

Maine Track Club



April 1989

Run with a friend...

UPCOMING MEETINGS

Wed. April 12, University of Southern Maine, 7-9 p.m.

Different Location!

For this meeting only, we will meet at USM Gym, Falmouth Street, Portland.

Meeting Topic: "Weightlifting for Runners". Members of the Lifeline staff will present a demonstration on weightlifting programs for maximum running performance. Demonstration will include routines with free weights and Nautilus equipment.

7-8 Business meeting at Payson Smith Hall, Room 42

8-9 Weight Lifting in Weight Room at USM

May 10 "Sports Massage"

with Rick Gilde, a local massage therapist who has worked with a number of MTC members, will discuss and demonstrate massage techniques for enhanced performance. Rick is a member of the AMTA National Sports Massage Team and has served on the massage team at the Boston Marathon five times.

June 14 "Nutrition"

Susanne Wieder, director of nutrition at Hannaford Brothers, will discuss proper diet and how to shop for the right foods. Hannaford Brothers, through its Shop N Save supermarkets, is becoming a leader in bringing nutrition topics to the attention of shoppers.

Co-Director Needed for Oakhurst Milk Run

Charlie Scribner needs a co-director for this race to be held May 28th. Experience preferred because of the size of this race, but will train. Call Charlie at 772-5781

MTC Training Run "Train with a Friend"

Tune up for Sugarloaf Marathon... April Amble...

Oakhurst Milk Run... Saturday, April 23

7am 18-20 miles

8am 10-12 miles

9:00 4-6 miles

10:00 Continental breakfast

Please bring something for breakfast: juice, a few bagels, English muffins, muffins, fruit, etc.

Location: Bill Stuart's house, 92 Elsmere Ave, So. Portland (off Cottage Rd; behind Colonial Cleaners) Come run with old and new friends. Call Bill (799-5961) for details.

Footlocker Discount

Manager John Gleason is offering a 10% discount to MTC members at the Footlocker in the Lewiston Mall. Thanks John!!

Save Yard Sale Items

The 1989 budget includes income from a yard sale. We had a highly successful one in 1987. Don't throw anything away during your spring cleaning... donate it to MTC!

Boston Marathon

Gerry and MaryKay Cronin are again opening their home to all Maine runners before the start. They are at 18 Hayden Rowe St., Hopkinton. Look for the "Maine" sign.

Jane and John Rasmussen are offering accommodations at their home to club members. Write or call:

John and Jane Rasmussen

457 Westford Road

Concord MA 01742

1-508-369-7152

MEMB. MEETING NOTES

February 8, 1989

President Herb Strom opened the meeting. New members, Mike Goodwin, Doug Dolan, John LeRoy, Andy and Erin MacLean, introduced themselves.

Secretary's Report. Correspondence from Amy Patterson and Kim Moody. Attendance list and Help Wanted list in the Lobby.

Treasurer's Report. Balance of \$7677.46 as of January 6th.

Vice President's Report. Tonight's program, 1987 ARRA Race Highlights. March- Marathon panel. Other spring programs- weight-lifting and running, and shopping for the right foods.

Committee Reports

Clothing- Mel Fineberg has all clothing on hand and will take orders.

Membership- Dues are due. Dale Rines has a new supply of applications to take to races. Herb may distribute some to doctors' offices. A motion was made and passed to place ads in Maine Running and Outing and the Maine Harrier.

Statistician- Don Penta reported the 2nd largest turnout for the 10 Miler.

Refreshments- Brenda Cushman will be calling.

Race Committee- Charlie presented the race schedule. Some dates are not definite. Schedule will be published in the April newsletter.

Bob Payne reported 140 runners at the 10 Miler. The first 5 men and first 2 women broke the course records.

Ken Dolley asked that the cost and desirability of doing the 50 miler be discussed soon.

Charlie showed the plaque which the Central Maine Striders presented the MTC for 10 years of service to running in Maine.

Newsletter- Feb.-March issue going together tomorrow. If interested in helping with the mailing, contact Ruth Hefflefinger. Patrons needed.

Maine Running Hall of Fame - Bob Payne Meeting Feb. 14 to evaluate nominations received and to plan the banquet.

Maine TAC - Jane Dolley is vice-president and co-chair of long distance events. May be involved in sanctioning. Will look into delay in receiving TAC numbers.

RRCA Charlie mentioned the Women's Distance Festival 5K we will be doing, the Go For the Gold Program and the Convention in Colorado Springs in June. Think about going.

Banquet review We may look for another location next year because of noise from the lounge. Remaining T-shirts and awards in the lobby.

Herb presented Jim Carroll's Turkey Trot Award.

Budget The vote on the budget will be taken at the next meeting so that everyone may study it in the newsletter first.

By-Laws Amendment re: Board of Directors
A motion to amend the By-Laws to expand the Board of Directors to include the immediate past president and three members elected at large was made. It was tabled pending notification of all members in the newsletter.

Charlie spoke about the Runner's Line, his race listing and application service.

The meeting was adjourned for the program.

MTC Membership Meeting March 8, 1989

7:00P.M.

SMVTI

President Herb Strom opened the meeting. Bill Stuart introduced panel members Bob Jolicoeur, Jane Dolley, and Bruce Ellis for a discussion on marathon training. Charlie Scribner presented the Runners' World Golden Shoe Award to Jane Dolley.

Guest Tom Flaherty and new and prospective members Willie Emerson, John Gleason and Pete Harmon introduced themselves.

Treasurer's Report - Rick Strout reported a balance of \$4016.31.

Races

Boys' Club, April 17, noon. Director Dave Paul needs chute volunteers.

April Amble, April 29, Charlie Scribner will need help with timing and results.

Central Maine Striders, Jerry Saint Amand brought applications for races he is directing.

John Woods has information on the TAC National Masters Meet, the World Games and a table to convert race times to equivalents at prime age.

Officer Friendly, May 13, 9:00, Director-Rob Laskey.

DARE 4 Miler, Fund raiser for DARE program, May 13, 10:00. Director-Everett Moulton

Old Business

1989 Budget, The Budget was approved by the membership. It includes funds raised through a yard sale as income.

By-Laws Amendment, The amendment was approved by the membership to enlarge the Board of Directors to include the immediate past president and three members elected at large each year. Nominations and election of the at large members will take place at the April Meeting.

Trophies, Bob Cushman asked that people bring trophies to be recycled to the next meeting.

New Business

Sara Hobson was introduced and congratulated on her column.

Announcements

Herb will host group training runs from his house March 11 and 18. Schedule is in Sara's column.

The Telephone Company will be sponsoring the YMCA Back Cove 5 Miler to be held June 2 at 7:00 P.M.

The meeting adjourned at 9:00P.M.

Refreshments were served courtesy of Widge Thomas, Russ Bradley, Bob Jolicoeur, Joan Lavin, Carlton Mendell, Warren Wilson, and Brenda Cushman.

