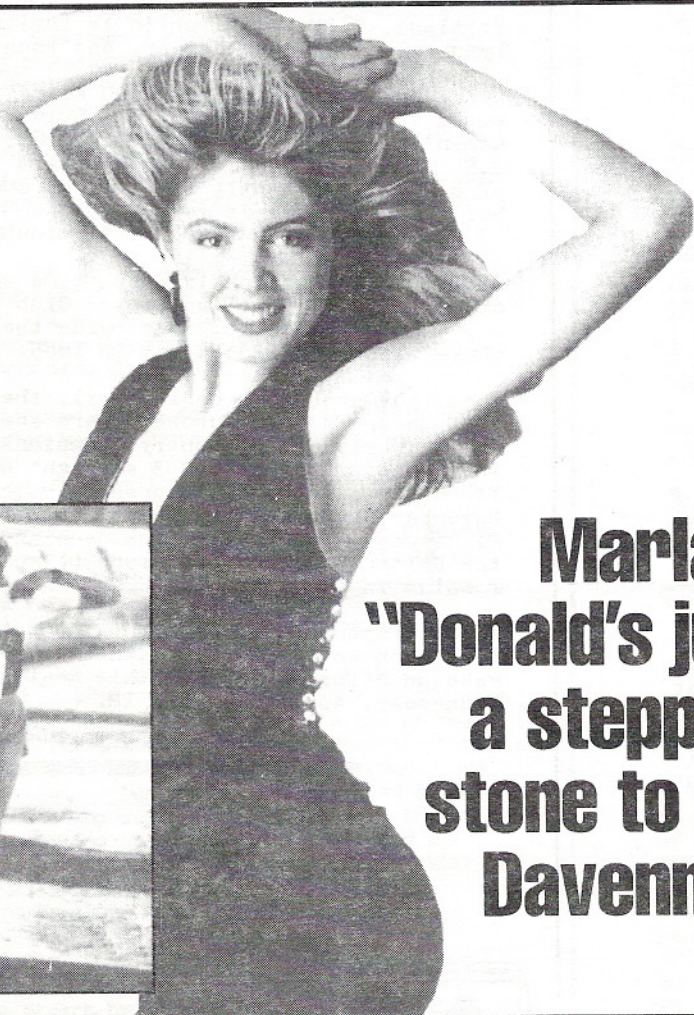


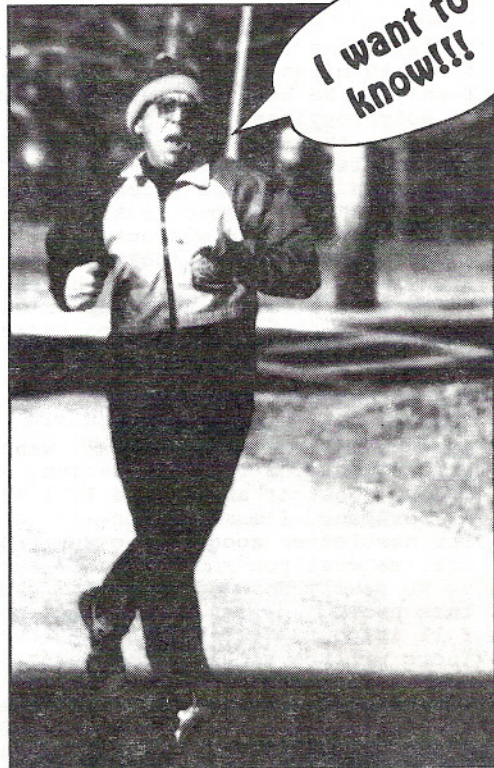
"INQUIRING MINDS WANT TO KNOW"

MAINE TRACK CLUB **ENQUIRER**

April 1, 1990



**Marla –
"Donald's just
a stepping
stone to Bill
Davenny."**

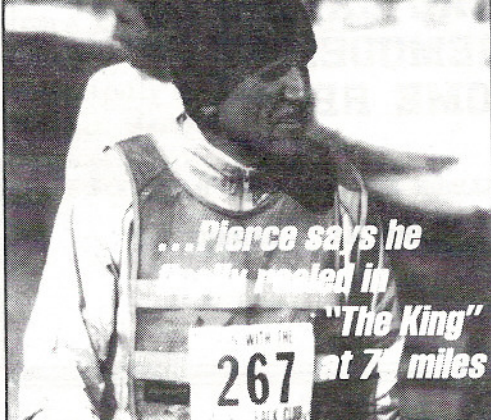


**I want to
know!!!**



**"Look what NutriSystem
did for us!"**

**"I ran with Elvis at
Western States 100"**



Wife's Election Stuns Dolley...



**Friends note
dramatic
changes in
RRCA's
"First Man"**



From the Editor

Is this a cool time of year, or what? I ran 10 miles yesterday in shorts and a T-shirt! No hat, no gloves, no Goretex, no polypropylene, no double socks, just the air, the sun and lots of sweat. There are ducklings in the marsh, birds are making an incredible racket and small children have stopped looking like the Micheline Tire Man without their snowsuits. (OK, I'll admit that today it did get substantially colder and I did have to put a few more items of clothing on when I ran.) But Spring is here on the calendar and soon to be playing at a running course near you.

I hope you enjoy my article this month about the Hyannis Marathon. I also hope that you will send me stories about races you've enjoyed. If you don't want to write something for publication, send me a note about it anyway and I'll write it for you. I'm always on the lookout for newsletter goodies, so don't be shy, tell me what you would like to see.

We really do need to find a name for this poor, nameless publication so please fill in your "Name That Newsletter" ballot. There will be some kind of juicy prize for the winner, though, sad to say, it probably won't involve broccoli. (Can't seem to find any here in Kennebunkport. Do you think George might be on his way?)

In keeping with our motto "Run with a friend," I would like to start a Runners' Exchange in next month's issue. If you are looking for a running partner or group, give me your name, pace, distance, general location and phone number and we will try to hook you up with the right people. Be sure to remember that we have a new, permanent deadline which is: The Third Thursday of Each Month. Don't forget this important information or I will probably embarrass you in print the following month!

In addition to the Runners' Exchange, I would be happy to run any short classified ads free of charge for club members. If you are interested, call me or drop me a line.

Candace

NEW DEADLINE
FOR THE NEWSLETTER!
THE THIRD
THURSDAY...
EVERY MONTH.

NEXT MEETING APRIL 11 - 7PM LYNN JENNINGS

Lynn Jennings, world class cross-country and middle distance runner, will be the speaker at the monthly Maine Track Club meeting in the Machine Tool Auditorium at S.M.T.C., South Portland, 7 PM. The public is invited to hear Lynn talk about her career, and running in general.

