

Run with a friend...

March 1999

The 18th Annual Mid-Winter 10 Mile Classic

-Race results are on page 7



Richard Cavanaugh MTC

**MORE PHOTOS ON
PAGE 10!**

UP COMING EVENT

Let's Support The Striders, Our Sister Club In Central Maine!

Their major spring event, the 20th Annual "Killarney's 10K" will be held in the memory of the late CMS/MTC member Al Sproul.

Look for Maine Track Caravan details to this race, which will be held March 21st in Waterville elsewhere in this issue of **NEWS•RUN**.

For information on the **CENTRAL MAINE STRIDERS**, their mailing address is:

P.O. Box 1177 • Waterville, ME 04903-1177

Correspondence may be addressed to **INTERVAL**
Editor Linda Benn.



John Mollica MTC
2nd, 45-49



Michael Payson MTC
& Sister Katie Payson



Remembering Al Sproul

When Al Sproul was diagnosed with liver cancer about a year ago, friends figured that he'd find a way to beat the disease. After all, when he set his mind on doing something, there wasn't much that he couldn't accomplish.

Alas, this was one battle that Sproul couldn't win, though he didn't go down without a fight. When the 60-year-old Chamberlain resident passed away in late January, he left behind numerous friends in the running community determined to carry on his legacy as someone who devoted bundles of energy to the sport - both as a competitor and an organizer.

"The thing I'll remember most about him is how willing he was to help other runners," said Ken Cotton, one of Sproul's frequent running partners. "He was always encouraging other runners, and if you went out for a run with him, he'd run at your pace rather than worry about his own training."

That was no small sacrifice for Sproul, who became a top master and senior runner after taking up the sport in his late 30s. He even won several age-group awards this past summer while in the throes of cancer.

Sproul learned he had cancer while training to run what would have been his 20th straight Boston Marathon. Chemotherapy made it impossible for him to continue his streak, but he was back running soon after and returned to racing at the Waldoboro 5K in June.

"He was wearing his portable (chemotherapy) packet, and he still won his age group," recalled Cotton.

Sproul also won his age group at the Rockland Lobster Festival 10K and the Bowdoin and Back 10-Miler, then ran the Marathon des Deux Rives in Quebec City alongside his wife, Carlene. Sproul's final race was the Bar Harbor Half Marathon in September. Not long thereafter, he learned that the cancer was back and had spread.

Shortly before his death, Sproul was honored by the Maine Track Club as its Comeback Runner of the Year. He and Carlene were unable to attend the awards banquet, and in a bit of cruel irony, the next day he suffered a heart attack from which he never recovered.

When Cotton talks about his fallen friend, he still marvels at how Sproul eagerly took him under his wing when Cotton first became serious about running about five years ago.

"I never understood why someone who was such a good runner was willing to run with a slowpoke like me," said Cotton, who has turned into a pretty good runner in his own right. "We must have done about 15 marathons together in four years," he added. "I could recite a list of races we did that first year; it seemed like we raced almost every weekend. It was crazy, but I didn't know any better. I just assumed that's what (all runners) did."

In addition to his success as a runner, Sproul founded the Samoset 10K about 10 years ago. The race benefits the Bristol Fire and Rescue Department, for whom Sproul was a volunteer member. He and Carlene have directed the race since its inception. Sproul's contributions to the race will be missed, but the event will continue under Carlene's direction. It will be renamed in Sproul's honor, a fitting tribute to someone who will long be remembered by those who knew him.

...Bob Aube

**THE ALVIN SPROUL SAMOSET 10K IS
AUGUST 8TH**

(SEE RACE SCHEDULE FOR DETAILS)

Presidential Message

February, 1999

Dear fellow runners,

The MTC had a very successful first race of the year. The Mid-Winter Classic has grown in numbers dramatically and by all accounts the runners will increase next year due to great organization. The weather was especially cooperative to enhance the participants' enjoyment. Thank you to all of the volunteers and to the co-directors - Ray Shevenell, Don Penta, and Jeanne Hackett - a dynamic trio. We are off to a great start. Especially nice t-shirts this time.

A big thank you also goes out to Maureen, Willie and Becky Sproul for hosting the February Track Club meeting at their lovely home. We had another spectacular day to meet the challenge of the many hills in the area. Later, we were treated to some of Maureen's famous chocolate cookies and other tempting treats at the pot luck brunch. It was a warm and friendly atmosphere as we shared our running stories around the wood stove. A short business meeting followed.

Maine Track Caravan

Next month, we plan to attend the Killarney's 10 K Race in Waterville. Those wishing to join the caravan may meet at the Sproul's house in New Gloucester at 7 A.M. or at 7:30 A.M. at the Civic Center in Augusta. This will be a nice tribute to the memory of Al Sproul, who considered this a special race.

We are still looking for volunteers to fill the role of Vice-President, Secretary and Historian. The 20th anniversary of the club will be celebrated at the banquet next January. The next MTC race is the Boys' Club race in April. Plan to take an active part in our many activities this year.

Happy Running!

.....Marge



"Team Newsletter" Strong Start Disappointing Finish.

