

# Maine Track Club

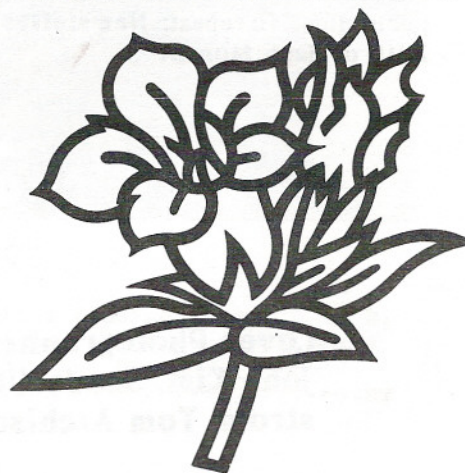
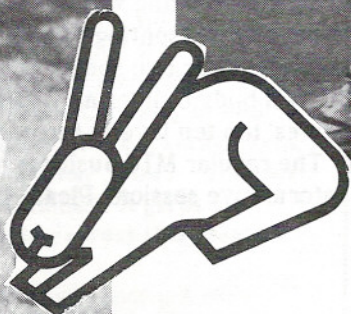


Run with a friend...

April 1991



SPRING FEVER!





# FROM THE EDITOR

Boston! This one word alone conjures up magical images for runners of all abilities from around the world. We are lucky that it is a race run practically in our back yard. Those of you who qualified and who are running this year should be just a little nervous as you read this. Only a few more days and all the years you have spent running will culminate in what many say is the most emotional race of their lives. Good luck to you all.

Hopefully, this will be the month, at long last, that we give this poor publication an official name. Please take the time to send us your vote. The name should be announced by next issue.

Help! The Newsletter is in desperate need of an Advertising Manager. My parttime job is vying for more and more of my attention, so I'm not able to build the revenue that I know is out there with advertisers. This would be a wonderful (and much needed) way to fulfill your volunteer obligation to the Club. If this sounds like a task that might interest you, please call me at 967-4257.

Once again, I would encourage all MTC members to think about submitting a story or a story idea. Club members would love to hear about an out-of-town race, an unusual experience on a usual run, your philosophy about running, any bit of running lore that you might want to share. The most positive comments I get about the Newsletter are always about "the stories." Race stories, camp stories, literary shooting the breeze. I like to include a Member Profile every month, so you might try writing about your running partner or a runner you've always admired. My little fingers get numb putting the Newsletter together (not to mention the strain on my already overtaxed little brain)! So please, send me your words or your ideas.

And as you think of the many articles you would like to write for the newly named Newsletter, keep in mind our new deadline. Please submit all information to be included no later than the 20th of the month before publication. To repeat: **Newsletter Deadline - The 20th of Each Month!**

**Cover Photographs L to R:  
John Kim, Sandy Utter-  
strom, Tom Atchison.**

## NAME THAT NEWSLETTER

It's time to make that agonizing decision. It's time to take the bull by the horns. It's time to NAME THAT NEWSLETTER! Below are the names you have to choose from. We will be voting on a name at the April 10th membership meeting. If you will not be at the meeting, please circle your choice and mail it to me before April 10th at P.O. Box 8008, Portland, ME 04104. OK, kids, get to work. Remember circle ONE name only.

The Runaround  
The MTC Mercury  
The Finish Line  
Maine Running Tracks  
The Personal Record  
The Maine Course  
The MTC Messenger  
The Pace Setter  
The Runners' Connection  
The Split Times  
Running Crossroads  
Mainely Running  
MTC Musings  
Running Partner  
MTC Musings

## NEXT MTC MEETING

**WEDNESDAY - APRIL 10 - 7:00 PM  
SMTC - MACHINE TOOL AUDITORIUM**

April's meeting will feature two respected Maine athletes representing The Maine Alliance for Drug Free Athletes. Our two speakers will be Joann Madden, a well-known body builder and Jeffrey Glazier, one of the United States' top ten javelin throwers.

The regular MTC business meeting will follow this informative session. Please join us!

**Best Wishes From**

**The Village Cafe  
of Portland, Maine**



# PRESIDENT'S PAGE

3

When you read this article, many of you will be in your final days of training for either the Boys' Club 5 miler or the Boston Marathon. Both of these races are renowned events, and evoke a special kind of anxiety in a runner's mental and physical preparation. As the weather and race schedules begin to warm up, I would urge members of the Maine Track Club to seriously consider wearing MTC clothing and colors when participating in the Girls/Boys Club Race and at Boston. There are a few reasons why I feel this way.

Obviously, MTC identification is instant recognition, and will create a feeling of belonging to a large, supportive group when you see others representing MTC.

You may not know the person, but if you both are wearing the MTC colors, it's very easy to strike up a conversation, make a new running friend, and strengthen the friendly ties of the Club.

Wearing some MTC clothing can also be a signal for someone who is interested in knowing more about the club to seek you out for particular MTC information, and possibly gain a new member.

In a big race like Boston, I know how the spectators pick out names, phrases, logos, etc., of the runners and shout out encouragement using these identifying words. Sometimes in an important race or marathon, this particular encouragement can make the difference in your place of finish, or even keep you going so that you do finish!

The 1985 Boston Marathon turned into an exceptionally hot and humid day. Many quality runners were dropping out after running 10 or 12 miles. I was feeling the effects of the heat too, and began to really struggle going into the Boston College Area of the course, around the 19 or 20 mile mark. I seriously thought that I might "pack it in." Going up the long stretch at Boston College, I began to hear a loud chant that got increasingly louder and louder: "Maine...Maine...Maine," over again on both sides of the crowded avenue. I couldn't believe what I was hearing!

