



News•Run

Run with a friend ...

March 1997

From the Presidential Suite ...

The past few weeks have been busy for the club — an unusual condition for the dead of winter in Maine when most of the general public is seeking ways to avoid the outdoors. But the weather was kind and the sun shone warm and bright on the Mid-Winter Classic 10-miler which drew a record crowd and was expertly administered by Ray Shevenall, Jeanne Hackett and Don Penta. Ray was the epitome of the expectant race director, nervously pacing and fretting about the logistics....very admirable qualities for that position. He even assigned himself to two different points on the course. I thought I was hallucinating when he showed up the second time. "Wait a minute, have I taken a wrong turn?"....How did Ray manage this? And his pleas to "stay single file" up the hills of Purpoodick were so responsible that I felt a twinge of guilt as I immediately thought about violating them. I would rather risk death in oncoming traffic than run behind Rex Holtan....sorry Ray. Meanwhile Jeanne was minding the store and becoming certified as an "expert" in data entry on the results computer — a fact that she would probably rather not advertise or risk being drafted for the next 10 races...sorry Jeanne, the word is out.

The topic of race direction brings us to the latest news and a critical issue for the club. For personal and business reasons, Jim McCorkle has stepped down from his responsibilities as Race Director for the Maine Marathon and the Women's Distance Festival and as Equipment Manager for the club. Any race director role is a big one, and the Marathon is the biggest. This is an important commitment and we need a volunteer for this position ASAP. Please consider whether you would be able to take on this responsibility — remembering that there are many resources within the club at your disposal and enough history with this event

(Continued on page 2)

March MTC Meeting and Hash Run

Wednesday, March 12, 6:30 p.m.
Southern Maine Technical College
Machine Tool Auditorium
Fort Road, South Portland

The March 12th meeting will begin at 6:30 p.m. with a brief business meeting, to be followed by a hash run at 7:00 set up by Bill Davenny and John Gale. The run will last approximately 45 minutes, followed by a social hour. All those who attend are asked to bring a snack or beverage of their choice.

As was decided by the group in February, we will alternate speakers and group runs at our monthly meetings throughout the year. Please contact John Gale if you have suggestions regarding potential speakers. We are also seeking a new, more convenient meeting location. Any suggestions will be appreciated.

The Maine Track Club meets monthly, the second Wednesday of each month at 6:30 p.m. Meetings are currently held in the Machine Tool Auditorium at Southern Maine Technical College in South Portland.

What's inside ...

Membership renewal notice	Page 2
Pasta supper a big hit	Page 3
Race schedule	Page 4
News•Run notes	Page 8

Last Chance to Renew for 1997!

Does the label on your *News-Run* envelope say "1996"? If so, it means your membership has expired! If you don't renew this month, this will be your last copy of *News-Run*. Please send in your fill out the form on the back page of this newsletter and return it with your check now. Your *News-Run* will continue uninterrupted, plus you will get your 1997 membership card, entitling you to discounts and all that good stuff.

(Continued from page 1)

to provide a thorough plan for its successful management.

In closing, it was great to see the turnout for the Pasta Feed at the North Scarborough Grange a few weekends ago. Prior to the feed, some members ran together, others cross country skied. Good food and good company were abundant and the atmosphere was enhanced by the Italian music and the slide show of MTC highlights that brought many down memory lane.

You'll see elsewhere in this newsletter that we're going to try a new format for some of our monthly meetings in an effort to increase participation and more importantly.... Fun. Hope to see you there!

Terry Sutton

Kirtland wins U.S. Marathon Championship

Julia Kirtland made her first-ever marathon victory a memorable one, breaking away over the final 10 miles to win the U.S. Women's Marathon Championship by nearly 1½ minutes in Columbia, S.C., on Feb. 8.

Kirtland, of South Harpswell, passed early leader Jeanne Peterson along the 16th mile of the rain-slicked course and ran alone the rest of the way. She recorded a personal best of 2:37:46 despite suffering from leg cramps down the stretch.

With the victory, Kirtland qualified for this summer's World Championships in Athens. She said she was helped by her familiarity with the course, having competed there each of the previous two years, including last year at the Olympic Trials. She also spent the month before the race training in Columbia.

"It was a tremendous help (knowing the terrain)," Kirtland told The Associated Press. "I could do the course in my sleep."