Respectfully submitted

Susan Davenny
Susan Davenny
Secretary



Robert Jones
"MTC Male High School
Runner of the Year"



John Woods and Carlton Mendell
"Outstanding MTC runners over 70 and 60"



Fred Beck + Ruth Hefflefinger
"Outstanding Contributors"



Herb Strom presenting an engraved clock to outgoing
President Charlie Scribner



"First Race Directors" Will Stackpole, Sandy Utterstrom,
Jean Thomas and Bob Cushman



Chuck Morris "Outstanding Contributor to
Running in Maine."

MTC Banquet Photos Thanks to Nina Stoddard

MTC Help Wanted- If you see a job you like, call Herb Strom 799-7705 or Susan Davenny 772-1787. Thanks!

Photographer- to take turns with Nina Stoddard and Nancy Stedman taking black and white photos at races and events for the newsletter.

Social Chairperson- to plan the summer picnic and fall potluck supper and some other fun things.

Publicity Chairperson- to do press releases and other media contacts.

Newsletter Assistant to Solicit Sponsorships- to actively seek prime and corporate sponsors for the newsletter to meet our budget goals.

MEMBER PROFILE

Ted Cunningham by John Woods

One of the big reasons why we are all proud to be part of the Maine Track Club is its thorough professionalism in race organization and management. It is by means of this competence that we are able to render a public service to the community as a whole.

Meet "Mister Finish Line" Ted Cunningham. Working with several others, notably Charlie Scribner and Bob Jolicoeur, Ted has developed our present system.

Ted was an electronics technician with the Federal Aviation Administration for 30 years, working primarily with the Automated Radar Approach Control system at Portland, retiring in 1983. Since then he has kept himself sharp with courses in algebra, chemistry, biology, and other subjects.

He has been a member of MTC for about 9 years, but the big breakthrough to our present system came as we hosted the Annual Convention of the Road Runners Club of America during the Jane Dolley Presidency. Sophisticated, and very expensive, equipment, some already on hand, was melded into a computerized system, centered around the finish line clock, the computer, computer software and the method of identifying finishing runners. As a result, computerized race results are available almost instantly - which is a miracle when you realize that the 3rd place finisher in the 60+ age group might be in about 500th place overall. Despite all of this sophistication, officials need the flexibility and experience to play each race by ear. They learn by practice to make adjustments as each race develops its own peculiarities.

Ted works about 6 to 8 races a year, not only MTC, but also for other organizations (mostly charities) and clubs that MTC helps. Additionally, Ted served as Membership Chair during the Jolicoeur Presidency.

Ted competes in 3 or 4 races a year and used to run 4 or 5 miles a day. However, recently he has not run much. While he was taking courses he ran with a group at the USM gym and Back Bay, but now, living in Wells, he lacks running companions

T-Shirts to South Africa

By Bruce Ellis

Thus far the Maine Track Club has sent 500 shirts to Africa. Thank you very much. Interest appears to be waning a bit so I plan to make one more shipment in May. Please bring all your shirts to the April or May meetings. C'mon clubmates, let's make it a biggy. Clean out your drawers and closets NOW!!!

Also, a new address has appeared in Runner's World to send used shoes for people in Latin America. It is:

World Relief
P.O. Box 423
Trabuco Canyon, California 92678

Jogging in London

by Frank Morong

If by chance you go to London and would like to run, I found that on my recent visit in February that there was more than adequate opportunity. At noon daily, during the week there are about 300 members of Scotland Yard that run in Hyde Park and Hensington Gardens. They start their run in St. James Park around noon and go for 5-7 at name your pace.

Another area I found a nice place to run was in Regent's Park near the London Zoo area. I stayed in the Russell Square area near the University of London and there was a nice 1/4 mile track close by. Temperature was around 35-45 degrees and shorts and light sweats would be adequate. Early mornings before 7:30 seem to be the best time.

In my 25 years of running everywhere, on a scale of 10 being the best: I'd rate London about a 4 for running, about a 7 for sights and about a 4 on diet that runners prefer. Ale is plentiful in the pubs that are located on every block. For a holiday with a lot of walking, subways and overcast weather, choose London in early spring.

Team Events

by Bruce Ellis

As the racing season approaches, we start to see more Maine Track Clubbers at the races. Each year I try to encourage team competition. Being part of a team promotes camaraderie, club spirit and will help you run faster. Please register as a team member for any race that has this category. Don't worry about your ability. We're in this for fun.

Calling all marathoners. The Sugarloaf Marathon is set for May 21st and we are 3 time defending champs. Four times makes a dynasty. So c'mon gang lets get up there and do it again!

If you have a particular team event that you think is noteworthy and would like the club to attend. Perhaps you could announce it at a meeting as early as possible so that we could coordinate a group to go. Plan early.

BIKES FOR SALE

| | |
|--|-------|
| men's Univega Gran Primio 12 speed racing bike | \$450 |
| good intermediate racing or triathlon bike | |
| women's Univega Custom 10 touring bike | \$120 |
| good entry level touring bike | |

Bruce and Nancy Ellis 586-6400

TREASURER'S REPORT

February 5, 1989

Funds on Deposit January 6, 1989 \$ 7,677.46

Receipts:

| | | |
|----------------|-------------|-------------|
| Patron Deposit | \$ 10.00 | |
| Banquet | \$ 1,138.90 | |
| Interest | \$ 32.50 | \$ 1,181.40 |
| | | \$ 8,858.86 |

Disbursements:

| | |
|---|-------------|
| *Michels - Banquet | \$ 2,252.11 |
| *Bruce Bickford, speaker - banquet | \$ 100.00 |
| *SMVTI - Scholarship | \$ 250.00 |
| *Sandy Utterstrom | \$ 138.00 |
| President's gift, joke gifts at banquet | |
| *Nancy Stedman, post cards | \$ 21.30 |
| printing - banquet | |
| *RRCA Dues | \$ 229.50 |
| *Big Red Printing - newsletter | \$ 146.85 |
| *Ruth Hefflinger - postage - newsletter | \$ 125.00 |
| *Dale Rand printing - banquet | \$ 12.18 |
| *Alan Jones - computer software manual | \$ 15.00 |
| *Olympia Sport Center | \$ 130.00 |
| gift certificates 10 miler | |
| *Dorothy Stoddard, film - banquet | \$ 43.87 |
| *Membership Maine TAC | \$ 35.00 |
| *Sportline Trophy - banquet | \$ 635.82 |
| *Coastal Silkscreen, T-shirts - banquet | \$ 462.42 |
| *R. K. Strout - postage | \$ 25.00 |
| *Coastal Silkscreen - banquet | \$ 220.50 |
| Race director jackets | |
| | \$ 4,842.55 |

Funds on Deposit February 5, 1989

\$ 4,016.31

Richard K. Strout
Richard K. Strout
Treasurer



Jerry Saint Armand and wife Ruth
"Outstanding Contribution to
Running in Maine"



Water Stop at the Mid Winter 10 mile Classic
Kathi Labregue, Nancy Stedman, Bob Cushman

Don Penta - Statistician



Masters Age Graded Tables

by John Woods

These tables were published in the National Masters News, Box 2372, Van Nuys, Calif. 91401 (Subscription \$18.75) They were compiled by two Committees appointed by the World Association of Veteran Athletes (WAVA) over several years and have been tested at a number of meets in California.