Members of the Maine Track Club "Team Newsletter" were disappointed by the finish of News*Run "Newsie" on the first race of 1999. Team trainers Mike Doyle and Colleen Redmond along with a dedicated support staff believed that Newsie was in good position for a strong showing in the race till circumstances out of their control derailed their high hopes. Colleen said, "we had trained hard to compete in all ten facets of the race and thought we would meet our ambitious goals". Newsie passed checkpoints one through eight (information gathering, redesign, layout, printing, folding, collating, labeling and inserting) right on schedule. "We thought we would breeze through the final hurdles on our way to victory when the unexpected happened" Mike said. Unbeknownst to Team Newsletter, on Friday February fifth Newsie was about to hit the wall. Checkpoint nine was the "bulk mail stop" who confirmed that our entry was indeed cleared through. High fives were exchanged by the team on Friday evening and a small celebration was held at The Mid Winter Classic on Sunday, where Newsie had a small showing. The final leg of the course was delivery, solely supported by the United States Postal Service. Many flaggers on the course were contacted by Team Newsletter and credible sources suggested that Newsie might have been misdirected to Springfield where a larger bulk race is held on a daily basis. Postal race officials and previous racers agree that the final leg is usually the easiest and most unchallenging. Some races and courses have unseen pitfalls, and unfortunately Newsie was a victim in this race. Newsie did complete the race on February seventeenth. Due to the slow finish many Track Club Members missed the notification of the Sprouls Run and Brunch on February fourteenth. Team Newsletter has put the disappointment behind them and looks forward to the March race. Postal officials have confirmed that there will be a tailwind behind Newsie, assuring a strong finish in the races to come.

Mike Doyle

1999 MTC RACE SCHEDULE

April 19

Portland Boys & Girls Club 5-Miler, noon. Contact: Maine Track Club 741-2084.

May 28

YMCA Back Bay 5K, Portland, 6 p.m. Contact: Maine Track Club 741-2084.

July 17

Pat's Pizza Clam Festival Classic (5 miles), Yarmouth, 8 a.m. Contact: Maine Track Club 741-2084 or Ron Pelton 865-6919.

August 13

St. Peter's Road Race (4 miles), Portland, 7 p.m. Contact: Maine Track Club 741-2084 or Mike Reali 829-2014.

September 3

Maine Running Hall of Fame 5K, Portland, 6:45 p.m. Contact: Maine Track Club 741-2084.

September 12

RRCA Harvard Pilgrim Women's Fitness 5K, Portland, 8 a.m. Contact: Maine Track Club 741-2084.

October 3

Aetna Maine Marathon and Casco Bay Half Marathon, Portland, 8 a.m. Contact: Maine Track Club 741-2084.

November

Shop 'n Save Turkey Trot (5K), Cape Elizabeth, 9 a.m. Contact: Maine Track Club 741-2084 or Mel

November

Thanksgiving Day 4-Miler, Portland, 8 a.m. Contact: Towle 780-5595.

"Please call any of the numbers listed above to confirm any of these races."

On Saturday, January 9, 1999, Phil Pierce and Carlton Mendell traveled to Attleboro, Massachusetts (14 miles north of Providence, Rhode Island) to run the Attleboro Fat Ass 50K. Weather conditions were terrible in Maine but tolerable in Massachusetts where it rained off and on all day with no snow or ice on the ground.

The race started at 8 AM with about 20 starters and Phil finished in 5 hours, 2 minutes and 17 seconds. He took the lead at mile 12 and was never seriously challenged after that.



Carlton finished in about 10th position in 7 hours, 17 minutes and 25 seconds. This was Phil's first 50K, first open victory, and Carlton's second 50K. Phil is 57 and Carlton is 77 years old. Phil completed a 30 day taper for the Rocky Raccoon 100 Endurance Run in Texas on February 6, 1999 and Carlton is preparing for his 21st Boston Marathon on April 19, 1999.

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Elizabeth, 9 a.m. Contact: Fineberg 774-8868.

25

9 a.m. Contact: George

the phone
volunteer for
ces."

MOUNT WASHINGTON ROAD RACE SLOTS

In order for the Maine Track Club to receive ten slots to the Mount Washington Road Race held in June each year, we must furnish ten volunteers.

The following criteria must be adhered to in order to be considered an applicant for one of the ten slots:

1. MTC membership must be renewed on time (by January 1st)
2. if you are a new member, membership must have started the previous year
3. If you are chosen for one of the ten slots, you must agree to:
 - a) Furnish a friend or family member to volunteer while you are running, or
 - b) Volunteer yourself the following year (if again you are rejected in the Mt. Washington Road Race lottery), or
 - c) Furnish a friend or family member to volunteer in the year following the one in which you run
4. Submit your original rejection notice from Mt Washington Road Race committee

A second drawing will take place if all ten slots are not filled with regard to the criteria listed above. The second drawing will include "same year" new members and any late renewals. Regardless, criteria #3 (above) will still apply.

MTC pays for all ten slots whether or not they are filled, therefore there may be a need for a second drawing (to help MTC get its money back).

If you take a slot and cannot or do not run, the volunteer criteria still must be fulfilled. Future MTC slots will not be available to you if you fail to meet the volunteer obligation.

