge	MC	3:21:33
109	Michael Cowell	MM	3:29:22
181	Orlando Delogu	BM	3:42:02
220	Paul Kenison	MM	3:51:00
276	Richard Cavanaugh	MM	4:00:41
353	Robert Wyman	NY	4:25:19
365	John LeRoy	BM	4:27:51
393	Youngdahl Kim	SL	4:41:12

Veterans (83):

8	Walter Webber	CC	3:18:47
9	Russ Connors	MM	3:18:52
19	Richard Church, Jr.	NY	3:36:35
26	Hubert Strom	MM	3:42:12

Seventy & Over (3):

1	Carlton Mendell	MM	3:37:51
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BM-Boston, CC-Cape Cod, MC-Marine Corps, MM-Maine Marathon, RI Rhode Island, SL-Sugarloaf, VC-Vermont City, NY-New York City, CD-Clarence DeMar

1992 Bar Harbor 13 Miler (1/2 Marathon) Bar Harbor, ME - 336 F. - 9/13/1992

1	Bob Winn (MTC)	1:10:24
2	Jeffrey Mutter	1:10:44
3	Henry Bouchard	1:11:34
4	Danny Paul	1:14:36
5	Joe Fischetti	1:15:59

9	Joan Samuelson (H.MTC)	1:19:18*
26	Alburn Butler (MTC)	1:25:35
32	JoAnn Nealey	1:26:54*
38	Julie McGee	1:27:37*
56	Shelley Antone	1:29:30*
58	Mary Meehan	1:29:43*
65	Ron Deprez (MTC)	1:30:22
75	Christopher Rolfe (MTC)	1:32:00
99	Lloyd LaFountain (MTC)	1:35:13
160	Richard Scribner (MTC)	1:41:18
177	Carlton Mendell (MTC)	1:44:07
222	Orlando Delogu (MTC)	1:49:10
291	Sally Paterson (MTC)	2:02:54*
304	Cindy Khoury (MTC)	2:07:16*

1993 Hyannis Marathon & Half Marathon Barnstable High School - March 7th, 1993

Marathon Overall:

A.J. Bruder	2:33:36
Susan O'Connor Lough	3:00:04*

Maine Track Club Finishers:

Paul Days-Merrill (5th) 2:49:00

Herb Strom	3:42:47
John Kim	4:07:00

Half Marathon Overall:

Stephen Warren	1:12:44
Lynne Schuler	1:27:02*

Maine Track Club Finishers:

Tom Dann (5th)	1:14:39
Corey Daniels (114th)	1:30:58
Catie Dean (119th)	1:31:15*
Ed Doughty (141st)	1:32:24
Steve Jacobsen (179th)	1:34:58
John Pettorini (234th)	1:38:36
Carol Ann Merrill (299th)	1:42:27*
Joan Lavin (306th)	1:42:37*
Nancy Kneeland (332nd)	1:43:42*
Joan Tremberth (404th)	1:46:19*
Tim Monahan (481st)	1:49:56
Reggie Sargent (507th)	1:50:31
Malcolm Washburn (630th)	1:55:56
Bill Davenney (631st)	1:55:59
Mary Ann Peck (647th)	1:56:53*
Jane Dolley (683rd)	1:59:28*
Jean Thomas (684th)	1:59:30*
Jeanne Richmond (753rd)	2:05:22*
Sandy Utterstrom (787th)	2:08:46*
Diana Laskey (789th)	2:09:08*
Dave Shennan (790th)	2:09:10
Susan Davenney (799th)	2:10:47*
Mel Fineberg (818th)	2:15:00
Donna Moulton (848th)	2:26:15*
Ruth Heffelfinger (856th)	2:47:50*
Sheldon Kretschmer (900th)	3:00:00

Many thanks to Susan Davenney for taking the time to compile these results!

Race Results (cont.)

15th Annual Snofest 5 Miler - 29 Finish.