The first tables: "Track Age Factors", "Long Distance Running Age Factors", and "Race Walking Age Factors" can be used to show what you would have done in your "prime", and also for comparative purposes. For example, a 50 year old man runs 10km in 38 min. and a 60 year-old runs the same race in 41 min. Divide each time by 60 to get seconds. 38 min.

= 2280 sec, times the charted factor of .8804, divided by 60 again for a time of 33:27. 41 min. = 2460 sec. times the charted factor of .8038, divided by 60 again for a time of 32:57. Thus the 60 year-old beats the 50 year-old!

The second set of tables, "Track Standards - 1989", "Long Distance Running Standards - 1989" and "Race Walking Standards - 1989" each show an "optimum" or approximately World Record time. Divide your time into the charted time and come out with a percentage. For example, our 60 year-old divides his 2460 sec. (41 min) into the tabulated 33:29 (2109 sec.) for a percentage of 85.7. He can thus be compared to a 40 year-old shot putter, a 50 year-old hurdler or any runner in his same race to determine who, on an age-graded basis, is the superior competitor

TRACK AGE FACTORS - 1989

| | 100 | 200 | 400 | 800 | 1500 | MILE | 3000 | 5000 |
|-----|--------|--------|--------|--------|--------|--------|--------|--------|
| OC | 1.0000 | 1.0000 | 1.0000 | 1.0000 | 1.0000 | 1.0000 | 1.0000 | 1.0000 |
| M30 | .9850 | .9839 | .9829 | .9850 | .9894 | .9900 | .9950 | 1.0000 |
| M35 | .9645 | .9577 | .9509 | .9575 | .9619 | .9625 | .9691 | .9724 |
| M40 | .9435 | .9307 | .9179 | .9285 | .9327 | .9333 | .9397 | .9430 |
| M45 | .9217 | .9028 | .8839 | .8985 | .9026 | .9031 | .9093 | .9125 |
| M50 | .8987 | .8738 | .8489 | .8670 | .8709 | .8714 | .8774 | .8804 |
| M55 | .8740 | .8434 | .8128 | .8312 | .8350 | .8355 | .8412 | .8441 |
| M60 | .8470 | .8113 | .7756 | .7915 | .7951 | .7956 | .8011 | .8038 |
| M65 | .8170 | .7771 | .7372 | .7505 | .7539 | .7544 | .7596 | .7622 |
| M70 | .7832 | .7403 | .6975 | .7083 | .7115 | .7119 | .7168 | .7192 |
| M75 | .7449 | .7006 | .6564 | .6655 | .6684 | .6688 | .6734 | .6757 |
| M80 | .7015 | .6576 | .6138 | .6222 | .6250 | .6254 | .6297 | .6318 |
| M85 | .6525 | .6110 | .5696 | .5785 | .5811 | .5814 | .5854 | .5874 |
| M90 | .5975 | .5611 | .5247 | .5345 | .5369 | .5372 | .5409 | .5427 |
| WOC | 1.0000 | 1.0000 | 1.0000 | 1.0000 | 1.0000 | 1.0000 | 1.0000 | 1.0000 |
| W30 | .9835 | .9823 | .9812 | .9835 | .9883 | .9890 | .9945 | 1.0000 |
| W35 | .9610 | .9535 | .9460 | .9532 | .9581 | .9587 | .9660 | .9696 |
| W40 | .9379 | .9238 | .9097 | .9213 | .9260 | .9266 | .9337 | .9373 |
| W45 | .9139 | .8931 | .8723 | .8883 | .8929 | .8934 | .9002 | .9037 |
| W50 | .8889 | .8612 | .8338 | .8537 | .8580 | .8585 | .8651 | .8684 |
| W55 | .8614 | .8277 | .7941 | .8143 | .8185 | .8190 | .8253 | .8285 |
| W60 | .8317 | .7924 | .7532 | .7706 | .7746 | .7752 | .7812 | .7842 |
| W65 | .7987 | .7548 | .7109 | .7255 | .7293 | .7298 | .7355 | .7384 |
| W70 | .7615 | .7143 | .6672 | .6791 | .6826 | .6831 | .6885 | .6911 |
| W75 | .7194 | .6707 | .6220 | .6320 | .6352 | .6357 | .6407 | .6433 |
| W80 | .6717 | .6234 | .5752 | .5844 | .5875 | .5879 | .5927 | .5950 |
| W85 | .6177 | .5721 | .5260 | .5363 | .5392 | .5395 | .5439 | .5461 |
| W90 | .5572 | .5172 | .4772 | .4879 | .4906 | .4909 | .4950 | .4970 |

