

NEWS • RUN

Run with a friend . . .

March 1994

From the Presidential Suite

Is there light at the end of the tunnel? We had experienced a very brief period of good weather in February -- for which we were all grateful. It's been a long, hard and difficult winter for everyone; some of the symptoms incurred by many included cabin fever, irritability, sore shoulders from shoveling, training schedules shattered and a host of others. But -- wait a minute! Let's look on the positive side. Somebody must be looking out for us after all. We had a great day for the Mid-Winter Classic -- a good turnout and a happy group of runners made it a fun morning. Thank you Marla and Bob for the usual great job. It was good to see so many of our Central Maine Strider friends at the race. You will be hearing more in the months to come about joint events with the Striders and the Casco Bay Bicycle Club. We need to encourage more cooperative ventures with like groups in our area. Our State is small population-wise, so it makes sense to combine talents for mutual benefits.

It has been most encouraging to see the number of people who have been willing to serve on committees this year. We still have need for more people to help the MTC out. The best way to make your mark on the Club is to get involved in an action committee. It's fun and rewarding. I especially encourage "new" members to volunteer. Please give me a call for details.

As you read this newsletter, please note the details of our March meeting. Remember, we have a new location for this month only and a slightly different format. I hope you enjoy it. Let me know how you like this type of meeting arrangement. We are trying hard to meet the needs of our members and are ready and willing to try "new" things.

You will be receiving information shortly about a cross-country ski day and a Boston trip. Exciting things are starting to happen -- be a part of it!

A large group of MTC members will be making our annual pilgrimage to Hyannis for the Marathon or Half Marathon on February 27. Mayor W. Stewart of Barnstable assures us that everything will be in perfect order for the race and to expect warm weather.

Spring is around the corner -- it officially begins on

March 20th, but we consider the Presidential Race on the 27th as the start of our Spring Season. Let's hang in there together! I hope to see you at the next monthly meeting of the MTC on Wednesday, March 9 at the Blue Cross Building.

Enjoy,
Mel Fineberg

March MTC Meeting

Wednesday, March 9, 1994

6:30 p.m.

Blue Cross/Blue Shield Building
2 Gannett Road
South Portland

A new location and new program format for this meeting-- come join the fun!

5:15 p.m. Fun Run
6:00 p.m. Light Buffet Dinner (All Welcome)
6:30 p.m. MTC Meeting

Featured Speaker:

George Towle

"Coaching and Running with Kids"

George will discuss how to nurture children's enjoyment of running, when to start kids in a running program, in addition to other information. Bring your family to this meeting!

Also: a decision about MTC clothing colors will be made at this meeting -- be there to voice your opinion!

In This Issue . . .

Coaches Corner
"Recipes for the Road" Contest
Race Schedule
Race Results
New Members

From the Editor . . .

Well, I made it through the February issue of **NEWS-RUN** -- but not without the expert help of Virginia Cross and the patience of the Executive Committee of the MTC who reminded me of the terrific group of people involved in the MTC and that no one expects me to be perfect (except me, of course)! Anyway, thanks for your continued support as I learn more about the MTC and the MacIntosh.

With this issue of **NEWS-RUN**, we are introducing a new column, called "Coaches Corner." Brian Gillespie will be sharing his insights to help us all become the very best runners we can be -- who knows, maybe his words of wisdom will inspire those of us who haven't donned our gore-tex in a long time! I would also like to invite those of you who are interested, to start a column or two--I'm looking for someone who would be willing to do something on nutrition and even general health and wellness. Please give me a call if you have any inclinations and ideas -- my work phone is 780-4547 and my home is 829-6288.

Enjoy your spring (whenever we have it again) and keep me informed as to how I can make **NEWS-RUN** more responsive to your needs.

Until next issue,
Susan Roberts



NEW COLUMN..NEW COLUMN..NEW COLUMN..

