



# News•Run

Run with a friend ...

March 1996

## From the Presidential Suite ...

The weather this past month (and winter) has been brutal for running: days of sub zero temperatures, icy and snowy streets, drivers who seem less likely than usual to be aware of runners. At this time of the year more than ever, you need to make eye contact with a driver who is approaching a stop sign or planning to turn right on red. Caution in these situations is certainly needed. The key to running in these conditions is to dress warmly, with adequate cover for the hands, face and head. In below zero weather, I generally use a balaclava--it's not very attractive but it keeps the face from freezing. With the proper clothing and driver awareness running can be very satisfying even in these conditions. If the day is crisp and clear, that adds to the experience.

For those of us on the road to Boston, the most difficult runs are the long ones. I did 16 miles yesterday; it was fine until the last 4 miles: the dampness and cold along with the cold sweat on my face and back took away from the experience. Even for those who are not training for Boston, the daily run is important. The act of running (or other exercise) done daily brings about an inner calmness and strength that goes beyond any physical benefits. The exercise routine done daily provides perspective, energy and stamina for whatever else lies ahead in the day.

The MTC 10 miler was an amazing accomplishment for those who participated in the event either as runners or volunteers. Almost a dozen runners broke 60 minutes racing in zero degree temperatures. More than a half dozen broke the course record. This just proves that cold temperatures and running do seem to mix; at least for the hardy.

The February membership meeting was canceled due to the snow storm. The same agenda and speaker are scheduled for the March meeting. We still need to

*(Continued on page 4)*

## March MTC Meeting

Wednesday, March 13, 6:30 p.m.  
Southern Maine Technical College  
Fort Road, South Portland

Guest Speaker: Julia Kirtland  
Topic: Olympic Trials Marathon

Just a few weeks ago, Harpswell's Julia Kirtland was one of four Maine women who competed in the U.S. Olympic Marathon Trials in Columbia, S.C. Julia will discuss her experiences at the trials, which were surely enjoyable considering that she set a PR by more than two minutes. Though she didn't qualify for the Olympics by finishing among the top three runners, her time of 2:37:53 was good enough for 14th place, one spot behind Joan Samuelson.

Also at this month's meetings, MTC mugs will be handed out to those 1995 volunteers who have yet to receive them.

## What's inside ...

MTC banquet pictures.....	Pages 2-3
Race results .....	Pages 5-7
Jean Thomas profile.....	Page 8
Race committee notes .....	Page 9
New members .....	Page 10
John LeRoy's trip to Mexico..	Page 12
Race schedule .....	Page 13

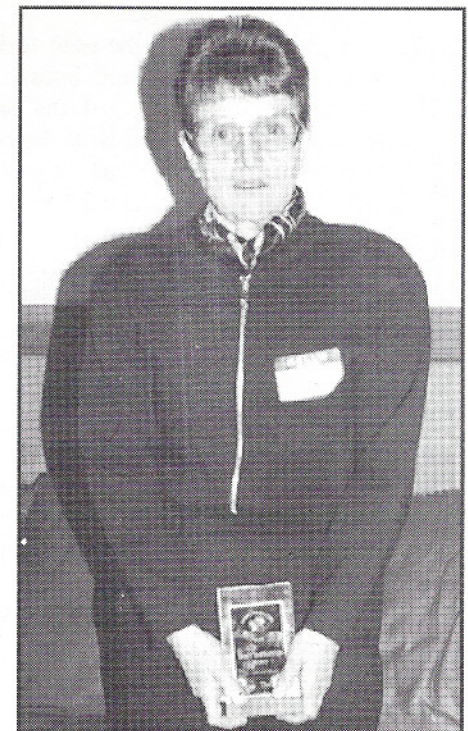


## 1996 MTC banquet



**From left to right: Jim McCorkle (Outstanding Contribution to Maine Running), Peter Bastow and Gretchen Read (Runners of the Year).**

**photos by Maureen Sproul**

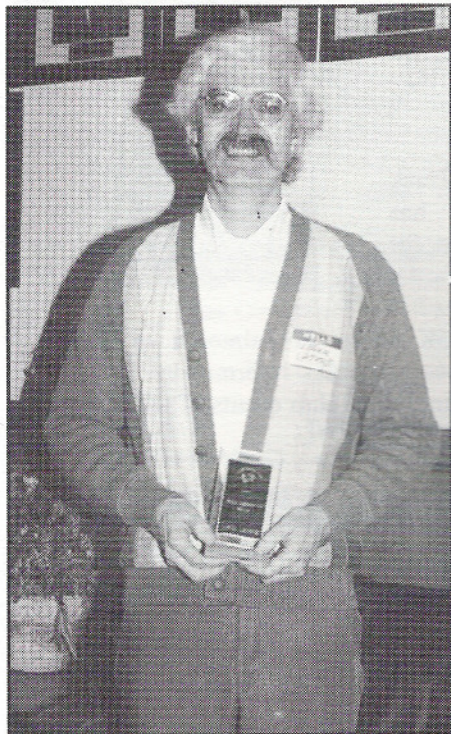


**From left to right: Rob Craig and Terry Sutton (MTC Most Improved Runners — Open), Jean Thomas (Most Improved Female Runner — Senior).**