Cheryl Collins of Pittsburgh finished second in 2:39:18, also a personal best. Mary Alico of Winter Park, Fla., was third in 2:40:11.

Peterson, running only her fourth marathon, tried to wear her rivals down with a blazing early pace, but the strategy backfired when she failed to keep up her fluid intake. She eventually faded to fifth place.

"I knew (Peterson) wasn't going to hold it," said Kirtland.

Kirtland opened up a lead of more than two minutes by the 25th mile, then slowed slightly in the final mile as her legs tightened.

News-Run Sponsors

If you would like to become an individual *News-Run* sponsor, please send \$10 to: Maine Track Club, P.O. 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*.

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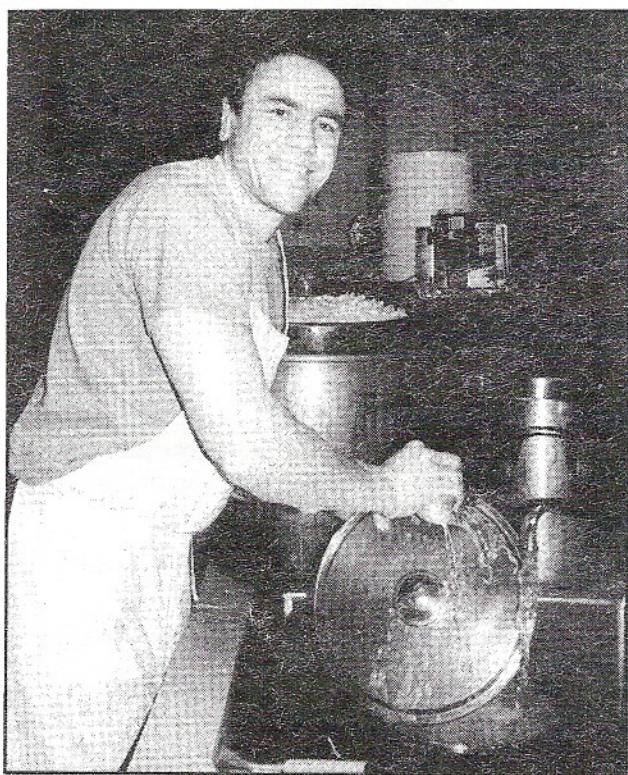
Pasta Dinner a Big Hit

By Marge Parsons

Co-Presidents Mike Reali and Terry Sutton have started their term in office in fine fashion. Those who attended the pasta dinner on Sunday, Feb. 16 will attest that the atmosphere was one of congeniality and conviviality. A new era for the Maine Track Club has begun with a flourish!

The cooks — Mike Reali, Betty Rines, Ron Cedrone, Pat Buckley, Henrietta Bradley and Bill Devoe — collaborated to produce a fine meal, consisting of salad, meatballs, ziti and Italian bread (the food was obtained at cost from Portland's favorite restaurant, the Village Cafe). Immediately following the dinner, vice president John Gale was seen doing the dishes, assisted by several other willing candidates, including Russ and Henrietta Bradley and Pat Buckley. Sandy Utterstrom produced a slide show of much younger track club members. Ironically enough, many of those not present at the dinner appeared in the slides, and thus were vicariously present. Ron Cedrone, eye doctor by day, gleefully assured us that the projector was not out of focus; it was indeed our eyes.

Suggestions for the next social event were resounding as members left the hall. Several were heard to suggest an all-you-can-eat pizza buffet, a make-your-own sundae party or a dessert pot luck! Call Russ Bradley with your suggestions at 799-3864! Russ is to be congratulated from his many contributions to this successful endeavor.



MTC cooks Mike Reali, left, and John Gale

photos by Marge Parsons

Notice about race flyers

Anyone who wishes to have their race 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. The fee applies only to races not run by the MTC, so if a race fee is already being paid to the club, there is no charge for race flyers.

Upcoming races

March 16

Irish Road Rover 5K, Portland, 11 a.m. Contact: Don McKeown 657-2184.

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

April 5

25K Championship Run, Rockland, 10:15 a.m. Contact: Leo Smith 596-2010.

April 6

Presidential Road Race (5 miles), Kennebunkport, 10 a.m. (1K kids run at 9:30 a.m.). Contact: David McCullough 967-0113 or 967-3293 (fax).