As I got nearer to the mob scene, I realized that someone had spotted my Maine Track Club singlet and the chant had begun. Talk about thrilling encouragement, chills up your spine, and tearful emotion...Wow! "You can do it Maine." "Not much farther, Maine." It gives me goose bumps even today as I try to express this great thrill.

Needless to say, that wonderful experience got me to the finish line at Boston. Yes, wearing the "MTC Colors" has its benefits for the Club and for you!

See you at the races.

*Peter*

## RUN WITH A FRIEND

### Portland

**The Early Morning Group**, USM, Portland, Gym Lobby. No showers unless you have a Lifeline membership. Parking in USM lots by sticker. Start time varies from 5:15am to 6:00am. Distance varies from 4 to 10 miles. Pace 8-10 minute miles. Call Bill Davenny 772-1787 or Bill Stuart 799-5961 for info. Long runs on weekends from members' homes.

**The Rat Pack**, pace: 7:00-7:30 minute miles. Call Al Butler 772-6463 or John Gale 775-5017 for info.

### SOUTH PORTLAND New Group!

For the evening runner, 5:30pm, various locations in South Portland. Contact Everett or Donna Moulton at 799-2894.

### Brunswick

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

### ANY OTHER GROUPS OUT THERE ANYWHERE?

Send info to Sue Davenny at the PO Box for the Run With a Friend Column. Individual requests for running partners welcome, too. Ed Patton, did you get some calls?



**Inaugural South Portland Evening Group**, L to R, standing: Everett Moulton, Russ Bradley, Donna Moulton, Scott Moulton, Sue Davenny. Seated: Pat Buckley, Herb Strom, John Kazilionis, Kathy Shore.



# MEMBERSHIP MEETING

MTC MEMBERSHIP MEETING MARCH 13, 1991 SMTc

President Peter Bastow opened the meeting at 7:04. Over 60 people attended.

**New members and guests** included Chris Co-meau, Bob Cormier, Ed Patton, Dana Seguin, Patty Medina, and Rob Spaulding. Sorry, I missed two other names. Welcome! No one present had recently run a first race.

**President's report:** The Race Committee is working hard on the Directors Conference for this Saturday. TAC dues for the club will be paid for 1991. Please encourage membership renewals. The next newsletter will be mailed in envelopes which will allow us to accept inserts. Enclosure fees will be \$40 for non-MTC events and \$20 for MTC events. Volunteers are needed for the club social committee.

**Secretary's report** was approved as published.

**Treasurer's report** showed a balance of \$11,075.32 as of March 4th.

**Board of Directors report:** Approved a 1/4 page ad in Mainely Running for one year. Appointed Sue Davenny as delegate to RRCA Convention. Approved sending Ruth Hefflefinger also for computer workshop. Declared Bill Stuart and Candace Karu President's Club Patrons for donations of photographs and half-tones for the newsletter.

**Newsletter:** The next deadline is April 12. We will ask Candace to put newsletter name suggestions in the next issue for member voting.

**Race Committee:** The Race Directors Conference is this Saturday, the 16th. Lunches will be provided for the director or assistant registered for the conference. **Roland Dyer Races:**

Dennis Morrill asked for more volunteers and requested that no one park on the side of the street. Use one of the parking lots. **April**

**Amble:** Athletic Director, Rob Spaulding, said the course will stay the same. Applications on hand. **Course Certification Workshop:** April 7, 1:00pm, Parkview Hospital Community Room.

**Kerryman Pub:** cancelled because of lack of support from the restaurant. **Mt. Washington Road**

**Race:** MTC has 5 reserved entries in exchange for 4 volunteers to the race. Those not accepted in the lottery may apply to the club for the reserved entries. **Boys' and Girls' Club 5 Miler:** volunteers needed also for kids run and MTC booth on Sunday. **Race Directors and Coordinators** needed for Family Crisis Shelter 4 Miler, Bowdoin 10 Miler, Children's Museum Old Port

Event, New Year's Portland 5K, and the April Amble.

**Maine Running Hall of Fame Banquet:** Don Penta reported an attendance of 75-80 in Bangor for the induction of Sam Ouellett, Emery Plourde, Robin Emery Rappa, Roland Dyer and Andrew Sockalexis.

Peter encouraged everyone to use their MTC bumper sticker. Herb brought greetings from Kim Moody. Sue will be sending t-shirts to Stephanie Fischer to replace those she lost in a fire. Tom Dann enjoyed seeing so many MTC people at Hyannis Marathon & Half Marathon. Run & Hot Cross Buns Brunch at the Davenmys on March 30th. Next So Portland evening run, Tuesday at 5:30pm at the high school. Chili at the Moultons following the run. John Kim will be doing his 4th marathon of the year next weekend. First issue of Mainely Running will be out this month. Herb Strom won the 50/50 raffle.

Meeting adjourned at 8:45pm!!!