Paper? or Picture?

As usual, Don Penta did an outstanding job providing race results and pictures for the newsletter. All photos could not be included in the publication, so we included them in the mailing. If you were lucky enough to be caught by Don at the Mid-Winter Classic your photo is enclosed.

Members not photographed were mailed a blank piece of paper to make all the mail pieces weigh the same, a bulk mailing requirement.

-Mike Doyle



GROUP RUNS

The Maine Track Club includes all kinds of runners doing many different distances and 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:

Brunswick

Long runs on weekends and track and tempo workouts during the week. Times vary, so it's best to call. Contact John LeRoy (725-8680).

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 Sunday mornings at 7 a.m. from Payson Park. Contact Ron Deprez (772-4312) or Mike Reali (829-2014).

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

The *Maine Front Runners*, a gay and lesbian running club, runs from Back Cove across from Shop & Save on Saturday mornings at 9 a.m. Contact Jim Estes (761-2059).

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).

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

Notice About Race Fliers

Anyone who wishes to have their race fliers included in the Maine Track Club newsletter must submit the fliers and a payment of \$40 by the 15th of the month. Fliers 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 the race fee is already being paid to the club, there is no charge for race fliers. Please call or e-mail Mike Doyle to arrange for flier inclusion.

June 178 Bruce Abel

1999 RACE SCHEDULE

Race dates and times may be subject to change. Please check with Race Director for accuracy