LETTERS TO THE EDITOR

Starting with the April issue of **NEWS-RUN**, we would like to start a **LETTERS TO THE EDITOR** column. Please send your letter to:

Editor, **NEWS-RUN**
Maine Track Club
P.O. Box 8008
Portland, ME 04104



Coaches Corner . . . *Brian "Ziggy" Gillespie*

I'm very pleased to be writing this column each month for MTC members. I'll do my best to provide you with insights and tips on training, racing, injuries, and others areas to help you improve your own performance. If you have questions about your training/racing, send them to me and I'll respond to them in the next newsletter. Send questions to: Dear Ziggy, Maine Track Club, P.O. Box 8008, Portland, ME 04104

Train Smart--Develop a Plan

"People Do Not Plan to Fail; They Simply Fail to Plan." Does this apply to your running? If so, you're not alone. A large majority of runners train from week to week with no running goals or direction. Unfortunately, they will never reach their full running potential. This can be avoided by completing the first and most important step in achieving one's running goals -- **ESTABLISHING A SMART TRAINING PLAN!**

Sit down, right now, and plan a 30-day training schedule. Let the Presidential 5 miler on March 27th be your primary goal. It is very important to be realistic in preparing your schedule; you need to consider your ability level, time, desire, and training commitment. Schedule at least two days during the week as "off" days, that is, do not run on those days. I prefer to take Thursdays and Saturdays off -- taking these days off helps me develop a high energy level for a Sunday race. Once your schedule is completed, put it on the calendar to remind you of your commitment and direction.

A well-thought-out training plan will allow you to precisely focus your training to achieve your running goals. You will then be able to train and race with the patience, confidence, and commitment necessary for improvement.

Have a good month!

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 News•Run.

Sponsors

Milt Bailey

Carol Pierce

Eric R. Ellis, Jr.

March 1994

Monthly Planner

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February

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USA T&F
INDOOR
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BOWDOIN
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CROSS COUN-
TRY SKI TRIP
HARRIS
FARM
DAYTON ME

6:00 PM MTC
MEMBERSHIP
MEETING
BLUE CROSS
BUILDING SO.
PORTLAND

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11:00 AM FROST-
BITE 3.5
MILER
ELLSWORTH

9:00 AM KILLAR-
NEY'S 10K
WATERVILLE

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11:00 AM
BOSTON
PRIMER 15
MILER
READFIELD

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10:00 AM PRES-
IDENTIAL
RACE 5
MILER
KENNEB-
UNKPORT

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April 1994

Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
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March Race Schedule:

- 5 "USA T & F Indoor Track Championships" - Bowdoin College - 2 p.m. - Dave Watson - 443-6171.
- 13 "Killarney's 10K" - Waterville - 9 a.m. - Tom McGuire - 465-2829.
- 19 "Frostbite 3 1/2 Miler" - Ellsworth - 11 a.m. - Down East Family Y - Vickey - 667-3086.
- 20 "Boston Primer" - 15 miles - Readfield - 11 a.m. - Dave Gudan - 622-0289.
- 26 "Wild Katahdin Trust Snow Run" - 5 miles - Houlton - 11 a.m. - Steve McDonald - 532-3368.
- 27* "94 Presidential Race" - 5 miles @ 10 a.m.; 1K Youth @ 9:15 a.m. - Kennebunkport - Steve Jacobsen - 985-4107.

MTC Handicap 5K Breaks the Tedium of Winter ...

*Brian T. Gillespie
Summer Weeks
Carol Weeks*

With a quarter mile to the finish line, Ruth Hefflefinger had a 200 yard lead on Susan Davenny, with no other runners in sight. But then the handicap system came together! With 50 yards to the finish line, five runners were together, only seconds behind Ruth. She held them off with a four-second victory. Fastest time on Westbrook College's 5K Certified course, was Christine Snow-Reaser, in 18:14.

This was a fun race! If everyone had run his or her predicted time, Ruth would have had 13 runners with her at the finish line!