Respectfully submitted,

*Susan Davenny*  
Susan Davenny  
Secretary

## TREASURER'S REPORT

Funds on Deposit as of February 3, 1991 \$ 4,929.83

RECEIPTS:		
*Membership	\$	2,722.00
*Banquet	\$	1,835.50
*Mid Winter Classic	\$	1,492.22
*New Years Portland Mgt. Fee	\$	155.00
" " " Insurance	\$	50.00
*50/50 Raffle	\$	82.00
*Clothing	\$	39.50
*Donation	\$	35.00
*Interest	\$	34.24
		\$ 6,445.46
		<u>\$11,375.29</u>

DISPERSEMENTS		
*Ruth Hefflefinger stickers for newsletter	\$	10.32
*Bob Payne expenses Mid Winter Classic	\$	24.00
*Dale Rand flyers Mid Winter Classic	\$	69.30
*Gregg Nelson course certification	\$	20.00
*Dale Rand - Race schedule	\$	76.65
*Postmaster Portland bulk mail fee	\$	50.00
*Ruth Hefflefinger - Postage	\$	32.70
*Returned Check	\$	17.00
		\$ 299.97
		<u>\$11,075.32</u>

Funds on Deposit as of March 4, 1991





Patty Medina

#### WOULD YOUR FAMILY LIKE A NANNY FOR THE SUMMER?

Breffni Kavanagh is a college student in Dublin, Ireland, and would love to live in Maine in the summer of 1991. She is an experienced nanny, having served in this capacity during her college vacation in Newport, RI. She is excellent with children of all ages. If your family is interested, please leave a message with Joan Lavin at 856-6116(w) or 797-6395(h) and your call will be promptly returned. References will be furnished upon request.

#### ENCLOSURE RATES

Beginning with this issue we will be accepting materials for enclosure in the newsletter mailing at the following rates:

Non-MTC Event: \$40  
MTC Event: \$20

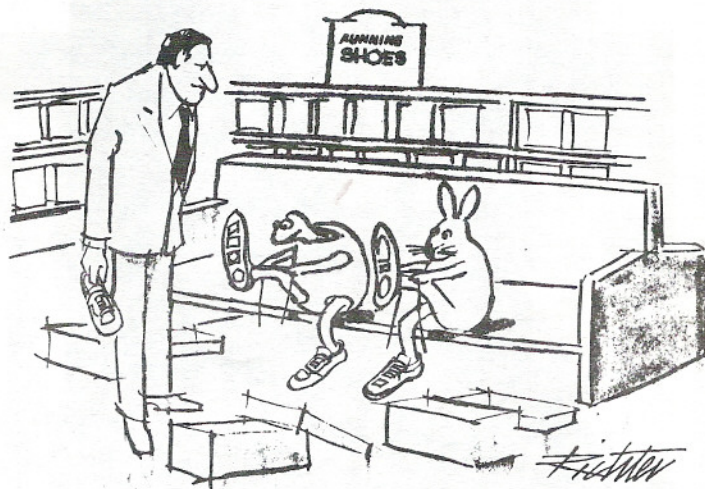
Materials must be delivered to the Brunswick Runners who will be assembling the mailings by the 24th of the month. Contact Rob or Diana Laskey for further information at 729-4104. Last mailing totalled 428.

## NEW MEMBERS

NAME & ADDRESS	TELEPHONE	OCCUPATION	AGE
Watson Gribbin 17 Chapman St. Portland, ME 04103	H797-5486	Retired	72
Nora Stetson 37 Sterling Ave. South Portland, ME 04106	H799-2751	Nurse - Mercy Hospital	62



New Members at the February Meeting: L to R, Greg Parker, Brenda Keene, Al Farris.





# ANNUAL MTC AWARDS BANQUET

It may look like A Tribute to Bill Stuart, but the night belonged to the many honored at the Annual MTC Banquet. It was a glorious evening enjoyed by Members and their families. Here are some of the highlights of the night.



**Banquet Chairs: Maria Keefe, Kathy Foye, Pres. Bill Stuart, Sandy Utterstrom.**



**Jerry Saint Amand**



**Repeat Race Directors: Front Row: Bob Payne, Evertt Moulton, Sumner Weeks. Middle Row: Sandy Utterstrom, Sue Davenny, Ruth Hefflefinger, Carole Weeks, Jean Thomas. Top Row: Rob Laskey, Maria Keefe, Charlie Scribner.**