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| March 7 | Irish Road Rover 5K, Portland, 11 a.m. Contact: Dan McKeown 657-2184/mckeown@maine.rr.com. |
| March 14 | Boston Primer (15 miles), Readfield 9:30 a.m. Contact: Bob Brosius 395-2464/runnar@bigfoot.com. |
| March 21 | Kerryman's Pub 4-Miler, Saco. Contact: 781-RACE. Killarney's 10K, Waterville, 9 a.m. Contact: Tom McGuire 465-2829. 5K Sports, 5K To Benefit USM College Of Nursing, Portland 9 a.m. Contact: Jim McCorkle 781-3134/FiveKSport@aol.com. |
| March 28 | Eastern States 20-Miler, Kittery, 11 a.m. Contact: 781-893-8383/dea@world.std.com. |
| April 10 | Bert'n 1 5-Miler, East Vassalboro. Contact: Mert Dearnley 923-3301. |
| April 11 | Yarmouth U-14 Girls Colts Soccer Benefit 5K, Cousins Island, 9 a.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com. |
| April 17 | Unity Spring 5K, 9:30 a.m. Contact: Gary Zane 948-3131. |
| April 19 | Portland Boys & Girls Club 5-Miler, noon. Contact: Maine Track Club 741-2084. |
| April 24 | April Amble 4-Miler (10 a.m.) & Kids Fun Run (9 a.m.), Portland. Contact: Split Time Race Management 781-RACE. |
| April 25 | Animal Orphanage 5K Pet Run, Old Town, 10:30 a.m. Contact: Robert Fowler 827-2658. |
| May 1 | YWCA Race Against Racism 5K Run/Walk, Portland, 9:00 a.m. Contact: Suzy Brewer 874-1130 ext. 3212. |
| May 2 | Saucony Classic 5K, 10:00 a.m. Bangor, Contact: Shellie Arbuckle 942-7644. |
| May 8 | 9th Annual Rape Crisis Assistance 5K, Waterville, 9 a.m. Contact: Melissa Krueger 872-0601. |
| May 9 | Flete Feet 4-Miler, Portland, 8 a.m. Contact: Split Time Race Management 781-RACE. |
| May 12 | Bath YMCA Longreach 5-Miler, Bath, 10 a.m. Contact: John or Betsey Morse 443-3948/bathymca@gwi.net. |
| May 16 | MMMC Hospital Week 5K, Waterville, 6 p.m. Contact: Jane Wherren 872-4490. |
| May 22 | Sugarloaf Marathon (7 a.m.) & 15K (7:30 a.m.), Eustis. Contact: Sue Foster 237-2000. |
| May 23 | Tufts Health Plan 5K Series For Women, Portland 9 a.m. Contact: Conventures, Inc. 617-439-7700/tufts5k@conventures.com. |
| May 28 | 5K Run/Walk For Your Bones, Portland, 9:30 a.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com. |
| May 29 | Kick To Finish For Kids' 5K & Fun Run, Portland, 10 a.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com. |
| May 31 | YMCA Back Bay 5K, Portland, 6 p.m. Contact: Maine Track Club 741-2084. |
| June 6 | Tobacco Awareness Day 5K, Portland, 10 a.m. Contact: Split Time Race Management 781-RACE. |
| June 12 | Memorial Mile/Kids' Fun Run, Cumberland, 8:00 a.m. Contact: Jim McCorkle 781-3134/FiveKSport@aol.com. |
| June 18 | Apple Blossom 15K/4.7 Little Bud, Monmouth, 8 a.m. Contact: Doug Ludewig 933-4677. |
| June 19 | Women's Fitness Studio 5K, Brunswick, 9 a.m. Contact: Jim McCorkle 781-3134/FiveKSport@aol.com. |
| June 20 | Woody Allen Memorial 5K, Norway, Call For Times Contact: 743-2281. |
| June 23 | MDI YMCA Spring 5K (10 a.m.) & 1-mile fun run (9:15 a.m.), Bar Harbor. Contact: Sharyn Kingma 244-5308. |
| June 26 | Joseph's 5K, Bruce Bickford Open Mile & Bruce Ellis Masters Mile, Fairfield, 8 a.m. Contact: David Benn 873-0363. |
| June 27 | Doc's Tavern 3-Miler, 7 p.m. Biddeford. Contact: Split Time Race Management 781-RACE. |
| July 4 | New Sharon Bicentennial 5K, 9:30 a.m. Contact: Ed Ferriera 778-9235. |
| July 5 | Hampden 8.5 Miler, 8:30 a.m. Contact: Skip Howard 223-4715. |
| July 7 | Habitat for Humanity 4-Miler, Portland, 7:00 p.m. Contact: Charlie Scribner 781-RACE. |
| July 10 | Town of Otisfield 4-Miler, 1-mile walk & 1/2-mile fun run, 8:00 a.m. Contact: Split Time Race Management 781-RACE. |
| July 11 | Tour Du Lac 10-Miler, Bucksport, 8:30 a.m. Contact: Fred or Joan Merriam 469-2019. |
| July 14 | Hollis Recreation Dept 4-Miler. 9:00 a.m. Contact: Charlie Scribner 781-RACE. |
| July 17 | Literacy Volunteers 5K, Falmouth, 9 a.m. Contact: Split Time Race Management 781-RACE. |
| July 21 | Gardiner 5-Miler, 8 a.m. Contact: John Schwerdel 623-8086. |
| July 24 | L.L. Bean 10K, Freeport, 7:30 a.m. Contact: Jim McCorkle 781-3134/FiveKSport@aol.com. |
| July 25 | Walter Hunt Memorial 3K, Brewer, 10:45 a.m. Contact: Dave Torrey 942-1988. |
| July 26 | Bridgton 4 on the Fourth, 8 a.m. Contact: Lorraine or Jay Spenciner 647-3347. |
| July 27 | Four on the 4th Road Race, York. Contact: 363-1040. |
| July 28 | Houlton 8K, 9 a.m. Contact: Houlton Rec Dept 532-1310. |
| July 29 | Summer Fun Run Series (5K/1-mile/.5-mile) Falmouth, 6:30 p.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com. |
| July 30 | Town of Otisfield 4-Miler, 1-mile walk & 1/2-mile fun run, 8:00 a.m. Contact: Split Time Race Management 781-RACE. |
| July 31 | Moxie Day 5K, Lisbon Falls, 9:30 a.m. Contact: Split Time Race Management 781-RACE. |
| August 1 | Pottle Hill 10K, Mechanic Falls. Contact: 781-3134/FiveKSport@aol.com. |
| August 2 | Kennebunk Beach Improvement Association 5K, 9 a.m. Contact: Lorraine Sacco 617-593-3762. |
| August 3 | Summer Fun Run Series (5K/1-mile/.5-mile) Falmouth, 6:30 p.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com. |
| August 4 | Pat's Pizza Clam Festival Classic (5 miles), Yarmouth, 8 a.m. Contact: Maine Track Club 741-2084 or Ron Pelton 865-6919. |
| August 5 | Hermon Fun Days 10K, 8 a.m. Contact: Steve Tuckerman 848-3485(w) or 848-5447(h). |
| August 6 | Loon Call 5K, Smithfield, 8 a.m. Contact: Fawn or John Paradis 362-5121. |
| August 7 | Summer Fun Run Series (5K/1-mile/.5-mile) Falmouth, 6:30 p.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com. |
| August 8 | Hancock Lobster Classic 10-Miler, 9 a.m. Contact: Andrew Beardsley 667-7128 (5-9 p.m.). |