Lynn Jennings holds the 5,000 meter indoor world record of 15:22.64. She holds the U.S. women's 8-Kilometer record of 25:07, and the U.S. indoor record for 3,000 meters in a time of 8:40.45. Recently in Florida, she broke her own U.S. women's record in the Red Lobster 10-K Classic with a time of 31 minutes, 6 seconds.

Closer to home, Lynn is a two-time women's champion of the Portland Boys' Club Patriot's Day 5 mile road race. She holds the women's course record of 26:24 set in 1985.

When Lynn speaks to us in April, she will have just returned from Europe, where she competed in the world cross-country championship race in France. She has won 3 straight national TAC cross-country championships. This past November, Lynn covered the 6 kilometers in 21 minutes, 11 seconds. Lynn Jennings represented the United States at the 1988 Olympics in Seoul, running in the 10,000 meters.

We are fortunate to have this opportunity to hear such an outstanding athlete. Please make an effort to attend this meeting on Wednesday, April 11, at 7 PM.

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SOUTH PORTLAND, ME

MEMBER MTC

Membership meeting

MTC MEMBERSHIP MEETING MARCH 14, 1990 SMTc

President Bill Stuart opened the meeting at 7:08pm. Attendance was 48.

Charles Scribner introduced his brother, Fred Scribner, a professional sports photographer. He showed slides he took at the 1989 Olympic Festival in Oklahoma and spoke on photographic techniques for action shots.

New members and guests introduced themselves:

Karen Salsbury, Mike and Mary Robb, John and Jenny Kim, John Legere, and Karen Wood. Welcome!

Bill Stuart reported on the RRCA Convention in Miami. He, Charles Scribner, Jane and Ken Dolley and Maggie Soule attended. Jane was elected President of RRCA and was immediately presented with a plaque of congratulations from MTC and the Striders. Bill spoke to Coach Roy Benson about a return visit to Maine in August for an evening program and/or an all day seminar with individual videotaping sessions.

Vice President, Peter Bastow, announced program suggestions are still welcome. April - Lynn Jennings, May - Speedwork, July - need new location for picnic and fun run.

Treasurer, Rob Laskey reported the balance as of February 6 was \$ 6067.77. The 1990 Budget was voted on and accepted. A motion was made to authorize the Board of Directors to spend up to \$1500 to purchase a computer. It was also approved.

Races

May 12 Race Director needed for the Family Crisis Shelter 4 Mile Race. Contact Bill Stuart or Charles Scribner.

July 7 Timing staff needed for Shipbuilders Triathlon, Contact Charles Scribner.

Patriot's Day 5 Miler, April Amble, and Officer Friendly volunteer lists were circulated. Sugarloaf volunteers, contact Sue Davenny. Nike Store Race date is May 20. WBIM planning a race during Old Port Festival.

March 31 & April 1 Certification workshop by Wayne Nicholl to be held at the Boys Club.

Workshop on Timing to be scheduled. Contact Charles Scribner.

Midwinter 10 Mile Classic, 127 runners, new course records by Todd Coffin and Joan Samuelson. Donation from proceeds will go to the Bruce Ellis Memorial Fund.

Archangel Running Club, Kathy Gardiner read a letter from our sister running club in the USSR. They thanked us for the t-shirts and photos and sent names and addresses for writing to individuals. Some members will be coming to Portland with a group June 20th.

Pre-Meeting Fun Run, Host will not be on duty. Facilities are still available.

Board Position open. Ken Dolley has resigned due to a conflicting school schedule. Nominations should be made to Bill Stuart by April 3 for this Member At Large position.

Announcements

April 4 Next Board Meeting, March 17 and 31 Training Runs and Brunches, No March Hash, April 8 Boston Milk Run - contact Everett Moulton about overnight plans, Bob Jones ran a 35:00 10K at Kilarney's!

The meeting adjourned at 8:50pm.

Respectfully submitted,

Susan Davenny

Susan Davenny
Secretary

New Members

Name & Address	Phone	Occupation	Age
Peter Allen 25 Murray Street Portland, ME 04103	H772-5005 W773-5667	Alma, Inc. Wholesale Florist	46
Kathy Beauregard 21 Forest Park #4 Portland, ME 04101	H761-8373 W774-5871	Para-Professional Peat Marwick	22
David Dowling 190 Pine Street Portland, ME 04102	H773-3068 W874-8140	Teacher Portland Public Schools	35
Kathleen Duddy 30 Casco Terrace Falmouth, ME 04105	H781-4486	Homemaker	38
Carol Gillis 51 Park St. #6 Portland, ME 04101	H774-7445 W773-3020	Environmental Hith.Scienc. Envirologic Data	31
John Gillis 66 Middle Road Falmouth, ME 04105	H879-0222 W772-2846	Publisher J. Weston Walch	36
Wilfred Giroux, Jr. Mark Giroux 249 Walton St. Portland, ME 04103	H797-7112 W797-7111	Self-employed, Giroux Oil Driver, Giroux Oil	50 21
Janice Jaffe 13 Thompson St. Brunswick, ME 04011	H729-2780 W725-3759	Professor, Bowdoin College	34
Ronald Johnston P.O. Box 312 Fryeburg, ME 04037	H452-2026 W935-2001	Teacher/Coach Fryeburg Academy	37
John Legere 14 Park Road Windham, ME 04062	H892-9809	Self-Plumber	47
Bob Lyman Caroline Thorne-Lyman Jessica, Neil 32 Beech Hill Road Freeport, ME 04032	H865-9218 W865-4743	Superintendent Freeport Public Schools	45 38 9 6
Dave Shennan Hildreth Road, P.O.Box 272 So. Harpswell, ME 04079	H725-8042 W772-2940	Acute Care Experts, Inc. V.P.-Treasurer	38
Karen Wood 8 Canterbury Way Cape Elizabeth, ME 04017	H767-2638 W774-7751	Nurse Practitioner Center for Health Promotion	41

I DEMAND EQUAL SPACE!

By Bob Payne

Each year Phil Pierce sends to certain individuals a white glove with a little note telling them of his wildest dreams of beating them to the finish line in Boston. This last year he boasted of only being 88 seconds behind Bob Payne, but he doesn't tell the whole story. I passed Phil (who started at the front) at mile 20 as predicted. He then tucked in behind me to try and hold on. At mile 24 I saw Harry Nelson and was going to talk to him. Just as I got to him, Phil ran between us and yelled "OK you guys, this is a race." Not being one to take a challenge lightly, I let my legs do the talking. You can see that I didn't beat him by 88 seconds in 26 miles but actually in 2.2 miles. This proves that if you train slow you race slow.