**MTC Runner of the Year George Towle with Bill Stuart.**



**Maine Runners of the Year: Peter Lessard and Edie Dubord.**

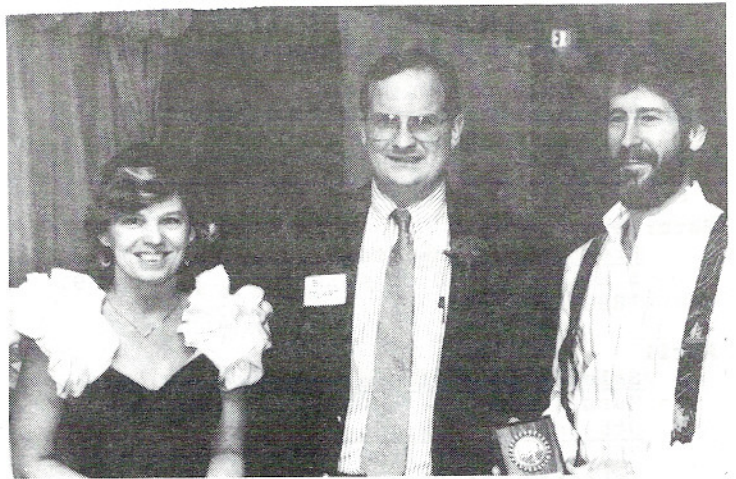




**The John Fyalka Award Winner: Sue Davenny**



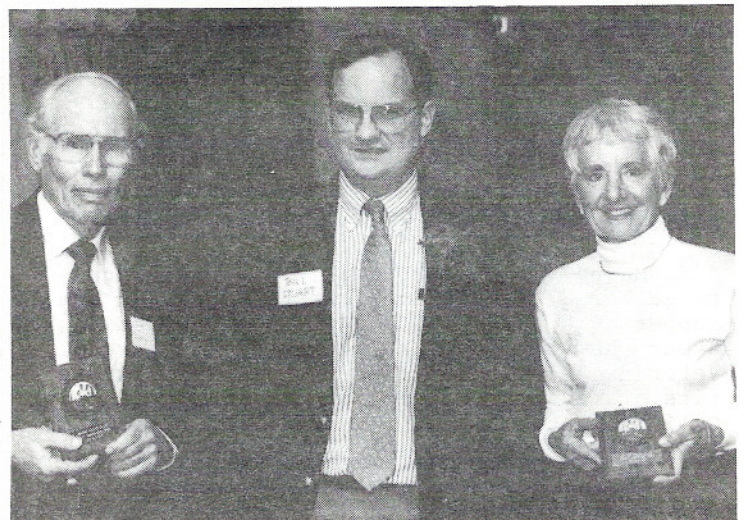
**Board of Directors: Front Row: Charlie Scribner, Herb Strom, Bill Stuart. Middle Row: Rick Strout, Candace Karu, Ruth Hefflefinger, Sue Davenny. Top Row: Carlton Mendell, Rob Laskey, Peter Bastow, Barbara Coughlin.**



**Most Improved 40-49: Donna Molton and Tom Atchison.**



**First Time Race Directors: Loren & Jane Lathrop, Mel Pineberg, Presenter Charlie Scribner, George Towle, Kathy & Warren Foye.**



**Most Improved 60 and Over: Russ Bradley and Dolores Billings.**



# UPCOMING EVENTS

## Saturdays:

Fresh Pond Runs; Cambridge, Mass.; 2½ & 5 Miles; at 10:00 AM; Contact: (617)391-1899

## April

- 6 Salem State College Recession 4M; Salem Mass.; Contact: (508)741-6580ext62
- 7 9th Annual Championship Run; 11:00 AM; 25K (15.5 Mi); from Union, Maine; Registration at Rockland H.S. from 9:30 AM; Contact: Vern Demmons, 273-2594 or Central Maine Striders, P.O. Box 1177, Waterville, ME 04901.
- MDA-Boston Milk Run 10K (10th); Contact: DMSE, Inc., 430C Salem Street, Medford, MA 02155.
- Cohasset by the Sea 10K (14th); 1:00 PM; Cohasset, Mass.; Contact: Peter Logan, Box 36, Cohasset, MA 02025, (617)383-1944.
- Red's Shoe Barn/Nike 5 Mile Spring R.R.; Dover, NH (at Red's); Contact: Red's Shoe Barn, 35 Broadway, Dover, NH 03820, (603)742-1893.
- 13 7th Annual Terrier Trot 5 Miler; Thomas College, Waterville; 9:00 AM; Contact: Jerry Saint Amand, Central Maine Striders, P.O. Box 1177, Waterville, ME 04901, 873-6753.
- 14 2nd Annual Portland Patriots Day Children's 1 Miler; for boys & girls, 12 & under; 12 Noon; at Portland Boys & Girls Club; Contact: David Paul/Steve Muslawski, 277 Cumberland Avenue, Portland, ME 04101 (days) or David at 797-4242(eve).
- Portland Patriots Day Pre-Race Open House; 12 Noon to 4:00 PM; Running & Health clinics, spaghetti dinner; Location & contact: see above.

- 15 62nd Annual Portland Patriots Day 1 Miler; Portland Boys & Girls Club; 12 Noon; Entries: Special Pre- (includes open house spaghetti dinner, t-shirt, & race entry) \$10, Pre-entry (t-shirt & race entry) postmarked before 4/2/'91, \$8, Post-entry (race entry only) \$8; Contact: David Paul/Steve Muslawski at above.
- 95th Annual Boston Marathon; 12 Noon; Contact: BAA Boston Marathon, Bcx 1991, Hopkinton, MA 01748, (508)435-6905.
- 20 10th Annual Unity Spring 5K; from Unity College; 9:00 AM/ \$3 entry, Race Day Registration Only!!; Contact: Ed Raiola, 948-3131; a CMS event.
- 21 Rape Crisis 5K; from Waterville YMCA; 8:30 AM/ \$6 entry; Proceeds to benefit the Waterville Rape Crisis Center; Contact: Jerry Saint Amand, 873-6753; CMS event.
- Rape Crisis 5K; from Hodgkins School, behind Cony H.S., Augusta; 1:00 PM/ \$6 entry; Proceeds to benefit the Augusta Rape Crisis Center; Contact: Jerry Saint Amand, 873-6753.
- 27 15th Annual Westbrook College April Amble; from Westbrook College, Portland; 1 Mile Fun Run (14 years & under) at 9:30 AM (\$2 entry); Classic 4 Miler at 10:00 AM (\$6 pre-entry, \$8 after April 20), race day registration between 7:30 & 9:45 AM; T-shirts to first 150 who pre-enter; Contact: Rob Spaulding at Westbrook College (797-7261, "Athletic Dept.") or Maine Track Club, P.O. Box 8008, Portland, ME 04104.
- 9th Annual Togus Road Race; 5 Miler; from Togus Veterans Administration Center; 9:30 AM; Contact: Chris Bovie, 623-8411 Ext.5571(days) or Central Maine Striders, P.O. Box 1177, Waterville, ME 04901.
- 28 7th Annual James Joyce Ramble 10K; 11:00 AM; Dedham, Mass.; Contact: Martin Hanley, 62 Highland Terrace, Dedham, MA 02026, (617)329-9744.

## BOSTON BOSTON BOSTON BOSTON BOSTON

Maine Track Club Runners are encouraged to gather at the official Boston Marathon eve supper at 5:45pm. There will be information about the supper at the packet pick-up area. Veterans and rookies can exchange last minute tips. Wear and look for others in MTC clothing. Call the House of Mel (774-8868) if in need of proper attire.