TRACK STANDARDS - 1989

| AGE DIV. | 100 | 200 | 400 | 800 | 1500 | MILE | 3000 | 5000 |
|----------|-------|-------|--------|---------|---------|---------|---------|-------|
| OC | 9.85 | 19.62 | 43.29 | 1:44.73 | 3:29.46 | 3:46.09 | 7:32.0 | 12:57 |
| M30 | 10.00 | 19.94 | 44.04 | 1:43.28 | 3:31.70 | 3:48.37 | 7:34.3 | 12:57 |
| M35 | 10.21 | 20.49 | 45.53 | 1:46.24 | 3:37.76 | 3:54.90 | 7:46.4 | 13:19 |
| M40 | 10.44 | 21.08 | 47.16 | 1:49.56 | 3:44.57 | 4:02.24 | 8:01.0 | 13:44 |
| M45 | 10.69 | 21.73 | 48.98 | 1:53.22 | 3:52.06 | 4:10.35 | 8:17.1 | 14:12 |
| M50 | 10.96 | 22.45 | 51.00 | 1:57.34 | 4:00.51 | 4:19.46 | 8:35.2 | 14:43 |
| M55 | 11.27 | 23.26 | 53.26 | 2:02.39 | 4:10.85 | 4:30.60 | 8:57.3 | 15:21 |
| M60 | 11.63 | 24.18 | 55.81 | 2:08.53 | 4:23.44 | 4:44.18 | 9:24.2 | 16:07 |
| M65 | 12.06 | 25.24 | 58.72 | 2:15.55 | 4:37.84 | 4:59.70 | 9:55.1 | 16:59 |
| M70 | 12.58 | 26.50 | 62.06 | 2:23.63 | 4:54.39 | 5:17.59 | 10:30.6 | 18:00 |
| M75 | 13.22 | 28.00 | 65.95 | 2:32.86 | 5:13.38 | 5:38.05 | 11:11.2 | 19:10 |
| M80 | 14.04 | 29.84 | 70.53 | 2:43.50 | 5:35.14 | 6:01.51 | 11:57.8 | 20:30 |
| M85 | 15.10 | 32.11 | 76.00 | 2:55.85 | 6:00.45 | 6:28.87 | 12:52.1 | 22:02 |
| M90 | 16.49 | 34.97 | 82.50 | 3:10.33 | 6:30.13 | 7:00.87 | 13:55.6 | 24:32 |
| WOC | 10.78 | 21.58 | 47.83 | 1:52.92 | 3:52.50 | 4:10.96 | 8:21.7 | 14:22 |
| W30 | 10.96 | 21.97 | 48.75 | 1:54.81 | 3:55.25 | 4:13.75 | 8:24.5 | 14:22 |
| W35 | 11.22 | 22.63 | 50.56 | 1:58.46 | 4:02.67 | 4:21.77 | 8:39.4 | 14:49 |
| W40 | 11.49 | 23.36 | 52.58 | 2:02.57 | 4:11.08 | 4:30.84 | 8:57.3 | 15:20 |
| W45 | 11.80 | 24.16 | 54.83 | 2:07.12 | 4:20.39 | 4:40.90 | 9:17.3 | 15:54 |
| W50 | 12.13 | 25.06 | 57.36 | 2:12.27 | 4:30.98 | 4:52.32 | 9:39.9 | 16:33 |
| W55 | 12.51 | 26.07 | 60.23 | 2:18.67 | 4:44.06 | 5:06.42 | 10:07.9 | 17:20 |
| W60 | 12.96 | 27.23 | 63.50 | 2:26.53 | 5:00.15 | 5:23.73 | 10:42.2 | 18:19 |
| W65 | 13.50 | 28.59 | 67.28 | 2:35.64 | 5:18.80 | 5:43.88 | 11:22.1 | 19:27 |
| W70 | 14.16 | 30.21 | 71.69 | 2:46.28 | 5:40.61 | 6:07.38 | 12:08.7 | 20:47 |
| W75 | 14.98 | 32.18 | 76.90 | 2:58.67 | 6:06.03 | 6:34.78 | 13:03.0 | 22:20 |
| W80 | 16.05 | 34.62 | 83.15 | 3:13.22 | 6:35.74 | 7:06.88 | 14:06.5 | 24:49 |
| W85 | 17.45 | 37.72 | 90.83 | 3:30.55 | 7:11.19 | 7:45.17 | 15:22.4 | 26:18 |
| W90 | 19.35 | 41.72 | 100.23 | 3:51.44 | 7:53.91 | 8:31.22 | 16:53.5 | 28:54 |

LONG DISTANCE RUNNING STANDARDS - 1989

| AGE DIV. | 5K | 8K | 10K | 15K | 10M | 20K | HALF-MAR | 25K | 30K | MARATHON |
|----------|-------|-------|-------|---------|---------|---------|----------|---------|---------|----------|
| OC | 12:57 | 21:18 | 26:55 | 41:17 | 44:29 | 56:02 | 59:25 | 1:11:09 | 1:26:27 | 2:04:20 |
| M35 | 13:19 | 21:54 | 27:41 | 42:27 | 45:45 | 57:37 | 1:01:06 | 1:13:10 | 1:28:44 | 2:06:06 |
| M40 | 13:44 | 22:35 | 28:33 | 43:47 | 47:10 | 59:25 | 1:03:00 | 1:15:27 | 1:31:31 | 2:10:03 |
| M45 | 14:12 | 23:21 | 29:30 | 45:15 | 48:45 | 1:01:24 | 1:05:07 | 1:17:58 | 1:34:34 | 2:14:24 |
| M50 | 14:43 | 24:12 | 30:34 | 46:53 | 50:32 | 1:03:39 | 1:07:29 | 1:20:49 | 1:38:01 | 2:19:17 |
| M55 | 15:21 | 25:14 | 31:53 | 48:54 | 52:42 | 1:06:23 | 1:10:23 | 1:24:17 | 1:42:14 | 2:25:17 |
| M60 | 16:07 | 26:29 | 33:29 | 51:22 | 55:20 | 1:09:43 | 1:13:55 | 1:28:31 | 1:47:21 | 2:32:33 |
| M65 | 16:59 | 27:56 | 35:18 | 54:09 | 58:22 | 1:13:31 | 1:17:57 | 1:33:21 | 1:53:13 | 2:40:53 |
| M70 | 18:00 | 29:36 | 37:25 | 57:24 | 1:01:51 | 1:17:55 | 1:22:37 | 1:38:56 | 1:59:59 | 2:50:30 |
| M75 | 19:10 | 31:31 | 39:50 | 1:01:06 | 1:05:50 | 1:22:56 | 1:27:56 | 1:45:18 | 2:07:43 | 3:01:29 |
| M80 | 20:30 | 33:42 | 42:36 | 1:05:20 | 1:10:24 | 1:28:41 | 1:34:03 | 1:52:37 | 2:16:34 | 3:12:17 |
| M85 | 22:02 | 36:16 | 45:49 | 1:10:17 | 1:15:44 | 1:35:24 | 1:41:09 | 2:01:08 | 2:26:54 | 3:28:47 |
| M90 | 24:32 | 39:15 | 49:35 | 1:16:42 | 1:21:58 | 1:43:15 | 1:49:29 | 2:11:06 | 2:39:00 | 3:45:56 |
| WOC | 14:22 | 23:39 | 29:53 | 45:49 | 49:23 | 1:02:12 | 1:05:57 | 1:18:59 | 1:35:58 | 2:18:00 |
| W35 | 14:49 | 24:23 | 30:49 | 47:15 | 50:56 | 1:04:09 | 1:08:01 | 1:21:27 | 1:38:47 | 2:20:10 |
| W40 | 15:20 | 25:14 | 31:53 | 48:53 | 52:41 | 1:06:22 | 1:10:22 | 1:24:16 | 1:42:12 | 2:25:01 |
| W45 | 15:54 | 26:10 | 33:04 | 50:43 | 54:39 | 1:08:50 | 1:12:59 | 1:27:24 | 1:45:59 | 2:30:24 |
| W50 | 16:33 | 27:14 | 34:25 | 52:46 | 56:52 | 1:11:38 | 1:15:57 | 1:30:57 | 1:50:17 | 2:36:29 |
| W55 | 17:20 | 28:33 | 36:04 | 55:18 | 59:36 | 1:15:05 | 1:19:36 | 1:35:20 | 1:55:36 | 2:44:01 |
| W60 | 18:19 | 30:09 | 38:06 | 58:25 | 1:02:58 | 1:19:19 | 1:24:06 | 1:40:43 | 2:02:08 | 2:53:15 |
| W65 | 19:27 | 32:02 | 40:28 | 1:02:03 | 1:06:53 | 1:24:14 | 1:29:19 | 1:46:58 | 2:09:41 | 3:03:59 |
| W70 | 20:47 | 34:13 | 43:14 | 1:06:18 | 1:11:27 | 1:30:00 | 1:35:26 | 1:54:17 | 2:18:52 | 3:16:33 |
| W75 | 22:20 | 36:46 | 46:27 | 1:11:13 | 1:16:46 | 1:36:41 | 1:42:31 | 2:02:46 | 2:29:11 | 3:31:08 |
| W80 | 24:49 | 39:45 | 50:13 | 1:17:00 | 1:23:00 | 1:44:32 | 1:50:50 | 2:12:44 | 2:41:18 | 3:48:13 |
| W85 | 26:18 | 43:18 | 54:43 | 1:23:54 | 1:30:26 | 1:53:54 | 2:00:46 | 2:24:37 | 2:55:44 | 4:08:39 |
| W90 | 28:54 | 47:15 | 60:08 | 1:32:11 | 1:39:22 | 2:05:09 | 2:12:42 | 2:38:55 | 3:13:06 | 4:33:06 |