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| | <i>Casco Days 4-Miler.</i> Contact: Carrie Scribner 627-7631. |
| July 25 | <i>Fort Knox Bay Festival Family 5K</i> , Bucksport, 9 a.m. Contact: Bucksport Bay Area Chamber of Commerce 469-6818. |
| | <i>Save the Observatory 3-Miler</i> , Portland, 8:30 a.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com. |
| July 28 | <i>Summer Fun Run Series (5K/1-mile/.5-mile)</i> Falmouth, 6:30 p.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com. |
| | <i>Roland Dyer Memorial 5K</i> , Winslow, 6:30 p.m. Contact: Gene Roy 465-7296. |
| July 31 | <i>Peaks Island 5-Miler</i> , 10 a.m. Contact: Jim McCorkle 781-3134/FiveKSport@aol.com. |
| August 7 | <i>Beach to Beacon 10K</i> , Cape Elizabeth, 8 a.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com or Split Time Race Management 781-RACE. |
| | <i>Wilton Blueberry Festival 10K</i> , Wilton, 9 a.m. Contact: Kelley Cullenburg 778-4971. |
| August 8 | <i>Alvin Sproul Samoset 10K</i> , Bristol, 9:15 a.m. Contact: Carlene Sproul 677-2586. |
| August 11 | <i>Falmouth Education Foundation 5K</i> , 5:45 p.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com. |
| August 13 | <i>St. Peter's Road Race (4 miles)</i> , Portland, 7 p.m. Contact: Maine Track Club 741-2084 or Mike Reali 829-2014. |
| August 21 | <i>Machias Blueberry Run 5-Miler</i> , 9 a.m. Contact: Sunrise Opportunity 255-8596. |
| | <i>Spring Point Festival 4-Miler</i> , South Portland, 8:30 a.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com. |
| | <i>Breakaway 5K</i> , Old Orchard Beach, 10 a.m. Contact: 781-RACE. |
| | <i>Gorham Family Fair 5K & Kids Fun Run</i> , 5K 8:30 a.m./Kids Fun Run 8:00 a.m. Contact: Gorham Rec. Dept 839-8000. |
| | <i>Houlton Potato Feast 5K & 1.5-mile walk</i> , 9 a.m. Contact: Ann Joy 532-9471 ext. 628. |
| August 28 | <i>Northeast Harbor Road Race (5 miles)</i> , 9:30 a.m. Contact: Albert Hamor 276-3646. |
| August 29 | <i>Rotary Waterfront/Bridge 4-Miler</i> , South Portland, 9 a.m. Contact: Split Time Race Management 781-RACE. |
| September 3 | <i>Maine Running Hall of Fame 5K</i> , Portland, 6:45 p.m. Contact: Maine Track Club 741-2084. |
| September 6 | <i>Bangor Labor Day Road Race (5 miles)</i> , 9 a.m. Contact: Bangor Parks & Recreation 947-1018. |
| | <i>Caribou Labor Day 5-Miler (10 a.m.) & Viking Run (9 a.m.)</i> . Contact: Marrily Welch 498-3756. |
| September 12 | <i>Terry Fox 5K</i> , Bangor, 11:30 a.m. Contact: 862-3737. |
| | <i>RRCA Harvard Pilgrim Women's Fitness 5K</i> , Portland, 8 a.m. Contact: Maine Track Club 741-2084. |
| September 18 | <i>Bar Harbor Half-Marathon</i> , 8:30 a.m. Contact: MDI YMCA 288-3511/ebartlett@mdiymca.org. |
| | <i>Maine Children's Cancer 5K</i> , Portland 9 a.m. Contact: Jim McCorkle 781-3134/FiveKSport@aol.com. |
| September 19 | <i>Help Can't Wait 10K</i> , Brunswick. Contact: Charlie Scribner 781-RACE. |
| | <i>Race for the Cure 5K</i> , Bangor. Contact: Rosemary Baldacci 947-2582. |
| | <i>Common Ground Fair 5K</i> , Unity, 8 a.m. Contact: Chris Bovie 622-1267 or Skip Howard 223-4715. |
| September 25 | <i>Eliot Festival Day 5K</i> , 8:30 a.m. Contact: Randy Bartlett 439-3707/eliot5k@fcgnetworks.net. |
| | <i>Cornish Apple Festival 5K</i> , 8 a.m. Contact: Paul Howe 625-3122. |
| | <i>Riverfest 3-Mile Road Race</i> , Old Town, 8:30 a.m. Contact: 827-3961. |
| | <i>Kingfield 10K & Kids 1K</i> , 10 a.m. Contact: Glenn Eddy 237-2000. |
| October 2 | <i>Lifeline 5K/Kids' Fun Run</i> , Portland, 9:30 & 10 a.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com. |
| October 3 | <i>Aetna Maine Marathon and Casco Bay Half Marathon</i> , Portland, 8 a.m. Contact: Maine Track Club 741-2084. |
| October 9 | <i>2nd Edition 5K Road Race/Walk</i> , Kennebunk, 10 a.m. Contact: 5K Sports/Jim McCorkle 781-3134/FiveKSport@aol.com. |
| | <i>Silent Hills 5K</i> , Hinckley, 9 a.m. Contact: Mike Gordon 453-7368. |
| | <i>Windham Homecoming 4-Miler</i> , 10:00 a.m. Contact: Charlie Scribner 781-RACE. |
| October 10 | <i>Belfast Pancake 5K</i> , 9 a.m. Contact: Sandra Gordon or Hugh McLean 338-1724. |
| October 16 | <i>MTC 50-Miler</i> , Brunswick, 6:30 a.m. Contact: Maine Track Club 741-2084. |
| October 17 | <i>Physical Therapy 8K</i> , Brunswick, 9 a.m. Contact: Maine Track Club 741-2084 or Roger or Dorothy Fenn 725-1487. |
| October 24 | <i>Great Pumpkin Race (10K)</i> , Saco, 9:30 a.m. Contact: Charlie Scribner 781-RACE. |
| | <i>Halloween Classic (3K)</i> , Portland. Contact: Brian Gillespie 797-7261. |
| November 6 | <i>Capital City 5K</i> , Augusta, 9:30 a.m. Contact: Tom Wells 685-3332. |
| November 13 | <i>Great Osprey Ocean Run (10K)</i> , Freeport. Contact: Charlie Scribner 781-RACE. |
| November 21 | <i>Shop 'n Save Turkey Trot (5K)</i> , Cape Elizabeth, 9 a.m. Contact: Maine Track Club 741-2084 or Mel Fineberg 774-8868. |
| | <i>Brewer Turkey Trot 5K</i> , 1 p.m. Contact: Dave Jeffrey 825-3403. |
| November 25 | <i>Thanksgiving Day 4-Miler</i> , Portland, 9 a.m. Contact: George Towle 780-5595. |
| | <i>Gasping Gobbler 10K/Turkey Two-Miler</i> , Augusta, 10 a.m. Contact: John Schwerdel 623-8086. |
| November 27 | <i>Turkey Trot 5K</i> , Caribou, 10 a.m. Contact: Dan Harrigan 498-3226. |
| December 4 | <i>Season's Greetings 5.5-Miler</i> , Madison, 11 a.m. Contact: Ron Paquette 437-9237. |
| December 19 | <i>Bob Marley's Toys For Tots 5K</i> , Portland, 10 a.m. Contact: 5K Sports/Jim McCorkle 81-3134/FiveKSport@aol.com. |