Augusta Civic Center - February 14, 1993

1	Cliff Rogers 34	28:18
2	Tom Thibeu 34	28:22
3	Dane Dwyer 35	29:48
4	Guy Berthiaume 1,40-49 47	29:53
6	Ross Cameron 26	30:20
13	Peter Bastow (MTC) 1,50-59 56	35:14
15	Richard Scribner (MTC) 41	36:44
17	Leslie Doolittle overall 35	38:06*
18	Russ Bradley (MTC) 1,60+ 69	39:02
20	Carlton Mendell (MTC) 71	39:42
22	Bob Cushman (MTC) 55	40:10
23	Louisa Dunlap 1,50-59 52	40:25*
24	Warren Wilson (MTC) 59	40:56
25	Donnajeane Pohlman 1,40-49 42	42:25*
26	Joanie Rhoda 39	43:25*
27	Dennis Morrill (MTC) 35	49:43
28	Sara McIntyre 21	50:14*
29	Linda Benn walker 45	65:48*

Many thanks to Jerry Saint Amand for complete results!

1992 Oyster Festival 5 Miler - 145 Fin.

Damariscotta, ME - July 11th, 1992

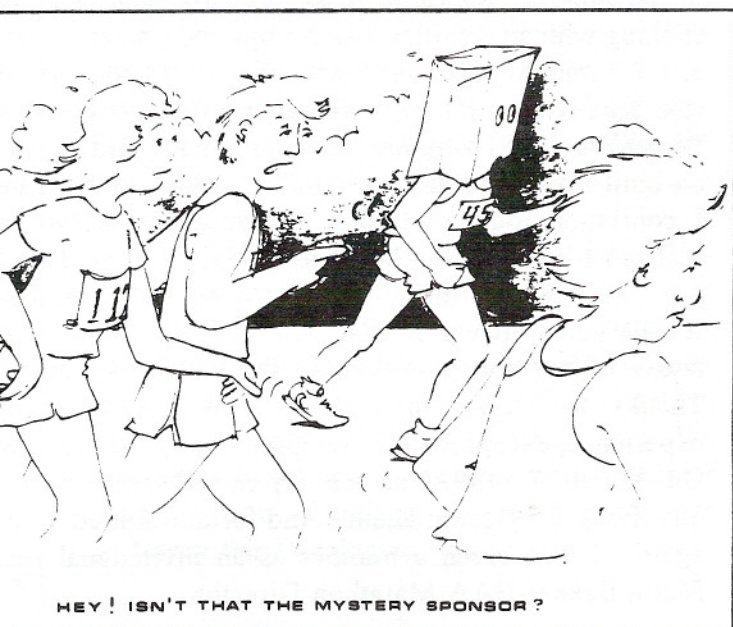
1	Tim Ensign	26:52
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7th Ann. White Mountain Milers 1/2 Marathon

No. Conway, NH - 244 Fin. - 10/27/1992

1	Mick Grant overall 34	1:14:13
2	John-Richard Gagnon 25	1:18:10
3	Mark Parsons 22	1:18:30
4	Jim Freid 1,40-44 41	1:18:33
11	Michael Reali (MTC) 38	1:21:42
12	Billy Catalucci 1,50-54 50	1:21:50
19	Carl Mitchell 1,45-49 46	1:23:32
20	Bill Devou (MTC) 2,40-44 44	1:23:44
21	Alburn Butler (MTC) 38	1:23:58
35	Sarah Tabbutt overall 33	1:26:23*
38	Joanne Brus 1,30-39 36	1:27:13*
42	Peter Broomhall 1,17&und 14	1:27:51
43	Terry Clark (MTC) 48	1:28:08
44	Susan Muslawski 1,40-44 40	1:28:12*
48	Renee Reidel 2,30-39 36	1:30:21*
54	Maureen Sullivan 3,30-39 36	1:30:21*
87	Christopher Rolfe (MTC) 30	1:35:41
89	Richard Scribner (MTC) 41	1:36:02
90	Brigitte Edquid (MTC) 2, Div 44	1:36:24*
91	Harry Katzan 1,55-59 57	1:36:25
99	Kathryn Tolford (MTC) 38	1:37:24*
120	Russ Bradley (MTC) 1,65-69 68	1:39:54
124	J. Nelson Hill 30	1:41:22

and White Mountain Milers Half Marathons!