This year Phil tells me he has a magic drink that is going to help beat me. (It must be rocket fuel.) He also said he will tell me how to get a head start and not cheat!!! Phil now knows he can't beat me at the end, what will be his strategy this year? Oh yes, I will have a lower number this year, so if Phil starts in front of me, it's a default.

Phil is going to become a legend. Not for his 50 and 100 mile runs, but because he dedicated his life to beat Bob Payne and never succeeded.

PRESIDENT'S PAGE

After a long, cold winter, it's great to be able to greet spring. As the weather heats up, so does the race schedule. From now on, there will be a lot of opportunities to volunteer at races (and perhaps even run a few!).

TRAINING WITH COACH ROY BENSON

Coach Roy Benson, one of the most respected running coaches in the business, is eager to return to Maine Track Club. He came several years ago to provide coaching tips to runners. Charlie Scribner and I spoke with him at the RRCA convention and he indicated that he is interested in coming back during August, when he will be working at Green Mountain Running Camps in Vermont. The question is, what level of involvement do we want from him? Two possibilities come to mind. First, we can schedule him for an hour talk at a regular meeting (as he did last time). Second, we can try to plan a Saturday or Sunday all-day workshop that would include videotaping and analysis, running drills, etc. The second option would cost participants \$10-20 each. Maggie Soule and I, who went through videotaping analysis with Coach Benson at the convention, can attest to the benefit of this arrangement. Please let me know promptly if you would like to participate in the second option.

CLUB GOALS 1990

The MTC board of directors has been busy establishing goals for 1990. Some are simple and can be accomplished quickly. Others are longer-term and will require time and money. Here is a quick look at some of the goals that we have established for the year:

- Have the treasurer bonded. Rob Laskey, our new treasurer, is investigating this process.
- Encourage more members to contribute to the newsletter. Candace Karu, the editor, and the board will continue to ask people to write articles about races, training tips, experiences, etc.
- Win a regional newsletter contest. Candace is committed to publishing a newsletter that will win a regional or national newsletter contest. The requirements are simple: the newsletter must be informative, nicely laid out and truly be a vehicle that reflects the club. We have a strong foundation to achieve this goal.
- Train more timing and computer volunteers. We are overworking the few volunteers who know how to run the sophisticated timing equipment. If you are interested in joining me and others in learning how to make a valuable contribution to the club by learning how to run this equipment, please call Charlie Scribner to volunteer.

- Continue and build our long-distance events. The Cape Challenge is on shaky ground, as you know, but we have had a positive response in the last month that convinces me that it remains a viable event. The 50 Miler is plagued by lack of sponsorship and loses money annually, but race directors Bambi and Bill Lovett are committed to building participation and finding smaller sponsors to offset expenses.
- Begin to build a solid children's running program. This goal requires encouraging children's fun runs within existing races, continuing kids-only races such as Officer Friendly and building the foundation for a more structured program in 1991 (a goal to which I am committed personally to organizing).
- Continue to support youth runners. We must continue to support youth runners, who represent the future of the sport. We will support, however possible, youth runners who represent the state at regional and national events. We also will continue to find ways to fund the Bruce Ellis Scholarship Fund (including the Mid-Winter Classic receipts) so that we can send a deserving male and female youth runner to running camp every year.
- Support other organizations that support running and fitness. We must support efforts to build an indoor track in Portland, to maintain the Back Bay Path and other outdoor exercise facilities and to build new facilities such as the Portland Shoreway Access Coalition. These efforts increase our exercise options and encourage others to participate in walking and running.
- Find new sources of funding for the club. We ran a deficit in 1989 and are counting on a lot of contributions to balance the 1990 budget. We need to continue and expand our programs to encourage lifetime fitness, but we cannot do so with dues alone. The board is looking into ways that we can gain more money to serve the community. If you are interested in helping or know of a potential source of revenue (corporate foundation, etc.), please let Rob Laskey or me know.

It is an aggressive agenda for the club. I am confident that we can achieve these goals and continue to be an important force in encouraging fitness in Southern Maine. We all have a part to play in making these goals a reality. I look forward to the coming months, when we work together to strengthen Maine Track Club.

Bill

ODE TO THE NEW YEAR

By Rick Scribner

Liberty's banner in worldwide acclaim
Freedom's flag for freedom aflame
Songs of democracy in dance of election
Walls of tyranny in popular rejection
Out of darkness for Nelson Mandela
Elegant running of Carlton Mendell, ayuh!

UPCOMING RACES

April

- 14 Terrier Trot 5 Miler, Waterville, Thomas College, Jerry Saint Amand 873-6753.
- 16 Boston Marathon, 508-435-6905
- 16 61st Patriot's Day 5 Miler, Portland Boys and Girls Club, Dave Paul 797-4242.
- 21 9th Unity 5K, Unity College, 9:00am, Ed Raiola, 948-3131.
- 28 Great Lite Beer Maineiacs Spring Tune-Up 10K, Bangor, 990-7464.
- 21 WBLM" Run for the Muddy, 9:00am, Bethel, Gould Academy, 3.5 mile cross country, Bethel Area Chamber of Commerce, 824-2282
- 22 Rape Crisis Cruise 5K, 10:00am, Waterville YMCA, Jerry Saint Amand 873-6753.
- 29 April Amble, Portland, Westbrook College, John Henderson, 797-7261 ext. 212.
- 29 Terry Fox 5K, Bangor, 10:00am, YMCA Sports and Fitness Center, Sub 5 Track Club.

May

- 5 Rocky Coast 10K, Boothbay YMCA, 10:00am.
- 6 Berwick DARE 5 Miler & Fun Run, Kathy MacDonald 698-1136.
- 12 Run for the Family Crisis Shelter, 4 miles, 9:00am, Portland, Baxter Blvd., Stephen Strand 871-1861.
- 12 China 10K, 10:00am, China Elementary School, Jane Rau 445-2315.
- 13 Epstein's 5K, 11:00am, Brewer, Pendleton Grade School.
- 19 Officer Friendly Youth Runs, So. Portland Rec Center, 1 mile at 9:00am, 2 miles at 9:30, Rob Laskey 729-4104.
- 19 DARE 4 Miler, So. Portland, Beal Gym, Everett Moulton 799-2894.
- 20 Sugarloaf Marathon, 7:00am, Eustis, Sugarloaf 15K, 7:30am, Carrabasset Valley Crossing, Chip Carey at Sugarloaf Inn.
- 20 Corporate Fund Run & Road Race for Maine Special Olympics, Saco, 2 miles at 9:00am 5 Miles at 10:00am, Saco Defense, K. Eon, 291 North St, Saco 04072
- 27 Oakhurst Milk Run, 4 miles, 10:00am, So. Portland, SMTc, Maine Track Club, PO Box 8008, Portland, ME 04104.
- 27 Bank of Vermont-Vermont City Marathon/Marathon Relay, Burlington, 802-658-1815.

