



News • Run

Run with a friend . . .

April 1995

From the Presidential Suite . . .

"The creation of a thousand forests is in one acorn."

-Ralph Waldo Emerson

Setting goals, planning steps to reaching the goals and implementing your plan often leads to success. It is not always an easy road, however. Whether it's your personal life, professional life or running, the road can often be slippery and pitted with potholes and detours. Managing to work through these temporary setbacks and, when necessary, modify your plan will lead to your eventual success and "crossing the finish line."

This year the Maine Track Club has also seen some temporary stalls in our plans, but thanks to many acorns in the form of volunteers, our plans have been modified, and as a result, our first newsletter of the year is in your hands.

The Maine Track Club is fortunate to have many acorns. These acorns appear as runners and non-runners alike. People who are willing to spend their time managing races, writing articles, stuffing and sorting envelopes and many other tasks related to the operation of the club.

One outgoing volunteer I would like to note is Steve Assante, our former treasurer. Steve has devoted many hours to the upkeep of our finances over the last several years. The board expresses its appreciation to Steve for his time and effort with our finances.

Our incoming treasurer is Larry Barker. Larry is well-known within the club, and I want to express appreciation to Larry for his willingness to accept this position.

Finally, all Maine Track Club events are the result of many acorns sprouting after hours of effort. April 16-22 is National Volunteer Week. We extend our thanks and appreciation to all volunteers who help make Maine Track Club events and services possible.

-Ron Pelton



April MTC Meeting

Wednesday, April 12, 6:30 p.m.
Southern Maine Technical College
Fort Road, South Portland

Featured Speaker

Lance Tapley, Owner and Publisher
of Mainely Running and Fitness
Magazine

Lance will speak on the past and future changes in the magazine and present his plans about gaining input for the magazine from local running clubs and their members. This is your opportunity to learn first hand what is happening at Maine's premier running and fitness magazine and provide some feedback directly to Lance on what you like and don't like about the new format and recent additions to the magazine.

What's inside ...

Notice about coaching program
MTC Awards Banquet
MTC Handicap Race
Race schedule
Race results
New members
Membership renewal notice

A new beginning and an invitation

To fill the void left by Susan Roberts' resignation as editor of *News•Run*, a committee of five — Bob Aube, Ann Blanchard, Pat Buckley, Larry Dyer and Susan Roberts — will work together on its publication.

But please realize the NEWS part of it is YOU. The staff can provide the standard items such as schedules, announcements, and so forth, but part of what makes a club newsletter a pleasure to read are items contributed by members. So please let us hear about things like races you've been to out of town, tell us about winning your first trophy, maybe something about the time you took the wrong turn! Every runner — and every sideline supporter — has a story. I know we all love running stories, so please share yours with us and the *News•Run* readers.

Send your story or other article or announcement you'd like submitted to:

**Maine Track Club
Attention: *News•Run*
P.O. Box 8008
Portland, ME 04104**

If you have something to share for *News•Run* but don't feel like writing it, contact Pat Buckley (775-4817) or Larry Dyer (892-2508) and we'll be glad to help you put it together.

Message from outgoing prez

I wish to take this opportunity to thank everyone for making our annual banquet a great success.

Congratulations to all the award winners; there sure were a lot of happy people at the banquet.

To the banquet committee, you did a super job. Many thanks to Kathy and Steve Jacobsen, Ann Strohm, Marge Parsons, Susan Roberts, Pat Buckley and Maureen Sproul. The facilities, food and music were great. Everyone had a great time.

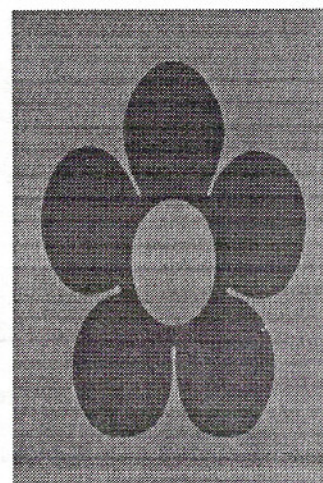
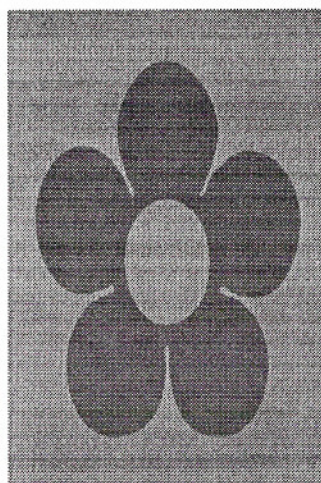
I want to thank everyone for the privilege of serving as your president. Your support, understanding and help made the year a success. I know you will extend the same level of support to our new president, Ron Pelton.