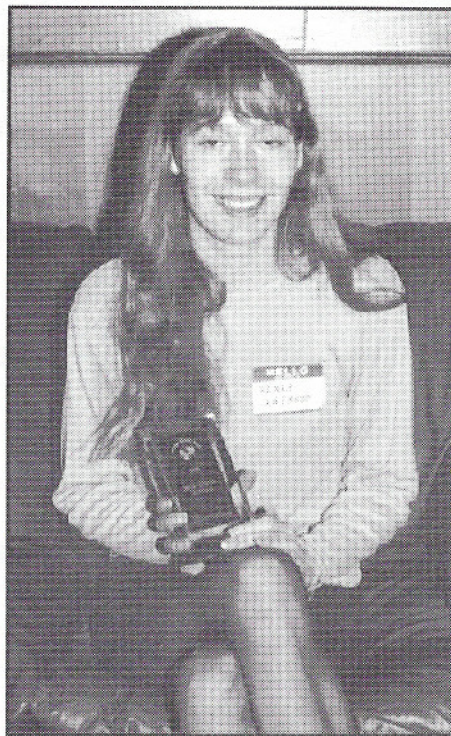
**photos by Maureen Sproul**



## 1996 MTC banquet



From left to right: Loren Lathrop and Nancy Kneeland (MTC Most Improved Runners — Masters), Sandy and Al Utterstrom (John Fyalka Award). photos by Maureen Sproul



From left to right: Austin Hardy and Renee Lathrop (MTC High School Runners of the Year), Robin Bates and Matt Lane (MTC Scholarship & John Fyalka Scholarship, respectively). photos by Maureen Sproul



(Continued from page 1)

pass the 1996 budget. The Board met the week before and discussed several issues of importance to club. Incentives for club membership might include a free singlet, reduction in race fees, discounts at local running stores. We also discussed a name change for the club; many feel the name does not fit the purpose of the club and can discourage participation and membership, especially among newcomers to the

Portland area. Others disagree. No recommendations will be forthcoming for a while and whatever comes we know will be controversial. More study is needed and we look to the membership for guidance.

Again we ask that you please take

the time to express your views on these and other issues by coming to meetings, calls, e-mail or whatever means you can--it is your club and it needs to serve and support you in your running pursuits. We will soon have an MTC web page on the Internet; where race dates, race results and even the Newsletter can be made available. We look forward to the coming months with warmer weather and the race season. See you on the road.

**Ron and Martha Deprez**  
(e-mail: 102334.3720@compuserve.com.)



## MTC telephone line

The Maine Track Club now has telephone hotline for latest club news. An answering machine has been set up at 5K Sports in Falmouth so that interested parties can get information about upcoming races and other club events. The phone number is 781-5887.



## Share your recipes

Please share your recipes with your hungry fellow runners. Just send a favorite recipe or two to:

**Newsletter**  
**P.O. Box 8008**  
**Portland, ME 04104**



## We need your input

In order to make *News-Run* the best it can be, we need your ideas, stories and other items of interest to your fellow track club members.

If you have a story or a news item that you think belongs in *News-Run*, please bring it to our attention. E-mail your story, article or announcement to 74270.2276@compuserve.com, or send it to:

**Larry Dyer**  
**15 Royal Oak Circle**  
**Topsham, ME 04086**

If you have something to share for *News-Run* but don't feel like writing it, contact Larry Dyer (725-6962).



# Race Results

## Submitted by Don Penta

### 15th Annual Mid-Winter 10 Mile Classic

220 Record Finishers (56 Female & 164 Male)  
Cape Elizabeth High School, Cape Elizabeth, Maine  
12 Noon, February 4th, 1996 - Temp: 10 F, Sunny

USAT&F = Qualifies for National Ranking According  
to Standards Established by the National Running  
Data Center of USA Track & Field

### (MEN)

8 Steve Podgajny 45-49 USAT&F	45	57:30	5:45
9 Judd Esty-Kendall USAT&F	46	57:39	5:46
11 Lance Guliani 35-39	36	59:02	5:54
17 Paul Days-Merrill 40-44	41	1:01:39	6:10
33 Terry Clark (MTC) 50-54	51	1:06:15	6:38
77 David DiCicco 19&under	15	1:12:46	7:17
94 Clyde Coolidge (MTC) 55-59	57	1:13:44	7:22
120 Richard Fedion 60-69	62	1:17:45	7:47
141 Russ Bradley (MTC) USAT&F	72	1:20:22	8:02
182 Carlton Mendell (MTC) USAT&F	74	1:27:36	8:46

### Top Overall Finishers

Place Name Age Time Pace

### (WOMEN)

1 Carol-Ann Days-Merrill	31	1:05:14	6:31
2 Laurel Valley (MTC)	33	1:07:23	6:44
3 Katie Payson	30	1:08:28	6:51
4 Kelly Rodrigue	31	1:09:40	6:58
5 Ellen Bowden	43	1:09:50	6:59