For those of you who plan to run Boston, Club member Dolores Billings has generously offered her apartment in Boston for those of you needing a post race shower and/or meeting place. She has also said that she could put up one person for the night before the race. Her apartment is only a short walk from the finish line, but is tiny, so call ASAP. Dolores can be reached during the week at 617/424-1729 and on the weekends in Kennebunkport at 967-9849.

If you haven't met Dolores, she was our covergirl for the March Newsletter and the winner of the Club Handicap Race.



# RACE RESULTS

12th Annual Killarney's 10K - 152 Fin.  
Waterville, Maine - March 10, 1991

## Top Overall Finishers:

1 Rob Spaulding	35	33:24
2 David Burnham 1,20-24	24	34:20
3 Tom Thibeau 1,30-34	32	34:29
4 Stu Hogan 1,25-29	29	34:34
5 Steve Reed 1,40-44	43	34:43
28 Veronica Knight	23	39:44*
31 Robin Emery Rappa 1,40-44	44	39:58*
52 Audrey Augstin 1,24-29	24	42:28*
53 Susan Clark Whittier	33	42:35*
64 Dara Jones 2,30-34	34	43:46*

## Other Top Division Finishers:

9 Paul Fagan 35-39	38	36:31
10 Jeff Mills, Jr. 19&under	17	37:08
17 Doug Ludewig 50-54	51	38:53
24 Joe Richards (MTC) 45-49	47	39:28
75 Clifford Hall 55-59	55	44:46
81 Carlton Mendell (MTC) 60&+ 69	44	44:56
101 Louisa Dunlap 50-54	50	47:01*
107 Erin Force 19&under	17	47:56*
131 Sally Harwood 35-39	38	51:31*
133 Pam Berman 25-29	26	52:54*
148 Ruth Jolicoeur 45-49	48	64:45*
150 Shirley Fenlason 55-59	55	80:03*
152 Mardie Brown 60&over	73	89:45*

## Other Maine Track Club Finishers:

20 Bob Payne 2,50-54	52	39:20
25 Carl Fogg	42	39:33
32 Scott Fone	30	39:59
34 Clyde Coolidge	52	40:14
38 John Cullen	39	41:07
47 Dale Rines	38	41:55
48 Phil Pierce	49	42:00
50 Jim Sullivan	44	42:15
59 Richard Scribner	39	43:03
67 Brad Davis	36	44:01
86 Russ Bradley 2,60&over	67	45:22
87 Mike Cavanaugh	40	45:24
110 Malcolm Washburn	37	48:01
115 Eric Ellis	38	48:43
122 Warren Wilson	57	49:39
136 Harry Giddings	57	55:44
137 Linda Richards 2,25-29	28	55:46*
142 Judy Grassi	31	59:49*

(More Killarney's):

Race Results are carefully  
compiled and edited by  
Don Penta each month.

(Killarney's Continued):

A great running weekend in Central Maine: Robin Emery getting inducted in the Maine Running Hall-of-Fame on Saturday & setting a new women's master course record at Killarney's on Sunday; 20 MTC finishers at Killarney's; and Phil Pierce owing Dale Rines an "I beat Phil" t-shirt!!

Conditions: cold, spitting snow, and gusting winds.

Many thanks to the Central Maine Striders for very prompt sending of complete results!

Inaugural Crosby Park 4 Miler - 31 Fin.  
Dexter, Maine - March 3, 1991

1 Brent Leighton	21	21:48
2 Giles Norton	35	21:59
3 Cliff Rogers	32	22:10
6 Jeff Mills, Jr.	17	23:21
11 Gary Larson	45	24:58
15 Sheila Hodges	35	27:37*
20 Carlton Mendell (MTC)	69	28:22
22 Russ Bradley (MTC)	67	28:56
26 Warren Wilson (MTC)	57	31:15
28 Donnajean Pohlman	40	34:01*
30 Leona Clapper	60	36:48*

Thanks again to the Striders for complete results!



Maine Track Club Handicap Race

Jeanne Richmond



# 1991 Officers and Committee Chairpersons

Peter Bastow	President	829-3669	John Leroy	Course Certification	725-8680
Sumner & Carol Weeks	Vice President	774-7302	Maureen Sproul	Photography	926-4681
Susan Davenney	Secretary	772-1787	Ruth Hefflefinger	Membership	797-4625
Bob Laskey	Treasurer	729-4104	Bill Stuart	Past President	799-5961
Charlie Scribner	Race Committee	772-5781	Melvin Fineberg	Clothing	774-8868
Candace Karu	Newsletter Editor	967-4257	Don Penta	Statistician	892-4526
Barbara Coughlin	Member at Large	799-0463	Rick Strout	Member at Large	829-3216
Carelton Mendell	Member at Large	797-7806	D. & E. Moulton	Refreshments	799-2894

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!

### PRIME SPONSORS

John Davis  
Carol Pierce  
Widgery & Jonnie Thomas

### SPONSORS

John Woods  
Mel Fineberg  
Maggie Soule  
Richard & Nancy Lemieux  
Malcolm & Adrienne Kidd  
Cynthia Smith



### HYANNIS MARATHON & HALF MARATHON

L to R: Malcolm Washburn, Thea Tibbets, Tom Atchison, Jean Thomas, Lynn Patrick, Johnny Kelley, Bill Stuart, Ruth Hefflefinger, Sandy Utterstrom.