April Race Schedule:

- 2* "MTC Memorial 5K" - West Kennebunk - 10 a.m. - Brian Gillespie - 772-2753.
- 2 "25K Championship Run" - Rockland - 11 a.m. - Vern Demmons - 273-2594.
- 9 "Terrier Trot" - Waterville - 5 mile - 9 a.m. - Jim Moore - 873-0080.
- 10 "Northern York County YMCA 5K" - Biddeford - Paul Gadbois - 283-3980.
- 16 "Unity College Spring 5K" - Unity - 9 a.m. - Gary Zane - 948-3131.
- 18 "Boston Marathon" - Boston - 12 noon
- 18* "Patriots Day 5-Miler" - Portland - noon; youth 1-mile @ 10 a.m. - Steve Muslawski - 874-1070.
- 23 "Togus Road Race" - Togus - 8K & 1 mile fun run - 9:30 a.m. - Chris Bovie - 823-8411x5571.
- 30* "Westbrook College April Amble" - Portland - 4 mile @ 10 a.m.; 1 mile youth @ 9:15 a.m. - 797-7261.

	HCR	ACT	PT	FIN
Ruth Hefflefinger (-1:00)	33:08	32:08	32:00	13
Richard Scribner (-14:00)	33:12	19:12	19:00	2
Howard Spear (-11:00)	33:14	22:14	22:00	6
Peter Baston (-12:30)	33:15	20:45	20:30	5
Marjorie Haney (-13:30)	33:17	19:47	19:30	4
Will Lund (-14:00)	33:19	19:19	19:00	3
Susan Davenny (-6:00)	33:35	27:35	27:00	10
Christine Reaser (-15:30)	33:44	18:14	17:30	1
Bill Davenny (-8:00)	34:07	26:07	25:00	8
Carlton Mendell (-8:00)	34:07	26:07	25:00	9
Don Penta (0:00)	34:49	34:49	34:00	14
Mark Clinch (-5:00)	34:53	29:53	28:00	11
Mel Fineberg (-4:00)	35:25	31:25	29:00	12
Dennis Morrill (-10:30)	35:40	25:10	22:30	7

Handicap indicated in parentheses
HCR = Handicap Race
ACT = Actual Time
PT = Predicted Time
FIN = Actual Finish

*denotes MTC-sponsored or co-sponsored events.

Group Runs:

Portland: early mornings — USM — Bill Davenny 772-1787

Portland - Rat Pack: varying times — Mike Reali ,767-5218

Cape Elizabeth High: Sunday 7:30 AM — RTW Team - Brian Gillespie, 772-2753

South Portland: Tuesday PM — Donna Moulton ,799-2894

Kennebunk: Thursday PM — Village Market place — Steve Jacobsen, (h)985-4107; (w)985-2941



Welcome New Members . . .

The MTC is pleased to welcome the following new members. We hope they will find the activities of the MTC as fun and rewarding as we do.

Carlene Anderson 48 Hobart Street South Portland, ME 04106	(W)770-6160
Stephanie Hackworth-Smoot Scott Smoot 15 Bramhall #15 Portland, ME 04102	(H)775-1207 (B)353-3055 (B)353-3030
James & Gine Harmon 23 Riverton Drive Portland, ME 04103 Natasha Harmon James Harmon, II Christopher Harmon	(H)797-4515 (W)797-4006(G)
Maryann Knight-Ekberg 15 Winslow Place Cape Elizabeth, ME 04107	(H)767-0275 (W)776-7288
Jennifer Lainey 10 Braeburn Road Portland, ME 04103	(H)797-9091 (W)774-4400
Marge Parsons 178 Bruce Hill Road Cumberland Center, ME 04021	(H)829-5079 (W)784-2385
Andrea & Philip Pastore 46 Gunstock Road Scarborough, ME 04074	(H)883-9709 (W)822-7104(A) (W)282-5911(P)
Alan Reilly 449 River Road - Box 1 Windham, ME 04062	(H)892-2528
Robert Rodman 539 Falmouth Road Windham, ME 04062	(H)892-7566 (W)856-6381

From the Hearts of MTC. . .

The MTC wishes to express our sympathy to the following members who have recently experienced losses. Please know that we all share in your bereavement and hope that our caring will bring comfort to you.

- to Pat Buckley on the loss of her mother,
- to Linda Folger on the death of her father,
- to Cindy DePalmer on the death of her brother,
- to Charlie Scribner on the death of his parents and,
- to Jane Dolley on the death of her aunt.