NEW SUMMER PICNIC LOCATION NEEDED

A new location is needed for the annual July Picnic & Fun Run. Is your home large enough for 70-80 people? Do you have some scenic running routes of 4-6 miles? A committee will do the planning, shopping, set-up and clean-up. This year's date will be July 11, approximately 6:00-9:00pm. If you would like to be this year's host, please call Peter Bastow at 829-3669.

VACANCY ON MTC BOARD OF DIRECTORS

Ken Dolley has resigned as a Board Member at Large due to a conflicting school schedule. Nominations of candidates for this position should be made to Bill Stuart 799-5961 by April 3.

MARATHONS MARATHONS MARATHONS

- Apr. 16 Boston, Hopkinton, MA, 508-435-6905
- Apr. 22 London, Marathon Tours, 617-242-7845
- Apr. 29 Big Sur, Carmel, CA, 408-625-6226
- Apr. 29 Yonkers, NYRRC, 212-860-4455
- May 6 Long Island, East Meadow, NY, 516-542-4439
- May 6 Nissan Buffalo, NY, 716-856-4800
- May 6 Pittsburg, PA, 412-391-2800
- May 13 National Capital, Ottawa, 613-234-2221
- May 13 Race of Champions, Holyoke, MA, 413-566-3145
- May 20 Sugarloaf, Kingfield, ME, 207-237-2000
- May 27 Vermont City, Burlington, VT, 802-658-1810
- June 10 Nipmuck Trail, Ashford, CT, 203-429-5120
- June 17 Montreal, 514-879-1029
- June 23 Grandma's, Duluth, Minn., 218-727-0947
- July 1 San Francisco, CA, 415-896-1539
- July 8 Calgary Stampede, Alberta, Canada, 403-270-8828
- July 22 Nova Scotia, 902-637-3254
- Aug. 12 Moscow, USSR, Thomas Cook Travel, 800-346-6514
- Aug. 26 Pike's Peak, Manitou Springs, Colo., 719-473-2625
- Sep. 16 Toronto, 416-495-4311
- Sep. 30 East Lyme, CT, 203-739-2864
- Sep. 30 Portland, Oregon, 503-226-1111
- Sep. 23 Clarence Demar, Gilsum, NH, 603-357-1215
- Oct. 14 Stamford Classic, Stamford, CT, 203-359-1248
- Oct. 14 Twin Cities, St. Paul, Minn., 612-379-4930
- Oct. 21 Pine Tree, Waterville, ME, 207-873-6753
- Oct. 21 Rhode Island, Newport, 401-273-0615
- Oct. 28 Cape Cod, Falmouth, MA, 508-548-0348
- Oct. 28 Chicago Old Style, 312-951-0660
- Nov. 4 New York, 212-860-4455
- Nov. 4 Marine Corps, Washington, DC, 703-640-2225
- Nov. 18 New England, Carlisle, MA, 617-524-5454
- Dec. 9 Honolulu, 808-734-7200

For many more, see the January issue of Runner's World, pg. 70.

BOARD OF DIRECTORS MEETING SUMMARY

Expenses will be paid to Wayne Nicholl for the Certification Workshop to be held March 31 and April 1.

We will seek a race director and technical support for the May 12 Family Crisis Shelter Road Race. A reduced management fee, flat rate, will be negotiated.

Other items discussed were a computer available for purchase, a new club patron schedule and incentives, ideas for the Bruce Ellis Memorial Fund Running Camp Scholarship application and announcement date, goals for the club, and procedure for filling the Member at Large vacancy.

March 6, 1990
STD

1989 VOLUNTEER LIST ADDITION

Bob Hazzard also worked three races in 1989. Thanks, Bob.

Race Results

12th Annual Boston Primer - 75 F.
Readfield, Me - 15 M - March 18

1 Paul Merrill (MTC)	1:26:09
2 Giles Norton	1:27:10
3 Mike Sargent	1:27:11
4 Ken Houle	1:29:02
5 Thomas Bennett	1:29:09

Other MTC Finishers

11 Willie Emerson	1:36:29
22 Michael Reali	1:39:56
26 Phil Pierce	1:42:49
30 Frank Ferland	1:44:23
36 Michael Cowell	1:48:03
41 Bob Hazzard	1:49:01
44 Bob Jolicœur	1:50:05
46 Scott Fone	1:50:32
49 Richard Scribner	1:51:10
71 Rick O'Brien	2:11:09

8th Annual Walk/Run For The Heart - 324 F.
Portland, Me - 10K - 24 September '89

1 Chris O'Donnell open	31:17
2 Steve Ross	36:47
3 Jim Bunnell (MTC)	37:47
4 Steve Robertson (MTC)	37:49
5 Stephen Ives	37:53
15 Lana Lyberger open	41:17*
17 Craig Robinson (MTC)	42:37
18 Christie Hendrich	42:52*
20 Tom Carll (MTC)	43:03
22 Anne Wilkinson	43:30*
24 Kelly Reynolds	43:41*
26 Chris Vought (MTC)	44:18
28 Jean Bennett	44:36*
30 Russ Bradley (MTC) G.PR	44:55
35 Larry Zellers (MTC)	47:04
37 Tom Atchison (MTC)	47:54
47 Jeri Lynn Schroeder (MTC)	49:18*
55 Sherry Carll (MTC)	51:56*
78 Michelle Ohman (MTC)	54:52*
98 Deb Atchison (MTC)	69:01*

11th Annual Veterans Memorial -- 82 Fin.
Wiscasset, Me - 4.5M -- 5 November 1989

1 Tom Thibeau open	31	24:25
2 Steve Shea	19	24:52
3 Steve Reed	41	25:05
4 Barry Fifield (MTC)	32	25:29
14 Mary Meehan open	23	28:19*
15 Donna Hubert (MTC)	22	28:26*
16 Richard Scribner (MTC)	38	28:34
17 Dale Rines (MTC)	37	28:43
19 Dick Cummings	52	28:50
25 Diane Lounder	27	29:26*
27 Rhonda Morin	23	29:41*
34 John LeRoy (MTC) 3.50-59	52	30:23
55 Ed St. John (MTC)	50	32:53
56 Donna Taylor	40	32:56*
58 Larry Zellers (MTC)	35	33:02
61 Brian Cullen (MTC)	47	33:24
65 Rick O'Brien (MTC)	43	35:06
66 Lorraine Paradis (MTC)	33	35:09*
75 Dennis Connelly (MTC)	41	37:09
79 John Woods (MTC) 1.60&+	71	38:23