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| 177 Edward DiBiase | 36 | 1:18:29 | 7:51 |
| 182 John Morse | 53 | 1:18:59 | 7:54 |
| 185 Don Derby | 54 | 1:19:38 | 7:58 |
| 191 Bob Green | 50 | 1:20:03 | 8:00 |
| 195 Milt Dudley | 47 | 1:20:18 | 8:02 |
| 201 Brian Barnes | 33 | 1:20:51 | 8:05 |
| 205 Michael Doyle | 34 | 1:21:10 | 8:07 |
| 206 Robert Giroux | 40 | 1:21:11 | 8:07 |
| 207 James Boisvert | 42 | 1:21:21 | 8:08 |
| 216 Don Bessey | 53 | 1:22:13 | 8:13 |
| 217 George Cooper | 43 | 1:22:19 | 8:14 |
| 218 Mick McCall | 44 | 1:22:25 | 8:15 |
| 223 Roger Hall | 45 | 1:22:57 | 8:18 |
| 233 Albert Tanguay | 37 | 1:23:55 | 8:24 |
| 238 John Tragert | 41 | 1:24:15 | 8:26 |
| 241 James Thornton | 50 | 1:24:28 | 8:27 |
| 258 Dana Peterson | 40 | 1:27:30 | 8:45 |
| 260 Richard Cavanaugh | 65 | 1:27:39 | 8:46 |
| 264 Mike Brooks | 53 | 1:28:59 | 8:54 |
| 268 Dan Sobel | 51 | 1:29:28 | 8:57 |
| 276 Jeff Flynn | 42 | 1:31:28 | 9:09 |
| 285 Denny Morrill | 59 | 1:32:37 | 9:16 |
| 291 Bill Davenny | 54 | 1:35:21 | 9:32 |
| 293 Alvin Mack | 48 | 1:35:54 | 9:35 |
| 306 Robb Cotiaux | 43 | 1:39:08 | 9:55 |
| 309 Robert Johnson | 45 | 1:40:12 | 10:01 |
| 315 Mark Clinch fitness walker | 42 | 2:02:03 | 12:12 |
| 316 Julius Marzul 3,70 & over | 72 | 2:04:13 | 12:24 |

| | | |
|--|----|--------|
| 10 Erik Seastead Central Maine Strider | 43 | 28:56 |
| 11 Eugene Holm | 45 | 29:12 |
| 12 Bill Pinkham Central Maine Strider | 56 | 30:48 |
| 13 Doc Thibeau Central Maine Strider | 44 | 31:01 |
| 14 Paul Yates | 48 | 32:52 |
| 15 Ron Paquette Central Maine Strider | 57 | 34:29 |
| 16 Bryn Doiron | 37 | 34:45* |
| 17 Bob Brosius Central Maine Strider | 46 | 35:30 |
| 18 Jim Moore Central Maine Strider | 55 | 36:03 |
| 19 Cathy Squires | 32 | 37:48* |
| 20 Christy Rousseau Central Maine Strider | 27 | 37:45* |
| 21 Ed Zuis | 32 | 37:48 |
| 22 Janet Hutchinson Central Maine Strider | 38 | 38:21* |
| 23 Kevin Rousseau Central Maine Strider | 26 | 38:39 |
| 24 Denny Morrill CMS/MTC | 59 | 38:42 |
| 25 Jerry Saint Amand Central Maine Strider | 55 | 39:54 |
| 26 Donnajean Pohlman Central Maine Strider | 48 | 40:30* |
| 27 Mark Clinch fitness walker MTC | 42 | 49:48 |
| 28 Richard Scribner CMS/MTC | 47 | 49:40 |
| 29 Nicole Bruyere Central Maine Strider | 28 | 50:51* |
| 30 Amy Jacquet | 25 | 50:52* |

Many thanks to the Central Maine Striders' INTERVAL For Complete Results!

AND THE AWARD FOR COLDEST RUNNER GOES TO...