RRCA National Convention

The 37th Annual National Convention of the Road Runners Club of America will be held April 7-10, 1994 at the Ritz Carlton Hotel in Arlington, Virginia. The 1994 agenda includes daily runs, workshops and seminars featuring experts from around the country.

This year's convention will be held in one of the most beautiful running cities in America at cherry blossom time. This is a tremendous opportunity for running club officials and members to meet to learn, share and run together.

Workshops will feature nationally known speakers on topics such as:

- *Coaching
- *Newsletters
- *Public Relations
- *Women's Safety
- *RunScore - Beginner's and Advanced
- *Sponsorship Marketing
- *Course Membership
- *Injury Prevention
- *More!

Day and evening programs will include group runs, the RRCA Awards Banquet and the Northern Telecom Cherry Blossom 10 Mile Race.

For more information contact Mel Fineberg at 774-8868 or Ron Pelton at 846-9039.



Recipes for the Road

Get your favorite healthful recipe in the **NEWS-RUN**. We need recipes to perk us up. This is a fun way to get involved. Recipes will be included in the MTC's membership cookbook, which will be produced by the end of this membership year. Sale proceeds will go to the Rick Strout Fund. Stay tuned...and start searching for your favorite--there will be prizes for the recipes selected to be printed in **NEWS-RUN**. Send recipes to:

Susan Roberts or Sandy Utterstrom
c/o Maine Track Club
P.O. Box 8008
Portland, ME 04104



Race Results

Submitted by
Don Penta

13th Annual Mid-Winter 10 Mile Classic 133 Finishers Cape Elizabeth, Maine - Feb. 6, 1994

Top Overall Finishers:

1	Robert Winn USAT&F1,open	35	52:34
2	Mike Lyons 2, open	22	55:35
3	Danny Paul USAT&F	40	56:05
4	Tom Thibeaun 1, 35-39	35	56:18
5	Shaun Keenan 1, 30-34	31	56:59
10	Christine Reaser (MTC) 1,open CR	28	1:00:38*
22	Julia Kirtland 2,open	28	1:05:02*
35	Marjorie Haney (MTC) 3,open	26	1:08:19*
42	Mary Ann Doss (MTC) 1,30-34	34	1:09:46*
49	Jeanne Hackett (MTC) 1,35-39		1:11:02*

Other Top Divisional Finishers:

11	Shawn Jyawook 19&under	19	1:01:12
23	Terry Clark (MTC) 45-49	49	1:05:05
39	Ray Shevenell (MTC) 50-54	53	1:09:08
51	Clyde Coolidge (MTC) 55-59	55	1:11:12
54	Marjorie Podgajny 40-44	40	1:11:25*
56	Lloyd Slocum USAT&F 60&over	60	1:12:26
79	Birgitte Edquid (MTC) 45-49	45	1:17:51*
94	Russ Bradley (MTC) USAT&F	70	1:21:08
99	Carlton Mendell (MTC)USAT&F	72	1:23:04
126	Polly Kenniston 55-59	57	1:35:23*
129	Sally Paterson (MTC) 50-54	52	1:39:26*

Other Maine Track Club Finishers:

7	Pete Bottomley	32	59:23
14	Craig Wilson	44	1:01:42
19	Erich Reitenback	43	1:03:47
36	Joel Titcomb	35	1:08:34
37	Steve Jacobsen	44	1:08:36
40	Phil Pierce	52	1:09:21
48	John Pettorini	44	1:10:56
50	Paul Lessard	36	1:11:10
52	Larry Barker	44	1:11:17
65	Jacob Morrill	13	1:13:47
66	Maureen Sproul	37	1:13:59*
68	Steve Assante	41	1:15:10
72	John LeRoy	56	1:16:05