See ya' at the Races!! M.S.

56	Nancy Ellis Duffy (MTC) (5th)	35:28*
63	Russ Bradley (MTC)	36:34
77	Carlton Mendell (MTC)	37:49
83	Raymond Oneglia (MTC)	38:45
112	Nancy Lovetere (MTC)	41:55*
135	Robert Wyman (MTC)	47:16

Many thanks to Mainely Running for complete results!

NATIONAL TRAILS DAY

June 5th is National Trails Day, and groups around the state and the country are organizing a variety of events you may be interested in attending. Look for more information in many Maine publications in May.

Boston Revisited

by Herb Strom

Just like after missing Boston in '86, the first time since 1980, it was great to be back after a four year hiatus...

Sure missed being able to go to Cronin's, our home away from home, but thanks to Bob Payne, we were able to relax and unwind at the telephone company power station across the street. Taking advantage of the hospitality were Tom Allen, Bob Coughlin, Mike Reali, Harry Nelson, Dick McFaul (first Boston since '85), Al Butler (first Boston since '88), Bill DeVou and Carl Fogg running their first Boston. Also running his first Boston was Danny Riley, Dundee, Scotland, a new found friend from a bus ride with Carlton Mendell (running his 13th Boston). Thanks to Ron Cedrone who was injured, I had bus and bag tickets which saved Evie a trip to Hopkinton.

Since I did not qualify and wanted to run Boston for old times sake, as well as to celebrate my recent retirement, I decided to raise funds for the Heifer Project International. There were 73 others running for HPI, mostly at the back of the pack, though I was not able to find any of them. Fortune smiled on me and I was able to spot an MTC singlet. It was Marla Keefe, with some friends that were going to be running my pace. Marla was running her first Boston and second marathon. She loved the crowd and wondered if they realized how much they helped. Marla was running very well and said she wanted to run 9.5 miles.

I'm hoping for a hot sunny day, with a strong tailwind thrown in, and some hot training weather between now and a few days before the big day in Boston.

Group Runs:

Portland - early mornings
USM - Bill Davenny 772-1787

Portland - Rat Pack - varying time
Mike Reali - 767-5218

Cape Elizabeth High School
Sunday 8 a.m. RTW Team
Brian Gillespie - 772-2753

Kennebunk Post Office - Tuesday
Evenings at 5:45 Steve Jacobson
985-4107, (w) 985-2941

Volunteers

I am aware that the volunteer recognition from the banquet was not

\$2 Off



This coupon is good for
\$2.00 off Maine Track Club
clothing. For more
information, contact Judy
Grassi (774-9656)

Good through April 30, 1993

female voice. It was Marla. She had finished a few ahead of me and was waiting for her family and Thanks to Marla for making Boston a very experience, except for the cramping during the last few. On March 7, 1993, at the Hyannis Marathon, I qualifying for Boston again. And fortune smiled on me again. I was given a number as an invitational runner. Marja Bakker-BAA Marathon Director.

Never Point the Knife at Yourself!

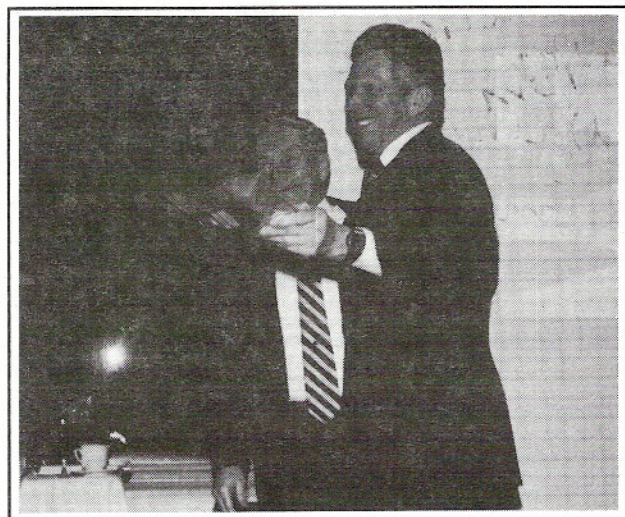
Our April Maine Track Club Meeting will feature chef, cooking instructor, lecturer, natural food expert, author, and Hurricane Island Outward Bound guide, Rick Perry.