April 12

Terrier Trot 5-Miler, Waterville, 9 a.m. Contact: Jim Moore 873-0800.

April 21

Patriot's Day Boys' & Girls' Club 5-Miler, Portland, noon. Contact: Howard Spear 856-6496.

April 26

April Amble, Portland, 10 a.m. Contact: Brian Gillespie 797-7621.

May 23

YMCA Back Bay 5K, Portland, 6 p.m. Contact: Mike Pratico or Jennifer Martin 874-1111.

Note: Races in bold are MTC events

Thanks to Mid-Winter Classic volunteers

Mid-Winter Classic race directors Jeanne Hackett, Don Penta and Ray Shevenell wish to pass a long a thank you to all the volunteers who helped out with this year's race. There were a record 293 finishers in this year's event, which, of course, could not have happened as smoothly as it did without the volunteers.

Also, Ray Shevenell has a few lost-and-found items from the race, so if you think you left something at the race, contact Ray at 799-6219..

Thanks to MTC

Dear Maine Track Club members,

Thank you for inviting me to your annual banquet and presenting me with the scholarship. It was a great honor. My coach and I both enjoyed the evening. It was a wondrous event.

Sincerely,
Parker Pruett

(Editor's note: Parker set another state record at the Class B state indoor track meet, clocking 2:14.46 for 1,000 yards!)

Call 781-5887 for information
about upcoming races

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. It need not be a lengthy article — short newsworthy items are always welcome. Have you or a fellow club member recently had an interesting experience that you'd like to share? If so, please let us know and we'll get it in the newsletter. E-mail your story, article or announcement to Bob Aube at 74270.2276@compuserve.com, or send it to:

Marge Parsons
178 Bruce Hill Road
Cumberland Center, ME 04021

Race Results

Submitted by Don Penta

The 16th Annual Mid Winter 10 Mile Classic Road Race
 293 Record Finishers (90 Female & 203 Male)
 Loop Course from C.E. High School, Cape Elizabeth, Maine
 12 Noon, Sunday, February 2nd, 1997
 40 Degrees Fahrenheit, Very Light Breeze: 2nd Finest
 Day in the History of the Mid-Winter Classic!

"USAT&F" = Runner equalled or exceeded standards for
 national ranking established by the National
 Running Data Center of USA Track & Field.

Top Overall Finishers

PLACE/NAME	AGE	Time	PACE
1 Kristin Pierce	23	1:01:41	6:10
2 Veronica Knight Haskell	29	1:02:43	6:16
3 Christine Snow Reaser	31	1:04:13	6:25
4 Katie Payson	31	1:04:39	6:28
5 Gayla Underkoffler	35	1:06:12	6:37

1 Byrne Decker	29	52:00	5:12
2 Don Legere	34	56:25	5:39
3 David Weatherbie	28	56:38	5:40
4 Guy Segars	36	57:59	5:48
5 Stu Hogan	34	58:08	5:49

Other Top Divisional Finishers

6 Terry Sutton (MTC) 35-39	35	1:06:47	6:41
21 Linda Hanson (MTC) over.mas.	49	1:13:09	7:19
22 Ellie Tucker 40-44	42	1:13:24	7:20
35 Kitty Kelley(MTC) 50-54 USAT&F	50	1:17:23	7:44
44 Louisa Dunlap 55-59 USAT&F	56	1:21:22	8:08
61 Jessica Stearns 18&under	16	1:25:30	8:33
78 Polly Kenniston 60-69 USAT&F	60	1:34:42	9:28

6 Judd Esty-Kendall over.mas USAT&F ..	48	58:55	5:54
7 George Towle (MTC) 2,45-49 USAT&F ..	46	59:38	5:58
8 Barry Fifield 35-39	39	59:48	5:59
12 Paul Fagan 40-44	44	1:01:42	6:10
37 Bob Coughlin (MTC) 55-59	58	1:07:20	6:44
57 Terry Callazher 50-54	51	1:10:19	7:02
124 Richard Fedion 60-69	63	1:20:02	8:00
162 Russ Bradley(MTC) 70&+ USAT&F ..	73	1:26:38	8:40
172 Carlton Mendell (MTC) USAT&F	75	1:28:42	8:52