### (MEN)

1 Rob Pierce USAT&F (course record)	35	51:10	5:07
2 David Dunham	31	51:56	5:12
3 Byrne Decker	29	53:21	5:20
4 Scott Brown USAT&F	37	53:46	5:23
5 Bob Winn	37	56:21	5:38

### Other Top Divisional Finishers (WOMEN)

7 Jody King (MTC) 35-39	35	1:11:42	7:10
8 Nancy Kneeland (MTC) 40-44	41	1:12:27	7:15
25 Cecile Fontaine (MTC) 45-49	45	1:19:58	8:00
38 Louisa Dunlap 55-59	55	1:27:12	8:43

### Other Maine Track Club Finishers

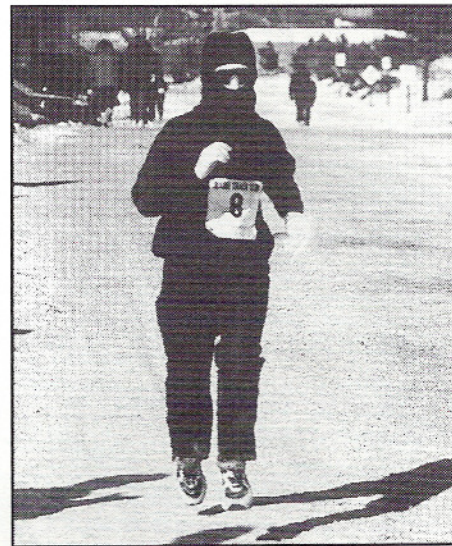
### (WOMEN)

12 Tanya Horne	27	1:15:03	7:30
28 Maureen Sproul	39	1:21:46	8:11
33 Nancy Murphy	48	1:26:13	8:37
49 Constance Barrett-Albert	38	1:38:29	9:51
55 Sally Gore	32	1:47:09	10:43
56 Pamela Kinner	36	1:51:51	11:11

### (MEN)

10 Bill Desrosier	33	58:00	5:48
24 Robert Fast	33	1:03:49	6:23
28 Craig Wilson	46	1:04:59	6:30
34 Stewart Jordan	39	1:06:29	6:39
37 Erich Reitenbach	45	1:07:25	6:45
39 Alburn Butler	42	1:07:37	6:46
44 Stephen Murphy	52	1:08:06	6:49
49 Ed Doughty, Jr.	47	1:08:45	6:53
56 Patrick Gwynn	31	1:09:22	6:56

(Continued on page 6)



Left: Mid-Winter Classic winner and new course-record holder Rob Pierce. Center: Women's winner Carol-Ann Days-Merrill. Right: Maureen Sproul under cover from the cold. photos by Don Penta



## More Race Results

(Continued from page 5)

60 Larry Barker	46	1:09:34	6:57
63 James McCorkle	40	1:09:37	6:58
69 Scott Hamilton	44	1:10:41	7:04
70 Loren Lathrop	47	1:10:48	7:05
74 Daniel Hutchins	35	1:12:02	7:12
75 Will Thompson	43	1:12:11	7:13
76 Michael Cavanaugh	44	1:12:45	7:17
78 William Sproul	38	1:13:07	7:19
81 Joseph Guimond	37	1:13:34	7:21
84 Bob Cerf	42	1:13:45	7:23
86 Gerard Conley	42	1:14:16	7:26
89 Phil Pierce	54	1:14:38	7:28
90 Larry Kinner	46	1:14:51	7:29
92 Bob McCormack	44	1:15:26	7:33
101 Bob Brosius	43	1:17:27	7:45
103 Dick Lajoie	55	1:17:46	7:47
117 Thomas Harlow	49	1:20:23	8:02
118 Walter Webber	65	1:20:25	8:03
120 Michael J. Cowell	58	1:21:42	8:10
123 Brian Barnes	30	1:22:42	8:16
131 Maurice Harmon	45	1:24:11	8:25
132 Russ Connors	63	1:24:12	8:25

133 Gerard Salvo	41	1:24:18	8:26
136 Milt Dudley	44	1:25:22	8:32
139 George Conly	47	1:26:01	8:36
146 Don Kent	43	1:28:27	8:51
152 Tom McMillan	49	1:29:45	8:59
157 Richard Hart	49	1:35:31	9:33
158 Tom O'Connor	44	1:38:01	9:48
160 Bill Davenny	51	1:43:04	10:18
162 John Gale	39	1:48:35	10:52
163 Mark A. Clinch race walker	39	1:57:09	11:43

Many, many thanks to the expert MTC computer team chaired by Bob Aube with Susan Roberts and Michelle Poulin helping and Susan Davenny consulting for complete results to the 15th Annual Mid-Winter 10 Mile Classic!

Thank you to the 220 who came to run on a cold day; to Rob Pierce, who is getting ready for the Olympic Marathon Trials, for setting a course record that should stand for awhile, leading an outstanding men's field that included 16 in under an hour; and especially to my outstanding co-directors Jeanne Hackett and Ray Shevenell and our great MTC volunteers who did an outstanding job!