LONG DISTANCE RUNNING AGE FACTORS - 1989

| | 5K-25K | 30K | MARATHON |
|-----|--------|--------|----------|
| OC | 1.0000 | 1.0000 | 1.0000 |
| M35 | .9724 | .9742 | .9859 |
| M40 | .9430 | .9446 | .9560 |
| M45 | .9125 | .9141 | .9251 |
| M50 | .8804 | .8820 | .8926 |
| M55 | .8441 | .8456 | .8558 |
| M60 | .8038 | .8053 | .8150 |
| M65 | .7622 | .7636 | .7728 |
| M70 | .7192 | .7205 | .7292 |
| M75 | .6757 | .6769 | .6851 |
| M80 | .6318 | .6330 | .6406 |
| M85 | .5874 | .5885 | .5955 |
| M90 | .5427 | .5437 | .5503 |
| WOC | 1.0000 | 1.0000 | 1.0000 |
| W35 | .9696 | .9716 | .9845 |
| W40 | .9373 | .9391 | .9516 |
| W45 | .9037 | .9055 | .9176 |
| W50 | .8684 | .8702 | .8819 |
| W55 | .8285 | .8302 | .8414 |
| W60 | .7842 | .7858 | .7965 |
| W65 | .7384 | .7400 | .7501 |
| W70 | .6911 | .6925 | .7021 |
| W75 | .6433 | .6446 | .6536 |
| W80 | .5950 | .5963 | .6047 |
| W85 | .5461 | .5473 | .5550 |
| W90 | .4970 | .4981 | .5053 |

RACE RESULTS

New England Runner Marathon Rankings:
MTC Runners;

| | | |
|-----------------|--------------------|------------|
| Rank: Open Men: | | |
| 46 | Paul S. Merrill | 33 2:34:48 |
| 63 | Harry Nelson | 34 2:37:19 |
| 66 | Jim Toulouse | 39 2:37:53 |
| 186 | Steven M. McGrath | 33 2:47:19 |
| 187 | Bruce Ellis | 36 2:47:25 |
| 522 | Alan R. Quinlan | 32 3:03:14 |
| 533 | Alburn Butler | 35 3:03:36 |
| 706 | Ronald M. Cedrone | 39 3:12:34 |
| 774 | Michael S. Reali | 35 3:15:27 |
| 1046 | John Gale | 32 3:28:04 |
| 1363 | John Hayes | 39 3:42:17 |
| 1864 | Richard D. Robinov | 28 4:11:42 |
| 1868 | George Liming | 37 4:11:49 |

| | | |
|---------------|-----------------------|------------|
| Women's Open: | | |
| 1 | Joan Samuelson (HON.) | 31 2:32:40 |
| 33 | Jennifer Rood | 27 3:08:41 |
| 87 | Carol A. Weeks | 39 3:24:31 |
| 124 | Rosalyn Randall | 38 3:29:31 |
| 215 | Kim Konieczny | 25 3:42:39 |
| 227 | Maureen Sproul | 32 3:46:04 |

| | | |
|------------------|--------------------|------------|
| Women's Masters: | | |
| 23 | Joan Lavin | 40 3:30:32 |
| 41 | Katherine Christie | 43 3:45:45 |
| 51 | Sandra Utterstrom | 44 3:53:05 |
| 81 | Sally Paterson | 46 4:19:00 |

| | | |
|----------------|----------------------|------------|
| Men's Masters: | | |
| 6 | Jim Toulouse | 40 2:37:59 |
| 112 | Philip S. Pierce | 46 3:02:58 |
| 129 | Robert A. Payne, Sr. | 49 3:04:27 |
| 132 | James G. Paterson | 47 3:04:40 |
| 148 | Ron Cedrone | 40 3:05:59 |
| 355 | William Davenport | 43 3:23:58 |
| 407 | Joe A. Richards | 45 3:28:10 |
| 423 | Alan Leathers | 45 3:29:29 |
| 377 | Roy Morejon | 45 3:25:18 |

| | | |
|-------------|------------------|------------|
| Senior Men: | | |
| 15 | Michael Cowell | 51 3:03:28 |
| 20 | Russ T. Connors | 55 3:06:32 |
| 23 | Robert Jolicoeur | 52 3:08:12 |
| 73 | Bob Hazzard | 56 3:22:42 |
| 102 | Hubert W. Strom | 59 3:30:09 |
| 168 | Walter W. Webber | 57 3:49:50 |
| 175 | Robert M. Wyman | 51 3:51:28 |

| | | |
|--------------|--------------------|------------|
| Veteran Men: | | |
| 3 | Carlton E. Mendell | 66 3:23:04 |

Demers Track Classic - 26 February '89
Bates College, Lewiston, Me

Ekiden Relay Qualifiers (5,000 Meters):
Tim Wakeland, 14:54.4; Greg Hale, 14:54.5; Sam Pelletier, 14:57.8; Todd McGraw, 14:58.4; Andy Palmer, 15:10.0; Alternate: Stan Bickford, 15:15.7

MTC Demers Participants:
Hanley Denning (Bowdoin), 1500 Meters, Women's open, 2nd, 5:03.2
Wanda Haney, 3000 Meters, Women's open, 4th, 10:50.6
Kristen Berube (Twin K), 13&14 Girls, High Jump, 1st, 3' 10"
Clint Merrill, 400 Meters, Masters Men, 1st, 57.4
Robert Jones, 5000 Meters, Men's open, time & place: n.a.

Notes:

Jane Dolley, '89 RRCA Eastern Regional Half Marathon, Williamsburg, Va; 1:38:05; 6th; 40-44; PR; 2/25/89
Carlton Mendell, 8th Annual Wild Katahdin Trust Snow Run, 5 Mi, 35:26, 1st; 60 & over, 2/11/89
Lloyd Smith, Wild Katahdin Trust Snow Run, 35:27

Road racing 3/13/89

10th annual Budweiser-Killarney's 10k At Waterville

1. Bruce Ellis, Sheepscot, 31:05; 2. Peter Lessard, Oakland, 31:21; 3. Todd McGraw, Augusta, 31:35; 4. Dan Dearing, Lisbon Falls, 31:58; 5. Jim Toulouse, Cape Elizabeth, 34:06; 6. Tom Thibeau, Gardiner, 34:12; 7. Ken Flanders, Portland, 34:27; 8. Rusty Taylor, Houlton, 34:53; 9. Gordon Hartwell, Bingham, 35:20; 10. Dennis Croteau, Farmington, 35:29.