6th Annual Downeast Classic - 196 Fin.
Sanford, Me - 4M - 15 October 1989

Top Finishers (overall):

1 Michael Michno open	26	18:51
2 Bob Winn 1.30-39	30	19:16
3 Myron Whipkey 2.30-39	31	20:56
4 Peter Oviatt 1.15-19	19	21:19
5 Guy Martin 1.40-49	43	21:25
40 Diane Lounder open	27	25:02*
62 Jeanne Lamontagne (MTC)	26	26:38*
65 Joan Lavin (MTC) 1.40-49	41	26:45*
69 Tina Elter	24	26:56*
72 Carol Pierce (MTC) 2.40-49	43	27:18*

Other Top Divisions:

29 Michael Littlefield 14&-	14	24:19
44 Michael Marich 50&	53	25:18
86 Sally Hendershot 30-39	30	28:23*
88 Jennifer Vermette 15-19	16	28:29*
94 Ellie Margolies 14&under	14	28:40*
148 Gail Browning (MTC) 50&+	52	32:52*

Other MTC Finishers:

9 Joel Titcomb 3.30-39	30	22:13
13 Malcolm Kidd	33	22:27
18 Stephen Wilson	28	22:50
51 Richard Scribner	38	26:04
56 James Divirgilio	32	26:27
61 Steven Jacobsen	39	26:35
106 Robert Cushman	51	29:26
110 Adrienne McGuigan 3.30-39	30	29:41*
112 Candace Karu	36	29:45*
117 Lorraine Paradis	33	30:24*
118 Beth Thompson	29	30:26*
125 Warren Wilson	56	30:47
135 Carlton Mendell	67	31:27
153 Maggie Soule	48	33:28*
156 Linda Hunt	42	33:38*
160 Zachary Hunt	12	33:52
181 Brenda Cushman	48	36:21*
184 Pat Buckley	51	36:38*

12th Annual Snofest 5 Miler - 87 Finish.
Augusta Civic Center, Me - 2/18/90

Top Finishers (overall):

1 Bruce Bickford	32	27:05
Stan Bickford	26	27:05
3 Tom Thibeau	31	27:54
23 Wanda Haney Binette (MTC)	23	31:19*
56 Erin Brennan	24	37:25*
60 Byrn Doiron	28	38:57*

Top Age Divisions:

4 Steve Reed 40-49	42	28:02
13 Bob Payne (MTC) 50-59	51	30:24
54 Carlton Mendell (MTC) 60&+	68	37:06
64 Kath Christie Wilson 40-49	45	40:04*
66 Ellen Spring 30-39	39	40:37*
85 Mardie Brown 60&over	72	57:14*

Other MTC Finishers:

30 Richard Scribner	38	32:35
34 Eric Ellis	37	33:50
38 Dale Rines	37	34:22
53 George Liming	38	37:03
55 Jerry Saint Amand (CMS)	46	37:11
61 Russ Bradley 2.60&over	66	39:13
68 Bob Cushman	52	41:07
70 Warren Wilson	56	42:24
75 Dennis Morrill	50	43:15
76 Donald Penta	43	43:37
77 Thomas Decker	46	43:49

Great Osprey Ocean Run Part VIII - 137 F
Wolf Neck, Freeport, Me - 10K - 11/18/89

Top Finishers (overall):

1 Tom Thibeau open	34:07
2 Peter Hall (MTC)	35:15
3 Joel Titcomb (MTC)	35:33
4 Stephen Fluet	35:36
5 Stephen Reed (M)	35:52
14 Rose Prest-Morrison open	37:27*
24 Donna Hubert (MTC)	39:47*
27 Veronica Knight	40:04*
31 Kelley Cullenberg	40:19*
33 Mary Ann Doss	40:26*

Other MTC Finishers:

11 John Eldredge	37:06
12 Jim Bunnell	37:12
17 Ron Cedrone	38:02
35 Frank Ferland	40:35
37 Ruth Hall	40:51*
40 Dale Rines	41:16
41 Richard Scribner	41:17
44 Jack Ireton-Hewitt	41:55
47 Bob Lyman	42:08
49 Bob Jolicœur	42:16
50 Phil Pierce	42:24
51 Joan Samuelson (Honorary)	42:26*
52 Jerry Saint Amand (CMS)	42:28
56 John LeRoy	42:50
60 Rosalyn Randall	43:29*
61 Neil Martin	43:31
66 Tom Menendez	43:37
68 Joan Lavin	43:48*
72 Sue Daignault	44:32*
79 Peter Allen	45:45
83 Henry Wolstat	46:00
86 Edward Saint John	46:06
98 Nancy Lovetere	48:04*
100 Tom Atchison	48:17
107 Arthur Gingold	49:07
111 Rick O'Brien	49:50
114 Barbara Coughlin	50:38*
116 Bob Wyman	50:54
117 Warren Wilson	51:05
120 Caroline Thorne-Lyman	52:34*
128 Susan Morejon	57:09*
134 Wayne Newland	62:34

9th Annual Mid-Winter Classic - 127 Fin.
Cape Elizabeth, Me - 10M - 4 March '90

Top Finishers (overall):

1 Todd Coffin (CR)	28	52:11
2 Peter Millard 1.30-34	36	53:33
3 Rick Garcia	25	54:24
4 George Bochus	23	55:04
5 Allan Muir 1.35-39	35	55:15
17 Joan Samuelson (H.MTC, CR)	32	1:00:53*
27 Wanda Binette (MTC)	23	1:04:29*
32 Mary Ann Doss 2.30-34	30	1:05:39*
37 Christine Braceras (MTC)	27	1:06:53*
40 Christie Hendrich	23	1:07:21*

Other Top Divisions (overall):

19 Joel Croteau 45-49	46	1:02:06
23 Bob Coughlin 50-54	51	1:02:52
30 Tom McGuire 40-44	43	1:04:49
45 Ellen Bowden 35-39	37	1:07:54*
54 Bob Hazzard (MTC) 55-59	58	1:09:51
55 Marjorie Adams 40-44	40	1:10:06*
77 Heath Leavitt 19&under	17	1:15:47
78 Carlton Mendell (MTC) 60&+	68	1:15:52
115 Julie Johnson 19&under	16	1:26:55*

Other MTC Finishers:

24 Steven Robertson	30	1:03:24
31 Glen Roy	29	1:05:35
33 James Bunnell	32	1:06:06
34 Stephen Wilson	28	1:06:12
41 Frank Ferland	41	1:07:26

Mid-Winter Classic, continued

More MTC Finishers:

44 Tom Allen	33	1:07:51
50 Phil Pierce	48	1:08:23
51 David Brink	27	1:08:34
56 Michael Cowell 2,50-54	52	1:10:22
57 Bob Lyman	45	1:10:24
58 Dick McFaul	45	1:10:42
68 Thomas Carll	45	1:11:55
73 Susan Daignault	28	1:14:06*
75 Eric Ellis	37	1:15:20
76 Janice Jaffe	34	1:15:24*
79 Jerry Saint Amand (CMS)	46	1:15:54
81 Eileen Dunfey	33	1:16:39*
85 Russ Bradley 2,60&over	66	1:19:04
86 Jeanne Lamontagne	26	1:19:08*
87 Frank Morong 2,55-59	56	1:19:14
93 Henry Wolstat 3,55-59	55	1:20:13
102 Suzanne Spencer	29	1:23:12*
103 Patricia Ianni	29	1:23:12*
104 Dorothy Stoddard	37	1:23:28*
107 Tom Atchison	41	1:23:51
108 Nancy Batchelder	37	1:23:56*
111 Bob Cushman 3,50-54	52	1:26:16
114 Warren Wilson	56	1:26:49
118 Rick O'Brien	43	1:27:50
119 Wayne Newland	52	1:28:39
123 Herb Strom 3,60&over	60	1:32:21
124 Patti Tableman	31	1:33:02*
126 Harry Giddinge	56	1:34:27
127 Daniel Sobel	42	1:55:30

Congratulations to all the finishers of this challenging race!

11th Annual Killarney's 10K - 166 Finis. Waterville, Me - 11 March 1990

Top Finishers (overall):

1 Peter Lessard open	27	33:13
2 Dan Dearing	28	33:51
3 Todd McGraw	24	34:03
4 Gordon Hartwell 1,30-34	32	34:44
5 Robert Jones (MTC) 1,18&-17	35	35:00
15 Sally Perkins open	26	36:55*
54 Dara Jones 1,30-34	34	41:42*
77 Sarah Andrus 1,35-39	35	43:34*

Other Top Divisions:

7 Paul Merrill (MTC) 35-39	35	35:07
10 Steve Reed 40-44	42	35:48
16 Lawson Noyes 45-49	48	37:11
22 Bob Payne (MTC) 50-59	51	38:05
103 Jo Comeau 45-49	45	46:15*
106 Russ Bradley (MTC) 60&over	66	46:24
110 Jennifer Jacobs 18&under	16	47:03*
123 Carlene Sproul 50-59	50	48:17*
159 Helen Booth 40-44	41	57:18*
161 Leona Clapper 60&over	60	58:08*

Other MTC Finishers:

12 Sean Keough	34	36:06
37 Joe Richards 3,45-49	46	39:36
65 Scott Fone	29	42:26
69 Eric Ellis	37	42:37
73 Dale Rines	37	42:55
84 Jim Sullivan	43	44:26
87 Peter Bastow	53	44:51
97 Richard Scribner	38	45:18
105 Katherine Thorne	29	46:21*
107 Carlton Mendell 2,60&+	68	46:28
132 Bob Cushman	52	50:04
139 Marty Weiss	32	50:57
143 Warren Wilson	56	52:05

Correction:

Anders Clark, son of Joan Samuelson, was born January 24th, 1990. His date of birth was incorrectly reported in the March Newsletter.

Lost & Found:

A pair of woman's small Nike nylon wind pants and a pair of cotton mittens were left by a participant at the Mid-Winter Classic. Please contact Don at 892-4526.

11th Annual Top O'The Mornin' 4 Miler Kerryman's Pub, Saco - 243 F. - 3/18/90

Top Finishers (overall):

1 Todd Coffin open	28	18:55
2 Erich Reed	22	19:05
3 Peter Lessard	27	19:31
4 Rusty Snow	20	19:53
5 Tom Dann 1,30-34	32	20:08
30 Susan Passler open	34	22:58*
34 Edie Dubord 1,30-34	31	23:05*
37 Wanda Binette (MTC)	23	23:12*
42 Christine Braceras (MTC)	27	23:30*
54 Donna Hubert (MTC)	22	23:54*

Other Top Divisions:

12 Kevin McDonald 35-39	39	20:50
15 Guy Martin 40-44	43	21:13
18 Robert Mazur 18&under	18	21:31
24 Joel Croteau 45-49	46	22:19
57 Robert Randall 50-59	52	24:02
63 Carolyn Court 35-39	35	24:23*
105 Joan Lavin (MTC) 40-44	42	26:30*
131 John Chandler 60&over	62	27:40
137 Laura Hodnett 18&under	17	27:48*
200 Marguerite Comerford 50-59	50	31:40*
225 Leona Clapper 60&over	60	35:12*
236 Brenda Cushman (MTC) 45-49	48	38:26*

Other MTC Finishers:

32 Jim Bunnell	32	23:00
33 Stephen Wilson	28	23:03
47 Joe Richards	46	23:42
72 Loren Lathrop PR	40	24:49
73 Greg Dugas	35	24:53
83 David Dowling	35	25:23
84 Dale Rines	37	25:26
90 Les Berry	42	25:37
91 Rick Strout 2,50-59	51	25:41
101 Eric Ellis	37	26:03
103 Neil Martin	47	26:22
106 Craig Robinson	43	26:30
117 Katie Thorne	29	27:00*
125 Jeanne Lamontagne	26	27:24*
135 Steven Jacobsen	40	27:46
155 Tom Atchison	41	28:27
154 Russ Bradley 2,60&over	66	28:25
156 Henry Wolstat	55	28:30
164 Gail Waitkun-Romanoff	35	28:57*
165 Denny Morrill	50	29:03
170 Bob Cushman	52	29:24
174 Nancy Lund	38	29:32*
183 Stephanie Lugg	34	30:21*
201 Thomas Decker	46	31:40
205 Don Penta	43	32:09
210 Kathy Duddy	38	32:34*
214 Warren Wilson	56	33:01
220 Don Johnson	59	34:37
222 Sara Hobson	29	35:00*
224 Stephen Monaghan	63	35:10
227 Toni Parise	36	35:28*
231 Linda Richards	27	37:07*
239 Donna Moulton	41	40:08*

Notes:

Jack Ireton-Hewitt, 11/23/89, 10th Annual Gasping Gobbler 10K, Augusta, Me. 2nd: 50-59, 44:41, 31/89 overall.