Tom Dann and Nancy Kneeland

Kathy Jacobsen, Bill Davenney, Steve Jacobsen





# THANK YOU, VOLUNTEERS

## 1990 MTC VOLUNTEER T-SHIRTS AWARDED

The following members earned our special annual volunteer t-shirt by working 3 or more races or special projects in 1990. Keep track of the races you work and send in for your shirt at Annual Banquet time.

Eric Tableman	Joan Lavin
Marianne Snekvik	Jeanne Richmond
Jean Thomas*	Sandy Utterstrom*
Jane Dolley	Russ Bradley*
Tom Carll	Maureen Sproul*
Dolores Billings	Marlene Russell
Nancy Stedman	Carol Pierce*
Paul D'Amboise	Donna Moulton*
Jenny Kim	John LeRoy
Ruth Hefflefinger*	Martha Deprez
Debbie Atchison*	Kim Konieczny
Marla Keefe*	Janet Sparkowich
Peter Bastow*	Ken Dolley*
John Kim	Ray Hefflefinger*
Don Penta*	John Gale*
Bill Davenny*	Susan Davenny*
Carlton Mendell*	Rob Laskey*
Diana Laskey*	Bob Cushman*
Warren Wilson	Stephanie Fischer*
Renee Lathrop*	Brian Lathrop*
Loren Lathrop*	Mel Fineberg*
John Woods	Dale Rines*
Maggie Soule*	Fred Beck
Warren Foye*	Kathi Foye*
Russ Connors	Al Utterstrom*
Tom Atchison*	Bill Stuart*
John Gillis*	Everett Moulton*
Steve Jacobsen*	Shelley Lathrop*
John Lavin*	Charles Scribner
Ted Cunningham*	Sumner Weeks
Terry McGovern	*worked more than 3
Richard Scribner*	Jane Lathrop*

## VOLUNTEER COORDINATORS AND RACE DIRECTORS NEEDED

### Volunteer Coordinators for:

May 11 Family Crisis Shelter 4 Miler  
August 18 Bowdoin 10 Miler

### Race Directors for:

June 9 Children's Museum Old Port Event  
Dec 31 New Year's Portland 5K

Call Charlie Scribner 772-5781.

## WANT TO BE A RACE VOLUNTEER?

\*April 14 Portland Boys' and Girls' Club Kids Run, Noon, Call Dave Paul-797-4242  
April 27 April Amble, Call Charlie Scribner - 772-5781.  
May 5 Berwick DARE 5 Miler, Call Kathy MacDonald-698-1567.  
May 11 Family Crisis 4 Miler, Call Charlie Scribner-772-5781.  
May 18 Officer Friendly Youth Runs, Call Rob Laskey-729-4104.  
May 18 So Portland DARE 4 Miler, Call Everett Moulton-799-2894.  
May 19 Sugarloaf Marathon & 15 K, Call Susan Davenny-772-1787.  
\*April 15 Portland Boys' and Girls' Club 5 Miler, Call Dave Paul-797-4242.  
\*April 14 & 15 MTC Booth at the Boys' and Girls' Club, Call Susan Davenny-772-1787.  
May 26 Oakhurst 4 Miler, Call Ron Deprez-772-4312.  
Give a race director a real treat. Call first. Thanks!!!

## MOUNT WASHINGTON ROAD RACE

Maine Track Club has arranged for 5 reserved entries for members to the Mount Washington Road Race. The club must provide 4 volunteers to the race in exchange for the reserved entries. Any member who is not selected through the lottery may then apply to the club for one of the reserved entries. Contact Susan Davenny (772-1787) for information and/or to volunteer.

## 1990 FIRST TIME MARATHONER

Carl Fogg Pine Tree 3:11

Congratulations Carl! Apologies for the earlier omission.

**Applications for the Bruce Ellis Scholarship will be ready April 1 and can be obtained by writing to Carol Weeks at 140 William St. Portland, ME 04103. Or call her at 774-7302. Carol will also have the applications at Club meetings and Club sponsored races.**



12 -

# MAINE TRACK CLUB MEMBERSHIP FORM

## MEMBERSHIP APPLICATION

I hereby make application to the Maine Track Club as follows: (Check 1)

☐ Individual (\$12.00)

☐ Family (\$15.00)

☐ Student (\$5.00) (18 yrs. old maximum)

TODAY'S DATE \_\_\_\_\_

LAST NAME _____	FIRST NAME _____	SEX (M/F) _____	D.O.B. _____
LAST NAME _____	FIRST NAME _____	SEX (M/F) _____	D.O.B. _____
LAST NAME _____	FIRST NAME _____	SEX (M/F) _____	D.O.B. _____
LAST NAME _____	FIRST NAME _____	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 \_\_\_\_\_  
 IF STUDENT: SCHOOL \_\_\_\_\_, YEAR OF GRADUATION \_\_\_\_\_

SEND TO: Membership c/o Maine Track Club, P.O. Box 8008, Portland, Maine 04104

## THIS COULD BE YOUR AD!

The Maine Track Club Newsletter is a fast, inexpensive way to reach over 400 demographically desirable households in Maine.

If your company would like to speak to us about advertising in the MTC Newsletter, just call Candace at 967-4257. Or contact any one of our Officers or Committee members listed on page 10.

The advertising deadline for the Newsletter is the 15th of the month before your ad appears. Call us soon!



# PORTLAND PATRIOTS DAY 5-MILER

Patriots Day—Monday, April 15, 1991



Boys & Girls Clubs of Greater Portland  
Alumni Association

Portland, Maine at 12 o'clock sharp  
Officiated by the Maine Track Club

**Portland  
Press Herald**

Read the Portland Press Herald  
for complete race results.