Last January 14 dawned clear and very cold in Portland. Seeing the icy window panes, I remembered that this raw day wasn't on my running schedule for the week. Relieved of that, I turned on the computer and began my day's work comfortable at home, coffee brewing, sorry for neighbors out on the street trying to start their cars. After a while, opening the front door for my cat Reggie, who was anxious to check on the world outside, the bitter air hit us with all its cruelty. In seconds my hand felt frozen on the metal door knob. Reggie turned tail and PR'd back up the stairs, a measure of how cold it really was. I settled back inside to work.

At noon I turned on the news, where something momentous was just being aired. It was the coldest day ever recorded in Maine, 55 below zero reported in Allagash!! I knew what I had to do. Go out and meet this historic day head on. I would run after all!

In nearly 30 years of running I've had many good moments: training runs on beautiful roads, races finished, age division awards won, friends made, calories burned. But I had never done anything in our goal-oriented sport that seemed to me an outstanding individual running achievement. My race times have usually put me toward the back of the pack. Now with problems with my knees I must limit my mileage and abandon the hope of ever running a ten-miler or a marathon. But today, January 14, 1999, I may finally have a milestone. With no other pedestrian and hardly a car in sight, for half an hour I negotiated icy streets on Portland's West End, finishing by running up Western Prom Hill, face tingling ominously, and finally home.

Now, if nothing more, I can say I went out to run on the coldest day in Maine's history.

Pat Buckley



Many thanks to the technical computer committee of Maryanne Champeon (managing consultant), Everett Moulton, Maureen Sproul, and Susan Davenny (executive consultant) {with special thanks to co-director Jeanne Hackett for initial implementation and registration entry} for complete results!

THE CENTRAL MAINE STRIDERS PRESENT THE 20TH ANNUAL JANUARY THAW 4 1/2 MILER

30 Finishers (7 Female & 23 Male)

Fairly Challenging Loop Course Through Scenic Belgrade

11:00 a.m., Sunday, January 24, 1999

| Place/Name | Age | Time |
|--|-----|-------|
| 1. Ludovic Bruyere Central Maine Strider | 29 | 25:13 |
| 2. T.J. Hesler Central Maine Strider | 30 | 25:22 |
| 3 Donald Hebert | 34 | 25:37 |
| 4 Jim Lattin | 24 | 27:01 |
| 5 John Gagnon | 31 | 27:18 |
| 6 Luc Roy Central Maine Strider | 18 | 27:23 |
| 7 Bob Strout Central Maine Strider | 43 | 27:31 |
| 8 Mike Grant | 41 | 27:59 |
| 9 Jon Chapin Central Maine Strider | 40 | 28:55 |

NEW MEMBERS

- Constance Barrett** (41)...
Student, UMaine School of Law ...Cape Elizabeth, ME
- Barry Fifield** (42)...
Designer, BIW ...Gray, ME
"I was a member years ago, but lost touch when I moved to Gray."
- Joni Hewitt** (43)...
Homemaker ...Cape Elizabeth, ME
- Anastazyia Moran** (21)
Security officer, Hall Security Screen printer, Atlantic Sportswear ...Biddeford, ME
- Michael Musca** (41)...
Kathleen Musca (39)...
Terence Musca (10)...
Kelly Ann Musca (7 1/2)...
Andrew Musca (5 1/2)...
Airport management, City of Portland ...Yarmouth, ME
"We just moved here from Ventura, CA, and are looking forward to competing and volunteering with the MTC!"
- Kelley Ryder** (25)...
Multimedia production coordinator, Hannaford Bros. ...Portland, ME
- Emily Needham** (24)...
Asst. store manager, Express ...Portland, ME
- Robin Schulte** (43)...
Computer programmer, Sappi ...Cape Elizabeth, ME
- Daniel G. Smith** (32)...
...Falmouth, ME
- Ellie Tucker** (44)...
Self-employed, D'Ellie's Restaurant ...Auburn, ME
- Ogden Williams** (43)...
Peggy Williams (44)...
Hayden Williams (13)...
Katherine Williams (11)...
Teacher, Town of Cape Elizabeth ...Cape Elizabeth, ME
Students, NYA & Cape Middle School

"I joined my wife, Peggy, last summer, when the Beach to Beacon race was held in Cape Elizabeth...and we have been keeping it up ever since. I'm the one in the family who has caught the running "bug" most seriously, but our whole family ran the Turkey Trot, and I'm hoping to get my kids to run with me in a bunch of 5K races this summer. As to why I want to join the club, it just seems to me that I owe it to the organization that sponsors so many races, to show a little support somehow."