Maine Track Club's Kevin Burke of New Castle, N.H., co-director of the Great Island 5K, would like to thank all the MTC'ers who mostly made a one-hour plus drive to his race as part of the 100-plus contingent from Maine. He would also like to thank especially Carlton Mendell, Russ Bradley, Jeanne Hackett, Marge Parsons and other Maine Track Club members who have participated both years in his event. The 2nd Annual Great Island 5K, held Oct. 8, 1995, on New Castle Island, was very successful, with 700 finishers, many fast times, and two Olympians (Christy & Peter Pfitzinger) participating. Below is a listing of the top 50 finishers. There will be a complete listing of Maine Track Club finishers in an upcoming *News•Run*.

Name	Age	Time	Pace
1. Dave Dunham	31	14:59	4:49
2. Michael O'Brien	35	15:04	4:51
3. Dan Verrington	33	15:08	4:52
4. Scott Clark	29	15:08	4:52
5. Dean Kimball	37	15:25	4:58
6. Rod Viens	28	15:49	5:05
7. Don Legere	33	15:56	5:08
8. Tom Thurston	31	16:18	5:15
9. Paul Hammond	35	16:20	5:15
10. Joe Noel	38	16:38	5:21
11. Todd Hanson	37	16:48	5:24
12. Christy Pfitzinger	36	16:48	5:24
13. Mark Pitts	33	16:52	5:26
14. Thomas Watkins	37	16:55	5:27
15. Jim Marchese	35	17:06	5:30
16. Peter Pfitzinger	38	17:21	5:35
17. Mark Dudley	35	17:27	5:37
18. Bob Wanamaker	36	17:29	5:38

19. David Fernald	37	17:29	5:38
20. Gary Passler	41	17:35	5:40
21. Stephen Castles	32	17:37	5:40
22. Michael St. Laurent	40	17:41	5:42
23. Russ Northrop	47	17:44	5:42
24. Donald Welsh	39	17:52	5:45
25. Gina Sperry	34	17:54	5:46
26. Paul Letarte	42	17:57	5:47
27. Jerry Mullin	40	18:05	5:49
28. Craig Wilson	46	18:13	5:52
29. Richard McKeon	42	18:15	5:52
30. Lawson Noyes	53	18:16	5:53
31. Rose Prest-Morrison	32	18:21	5:54
32. Bob Crego	34	18:22	5:55
33. Pete Broomhall	17	18:25	5:56
34. Liz Arcieri	33	18:31	5:58
35. Andy Winslow	29	18:35	5:59
36. Jerry Rosa	52	18:37	6:00
37. Raymond Desmarais	37	18:40	6:00
38. Len Femino	42	18:40	6:00
39. Daniel Keenan	35	18:41	6:01
40. John Dubois	34	18:44	6:02
41. Gary Kamieneski	39	18:45	6:02
42. Robert Hoover	40	18:47	6:03
43. Mike McCaffery	42	18:48	6:03
44. Gene McCarthy	43	18:49	6:03
45. Dean Chase	36	18:50	6:04
46. Don Greenough	41	18:53	6:05
47. Linda St. Laurent	36	18:54	6:05
48. Mimi DiPietro	38	18:55	6:05
49. Thomas Dotchin	19	19:01	6:07
50. Chuck Broomhall	41	19:04	6:08



# More Race Results

9th Annual Saint Peter's Bazaar 4 Mile Road Race  
216 Finishers (49 Female & 167 Male)  
Saint Peter's Church, 72 Federal St, Portland  
7 PM, Friday, August 11th, 1995

\*\*\* Indicates Female Finisher

## Top Overall Finishers

1 Kevin Way 1,overall	26	20:48	5:12
2 Brent Leighton 2,overall	26	21:10	5:18
3 Michael Grigware 3,overall	30	21:28	5:22
4 Tom Howard (MTC) 1,18&under	18	21:38	5:25
5 Rodney Hemingway	19	21:56	5:29
10 Cynthia Moreshead 1,overall	21	22:48*	5:42
32 Mary Meehan 2,overall	29	24:56*	6:14
47 Carol Hogan (MTC) 3,overall	44	25:56*	6:29
50 Christina Morin	23	26:09*	6:32
53 Amy Kretz	24	26:19*	6:35

## Other Top Divisional Finishers

6 Jack Fultz 40-49	46	21:58	5:30
17 Jim Gunson	78?	23:50	5:58
18 Arron Balistraori 1,Italian	20	23:52	5:58
29 John Haubert 50-59	52	24:47	6:12
59 Brigitte Laflin 18&under	18	26:36*	6:39
118 Delian Valeriani 2,18&-	12	29:40*	7:25
119 Kitty Kelley (MTC) 40-49	48	29:45*	7:26
145 Russ Bradley (MTC) 70&over	71	31:45	7:56
175 Polly Kenniston 50-59	58	34:07*	8:32
195 Frank DiBiase 60-69	62	37:56	9:29
209 Ruth Hefflefinger (MTC) 60-69	66	42:43*	10:41