Women

1. Deb Potter, Nobleboro, 36:50 (course record); 2. Eddie Dubois, Yarmouth, 39:04; 3. Nancy Ellis, Sheepscot, 41:43; 4. Cheryl MacMahon, Portland, 41:56; 5. Jane Rau, Weeks Mills, 42:17; 6. Susan Lundquist, Colby College, 42:35; 7. Deb Merrill, Brunswick, 42:45; 8. Jan Dolley, Cape Elizabeth, 44:04; 9. Wendy Hosea, Oakland, 44:10; 10. Judy Brauz, Bangor, 44:11.

Road racing 4/20/89

11th Annual Snow Fest at Augusta, 5 miles

MEN

1. Kenneth Flanders, Portland, 27:19; 2. Tom Thibeau, Gardiner, 27:57; 3. Bill Skerritt, Portland 29:13; 4. Fred Karier, Fairfield, 29:23; 5. Scott Ellis, Brunswick, 29:32; 6. Doug Ludwig, Monmouth, 29:42; 7. Stephen Reed, Wiscasset, 29:49; 8. Jeff Brown, New Sharon, 30:07; 9. Stephen Friel, Wilton, 30:13; 10. Bob Payne, Raymond, 30:16.

WOMEN

1. Debbie Potter, Nobleboro, 30:01; 2. Diane Louder, Old Orchard, 32:54; 3. Jane Rau, South China, 34:41; 4. Mary James, Augusta, 35:09; 5. Linda Hanson, Portland, 35:52; 6. Joan Mirriam, Bucksport, 36:42; Ellen Spring, Thomaston, 37:45; 8. Claire Irvin, Portland 38:53; 9. Carlene Sproul, No. Reading, Mass, 39:00; 10. Diane Flanders, Portland, 39:27.

Officer Friendly Youth Run

Saturday, May 13

The Officer Friendly Youth Runs return to the MTC schedule this spring. They will be held at the South Portland Recreation Center. The 1-miler for 6 to 11 year olds begins at 9:00 am; the 2-miler for 12 to 16 year olds begins at 9:30 am. Anyone who would like to volunteer old trophies or their time to this event please contact Rob Laskey at 729-4104.



Mid-Winter Ten Mile Classic

The Mid-Winter 10 Mile Classic was held on February 5th, on a cool but nice winter day. I expected a low turn out because of the conditions, but 140 hardy runners turned out to challenge the tough 10 mile course. Five men and two women broke the old course records. Thanks to all the helpers and runners, the race was a great success. Marla Keefe, the co-director, and I are looking forward to seeing you again next February.

Bob Payne

8th Annual Mid Winter 10 Mile Classic
Cape Elizabeth, Me - 136 Fin. - 2/5/39

Top Open:

| | | |
|---------------------------|----|----------|
| 1 Bruce Ellis (MTC) | 36 | 52:54 |
| 2 Lance Guliani | 29 | 54:48 |
| 3 Stuart Hogan | 26 | 55:09 |
| 4 Stan Bickford | 25 | 55:11 |
| 5 Jim Toulouse (MTC) P.R. | 40 | 55:41 |
| 18 Rose Prest-Morrison | 26 | 1:02:31* |
| 19 Wanda Haney (MTC) P.R. | 22 | 1:02:39* |
| 48 Jane Rau | 39 | 1:09:04* |
| 51 Donna Hubert (MTC) | 21 | 1:09:34* |
| 59 Ellen Grant | 31 | 1:10:22* |
| 60 Nancy Grant 1,30-34 | 31 | 1:10:26* |

Division Leaders:

| | | |
|--------------------------|----|----------|
| 10 Guy Martin | 42 | 57:23 |
| 17 Bob Coughlin | 50 | 1:01:17 |
| 78 Carlton Mendell (MTC) | 57 | 1:14:22 |
| 83 Linda Hanson | 41 | 1:16:00* |
| 111 Jean Thomas (MTC) | 53 | 1:24:09* |

Other MTC Finishers:

| | | |
|----------------------------|----|---------|
| 13 Robert Jones 1,18&under | 16 | 59:52 |
| 14 Bill Bristol | 32 | 1:01:00 |
| 20 Harry Nelson | 34 | 1:03:22 |
| 24 Ron Cedrone | 40 | 1:04:20 |
| 28 Dick McFaul | 44 | 1:05:08 |
| 30 Phil Pierce 1,45-49 | 47 | 1:05:17 |

MTC Midwinter 10 Mile Classic Volunteers

Sue Davenny
Ben Davenny
Nancy Ellis
Bruce Ellis
Mel Fineberg
Al Utterstrom
Jean Thomas
Joyce Cook
Lloyd Cook
Ted Cunningham
Bill Stuart
Maureen Sproul
Dale Rines
Donna Moulton
Everett Moulton
Dru Jones
Rae Pierce
Terry McGovern
Bambi Lovett
Loren Lathrop
Shelley Lathrop
John Davis

Brian Lathrop
Renee Lathrop
Bob Cushman
Kathi Labrecque
Dick Lajoie
Alyssa Keefe
Diane Flanders
Ruth Hefflefinger
Ray Hefflefinger
Clint Merrill
Charles Scribner
Michael Towle
Nancy Stedman
Nina Stoddard
Frank Ferland
Ken Dolley
Ken Hutchins
Herb Strom
Co-Directors
Bob Payne
Marla Keefe



Winner Bruce Ellis

| | | |
|------------------------------|----|----------|
| 34 Bob Jolicoeur 2,50-54 | 51 | 1:06:16 |
| 36 Alburn Butler | 35 | 1:06:52 |
| 39 Christopher McDonald | 25 | 1:07:47 |
| 50 Bob Hazzard 1,55-59 | 56 | 1:09:25 |
| 52 Michael Reali | 34 | 1:09:37 |
| 68 John Hayes | 40 | 1:12:34 |
| 72 Catherine McGuire | 30 | 1:12:57* |
| 73 Bill Davenny | 44 | 1:13:33 |
| 70 David Houser | 38 | 1:12:49 |
| 74 Nancy Ellis 1,35-39 | 36 | 1:13:53* |
| 76 Walter Webber 2,55-59 | 58 | 1:14:09 |
| 82 Deb Merrill | 32 | 1:15:40* |
| 85 Harvey Rohde | 46 | 1:16:43 |
| 87 John LeRoy | 51 | 1:18:37 |
| 93 Brian Cullen | 46 | 1:19:41 |
| 120 Russ Bradley 2,60&over | 65 | 1:20:46 |
| 102 Robert Wyman | 51 | 1:21:42 |
| 105 Dave Conley | 49 | 1:23:01 |
| 110 Warren Foye | 41 | 1:24:09 |
| 112 Paul D'Amboise | 59 | 1:24:49 |
| 114 Warren Wilson | 55 | 1:25:09 |
| 116 Sandy Utterstrom 1,45-49 | | 1:25:45* |
| 121 Barb Coughlin 2,45-49 | 46 | 1:27:07* |
| 129 Don Penta | 42 | 1:38:07 |

Welcome to the Maine Track Club new members Brian Cullen, Donna Hubert, John Le Roy, and Cathy McGuire, who ran in the 10 Mile Classic.