Tom Kirby, 11/4/89, Warren Bishop Memorial 2.9 Miler, Hampden, Me. 18:36, 29/109 overall; 3/10/90, 8th Annual Frostbite 3.5 Miler, Ellsworth, 23:16, 26/93 overall.

Carlton Mendell, 11/27/89, Christmas Classic 5K, Farmington, Me. 22:49, 18/23 overall, 1st, 50&over; 12/2/89, 6th Annual Season's Greetings 5.5 Miler, Madis-on, Me. 1st: 60&over, 41:16, 21/31 over-all.

Dennis Morrill, 7/28/89, Moonlight Madness 3 Miler, Farmington, Me. 21:24, 54/100 overall.

Rosalyn Randall, 12/23/89, Season For Red 5K, Florida. 20:55, 1st: 40-44; 12/30/89, Dianetics Holiday 5K, Florida. 20:54, 1st, 40-44; 1/7/90, Pre-Gasparilla 15K, Tampa, Fl. 1:06:50, 1st: 40-44.

1989 New England Runner Marathon Rankings:

MTC Runners:

Rank: Open Men (2130 Total):

36 Paul Merrill	34	2:36:38
111 Stephen McGrath	34	2:45:18
224 Willie Emerson	25	2:53:21
323 Richard Mulhern	36	2:57:22
363 William Bristol	32	3:06:13
513 Thomas Clemence	32	3:07:36
547 Harry Nelson	34	3:07:36
575 Andrew MacLean	27	3:09:31
948 Steve Robertson	29	3:25:50
1281 David Trussell 1	45	3:42:40
1334 Chris McDonald	25	3:45:31
1349 Jeff Babino	34	3:46:15
1896 Alan Quinlan	33	4:20:08
2039 William Stuart	31	4:41:17

Open Women (599 Total):

2 Joan Benoit-Samuelson 2	32	2:37:51
93 Rosalyn Randall	39	3:24:29
96 Nancy Ellis	36	3:24:48
130 Eileen Dunfey	33	3:28:46
163 Kim Konieczny	27	3:32:47
213 Erin MacLean	26	3:39:26
261 Maureen Sproul	33	3:47:20
449 Maria Keefe	36	4:18:47
526 Nancy Rouse	37	4:35:13

Women's Masters (143 Total):

14 Carol Weeks	40	3:23:03
34 Jane Dolley	40	3:37:27
65 Aletha DeVos	47	3:56:25
77 Sandy Utterstrom	45	4:06:53
99 Katherine Gardiner	47	4:26:55
102 Susan Davenney	41	4:28:53
107 Sally Paterson	48	4:31:49

Women's Seniors (23 Total):

4 Jean Thomas	53	3:49:00
---------------	----	---------

Men's Masters (1046 Total):

12 James Toulouse	40	2:43:59
99 Philip Pierce	47	3:02:20
156 Frank Ferland	40	3:08:06
219 Ronald Deprez	44	3:13:10
302 William Davenney	44	3:19:12
320 James Paterson - Spouse	47	3:20:38
516 Loren Lathrop	40	3:36:58
717 Brian Cullen	47	3:55:39
727 Edward Saint John	49	3:56:55
871 Warren Foye	41	4:15:08
887 J.J. Kazalski	43	4:17:27
979 Rick O'Brien	43	4:40:50

Men's Seniors (299 Total):

10 Bob Coughlin 3	50	2:58:24
12 Robert Payne	50	3:00:52
23 Russell Connors	56	3:10:57
67 Michael Cowell	51	3:22:07
92 Walter Webber	59	3:28:39
93 John LeRoy	52	3:28:49
95 Robert Jolicoeur	52	3:29:34
140 Paul D'Amboise	59	3:42:07
196 Robert Wyman	52	3:57:31

Men's Veterans (36 Total):

10 Carlton Mendell	67	3:34:17
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Hyannis Half Marathon March 4

MTC Finishers:

269 Bill Davenney	1:34:54
285 Joan Lavin	1:36:36
618 Barbara Coughlin	1:50:37
762 Warren Foye	1:58:47

Hyannis Marathon

MTC Finishers:

28 Ron Johnston	2:59:12
248 Jean Thomas	3:57:50
275 Candace Karu	4:19:05
286 Sandra Utterstrom	4:28:33

NAME THAT NEWSLETTER

It has been almost 10 years and this publication still has no name! Help us, help the club, NAME THAT NEWSLETTER, win a prize!

NEWSLETTER NAME _____

YOUR NAME _____

PHONE NUMBER _____

COMMENTS _____

WANT TO BE A RACE VOLUNTEER?

- April 16 Patriot's Day 5 Miler Call Dave Paul 797-4242
- April 29 April Amble Call Maureen Sproul 799-1501 or 926-4681
- May 6 Berwick DARE Race Call Everett Moulton 799-2894
- May 19 Officer Friendly Call Rob Laskey 729-4104
- May 19 So. Portland DARE Race Call Everett Moulton 799-2894
- May 20 Sugarloaf Marathon/15K Call Sue Davenny 772-1787
- May 27 Oakhurst Milk Run Call Charles Scribner 772-5781, Ron Deprez 772-4312

NEWS FROM MICHIGAN

MTC member LTC Bob Antoniuc sent us a note and some race applications. If you happen to be in Michigan, April 29th, there is the Michigan Trail Marathon & Half Marathon. Bob also highly recommends the Annual Old Kent River Bank Run, May 12th, a 25K, in Grand Rapids. Bob and his family will be in Maine in July for some Penobscot River whitewater rafting and a road race or two. Sue Davenny has the Michigan race applications.

NEWS FROM IRELAND

Andy and Erin MacLean are living in Galway, Ireland. Andy is attending University College GALWAY, taking courses in international law and doing an independent study. Erin is doing some media research for a law professor and proofreading for the Irish Printing and Type-setting Co. They've done some touring, including a visit to Blarney Castle, kissing the stone, and to Scotland on the isle of Mull where the MacLeans are from. Their address is 20 Seaview Court, College Road, Galway, Ireland.

MTC RACE SCHEDULE CHANGE

Oct. 7 Falmouth Lions Club 10K is cancelled.

MTC VOLUNTEERS FOR SUGARLOAF MARATHON/15K

We would like to offer Chip Carey and the Central Maine Striders help with the marathon and 15K. If you can be a volunteer, please call Sue Davenny by May 6, 772-1787. A list will be sent to Chip Carey. The marathon begins at 7:00am.