## Other Maine Track Club Finishers

13 Pierre Martel	23	23:11	5:48
15 George Towle 3,40-49	45	23:46	5:57
20 John Eldredge	41	23:56	5:59
26 Scott Strout	33	24:29	6:07
27 Mark Olsen	28	24:33	6:08

29 Carl Hefflefinger	35	24:43	6:11
35 Terry Clark 2,50-59	51	25:22	6:21
40 Gerard Conley	41	25:36	6:24
45 Kevin Burke	30	25:54	6:29
46 Jamie Chamberlain	30	25:55	6:29
48 Ed Doughty	46	26:03	6:31
52 Paul Lessard	38	26:15	6:34
57 Stephen DiPalma	39	26:33	6:38
77 Michael Cavanaugh	44	27:31	6:53
83 Gary Giffard	36	27:43	6:56
89 Dominic Reali	52	28:00	7:00
94 Dick Lajoie	55	28:17	7:04
97 Ron Pelton	42	28:28	7:07
107 Brian Lathrop	15	29:00	7:15
108 Loren Lathrop	46	29:05	7:16
109 Evan Hennessy	15	29:09	7:17
114 Angie White	30	29:25*	7:21
116 Don Bessey	49	29:33	7:23
127 Denny Morrill	55	30:23	7:36
134 Deborah Cassidy	38	30:46*	7:42
136 Carol Pierce	48	30:58*	7:45
138 Bob Hefflefinger	36	31:09	7:47
141 Andrew Coffin	27	31:30	7:53
150 Carlton Mendell 2,70&over	73	32:09	8:02
154 Joe O'Donnell	44	32:30	8:08
165 Laurie Curtis	48	33:16*	8:19
183 Larry Perkins	50	35:07	8:47
192 William Marzul	71	37:38	9:25
193 Dierdre Hennessey	12	37:43*	9:26
200 Robert Marzul	34	38:51	9:43
203 Wayne Newland	57	40:17	10:04
206 Julius Marzul 2,60-69	69	42:18	10:35
207 Julie Haskell	22	42:36*	10:39
208 Don Penta	49	42:38	10:40
210 David Hefflefinger	38	44:30	11:08

Many thanks to Race Director Mike Reali and his MTC computer team for complete results!

## Notice about race flyers

An organization sponsoring a road race that wishes to have their flyers included in the Maine Track Club newsletter must submit the flyers and a payment of \$40 by the 15th of the month. Flyers will not be included in any mailing if not accompanied by the \$40 service fee.





## Jean Thomas profile

Jean Thomas, a long-time member of the Maine Track Club, will be in Boston on April 15 to participate in the 100th running of the Boston Marathon.

Jean was picked in the first lottery for Boston, but she won't need to use the lottery spot, because she later qualified for Boston with a time of 3:49 in the Maine Marathon.

Jean started running in 1976, in the Lifeline Program run by Tom Downing at the YMCA. A year later, the program was moved to USM, where it remains today.

Jean is an avid skier who started running after knee surgery. She had been told that she would not be able to ski again. She was determined to do so, so she started running to build up her knee strength.

In 1979, she ran her first marathon (Casco Bay). From then on she was hooked. Now she runs all year and skis whenever she can.

Jean's best and most memorable marathon was the Amsterdam Marathon, which she ran in 1980, in a time of 3:36! Some of her other marathons: Boston (1987-88), New York (3 times), Sugarloaf (2), and Maine Coast (5), to mention a few.

For the past four years, Jean has competed in corporate track during the summer as a member of the UNUM track team. Jean has set several records in the Maine Corporate Track Association (MECTA). In 1992, she set a MECTA record in the 3,200 meters (15:16) and the 800 (3:24). In 1993, she set records in the 400 (1:31.1) and the 1,600 (7:17).

Jean has also done some biking. She has done the Maine Lung Association Bike Trek Across Maine. She did a century bike ride (100 miles).

Jean is also a great volunteer. She was the race director for the Mark Hoffmaster Race for two years. She believes in giving back to the sport that she enjoys. As proof of this, in 1990 she received the RRCA National Volunteer Award for generous and enthusiastic contribution of 2,000 hours of volunteer time in support of the running community.

We wish Jean a great run at Boston (her 33th marathon). Good luck Jean!

— Sandy Utterstrom

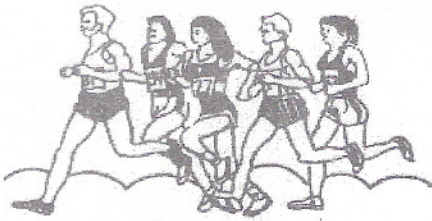


Jean Thomas with Sumner Weeks

## Maine Track Club clothing available

Plenty of Maine Track Club clothing is available to those members who like to show their club spirit whenever they race. Just contact Howard Spear at 856-6496 if you're interested in purchasing MTC singlets, shorts, gymbags or other paraphernalia. Howard also can obtain wind suits by special order. MTC clothing is produced by Bill Rodgers Sportswear, so the quality is very good. Be sure to get some MTC gear of your own and display the club's green and white colors at your next race.