82	Ed Doughty, Jr.	45	1:18:18
84	Nancy Lund	41	1:18:37*
87	Loren Lathrop	45	1:19:10
89	Ron Pelton	40	1:19:48
91	Angela Small	24	1:20:13*
96	Gerard Salvo	39	1:21:17
100	Robert Green	45	1:23:13
103	Maryann Knight-Ekberg	31	1:24:54*
104	Bill McCalmon	52	1:25:22
105	Rocco Corsetti	46	1:25:23
106	Cathy Cech	34	1:25:32*
107	Dennis Connelly	45	1:25:33
108	Rick Baum	29	1:26:27
109	Sherron Small	47	1:26:28*
113	Joan Tremberth	48	1:26:42*
114	Andrew MacLean	31	1:26:43
122	Malcolm Washburn, Jr.	40	1:30:32
123	Bill Davenny	49	1:30:39
124	Don Kent	41	1:31:25
125	Ed Francis	51	1:33:03
132	Mark Clinch	37	1:55:44
133	Julius Marzul	67	2:15:39

Many Thanks to Ruth Hefflefinger for complete results!

12th Annual Great Osprey 10K 176 Finishers Wolfe's Neck State Park, Freeport, Maine - November 20, 1993

Top Overall Finishers:

1	Tom Thibeaun 1,30-39	35	33:51
2	Parker Morse 1,19-29	19	35:49
3	Gordon Scannell (MTC) 1,40-49	40	36:03
4	Guy Segars 2,30-39	33	36:08
5	Joan Benoit SamuelsonUSAT&F CR	36	36:29*
6	John Gleason	35	36:38
28	Caroline Meehan 1,19-29	25	39:54*
37	Deb Potter 2, 30-39	38	40:37*
45	Deb Raszmann (MTC) 1,40-49	40	41:30*
55	Mary Poulin	33	42:02*

Other Top Divisional Finishers:

8	Lawson Noyes 50-59	51	37:33
14	Brian Oickle 18 & under	16	38:10
59	Gretchen Read USAT&F 50-59	51	42:29*
85	Jessica Bowles 18&under	17	45:22*
91	Bill Robertson 60&over	64	46:07
113	Carlton Mendell (MTC) USAT&F	72	49:10
176	Mardie Brown 60&over	76	91:56*

More Race Results

Other Maine Track Club Finishers:

7	Alan Reilly 2,40-49	40	37:23
13	Paul Slajus 3,19-29	28	38:10
43	Peter McDonald	33	41:20
50	Ira Cohen	41	41:48
51	John Rolfe	39	41:53
66	Rick Fecowica	38	42:57
77	Neil Martin	50	44:20
84	Betty Rines	36	45:21*
87	John Watson	49	45:36
89	Howard Spear	43	45:56
93	Dale Rines	41	46:15
94	Elizabeth Ehrenfeld	34	46:53*
96	Heidi McDonald	31	46:55*
105	Patti Tableman	35	48:05*
106	Richard Cavanaugh 2,60&over	60	48:05
108	Ed Francis	51	48:13
112	Kenneth Brennan	49	48:40
115	Bill Stuart	35	49:19
119	Andrew Coffin	26	49:45
120	Don Kent	40	49:50
127	Deb Merrill	37	50:46*
134	Joseph O'Donnell	42	51:46
135	Thomas Brown	36	51:49
143	Sue Inches	38	53:43*
148	Diana Laskey	33	54:57*
149	Dave Shennan	42	54:58
158	Maggie Soule 2,50-59	52	57:13*
174	Jennifer Brennan	17	76:36*

Many thanks to MAINELY RUNNING for complete results!

USAT&F: Met USA Track & Field National standards for age group recognition.

Volunteers Needed . . .

It takes many, many, people to ensure that races are administered well. As part of your membership in MTC, you are asked to volunteer your time to assist with MTC events per year. **WE NEED YOUR HELP.** Please help us make MTC events the best possible for the runners. To volunteer, contact the race director at the number listed in the Race Schedule.

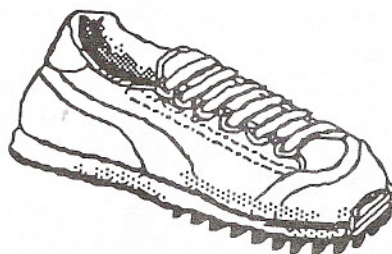
Thanks for your help.



OF SPECIAL INTEREST . . .