Other Maine Track Club Finishers

9 Jody King 2,35-39	36	1:07:59	6:48
11 Alison Kisch	31	1:09:28	6:57
15 Ann McGovern	32	1:10:27	7:03
17 Ann Stairs	28	1:11:34	7:09
18 Ashley Wernher-Collins	25	1:12:25	7:15
23 Nancy Kneeland 2,40-44	42	1:13:38	7:22
25 Tanya Horne	28	1:14:15	7:26
28 Joan Lavin 2,45-49	49	1:15:28	7:33
29 Lisa Belisle	26	1:15:54	7:35
34 Michele Ohman	30	1:17:21	7:44



Above: Linda Hanson and Michael Pratico

Below: Ellen Della Torre and Rich Robinov

photos by Don Penta



36 Maryellen Fitzpatrick	35	1:17:26	7:45
38 Maureen Sproul	40	1:18:08	7:49
51 Denise Robertson	35	1:23:07	8:19
56 Susan Kolakowski	39	1:24:04	8:24
68 Betsy Lane	45	1:28:08	8:49
70 Stacey Williams	39	1:28:35	8:52
72 Christin Burnham	22	1:30:07	9:01
77 Ellen Della Torre	32	1:34:34	9:27
80 Beverly Doughty	45	1:36:19	9:38
85 Linda Metzger	53	1:42:53	10:12
9 Paul Greene	25	1:00:27	6:03
13 John Mollica 2,40-44	44	1:02:16	6:14
16 Craig Wilson	47	1:03:21	6:20
17 Erich Reitenbach	46	1:03:28	6:21
19 Robert Fast	34	1:04:00	6:24

(Continued on page 6)

More Race Results

(Continued from page 5)

(Continued from page 5)							
21 Michael Boucher	39	1:04:12	6:25	106 Don Bessey	51	1:17:24	7:44
22 Michael Pratico	30	1:04:22	6:26	108 Tom Harlow	50	1:17:45	7:47
25 Jim Toulouse	48	1:05:02	6:30	112 Ed Doughty, Jr.	48	1:18:00	7:49
26 David Chamberlain	35	1:05:06	6:31	117 Clyde Coolidge	58	1:18:37	7:52
28 Dick Graves	41	1:05:08	6:31	118 Chet Matthews	50	1:18:38	7:52
31 Gerard Conley	43	1:06:33	6:39	132 Michael Cowell	59	1:21:17	8:08
48 William Sproul	39	1:09:18	6:56	135 Davis Hart	50	1:22:17	8:14
54 Patrick Gwinn	32	1:10:05	7:01	136 Donald Foshay	37	1:22:17	8:14
56 Paul Aceto	30	1:10:12	7:01	137 M.F. Harmoh	46	1:22:30	8:15
59 James Boisvert	40	1:10:33	7:03	141 Michael McClellan	36	1:23:12	8:19
60 Eric Boylestead	31	1:10:35	7:04	142 Rodger Smith	51	1:23:13	8:19
63 Ronald "MTC" Paquette	45	1:11:33	7:09	151 Daniel Bergeron	38	1:24:58	8:30
64 Britt Wolfe	31	1:11:47	7:11	152 Gary Johnson	50	1:25:14	8:31
65 Ron Cedrone	48	1:12:08	7:13	156 Robert Green	48	1:25:41	8:36
66 Rex Holtan	44	1:12:21	7:14	170 Don Burnham	55	1:27:55	8:48
70 Edward Mahoney	42	1:13:23	7:20	175 Neil Chivington	49	1:28:59	8:54
73 Rich Robinov	36	1:14:00	7:24	176 Mike Brooks	51	1:29:20	8:56
75 Les Berry	49	1:14:09	7:25	181 Terry Clark	52	1:31:23	9:08
78 Bob McCormack	45	1:14:23	7:26	185 George Conly	48	1:32:59	9:18
84 Tom Kirner	48	1:14:50	7:29	186 Bob McArtor	57	1:33:02	9:18
85 Scott Hamilton	45	1:14:57	7:30	187 Alvin Mack	46	1:33:03	9:18
87 Colin Robertson	34	1:15:08	7:31	188 Bill Davenny	52	1:33:07	9:19
91 Loren Lathrop	48	1:15:42	7:34	189 Milt Dudley	45	1:33:40	9:22
93 Neil Martin	54	1:15:57	7:36	190 Andrew Coffin	29	1:33:55	9:24
95 Dick Lajoie	56	1:16:10	7:37	191 Steve Robbins	36	1:36:11	9:37
98 Michael Cavanaugh	45	1:16:21	7:38	203 Julius Marzul 3,70&over	70	2:14:41	13:28
100 Philip Pierce	55	1:16:34	7:39	Many thanks to <u>RUNSCORE</u> consultant Susan Davenny, computer operators Susan Campbell, and Michelle Poulin for complete results!			
104 Malcolm Washburn	43	1:16:58	7:42				
105 Melvin Attfield	45	1:17:04	7:42				