Rick's topic will be "Whole Foods in Your Life." This presentation promises to be of special interest to runners and anyone interested in healthy eating.

Rick is the author of the book Hurricane Kitchen, and the publishers have just released his latest book, Never Point the Knife at Yourself.

To enjoy this timely program, you must attend the meeting on Wednesday, April 14, at 6:30p.m. at SMTC. Please call if you need directions, 774-8868. Write this on your calendar today!

Meeting - 6:30 p.m. - Wednesday April 14-
SMTC, So. Portland.



Candace Remembered

by Herb Strom

I remember the night Candace [Karu] agreed to take over the club newsletter. It was at our annual fall potluck supper in '89, at the First Congregational Church in South Portland. I was the club President. What a relief it was after a number of transitions over the past few years between Deb Merrill, Jennifer Rood, Erin McLean, and then back to Deb before she headed to the University of Florida for her Massage Therapy course. Like Erin, Candace has a degree in Journalism, plus experience in Washington, D.C. I know she had wanted to pass it along for a while, but continued to persevere despite a heavier load on the home front. Three years is a long time to put out an outstanding publication, ten to twelve months a year. The improvements have really been outstanding, when you realize that a number of subscribers pay annual membership dues primarily to receive the newsletter. There was a point when I practically had to pry it away from Evie so I could look at it first, especially before Mainely Running, and the Maine Sunday Telegram column by Sara Hobson, and later, Erin McLean.

I doubt that Candace is going to have much chance to rest, but at least she can spend more energy being a homemaker, chauffeur, etc., and hopefully put her injuries behind her. Perhaps she will run the kind of marathon she ran at Sugarloaf in '90, when she ran a 3:44:57, and qualified for Boston.

So for helping me to have a strong finish in my term as President and for inspiring me to persevere, I thank you very much. During the past three years the club has come a long way under the direction of Bill Stuart, Peter Bastow, and Carol and Sumner Weeks; and the newsletter has come along way as a result of your direction. Candace, you really have been an Editor Par Excellence.



New MTC Members

NAME AND ADDRESS	TELEPHONE	OCCUPATION	AGE
William McCalmon 19 B Woodville Road Falmouth, ME 04105	w-799-7386	Teacher, So.Portland	51
Ryan McCalmon 19 B Woodville Road Falmouth, ME 04105		Student, Cheverus	17
Sarah McCalmon 19 B Woodville Rd. Falmouth, ME 04105		Student, Portland	15

To those members whose renewal information was in error, please accept my apology. During the transition from one membership chair to another, some of the renewal forms must have been misfiled. I have corrected those which were brought to my attention.

Thank you for your patience and understanding during the time of transition. I'm sorry for any inconvenience these errors may have caused.

Laurie Quint
Membership Chair

From the Warren Times Observer, August 10, 1992, submitted by Herb Strom

"Runners' 'widows' can't escape the rat race, either"

by Erma Bombeck, UPS

Vacations used to be a great escape. For a couple of weeks a year, you got away from the routine. Not any more.

Now you can follow your hobbies and avocations all over the world without missing a beat. There are wine-tasting tours, ski tours, jazz tours, bicycle tours and a tour of cooking schools for gourmet cooks.

There's a chocolate tour (guaranteed to make every single occupancy into a double on the return trip), a cathedral tour and even a pasta tour.

But the one I clipped from the paper and stuffed down the disposer is the marathon tour for runners.