**Sponsored by:** Boys & Girls Clubs of Greater Portland  
Alumni Association and Portland Press Herald

## Pre-Race Open House

**Sunday, April 14**

**12:00 to 4:00 pm**

Featuring running and health clinics,  
spaghetti dinner from 1 to 4 pm, and lots  
of activities all afternoon.

## 1-Mile Fun Run

**Sunday, April 14**

**12:00 noon**

For boys & girls 12 & under  
(\$2.00 entry) Free if sponsored  
by 5 mile race entrant

### Awards in the following categories:

Male Open            1-15  
Female Open        1-10

Male & Female (1-3 places)  
13 & 14, 15 & 16, 30-39, 40-49, 50-59,  
60-69, 70+.

1st Male B. & G.C. Member  
1st Female B. & G.C. Member  
1st Alumni Member  
1st 200 pound and over

Race results listed in **Mainely Running**  
Course certification pending

### Pre-entry fee: \$8.00

Postmarked by Monday, April 1, 1991 will  
include T-shirt and race packet to first 500  
entrants

### Special Pre-entry fee: \$10.00

Postmarked by Monday, April 1, 1991.  
Race entry T-shirt, spaghetti dinner and other  
activities at Open House to first 500 entrants

### Post Entry fee: \$8.00

Postmarked after 4/1/91  
Race entry only  
Close at 11:30 am day of race  
Dinner only Sunday, April 14, 1991 \$3.00

## Official Entry Form

<input type="text"/>	<input type="text"/>
LAST NAME	FIRST NAME
<input type="text"/>	<input type="text"/>
ADDRESS	SEX      AGE ON 4/15/91
<input type="text"/>	<input type="text"/>
CITY	STATE      ZIP CODE
<input type="text"/>	<input type="text"/>
AREA CODE      TELEPHONE      ZIP CODE	Shirt size (circle one)      S   M   L   XL

Make checks payable to:  
B. & G.C. Alumni Association  
and mail completed form plus  
entry fee to:  
David Paul/Steve Muslawski  
Race Directors  
277 Cumberland Avenue  
Portland, ME 04101



I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone acting on my behalf, waive and release the Maine Track Club, the city of Portland and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

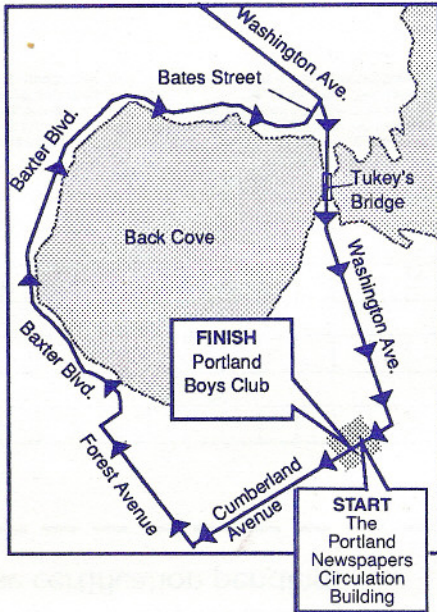
Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian if under 18

"NO REFUNDS"  
"NO RADIO HEADSETS ALLOWED"  
"NO BABY STROLLERS"

Official Use Only

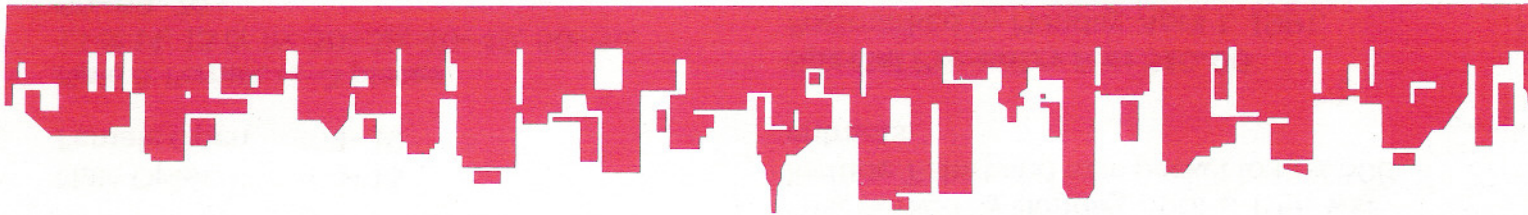




The Portland Boys & Girls Club 1991 Patriots Day 5-Miler starts at the driveway behind The Portland Newspaper circulation building between Pearl and Myrtle Streets on Cumberland Avenue. Runners proceed west on Cumberland Avenue to Forest Avenue, north on Forest Avenue to Baxter Boulevard.

Continue around Baxter Boulevard, bear left to Bates Street, turn right at light onto Washington Avenue, cross Tukey's Bridge to Cumberland Avenue. Continue west along Cumberland Avenue to the finish line in front of the Portland Boys & Girls Club.

# PORTLAND BOYS & GIRLS CLUB



Boys and Girls Clubs of Greater Portland  
277 Cumberland Avenue  
Portland, Maine 04101

NONPROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
PORTLAND, ME  
Permit No. 349



# 1991 FAMILY CRISIS SHELTER RUN

## 4 Mile Road Race May 11, 1991



All proceeds donated to



### The Family Crisis Shelter



Sponsors:

Olympia Sports

Coastal Silkscreen

The Surplus Store

Anania Strand & Associates



The Family Crisis Shelter

*c/o Anania Strand & Associates*

*P.O. Box 577, Portland, Maine 04112*

# 1991 FAMILY CRISIS SHELTER RUN



# 1991 FAMILY CRISIS SHELTER RUN



Sponsored by:  
**OLYMPIA SPORTS**  
**COASTAL SILKSREEN**  
**THE SURPLUS STORE**  
**ANANIA STRAND & ASSOCIATES**



**DATE:** Saturday, May 11th at 9:00 a.m.

**PLACE START:** Preble Street Extension and Baxter Boulevard Intersection

**RACE DISTANCE:** 4 Miles, wheel measured (flat, loop course, traffic controlled)

**COST:** \$7.00 pre-registration; \$8.00 day of race. Race Day Registration 7:30-8:45

**FREE T-SHIRTS** to the first 100 pre-registrant runners

**AWARDS** to the following males and females: OPEN -1st, 2nd, 3rd; Age 19 and under - 1st, 2nd; 20-29 - 1st, 2nd; 30-39 - 1st, 2nd; 40-49 - 1st, 2nd; 50-59 - 1st, 2nd; 60 and over - 1st, 2nd

**Pre-registration** by mail until May 6th

**Make checks payable to:**

The Family Crisis Shelter  
 c/o Anania Strand & Assoc.  
 P.O. Box 577  
 Portland, ME 04112

**For further information** call Monique Isherwood at 207-871-1861

**PROCEEDS DONATED TO:**



## The Family Crisis Shelter

1991 FAMILY CRISIS SHELTER RUN  
 May 11, 1991  
 \$7.00 pre-registration; \$8.00 day of race  
 Tax Deductible Donations gladly accepted

Do not write in this space

☐ I would like information about the Family Crisis Shelter

**NO REFUNDS, EXCHANGES or TRANSFERS**

Last Name _____		First Name _____	Birth Date _____	Age _____	M <input type="checkbox"/> F <input type="checkbox"/> Sex
Mailing Address _____	Street _____	Include Apt. No. and/or C/O _____	Area Code _____ Phone _____		
City _____	(Check here if this is a change of address <input type="checkbox"/> )		State (or Country if not USA) _____		Zip Code _____
Exact Name of Team _____			Check T-Shirt Size: M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/>		

**NO BABY STROLLERS OR RADIO HEADSETS ALLOWED**

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to, falls contact with other participants, the effects of the weather, including high heat / or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENTS SIGNATURE

IF UNDER 18 YEARS \_\_\_\_\_

PLEASE MAKE CHECKS PAYABLE TO:

THE FAMILY CRISIS SHELTER  
 c/o ANANIA STRAND & ASSOCIATES  
 P.O. BOX 577  
 PORTLAND, ME 04112

Enclosed Please find a check for:

\_\_\_\_\_ \$7.00 pre-registration for race  
 \_\_\_\_\_ contribution for the Family Crisis Shelter  
 \_\_\_\_\_ Total



WESTBROOK COLLEGE IN ASSOCIATION WITH THE MAINE TRACK CLUB  
PRESENTS THE 15TH ANNUAL

# "APRIL AMBLE" 4-MILE RACE

SATURDAY, APRIL 27, 1991 at 10 A.M.

1-MILE "FUN RUN" at 9:30 A.M.



**LOCATION:** Both Running events will start and finish at Westbrook College, located on Stevens Avenue in Portland, Me.

**TIME:** 9:30 A.M. "FUN RUN" 1-MILE (14 & Under)  
10 A.M. 4-MILE ROAD RACE \*Pre-Register by April 20th.

**ENTRY FEE:** \$6.00 Pre-Entry/\$8.00 Post Entry. Checks payable to: Westbrook College  
\$2.00 All "Fun Run" Entrants

**Mail Entries To:** "April Amble" 4-Mile Race

(Return Bottom Portion) Westbrook College Athletic Dept.  
716 Stevens Avenue, Portland, ME. 04103

**RACE INFO:** 207-797-7261 ask for "Athletic Dept."

\*\*Race-day registration starting at 7:30 A.M. at **NEW Finley Recreation Center**.  
Numbers for all runners will be distributed at this time. Come ready to run.  
Registration closes at 9:45 A.M. Shower facilities / Awards at 11:30 A.M.

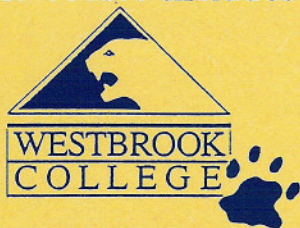
**AWARDS:** "Fun Run" Top 3 Finishers - (14 & Under)

4-Mile: Top 3 Finishers Overall-Male/Female. **First Female-Joan Benoit Samuelson Award**  
1st & 2nd Place Age Divisions. (No Duplicate Awards).

(29 and under, 30 - 39, 40 - 49, 50 - 59, 60 - 69, 70 and over)

*Westbrook Awards:* 1st Student / 1st Staff Member

**COURSE:** This *classic course* has remained the same 4-Mile distance since its inception. No attempt has been made to alter or change the length of the course. Part of the course includes a section of dirt trail in a wooded area. Mostly flat. Water stations.



**\*FREE T-SHIRTS TO FIRST 150 PRE-REGISTERED\***



NO BABY STROLLERS OR RADIO HEADSETS ALLOWED

**"APRIL AMBLE" 4-MILE RACE / 1-MILE FUN RUN APRIL 27, 1991**

DO NOT WRITE IN THIS SPACE

☐ I WOULD LIKE INFORMATION ABOUT THE MAINE TRACK CLUB

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
BIRTHDATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

CIRCLE ONE: 4-MILE 1-MILE

NO REFUNDS, EXCHANGES, or TRANSFERS

\*\*Pre-Register by April 20th

**ENTRY MUST BE SIGNED:** I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, and the conditions of the road; all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, Westbrook College, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_ PARENTS SIGNATURE  
IF UNDER 18 YRS. \_\_\_\_\_