The 18th Annual January Thaw 4.5 Mile Road Race

63 Finishers (16 Female & 47 Male)

Belgrade Central School, Belgrade, Maine

12 Noon, Sunday, January 26th, 1997

"GRAD" = age and sex graded time based on National Masters News tables

*** following time indicates a female finisher

"(CMS)" following name indicates a Central Maine Strider

"(MTC)" following name indicates an MTC member

PLACE/NAME	AGE	TIME	GRAD			
1 Todd Coffin overall	35	23:31	23:31	22 Kelley Cullenberg 1,30-39	35	30:23* 27:19
2 Newell Lewey 1,30-39	38	25:17	24:50	24 Tom Chapin (CMS)	38	30:30 29:57
3 T.J. Hesler (CMS) 1,20-29	28	25:40	25:38	28 Peter Bastow (MTC)(CMS) 1,60-69	60	31:33 26:00
4 Guy Berthiaume CMS) 1,50-59	51	25:40	22:52	29 Rob Boudewijn (MTC)	50	32:03 28:47
5 Bruce Nicholson 2,30-39	35	25:42	25:42	30 Jane Rau (CMS) 1,40-49	47	32:03* 26:05
6 Randy Hastings (CMS) 1,40-49	42	25:50	24:39	34 Don Harriman (CMS)	50	33:28 30:13
9 Veronica Haskell overall	29	27:05*	24:25	35 Bob Brosius (CMS)	44	34:03 32:01
12 Will Lund (MTC)	41	28:25	26:31	36 Pres. David Benn (CMS)	51	34:05 30:22
14 Norman DeRoche (CMS)	38	28:28	27:57	37 Penny Duncan 2,40-49	45	34:06* 28:15
16 Luc Roy (CMS) 1,19&under	16	29:13	28:18	39 Jim Moore (CMS)	53	34:19 30:05
18 Bob Payne (MTC) 2,50-59	58	29:27	24:43	40 Beth Allen 2,30-39	38	34:32* 30:19
19 Tom McGuire (CMS)	50	29:34	26:34	45 Louisa Dunlap (CMS) 1,50-59	56	35:42* 26:42
20 Ken Cotton (MTC) (CMS)	47	30:04	27:39	48 Stacey Williams (MTC)	39	37:10* 32:22
				49 Russ Bradley (MTC)(CMS) 1,70&+	73	37:33 26:45
				52 Donnajean Pohlmann (CMS)	46	38:46* 31:50
				53 Tom Severance (CMS)	41	38:47 37:17
				54 Rebecca Roy (CMS) 1,20-29	20	39:04* 35:12
				56 Carlton Mendell (MTC)(CMS) 2,70+	75	39:10 27:10
				58 Judith Cotton (MTC) (CMS)	47	43:53* 35:43
				60 Maggie Soule (MTC)	55	47:12* 35:39
				61 Shirley Fenlason (CMS) 1,60-69	61	53:18* 37:46
				62 Julius Marzul (MTC)	70	62:28 46:15
				63 Mardie Brown (CMS) 1,70&over	79	66:03* 36:05
				Many thanks to the Central Maine Striders' <u>INTERVAL</u> for complete results!		

Recruiting and mobilizing volunteers

Tips from the "Creating and Building Club Leadership" Workshop at the 1996 RRCA Convention

Volunteers are vital to club success. Every club activity is dependent on volunteer energy. The better a club can attract, motivate, nurture and respect volunteers, the more likely the club is to have many meaningful membership services.

Getting volunteers is a tough process. At times, it is like selling ice to Eskimos. Wondering what to do? Here are some tips developed during the workshop that should help. Also, plan to practice some new recruitment strategies.

1. Re-shape club committees. Have each committee get several committee members (more minds have more ideas). Energize committee leaders to take ownership.