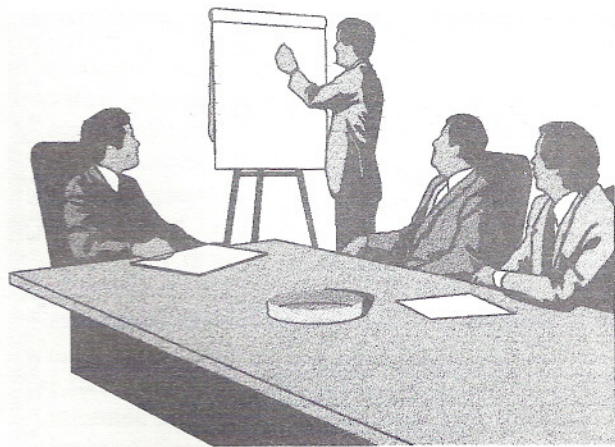


## MTC RACE COMMITTEE Meeting

**Thursday February 8th 1996  
6:30 PM**

### Agenda:

1. '96 Race Calendar & Management fees set
2. New MTC Phone for race & meeting info
3. All Race Directors asked to include teams
4. Race applications to be standardized
5. RRCA Convention info and forms
6. Equipment Rental Policy clarification
7. Need volunteer tracking sheets returned
8. Equipment Manager needed
9. Race Directors needed for four races
10. Membership discounts - good or bad
11. Race Director Communications Needed
12. Next Meeting March 7 th 630PM



**Maine Track Club Phone  
781-5887**

1996 Races	FEE
April	
15 Boys & Girls Club 5 Miler	\$500
27 April Amble 4 Miler	\$300
May	
11 Family Crisis Center 5K	\$150 & \$1
24 YMCA Back Bay 5K	\$250 & \$1
June	
2 So. Portland Dare 5K	\$250 & \$1
12 MTC Picnic Fun Run	FREE
16 Oakhurst Milk Runs	\$250 & \$1
22 Me Cancer Foundation 5K	\$250 & \$1
July	
12 Deering Oaks Track Meet	All Proceeds
13 Maine Mall Mile	\$250 & \$1
20 Pat's Pizza	\$250 & \$1
August	
3 Peaks Island 5 Miler	\$250 & \$1
9 St Peters 4 Miler	\$250 & \$1
?? Sportseast 10 Miler	\$400
September	
8 Womens Distance Festival	\$250 & \$1
October	
6 Maine Marathon & Half Mar.	\$2500
19 MTC 50 Mile Ultra	All Proceeds
?? Physical Therapy 8K	\$250 & \$1
November	
19 Turkey Trot 5K, 10K, & Kids	All Proceeds
28 Thanksgiving Day 4 Miler	\$250
December	
11 Jingle Bell Fun Run	FREE



**Also remember these fine events**  
**April 15th 100th Boston Marathon**  
**May 9-12th RRCA Convention Knoxville, Tenn**  
**June 9th Sugarloaf Marathon & 15 K**  
**June 15th Mount Washington Road Race**  
**August 15th Falmouth Road Race Woods Hole, Mass**



## New members

Dick Lancaster  
6 Katherine Street  
Brunswick, ME 04011  
729-6170  
Sales, The Times Record

Stephanie Fischer  
57 Drakes Island Road  
Wells, ME 04090  
207-646-4691

Hayden Dudley  
225B Ridge Road  
Bath, ME 04530-9310  
443-9331

Beth & Carey Wilson  
10 Greenleaf Street  
Brunswick, ME 04011-1706  
725-2021  
Teachers, Brunswick Schools

Joseph & Jill Shinnick  
97 Neal Street  
Portland, ME 04102-3431  
871-0691  
Physician Assistants;  
Mercy Hospital & Martin's Point

Thomas Harmon  
645 Congree Street  
Portland, ME 04101  
874-3306

Welcome Back to:  
Jim and Joan Bunnell  
221 Ocean Avenue  
Portland, ME 04103  
773-9644

Jeanie Hackett  
41 Luther St.  
Peak's Island, ME 04108  
766-5026

Kathryn Tolford  
306A Foreside Road  
Falmouth, ME 04105  
781-2154

## Notes from our newest members

I took up running in '95 as a way to lose weight. Started in the spring at 6'5" and 250 pounds with one mile; currently running at 220 pounds and between 4-5 miles three days a week. I enjoy running at my own pace (8 minute miles) and have several friends who also run on a regular basis, but at a much faster pace. I entered and ran in 6 races last year, and hope to double that total in '96.