Improvements - Part I

Mid-Winter 10 Mile Classic:

| Name: | '88: | '89: | +Dif: | %Dif: |
|-----------------|---------|---------|-------|-------|
| Robert Jones | 1:27:28 | 59:52 | 27:36 | 31.55 |
| Robert Wyman | 1:33:53 | 1:21:42 | 12:11 | 12.98 |
| Russ Bradley | 1:30:26 | 1:20:46 | 9:40 | 10.69 |
| Wanda Haney | 1:08:22 | 1:02:39 | 5:43 | 8.33 |
| Phil Pierce | 1:09:33 | 1:05:17 | 4:16 | 6.18 |
| Jim Toulouse | 56:58 | 55:41 | 1:17 | 2.25 |
| Carlton Mendell | 1:16:00 | 1:14:22 | 1:38 | 2.15 |

The above are current MTC members who ran in the 10 Mile Classic in both '88 & '89 and had faster times in '89, of a total of 11 members who ran both.



Thanks for the help from Bob & Marla.

RACE RESULTS

By Don Penta

10th Annual Top O'The Hornin' 4 Miller
19 March '89 - Saco, Me - 227 Fin.

Top Finishers (Overall):

| | | |
|-----------------------|----|--------|
| 1 D. Todd Coffin | 27 | 19:16 |
| 2 Andy Palmer 1,30-39 | 35 | 19:20 |
| 3 Gregory Hale | 26 | 19:21 |
| 4 Peter Lessard | 26 | 19:26 |
| 5 Stu Hogan | 27 | 20:19 |
| 47 Wanda Haney (MTC) | 22 | 23:41* |
| 51 Veronica Knight | 21 | 23:50* |
| 52 Christine Braceras | 26 | 23:52* |
| 70 Diane Lounder | 27 | 24:51* |
| 73 Donna Hubert (MTC) | 21 | 24:59* |

Division Leaders:

| | | |
|-----------------------|----|--------|
| 24 Erik Nedeeau | 17 | 22:42 |
| 21 Amy Kretz | 13 | 25:34* |
| 95 Joan Lee (MTC) | 34 | 26:03* |
| 14 Guy Martin | 42 | 21:18 |
| 117 Vivian Codin | 45 | 27:07* |
| 71 Peter Bastow (MTC) | 52 | 24:54 |
| 215 Terri Morris | 60 | 38:15* |
| 124 John Chandler | 61 | 27:33 |

Other MTC Finishers:

| | | |
|-------------------------------|----|--------|
| 15 George Towle | 38 | 21:30 |
| 29 Joel Titcomb | 30 | 23:08 |
| 30 Joe Richards | 45 | 23:10 |
| 32 Chris McDonald | 25 | 23:11 |
| 45 Dick McFaul | 44 | 23:34 |
| 66 Harley Lee | 35 | 24:44 |
| 68 Frank Ferland | 40 | 24:48 |
| 74 Les Berry | 41 | 25:03 |
| 83 Richard Scribner | 37 | 25:40 |
| 86 Norman B. Locke | 29 | 25:47 |
| 92 Jeff Babino | 34 | 26:01 |
| 93 Chris Taylor | 11 | 26:02 |
| 96 Eric Ellis | 36 | 26:09 |
| 102 Dale Rines | 36 | 26:22 |
| 103 Jerry Johnson | 38 | 26:24 |
| 105 Craig Robinson | 42 | 26:26 |
| 107 Catherine McGuire 2,30-39 | 30 | 26:28* |
| 112 Pattie Locke | 25 | 26:43* |
| 118 Neil Martin | 46 | 27:19 |
| 130 Rich Robinov | 23 | 27:47 |
| 131 Loren Lathrop | 40 | 27:50 |
| 141 Nancy Stedman 3,30-39 | 37 | 28:14* |
| 144 Sandra Hodnett 2,40-49 | 40 | 28:33* |
| 145 Jim Hodnett | 41 | 28:35 |
| 149 Russ Bradley 2,60 & + | 65 | 28:52 |
| 150 Mike Goodwin | 25 | 28:56 |
| 167 Marla Keefe | 35 | 30:06* |
| 173 Warren Wilson | 55 | 30:47 |
| 181 John Woods 3,60 & + | 71 | 31:28 |
| 183 Everett Moulton | 42 | 31:40 |
| 199 Don Penta | 42 | 33:47 |
| 202 Patricia Titcomb | 31 | 34:44* |
| 212 Rod Stanley, Sr. | 55 | 37:23 |
| 214 Jim Carroll | 79 | 38:13 |
| 217 Ted Cunningham | 61 | 38:33 |
| 221 Donna Moulton | 40 | 40:00* |
| 227 Dr. Stephen Monaghan | 62 | 51:10 |

Dr. Monaghan turned right leaving Maremont; visited the Horticultural show; ran more than 6 miles (more than ever in training); and finished the race - great job! Welcome to the MTC.

1988 Kingfield 10K - 323 Finishers
Kingfield, Me - 24 September '88

Top Women (overall):

| | |
|---------------------------|-------|
| 37 Rose Prest-Morrison | 37:11 |
| 41 Kelly Bennett-Rodrigue | 37:28 |
| 59 Brook Merrow | 38:58 |
| 76 Ruth Hall (MTC) | 39:45 |

Top Men (overall):

| | |
|------------------|-------|
| 1 Gregory Hale | 31:07 |
| 2 Todd McGraw | 31:19 |
| 3 Peter Lessard | 32:01 |
| 4 Robert Everett | 32:31 |
| 5 Lance Guliani | 32:35 |
| 6 Michael Gaige | 32:47 |

Other MTC Finishers:

| | |
|----------------------|--------|
| 10 Jim Toulouse | 34:04 |
| 12 Peter Hall | 34:51 |
| 22 Richard Mulhern | 35:47 |
| 33 Philip Coffin | 37:05 |
| 36 George Liming | 37:08 |
| 78 Rick Strout | 39:51 |
| 81 Sumner Weeks | 39:57 |
| 86 Philip Pierce | 40:06 |
| 93 Pete Bastow | 40:20 |
| 98 Carol Weeks | 40:26* |
| 114 Bob Hazzard | 41:23 |
| 123 Clint Merrill | 42:06 |
| 124 Lloyd LaFountain | 42:14 |
| 136 Rosalyn Randall | 42:50* |
| 166 Carlton Mendell | 44:54 |
| 187 Deb Merrill | 46:05* |
| 242 John Woods | 49:48 |

Sugarloaf Uphill Climb - 133 Finishers
25 September '88

Top Finishers:

| | | |
|-------------------------|----|--------|
| 1 Michael Gaige | 36 | 30:12 |
| 2 Richard Mulhern (MTC) | 34 | 31:12 |
| 3 Scott Ellis | 25 | 31:28 |
| 4 Peter Hall (MTC) | 26 | 31:51 |
| 13 Ruth Hall (MTC) 1st | 30 | 34:04* |
| 14 Gene Roy | 42 | 34:15 |
| 47 Belinda Smith | 34 | 39:12* |
| 51 Joanne Cole | 32 | 39:43* |
| 54 Tom Currier | 63 | 39:57 |
| 61 Philip Pierce (MTC) | 47 | 41:23 |

Other new members who ran their first MTC races (from Kerrymens) include Mike Goodwin, Sandra Hodnett, Jim Hodnett, Jerry Johnson, and Chris Taylor. Welcome to all. Apologies for any omissions.