2. Pass on many non-verbal thank yous, like smiles, handshakes and pats on the back. Show appreciation. Cards are great when received a few days after the event.

3. Get to know people in your club via socials and training programs. The more you get to know them, the more relaxed they will be with you. Develop trusting friendships.

4. Do a simple volunteer profile and expectation sheet and share it with club members. We eliminate some frustration when we let them know what is expected of them during an assignment.

5. Be honest.

6. Have volunteer term limits. Let volunteers know that you won't over-occupy their time and stick to it.

7. Have a volunteer coordinator. Send out confirmation postcards to confirm duties.

8. Utilize youth groups or track and cross country teams as volunteers. Work with organizations you give scholarships and grants to, and get them active for you in return. Don't forget non-runners.

9. Consider a local National Guard or other military as a source of volunteers.

10. Offer free club membership to local business or organizations in return for volunteers.

11. Know the skills of club members. Consider including a question on your membership application.

12. Have volunteers sign up a list on membership application and at club events. Don't try to recruit volunteers for an event while they are presently working on one. Give them a break and ask others.

13. Profile and outstanding volunteer in each club newsletter. Recognize dedication to your club.

14. Treat volunteers like royalty. Build prestige into positions.

15. Be less selfish. You can not do it all.

16. Have a volunteer training party during a membership meeting or outing. All board members could bring a guest. Do silly prizes. Make it a fun learning experience.

17. Offer child care at club activities.

18. Create a club mentor system. Have board members find willing replacements to run for office.

19. Have a nominating committee for new leadership positions.

20. Offer new minority activities. Not everybody wants to direct a race or be in charge of a group.

21. Develop partnership with a local health club. Both organizations increase membership and benefit from these added members.

22. Develop a telephone tree to announce club activities and call for volunteers. People love phone calls. The personal touch can put people at ease and help them feel welcome.

23. Do invitations. Everyone likes to be asked, just not repeatedly.

24. Realize it's normal to ask at least 20 people to get one volunteer.

25. Evaluate your own work.

Maybe you have to change your method to get a better response rate.

26. Women volunteers tend to need more nurturing and attention than men. Honor peoples needs.

27. Make the club more visible in the community. People can't help a club if they don't know it exists.

28. Be glad for all levels of contribution and show it. The water stop worker is as important as the finish line timer. It takes a total effort of all involved to have success.

29. Be careful of personal expectations. How it's done by one person will be different from how it's done by another person. There is no right way.

30. Develop a team club image. Everyone has an important role.

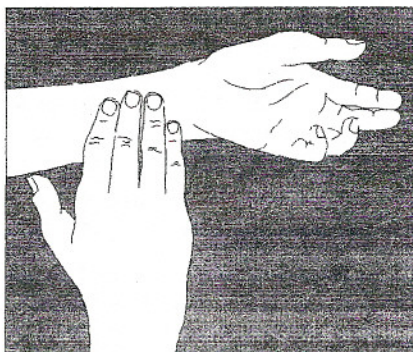
31. Keep the fun factor. People will come back more if it made them feel good.



Does running waste heartbeats? Far from it

Maybe you've heard this argument — possibly from someone whose idea of a workout is groping around for the TV remote: "Exercise is bad for you because the heart beats only so many times in a lifetime, and exercise uses them up."

Wrong. A.E. Cody, a runner from Dallas, recently did some arithmetic that shows just how ridiculous the "limited heartbeat" thesis really is. His calculations make quite clear that even if the heart were limited to a finite number of contractions ("an absurd assumption in the first place," says cardiologist Paul Thompson, M.D., of the University of Pittsburgh Heart Institute), exercisers would still come out ahead.



Here's why: Regular exercise lowers your resting heart rate. A heart with a resting rate of 58 beats per minute compared to one with a rate of 72 beats per minute would save itself more than 6 million beats in a single year, and that's counting the extra beats used during exercise.

Besides, exercise offers so many cardiovascular and health benefits: lower blood pressure, improved cholesterol profiles, greater arterial elasticity, greater vascular development with the heart itself, and reduced risk of diabetes, obesity, osteoporosis, stress disorders, depression and possibly some forms of cancer. Hard to believe anyone can live without it.