Cross Country Ski Race Calendar

- 5 Sunday River Langlauf - 15K - 10 a.m. - Sunday River, Bethel - Steve Wight - 824-2410
- 6 Mr. Machine Race - Carter's in Oxford - 1 p.m. - ski, canoe, snowshoe - 539-4848
- 6 Moose Ski Roo - Millinocket - 723-5839
- 9-13 NCAA Division I National Championships - Sugarloaf
- 19 New England High School Championships - Sugarloaf - 237-2000



Maine Track Club Discounts. . .

The following area sporting good stores have agreed to give MTC Members a 10% discount on running shoes (non-sale items). It is necessary that you show you 1994 Club I.D. card when requesting a discount:

Levinsky's	Freeport - U.S. Route 1 Portland - 275 Congress St. Windham - Windham Mall
Olympia Sporting Goods	South Portland - Maine Mall
Yankee Sports	South Portland - 35 Foden Rd

MTC Wardrobe News!

The top color combinations for official MTC clothing identified in the recent survey of members were:

Royal/White/Silver	Dark Green/White/Gold
Black/White/Gold	Navy/White/Gold
Purple/White	Kelly Green/White/Gold

The color decision will be made at the next MTC meeting on Wednesday, March 9, 1994 at 6:30 p.m. at the Blue Cross building in South Portland. Be there to voice your choice!

What Kind of Shape Are You Really In?

Find out through Lifeline's complete physical fitness test and receive a computerized printout of your results.

A professional fitness counselor will provide you with useful guidelines.

SPECIAL FOR MTC MEMBERS:

Receive a 10% discount!

USM's Lifeline is a non-profit organization, offering fitness counseling and evaluations. Lifeline performs three levels of evaluations. The basic fitness evaluation includes: flexibility, upper and lower body strength, blood pressure and body fat measurement. Higher levels of evaluation include a treadmill test which can be done at 85% or 100% of aerobic capacity.

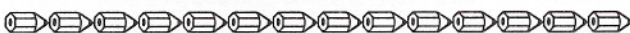
For more information, contact:

Patty Medina
Lifeline
University of Southern Maine
780-4642

News About Members

If you know of events (happy or sad) pertaining to MTC members that you think should be shared, please let **NEWS-RUN** know about them. With about 400 members, there have to be things happening! Is anyone newly engaged, newly married, new parents...anyone have a new job or a promotion in an existing one...send information to Editor, **NEWS-RUN**, Maine Track Club, P.O. Box 8008, Portland, ME 04104.

Come listen to George Towle speak about "Coaching and Running with Kids" -- MTC March Meeting -- March 9, 1994, 6:30 p.m.



Important News-Run Notes

Ten (10) issues of **NEWS-RUN** are printed each year. Combined issues are the December/January **NEWS-RUN** and the July/August **NEWS-RUN**. The deadline for submission of materials is the 15th of each month. Every effort will be made to print materials received by that date. Send materials to: Editor, **NEWS-RUN**, Maine Track Club, P.O. Box 8008, Portland, ME 04104.





Maine Track Club 1994 Officers and Committee Chairs

Mel Fineberg	President	774-8868	Donna Moulton	At Large	799-2894
Ron Pelton	V. President	846-9039	Jeanne Hackett	At Large	879-0678
Eileen Dunfey	Secretary	767-5435	Russ Bradley	At Large	799-3864
Steve Assante	Treasurer	642-4298	Dale Rines	Course Cert.	854-2486
Tom Dann	Past Pres.	985-2727	John Gilliss	Course Cert.	879-0222
Charles Scribner	Race. Comm.	772-5781	Don Penta	Statistician	892-4526
Mary Anne Champeon	Membership	799-0456	Howard Spear	Equipment Mgr.	856-6496
Susan Roberts	Newsletter	829-6288	Don Kent	Clothing	871-7870
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 on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, its representatives and successors from all claims or liabilities of any kind arising out of my participation in Maine Track Club activities, even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Signature _____ Date _____

Signature _____ Date _____

Signature _____ Date _____

Please mail completed form and check to: Membership, Maine Track Club, PO Box 8008, Portland, ME 04104