Special Thanks to Ken Dion and Ted Cunningham without whose help these results could not have been compiled.

NEW MEMBERS

| <u>Name & Address</u> | <u>Phone</u> | <u>Occupation</u> | <u>Age</u> |
|--|------------------------|--|------------------|
| Diane Flanders 19 Edgewood Avenue Portland, ME 04103 | H797-2570 W770-9450 | Programmer/Analyst UNUM | 32 |
| John Gleason 350 Randall Road Bld. 2, Apt. 8 Lewiston, ME 04240 | H783-6784 W783-2285 | Manager, Foot Locker | 26 |
| Donna Hubert 25 Mass Avenue Portland, ME 04102 | H773-1624 | Student - USM | 21 |
| Laurel Hutchinson 9 Cushman Street Portland, ME 04102 | H774-0582 W776-7679 | Casco Northern Bank | 32 |
| Len & Claire Jordan Michael & Marie 27 Skillins Road Cumberland, ME 04021 | H829-3095 W780-4573 | USM New England Telephone | 46, 43 20, 19 |
| Evelyn Kieltyka 80 Willow Grove Road Brunswick, ME 04011 | H729-7242 W795-2758 | Central Maine Medical Director of Education | 34 |
| John LeRoy 2 Howards Hill Road Brunswick, ME 04011 | H725-8680 | Retired | 52 |
| Bud Long 33 Shady Oaks Lane Kennebunkport, ME 04046 | H985-4003 W761-0842 | UPS - P/T Supervisor | 34 |
| Joel & Daniel Parkinson 3 Woodland Ct. Kennebunk, ME 04043 | H985-3517 | Students - Kennebunk | 12 9 |
| Chris Taylor 9 Pinehurst Lane Falmouth, ME 04105 | H782-2838 | Student | 11 |
| Kathy Urban 80 Willow Grove Road Brunswick, ME 04011 | H729-7242 | Executive Director Family Planning | 39 |

EDITOR'S COLUMN

Many thanks this month to John Woods, who put a lot of work into his member profile and age graded table article. I hope we all have as much energy when we are competing in the over 70 age group! Good luck to all runners at the Boston Marathon and the Boys Club 5 miler... most of us are welcoming the longer days with renewed enthusiasm for getting our running shoes out on the road. Don Penta did a great job on the Mid Winter Classic race results... showing Bob Jones with a 27 minute time improvement over last year! Watch this guy... he will sneak by most of us in the races.... A special thanks to Clint Merrill who did a great job learning to cut and paste while helping me put this newsletter together... now that my office is at home he knows dinner has to wait until the newsletter gets off the kitchen table!

Deb Merrill

Seeking Nominations-Board Members at Large to be Elected at April Meeting

The membership approved an amendment to the By-Laws to enlarge the Board of Directors to include the Immediate Past President and three members elected annually at large. The nomination and election of the members at large will take place at the April meeting. Board members will be expected to attend monthly Board meetings which generally will be the first Wednesday of the month and to provide guidance and advice to the other officers. If you are interested in one of these positions yourself or you have a nomination with the nominee's permission, please contact Herb Strom 799-7705 or Susan Davenny 772-1787.

Notice to Newsletter Contributors

For the MTC Newsletter, please send written contributions to Deb Merrill, 19 Quarry Road, Brunswick, ME 04011. Questions? Call 729-6498. Please type your columns **single spaced and 4 1/2 inches wide** (we will reduce them to 3 1/2 inches).

Thank You 1989 MTC Newsletter Sponsors

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Barry Fifield
John Woods

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To be an individual patron, send \$10 to the Maine Track Club, Box 8008, Portland, ME 04104. To Become a corporate patron, your donation of \$25 should be sent to the same address. Please note on the check that it is a patron's contribution to the newsletter. And MANY thanks!

To be a Prime sponsor, contact Deb Merrill (H) 207-729-6498. The sponsorship is \$50 and includes recognition and any message you may have in a box on the front page. Your support will be noted by all who pick up and glance at the front page- about 400 newsletters are mailed out each month.

The Maine Track Club Newsletter is compiled monthly. Circulation is around 400.

Related material may be copied with acknowledgment. Editor: Deb Merrill

1989 Officers and Committee Chairpersons

| | | |
|-----------------------|----------------|----------|
| Herb Strom | President | 799-7705 |
| Bill Stuart | Vice-President | 799-5961 |
| Susan Davenny | Secretary | 772-1787 |
| Rick Strout | Treasurer | 829-3216 |
| Charlie Scribner | Race Committee | 772-5781 |
| Deb Merrill | Newsletter | 729-6498 |
| Course certification: | | |
| | John LeRoy | 725-8680 |
| | Loren Lathrop | 772-8356 |

| | | |
|----------------------|----------------|----------|
| Ruth Hefflefinger | Membership | 797-4625 |
| Charlie Scribner | Past President | 772-5781 |
| Melvin Fineberg | Clothing | 774-8868 |
| Don Penta | Statistician | 892-4526 |
| Nina Stoddard | Photography | 799-6954 |
| Nancy Stedman | Photography | 774-4013 |
| Bob & Brenda Cushman | | |
| | Refreshments | 797-3467 |



P.O.Box 8008, Portland, Maine 04104
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Run with a friend...

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___ Individual (\$12.00) ___ Family (\$15.00) ___ Student (\$5.00)
(18 yrs. old maximum)

LAST NAME _____, TODAY'S DATE ____/____/____

1ST. NAME _____, INITIAL _____, SEX (M/F) _____, D.O.B. ____/____/____
1ST. NAME _____, INITIAL _____, SEX (M/F) _____, D.O.B. ____/____/____
1ST. NAME _____, INITIAL _____, SEX (M/F) _____, D.O.B. ____/____/____
1ST. NAME _____, INITIAL _____, SEX (M/F) _____, D.O.B. ____/____/____

ADDRESS _____, HOME PHONE _____

CITY _____, STATE _____, ZIP CODE _____

EMPLOYER _____, OCCUPATION _____, PHONE _____
EMPLOYER _____, OCCUPATION _____, PHONE _____

IF STUDENT: SCHOOL _____, YEAR OF GRADUATION _____
SCHOOL _____, YEAR OF GRADUATION _____

OTHER INTERESTS: _____

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