— Excerpted from *Runner's World*

News•Run notes

Has something interesting happened to you or a fellow club member recently? Did you travel to an out-of-state race, or perhaps win an award in another sport (such as cross country skiing)? Are you sidelined with an injury? Even if your tidbit doesn't merit a full-length article, we still want to hear about it. Starting with the next issue of *News•Run*, a notes column will become a regular feature of the newsletter. It won't work without your help, though, so if you have some news to share, please let us know. Call Marge Parsons at 829-5079, or send e-mail to Bob Aube at 74270.2276@compuserve.com.

□□□

Congratulations to MTC member Gretchen Read, who was recognized in the March issue of *Running Times* as one of the world's top road racers in the 50-54 age category in 1996. Gretchen received honorable mention status, ranking her among the top eight runners in her division.

Get your volunteer gift

If you didn't attend the MTC Awards Banquet in January and haven't yet received your gift for being a race director or volunteer in 1996, contact Marge Parsons at 829-5079 to make arrangements to claim your gift. Don't wait! Unclaimed items will soon be made available for sale to other club members.

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Group runs

The Maine Track Club includes all kinds of runners doing many different distances at a variety of paces — from the weekend jogger to the daily 20-minute runner to the serious road racer.

Whatever your pleasure may be (social, speed, long distance), we probably have a running/training group near your area. For more information, contact any of the following:

Kennebunk

The Kennebunk Road Warriors run weeknights in Kennebunk. Contact: Steve Jacobsen 985-4107 or Nancy Kneeland 985-8100.

Portland

The USM Morning Group runs at 5:45 a.m. daily from the USM gym. Contact: Mel Fineberg 774-8868 or Ruth Hefflefinger 797-4625.

The Rat Pack runs at 7 a.m. Sunday mornings from Payson Park. Contact: Ron Deprez 772-4312 or Mike Reali 829-2014.

YMCA Noon Runs from YMCA on Forest Ave. Contact: Marla Keefe 775-9620 or Mike Pratico 874-1111.

South Portland

South Portland Road Runners run Thursday nights at 5:30 p.m. from the high school. Contact: Russ Bradley 799-3864 or Donna Moulton 799-2894.

Yarmouth

The Royal River Rapids meet weekdays at the entrance to Royal River Park on East Elm Street at 6 a.m. Pace is moderate to slow, and distances are between three and six miles. Contact: Keith Malone 846-1403.

If you know of a group run that isn't listed above, please contact either Bob Aube (946-7681) or Marge Parsons (829-5079) to let us know where, when, how far, approximate pace per mile and contact person for inclusion in the monthly newsletter.

MTC Discounts

The following area sporting goods stores have agreed to give MTC members discounts on running shoes and running clothing. It is necessary that you show your 1997 club ID card when requesting discounts.

5K SPORTS,
190 US Route 1, Falmouth
15% on Shoes

OLYMPIA SPORTING GOODS,
Maine Mall, South Portland
10% on Shoes Only

YANKEE SPORTS,
35 Foden Road, South Portland
10% on Shoes Only

COASTAL ATHLETICS,
502 Woodford, Portland
ASIC Shoes Exclusively...
discounts according to model
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GEORGE AND PHILLIPS, INC., Rt. 1,
Kittery; 295 Water St., Exeter, NH
These are Nike Outlet Stores featuring
slightly defective or blemished shoes at
reduced prices. All top quality regularly
prices shoes 20% off.

LAMEY WELLEHAN,
Maine Mall; Falmouth Shopping Center;
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10% on Running Shoes

MVP SPORTS, 333 Clarks Pond Pkwy.,
South Portland 04106
10% on non-sale Running Shoes and
Clothing

FAMOUS FOOTWEAR, 330 Clarks Pond
Pkwy., South Portland 04106
Also Auburn and Kittery
10% on Running Shoes

Welcome to our newest members

Cam Dauler
9 Old Fort Ave., Box 515A
Kennebunkport, ME 04046-0815
967-3375

Christopher Eaton
Box 4021
Portland, ME 04101
885-5243 (H)
780-8966 (O)
Executive Chef, Tabitha Jean's

Peggy Fallon
295 Forest Ave., #319
Portland, ME 04104-5015
865-4863 (H)
282-4173 (O)
Rehab Counselor, Creative Work
Systems

Roger & Dorothy Chiasson Fenn
P.O. Box 36
Brunswick, ME 04011-0036
725-1487 (H)
797-9330 (O)
Sales, WGME-TV