Membership Renewals

If your address label has a 1998 date on it, this may be your last edition of News • Run. Please send your renewal to:

Maine Track Club
P.O. Box 8008
Portland, Maine 04104

Individual or Family=\$20.00 • Student=\$12.00

UPCOMING MTC BIRTHDAYS

MARCH

- 9: Richard Cavanaugh
11: Amy Gray, Gary Punskey
12: C.R. Davis, Donald Foshay, Jr., Carol Nale, LeeAndra McAfee
13: Nicole Fontaine
14: Deb Merrill, Dennis Smith
15: Donald Cross, Joseph Oneiglia, Margaret G. Reimann, Sean McAfee
17: Linda Metzger
19: Betsy Barrett, Brady Foshay, Bill vanderberg
20: Deborah Cassidy
22: Ann McGovern, Cathy Siebold
23: Rex iloltan
24: Lana Holtan
25: Sarah MacColl, Mick McCall
26: Joan Lee
27: Richard Robiflov, Mike Towle, Joan Tremberth
28: Sherry Caril, Aleta Kilborn, Ronald Read, Paige Stephenson
29: Mark Steege, Paul Tully
31: Kathy Fernald, Ruth Hefflefinger

APRIL

- 1: Paul Aceto
2: David Cookson, Pam Kinner
3: Timothy Clement
4: Dolores Billings, Tully Derby, Shep Stephenson
5: Don Derby
8: Charles Scribner
9: David McCullough
10: Margaret Hazlett
11: Michael Davey, Maureen Sproul, David & Joshua Penta
12: Al Mack

We Need Your Input

NEWS•RUN features news of interest about fellow MTC members. If you have some news to share about yourself or someone else in the club, please pass along the information by calling Mike Doyle at 871-0051, sending e-mail to mduoye@mainecul.org, or by mail to:

Maine Track Club
Newsletter
P.O. Box 8008
Portland, Maine 04104

The deadline for each issue is the 15th of the preceding month.



The Mid-Winter Classic



➔ Jim Toulouse MTC
-Senior Champ



➔ Gerard Conley MTC



➔ Polly Kenniston MTC



Don Bessey (#61) &
Kitty Kelley (#60)
MTC



➔ Byne Decker &
Dave Dunham
-1st & 2nd
Finishers



➔ Loren Lathrop MTC



➔ Carlton Mendell
MTC



➔ Kim White (Left)
Carol Hogan (#230 Right)
Jon Amory (#477) MTC



➔ Julia
Kirtland
Women's Winner



➔ Ann McGovern MTC



Erik Seastead (front)
Al Butler (#387)
MTC



USA Track & Field



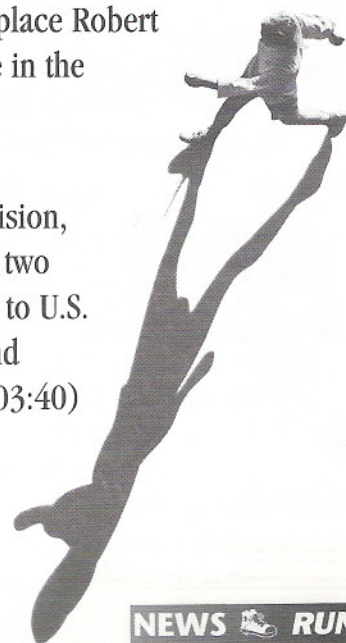
| | | |
|-------------------------|-------------------------------------|----------|
| Marge Aube | <i>President</i> | 829-5079 |
| Vacant | <i>Vice President</i> | XXX-XXXX |
| John Gale | <i>Past President</i> | 775-5017 |
| Carlton Mendell | <i>Treasurer</i> | 797-7806 |
| Vacant | <i>Secretary</i> | XXX-XXXX |
| Maggie Soule | <i>Membership</i> | 846-3631 |
| Bob Aube | <i>Race Committee</i> | 829-5079 |
| Rodger Smith | <i>At-Large</i> | 883-3041 |
| Howard Spear | <i>At-Large</i> | 856-6496 |
| Maureen Sproul | <i>At-Large</i> | 926-4681 |
| Sandy Utterstrom | <i>At-Large</i> | 797-4710 |
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| Don Penta | <i>Statistician and Photography</i> | 892-4526 |
| Dale Rines | <i>Course Certification</i> | 854-2481 |
| Mike Doyle | <i>Newsletter</i> | 871-0051 |

Record field turns out for Mid-Winter Classic

Under the able direction of Jeanne Hackett, Don Penta and Ray Shevenell, the Mid-Winter Classic 10-Miler in Cape Elizabeth continues to grow by leaps and bounds. This year, almost 500 runners completed the hilly course on a sunny, seasonably warm day (though not quite as warm as last year).


Central Mass Strider teammates Byrne Decker of Yarmouth and Dave Dunham of Bradford, Mass., ran together at the head of the pack, just as they did at the Maine Marathon a few years ago. With no one else in sight at the finish, Dunham again eased off the gas and allowed Decker to cross the line first. Both runners were timed in 52 minutes, 20 seconds, more than three minutes ahead of third-place Robert Ashby (55:25) of Brunswick. Lewiston's Scott Brown (56:03) claimed first place in the masters division with an impressive fourth-place showing overall.

Julia Kirtland of South Harpswell was a comfortable winner in the women's division, clocking 59:27 to beat Susannah Landreth of Newburyport, Mass., by more than two minutes. Kirtland, the sixth-ranked marathoner in the nation last year according to U.S. Track and Field News, is currently training for the Boston Marathon. Right behind Kirtland and Landreth (1:01:42) were the top two masters — Susan Barber (1:03:40) of Vermont and Waterville's Edie Dubord (1:03:55).



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. Or, if you would like to have your business card included in News•Run, you can do so for just \$5 per month.

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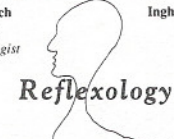
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