*Dick Lancaster*

This letter is introduce my wife and I to your running club. We just recently relocated to Portland from Massachusetts. We both work as Physician Assistants in the area. As for our running experiences, I have been running for about 15 years starting with cross country in high school and college. I have run in a few hundred road races from 1 mile to marathon. I don't really consider myself a very competitive runner anymore but I would like to try to regain some of my past form. Currently I am running about 15-20 miles a week and would like to gradually increase to the 40-50 mile range with an eye on the Maine Marathon next fall. I would like to compete and be more competitive again in local road races this spring. My wife, Jill, has been running for about 2-3 years now and has run several 5Ks and would also like to increase her distance with a possible eye on a fall marathon. We both look forward to making some new friends in the area and would love to take part in your coaching and track sessions. I have also had past experience with a running club, the Colonial Road Runners where I served on the Board of Directors. Look forward to meeting other MTC members on the road.

*Joe and Jill Shinnick*

I have been running since 1975, when I was in college. In the early 80's, I ran in numerous race, along

*(Continued on page 11)*

## Make a new friend

The most commonly asked question by new members is "how can I get connected with a group for training runs?" If you run with a group or are looking for a running partner, please give a new member a call.



## Letter of thanks

Dear Members of the Maine Track Club,

I am writing to thank you for awarding me the John Fyalka Scholarship for 1995 at your annual banquet. It was a great honor to be recognized by your club.

Hearing Bill Rodgers speak was one of the highlights of my year. I have had a great season in 1995 and I will continue with track in the spring and cross country in the fall for the college of my choice. Once again, I would like to graciously thank you for the scholarship and your outstanding commitment to the sport of distance running in Maine.

*Sincerely,  
Matt Lane*

*(Continued from page 10)*

with my husband. My biggest accomplishment was to run, unofficially, half of the Casco Bay Marathon, while my husband ran the entire race. I gave the racing up for about 10 years, although I continued to jog as exercise. In the fall of 1995, I started racing again with friend. I did about 7 races up through the Thanksgiving 4 miles in Portland. It felt good to be back with the crowd and experience the excitement and the challenge to better myself as a runner. I want to join the Track Club because I like community involvement and I want to be kept informed on upcoming races and related events. My husband, Carey, started running in 1978 to stay in shape, and lost 30 pounds in the process. He has been running faithfully ever since, about four times a week, a total of 24 to 30 miles. He did the Casco Bay Marathon in 1979 and 1980. His best time was 3 hours, 21 minutes. He wants to join because he would like to hook up with other runners and be a part of a social group.

*Beth & Carey Wilson*

## Do you enjoy running, walking and being fit ?

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*Road Runner Sports catalog*
- Test drive your new shoes on our treadmill





# Running . . . . . Down Mexico Way

By John LeRoy

It was the last day of 1995 and here I was running in the Sierra Madre mountains on a dirt road climbing toward a radio tower at one of the peaks. My running companion, Jose, was encouraging me (in Spanish) upwards as I gave new meaning to the term "sucking wind." My muscles screamed for more oxygen, but despite my rapid and exaggerated inhaling my lungs failed to find enough in the rarefied air at 6000 ft.

As Jose called "Bien Juan! Vamos, Juan!", I recalled reading an article sent to me last fall by John Rolfe, famous running columnist for the Maine Sunday Telegram. The article was about German Silva, winner of the last 2 New York marathons. It told how Silva trained once a week on an extinct volcano near Mexico City. And here I was, running in the mountains just outside the city of Oaxaca, Mexico (pronounced Wa Ha Ka) with a small group of runners from one of the local running clubs. Altitude training seemed to work well for Silva, could it help me? I fantasized of returning to Maine and breaking 40 minutes at the Killarney's 10K.

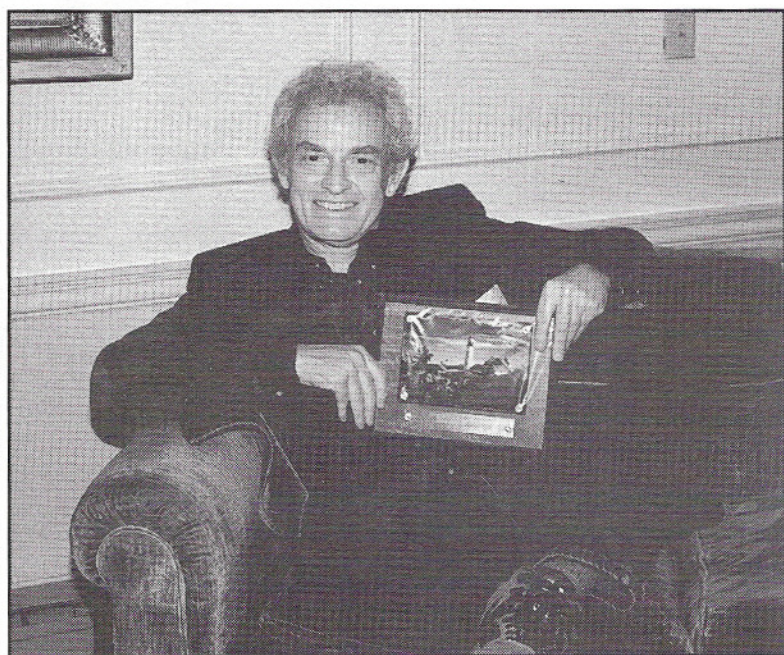
Oaxaca is located in a valley at an elevation of 5,000 feet about 300 miles south of Mexico City, with a population of about 250,000 people. Becky and I had arrived on December 14th for a one month stay and quickly wished that we could delay our return to Maine by 2 or 3 more months. Restrictions on our ultra cheap (\$313 each) airline tickets, however, made us stick to our original schedule. We loved almost everything in this city where only a handful of people speak English. We especially enjoyed the bright sunshine and the year round spring like conditions with temps reaching the high 70s to low 80s in the day and dropping into the 40s & 50s at night. The temps and dryness made for ideal running conditions. The cost of living in Oaxaca caused our frugal natures to rejoice! Our 3 room suite with a sun deck cost only \$21 a day and 4 course meals in the restaurants were only \$1 to \$2 each. Buses were everywhere (no waiting) for only 1 peso (13 cents). Next year we plan to spend 4 months there, but now more about running.