Donna Trout
216 River Rd.
Bowdoinham, ME 04008-4611
725-3339
Dept. Coordinator, Bowdoin College

Michael Lyden
593 Westbrook St., #3064
South Portland, ME 04106-1900
780-0253 (H)
774-4509 (O)
Manager, Maine Mall Cinema

Tammy Snow
108D Noyes St.
Portland, ME 04103
761-5910 (H)
761-8372 (O)
Advertising, Hauptman & Partners

Cole & Shannon Tamminen
66 Intervale Road
New Gloucester, ME 04260
926-5075 (H)
926-5040 (O)
Self-employed, video production

Suzanne Umland
8 Woodland Dr.
Yarmouth, ME 04096
865-6998 (O)
Commercial Lender, Bath Savings

Notes from our newest members

I have just graduated from Cornell University and have settled in my hometown of Kennebunkport (at least until I find a job, hopefully in Portland). I have been a competitive runner since high school. I ran at the collegiate level for 2 years. I have run the Boston Marathon (last year in 2:40) and many Maine and New England road races. I want to join the MTC to meet other runners and to become involved with the Grand Prix series in addition to helping with the organizing and running (no pun intended) of regional races. I look forward to becoming a team runner once again! I would also like to offer any help in the writing of articles in the newsletter. If you could please include information on any running groups who run in the 6:00 - 6:30 pace range for training runs regularly, I would appreciate it. Also if you have any information on the USATF New England Grand Prix, I would like to run in the series representing MTC. Thank you so much; look forward to meeting you all.

— Cam Dauler

I would love to join the Maine Track Club for several reasons: I'm just getting back into running after almost 10 years of running off and on; I'd like to run with others on the weekend; I'm interested in your monthly meetings to meet others that run and to be inspired! In 1985, I ran the Maine Marathon and Casco Bay Marathon, but then I had back surgery in 1987 and, although I could do most sports, running bothered my back. Now, my back finally is OK when I run, and I'm running about 5 miles, 4-5 times a week.

— Peggy Fallon

I'm joining the club because I want to know what is going on with runners in Maine. I ran the race Sunday (February 2) in Cape Elizabeth and had a great time. I run about 6 miles a day.

— Donna Trout

Support these MTC members in business

Integrated Physician Services, P.A. Center for Family Psychiatry

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Children, Adolescents and Adults

25 Long Creek Dr., S. Portland, ME 04106
Ph: (207) 775-5527 Fax: (207) 756-8541



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1024 Broadway, South Portland, Maine 04106
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PORTLAND, MAINE 04101

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Portland, Maine 04101 Fax: (207) 871-7105
E-mail: phrg@portland.maine.com
Website: <http://auburn.maine.com/people/phrg/>

Community Health Needs Assessment;
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RONALD D. DEPREZ, PH.D., MPH

PRESIDENT



Department of
Veterans Affairs

PHILIP S. PIERCE, Ph.D.
CHIEF PSYCHOLOGIST

OFFICE: (207) 623-8411
EXTENSION: 5025
FTS 833-5025

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contact Russ Bradley
799-3864

Deadline for
March issue is
February 15

Mail your card and check
payable to the MTC to:

Russ Bradley
4 Westfield Rd.
Cape Elizabeth, ME 04107



MTC 1997 Officers and Committee Chairs



Mike Reali and Terry Sutton	Co-Presidents	829-2014	Ann McGovern	At Large	839-8332
John Gale	Vice President	775-5017	Howard Spear	At Large and Clothing	856-6496
Ron and Martha Deprez	Past President	772-4312	Don Penta	Statistician and Photography	892-4526
Joe Guimond	Treasurer	797-9436	Maurcen Sproul	Photography	926-4681
Mary Ann Doss	Secretary	799-0896	Jim McCorkle	Equipment	781-3134
Maggie Soule	Membership	846-3631	Dale Rines	Course Certification	854-2481
John Eldredge	Membership	829-4540	Bob Aube	Newsletter	946-7681
Everett Moulton	Race Committee	799-2894	Marge Parsons	Newsletter	829-5079
Russ Bradley	At Large	799-3864			

Maine Track Club Membership Application

(Please check one) ☐ Individual (\$15) ☐ Family (\$20) ☐ Student — 18 year old maximum (\$10)

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