If you're married to a runner, I don't have to tell you how the thought of running around the world would make him salivate right down his or her chin.

Do you have any idea what it's like to travel with a man who packs everything he needs for a three-week cruise in a gym bag?

Who never knows what time it is because a runner's watch takes three days to set?

Who, when someone says, "You look terrible. Have you been sick?" smiles and says, "Thank you."

My husband has run all over the world, knocking over little old ladies in every language. He has caused traffic jams in Copenhagen, raised

eyebrows in Brazil and been stalked by hungry warthogs in Africa. The man is certifiable.

There is no other sport in the world that is so addictive to travelers. With hockey players, you can lose their sticks, and they're out of business. With golfers and tennis players, they need a partner. But with runners, they're all they need.

No one talks about runner's widows, but we exist. We're the ones sitting at a breakfast table alone because he has to run and shower before breakfast.

We're the ones with athletic supporters stuffed in our handbags in a plastic bag when they didn't dry out the night before.

We're the ones who drag out of bed at 7 in the morning to open the door because he has no place on his body to carry the hotel key.

When my husband returned with the paper he said, "What's missing? What did you cut out?"

"A recipe for tripe quiche," I said. He bought it. He runs long and fast. I never said he was bright.

USA Track and Field Training

Training for certification for Track & Field events will be April 10, 1993 from 10 a.m. to 2 p.m. at the Gorham Hill Gym. This training covers all events.

If you wish to be certified the fee is \$20. (This certification is good for four years. You will get a manual and the test to take home. Study and complete the test when you want, and mail it in. You will be certified for local, regional or national (depending on your experience).

Lunch will be provided by USA Track & Field.

If you are interested, please call 780 -5574 and leave a message with your name, address and phone #.

TAKE ME OUT TO THE BALLGAME

Open to friends of MTC members. Cost for a box seat ticket and transportation is \$25 per person.

We will leave from Exit 7 at 9:45 a.m., with a pick up stop at Exit 3. The game starts at 1:05 p.m. There will be a post-game stop at Quincy Market, and we will leave Boston approximately 6:15 p.m.



Maine Track Club 1993 Officers and Committee Chairs

Tom Dann	President	985-2727	Donna Moulton	At Large	799-2894
Mel Feinberg	V. President	774-8868	Pat Buckley	At Large	773-4562
Reggie Sargent	Secretary	967-5629	Russ Bradley	At Large	799-3864
Steve Assante	Treasurer	642-4298	Dale Rines	Course Cert.	854-2486
Carol and Sumner Weeks	Past Pres.	774-7302	John Gilliss	Course Cert.	879-0222
Charles Scribner	Race. Comm.	772-5781	Don Penta	Statistician	892-4526
Laurie Quint	Membership	657-2426	Rick Meinking	Equipment	772-8301
Jeanne Hackett	Newsletter	879-0678	Judy Grassi	Clothing	774-9656
Maureen Sproul	Photography	926-4681			

Maine Track Club Membership Application

(Please check one) ☐ Individual (\$12) ☐ Family (\$15) ☐ Student — 18 year old maximum (\$5)

Membership is through December of the current year. Dues paid after September 30 are good through December of the following year.

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Street address _____ Home phone _____

City _____ State _____ Nine-digit ZIP* _____

*We need nine-digit ZIP for mailing newsletter. Consult a utility bill for your nine-digit ZIP Code.

Employer _____ Occupation _____ Bus. phone _____

Employer _____ Occupation _____ Bus. phone _____

If student, school _____ Yr. of grad. _____

If student, school _____ Yr. of grad. _____

Volunteer Waiver

To be signed by each new member in the household. Applicants under age 18 require signature of parent.

I know that volunteering to work and participating in Maine Track Club events is potentially a dangerous activity. I should not participate or volunteer unless I am medically able. I assume all risks associated with participating in or volunteering at Maine Track Club events, including, but not limited to, falls, contact with participants, the effects of the weather, conditions on the road and traffic