I had been in town a week when I met the Antares running club. Only a couple of adult members speak any English, but I was able to learn of a 10K race to be held the next day. Since all of my runs since arriving in Oaxaca had included walking breaks to catch my breath, it was obvious that my red blood cells hadn't increased enough to make up for the lack of oxygen in the air. But, my curiosity was stronger than my common sense, so I signed up. Besides, there was no entry fee (and I thought that Central Maine Strider races were a bargain).

About 160 runners showed up the day before Christmas for the race. In addition to the 10K, there were also 2K and

4K youth races. The course consisted of a 2K loop in the city, so all the racers started together. The multi-loop concept was great for spectators and made it easier for traffic control and water stops. Speaking of water; they don't use cups, they use plastic baggies. That's right — at the water stops runners are handed bags of water. You just bite a hole in the bag and squeeze — it works great! Over the next few months, I will be experimenting with this concept and you may find a bag of water in your hand at the PT8K in October. The race had superior traffic control with about a dozen police cars and 50 officers blocking intersections and protecting runners. Awards went to the usual age groups, but were large baskets of edibles — stuff like boxes of corn flakes and bottles of champagne.

(Continued on page 13)





## Upcoming races

### March 17

Killarney's St. Patrick's Day 10K, Waterville, 9 a.m. Contact: Tom McGuire 465-2829.

### March 24

Boston Primer (15 miles), Readfield, 11 a.m. Contact: Dave Guban 622-0289.

### March 31

**Presidential Road Race, 10 a.m. Contact: David McCullough 967-9839.**

### April 6

25K Championship Run, Rockland, 11 a.m. Contact: Leo Smith 596-2010 or Ken Sylvester 594-7035.

### April 15

**Boys & Girls Club 5 Miler, Portland, 11 a.m. Contact: Bob Gorham 774-0768.**

### April 27

**April Amble (4 miles), Portland, 10 a.m. Contact: Brian Gillespie 797-7261.**

**Note: Races in bold are MTC events**

*(Continued from page 12)*

The Antares Club has only about 40 members, but all are very active and all come to the team practices. About 40 percent are women and, similar to Maine clubs, there was a wide range of talent among the members. But, no matter what the skill level, all of the members are very serious about their running.

Not surprisingly, the Antares also like to party. There is a club meeting twice a month with a party afterwards. For the "3 Kings Day" holiday, a club "barbacoa" was held and a goat was roasted in a pit covered with leaves. Mezcal, a very potent local drink, was also featured.

The club has a very good coach who provides each member with individualized training schedules. He directs at least 3 group training sessions a week, arriving at the track at 5 a.m. for members who have early work commitments. On other days the members meet in subgroups for runs in the mountains or long runs at El Tequio, a large park with dirt running trails, a 4.5k bike course and a special area for in-line skaters.

Did altitude training help my running? Climbing hills seemed much easier, but the real improvement showed up in my snow shoveling ability. When we returned to Maine it took 30 minutes of hard shoveling to uncover our car in the parking lot and I wasn't even breathing hard!

If you would like more information about Oaxaca, please call John at 725-8680.







# MTC 1996 Officers and Committee Chairs



Ron and Martha Deprez	Co-President	772-4312	Clyde Coolidge	At Large	603-742-9405
Mike Reali and Terry Sutton	Co-Vice Pres.	829-2014	Don Penta	Statistician	892-4526
Ron Pelton	Past President	846-9039	Maureen Sproul	Photography	926-4681
Andrew Coffin	Treasurer	777-3740	Howard Spear	Clothing	856-6496
Mary Ann Doss	Secretary	799-0896	Dale Rines	Course Certification	854-2481
Alyce Schultz	Membership	780-9805	John Gillis	Course Certification	879-0222
Everett Moulton	Race Committee	799-2894	Bob Aube	Newsletter	946-7681
Donna Moulton	At Large	799-2894	Larry Dyer	Newsletter	725-6962
Russ Bradley	At Large	799-3864			

## 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 Sept. 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 form and check to: Membership, Maine Track Club, PO Box 8008, Portland, ME 04104