RUN WITH A FRIEND

Portland Area

Early Morning Group, USM, Portland, Gym Lobby. No showers unless you have a Lifeline membership. Parking in USM lots by sticker. Start time (5:15-6:00am) and mileage (4-10 miles) varies each day. Call Bill Davenny 772-1787 or Bill Stuart 799-5961. Pace: 8-10 min. per mile. Long runs on weekends from homes, Sat/Sun. Call for location.

The Rat Pack, call All Butler at 772-6463 or John Gale at 775-5017. Pace: 7:00-7:30 min. per mile. Call for location.

The Portland Hash House Harriers, watch the newsletter and Sara's column.

Brunswick

Call John LeRoy at 725-8680. Sunday runs at 9:00am from Brunswick Junior High School, 4-8 miles. Also Saturday long runs and intervals. Call John for time and location.

Saco, Biddeford, Kennebunkport, Kennebunk?

We have a large number of members in these towns. Want to start a training group? Send a name and number to the newsletter editor for this column.



MAINE RUNNING HALL OF FAME

FEBRUARY 17, 1990



L to R Danny Paul, Bruce Bickford, inductee and Bob Payne



Dave Paul (L) with inductee Ralph Thomas



Ken Dolley with inductee Joan Benoit Samuelson



Ken Flanders (L) inductee with Danny Paul

1990 Officers and Committee Chairpersons

Bill Stuart	President	799-5961
Peter Bastow	Vice President	829-3669
Susan Davenney	Secretary	772-1787
Rob Laskey	Treasurer	729-4104
Charlie Scribner	Race Committee	772-5781
Candice Karu	Newsletter Editor	967-4257
Barbara Coughlin	Member at Large	799-0463
Carlton Mendell	Member at Large	797-7806

John LeRoy
Loren Lathrop
Ruth Hefflefinger
Herb Strom
Melvin Fineberg
Don Penta
Ken Dolley

Course Certification	725-8680
Course Certification	772-8356
Membership	797-4625
Past President	799-7705
Clothing	774-8868
Statistician	892-4526
Member at Large	846-6018

Maine Track Club, Box 8008, Portland, Maine 04104 * A non-profit organization

WANTED: NEWSLETTER SPONSORS!

MTC gratefully acknowledges the generosity and support of those members listed at right. If you would like to become an individual sponsor, please send \$10 to the Maine Track Club, Box 8008, Portland 04104.

To become a corporate sponsor, your donation of \$25 should be mailed to the same address. Prime sponsorships in the amount of \$50 will reserve you advertising space in the newsletter. For details, contact the Editor at the number listed above.

All donations are gratefully accepted!

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Treasurer's Report

TREASURER'S REPORT March 6, 1990

Funds on Deposit February 6, 1990 \$ 6,067.77

Receipts:

Membership	\$ 405.00
Banquet	\$ 185.00
Donations	\$ 45.00
Interest	\$ 24.54

\$ 659.54
\$ 6727.31

Disbursements:

*Charles Scribner	\$ 65.00
Registration RRCA convention	
*Bill Stuart	
RRCA convention	\$ 310.00
*Herb Strom	\$ 7.50
Trophy plates-Handicap race	
*Big Red Q Printing	\$ 165.32
Newsletter	
*Sue Daven	
Banquet expenses	\$ 52.17
Misc. expenses	\$ 34.50
*Sue Davenney	\$ 13.65
Banquet Photos	
*D.F.'s Trophy World	\$ 104.65
Plaque and logo-Awards	
*Maine Running & Outing	\$ 40.00
Ad Mid Winter Classic	
*Bob Payne	\$ 123.00
Mid Winter Classic expenses	
*Maria Keefe	\$ 48.00
Mid Winter Classic expenses	
*Ruth Hefflefinger	\$ 75.00
Postage-newsletter	
*Rainbow Racing System	\$ 42.25
Numbers Mid Winter Classic	

\$ 1,081.04

Funds on Deposit March 6, 1990

\$ 5,646.27

Robert M. Laskey
Robert M. Laskey
Treasurer

DON'T FORGET! APRIL 11 - 7pm



AP PHOTO

Lynn Jennings believes her training has her right on track as she prepares for the World Cross-Country Championships March 25.

This just in: Lynn Jennings won the Women's Senior Title at Aix Les Bains France, completing the 6 k course in 19:21.

HYANNIS HALF-MARATHON
AND MARATHON
March 4, 1990

While tanned movie stars and bronzed beach bunnies were grooving in a gentle, 65° drizzle at the LA Marathon, a contingent from the Maine Track Club chose the (supposedly) kinder, gentler race alternative in Cape Cod. The Early Morning Group, hosted by our intrepid leader Bill Stuart, were kind enough to include me (a late morning kind of a runner) in their caravan to the race on Saturday, March 3. After several carbo-loading rest stops along the way, we arrived at the truly magnificent Stuart Family Estate (SFE) on a deeply cold, somewhat windy afternoon. A quick trip to Barnstable High School for packet pick-up was accomplished before a huge carbo-loading lunch. Then back to the high school to hear Johnny Kelley speak and sell his art work. Later that night, we returned to the SFE for a Big Chill-type carbo-loading dinner and (just to be safe) a few carbs for dessert.

Race day dawned sparkling blue, but very cold and windy once again. Having only run one previous marathon, I was unaware of the singular torture of a double-loop course. Of the approximately 1500 entrants, it seemed like about 1487 ran the half-marathon, leaving only a handful of silly, tired, cold people to do the course One More Time. I was enormously disappointed that, although I passed the Kennedy compound not once but two times, not even Arnold came out to give me a word or two of encouragement.

The entire Early Morning Group was wonderful throughout the trip. Sandy Utterstrom, Kathy Gardiner and I ran together and encouraged each other for many miles. They ran out of Exceed around mile 17, but Sandy's Boy Scout like preparedness and the kindness of Al Utterstrom on his bike and Kathy Foye and Sue Davenny along the way kept us supplied 'til the bitter (and I do mean bitter) end. Sue even ran the last several thousand miles (or was it only 7?) with me. Now that's a true friend.

I can't remember a more painful race or a better one! Thanks, Early Morning Group, for letting me tag along.

Candace Karu



New MTC Member Ron Johnston who finished 28th in the Marathon.



Sandy Utterstrom and Runner/Artist Johnny Kelley.



Kathy Gardiner (L) and Candace Karu before the Marathon!

MAINE TRACK CLUB MEMBERSHIP FORM

___ 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. ____/____/____

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ADDRESS _____, HOME PHONE _____

CITY _____, STATE _____, ZIP CODE _____

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OTHER INTERESTS: _____

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