It's important that we maintain and expand our programs. Please continue to contribute to the Rick Strout Fund. The first Rick Strout Memorial Program is planned for the coming year. Take part in the expanded training and coaching program. There are not many clubs of our size that can offer a quality program like this. Be sure to attend as many meetings and events as possible, and finally and most important, volunteer your skills and time to our club.

I shall do my share as past president to support the club.

Thank you all for a great year.

Wishing you a healthy
and happy running year
Mel



MTC coaching sessions begin on April 11

Maine Track Club members will have the opportunity to receive coaching again this year under the guidance of Steve Fluet, who has been contracted to serve as the club's coach for the full season. Steve will conduct weekly track sessions each Tuesday evening at Portland's Fitzpatrick Stadium, beginning April 11. These sessions begin at 5:30 p.m., so members should arrive early to allow time for a warmup. Sessions will continue through the end of September. Join fellow track club members in an effort to improve your running skills and peak in time for the Maine Marathon and Half Marathon in October.

Annual Banquet — 1995

MTC's 1995 annual banquet was held on January 14 at the South Portland Eagles Hall. The facility is located very close to the South Portland police station, which was handy to facilitate the police escort into the hall of Everett Moulton (himself one of Portland's finest) carrying an "attache-type" award case.

After a very good dinner, M.C. Steve Jacobsen, assisted by wife Kathy, presided, throwing in occasional runners' New Year's resolutions submitted by those present, ranging from real goals to fantasy.

The symbolic highlight of each banquet is the passing of the gavel from the past to the new president. Departing Mel Fineberg and new president Ron Pelton each made short but thoughtful remarks, marking an end and a beginning. After the formal program, the D.J. took over, bringing the room to its feet for some very strange gyrations compared to our usual activity of running.

Here are the Maine Track Club awards for 1994:

Maine Open Runners of the Year

Julia Kirtland and Bob Winn

Maine Senior Runners of the Year

Gretchen Read and Joel Croteau

Outstanding Contribution to Maine Running

Charles Scribner

Maine Track Club Scholarship

Gladys Ganiel, Narraguagus High School

John Fyalka Scholarship

Brian Christianson, Maranacook Community School

MTC Runners of the Year

Marjorie Haney-Graff and Peter Bottomley

MTC Age Group Awards

Pee-Wee Runners of the Year

Lisa Barker and Rebecca Sproul

Youth Runners of the Year

Dierdre Hennessey and Austin Hardy

High School Runners of the Year

Renee Lathrop and Tom Howard

Most Outstanding, Open

Alison Kisch and Tom Tero

Most Improved, Open

Angela Small and Bob Aube

Most Outstanding, 30-39

Laurel Valley and James McCorkle

Most Improved, 30-39

Betty Rines and Charles Iselborn

Most Outstanding, 40-49

Deb Raszmann and Michael Reali

Most Improved, 40-49

Kitty Kelley and Terry Clark

Most Outstanding, 50-59

Sally Paterson and Ray Shevenell

Most Improved, 50-59

Maggie Soule and Phil Pierce

Most Outstanding, 60-69

Sally Amory and Bob "Hap" Hazzard

Most Improved, 60-69

Ruth Hefflefinger and Julius Marzul

Most Outstanding, 70 & over

Ultra-Distance

Carlton Mendell

Middle Distance

Russ Bradley

MTC Outstanding Achievement

Christine Snow-Reaser (qualifying for 1996 Olympic Marathon Trials)

MTC Comeback Runners

Candice Karu and Joe Hayes

MTC Most Outstanding Triathletes

Eileen Dunfey and Paul Gadbois

MTC Most Outstanding Ultramarathoner

Craig Wilson

Oustanding Service to the MTC

Sandy Utterstrom and Mary Ann Champeon

John Fyalka Award

Donna & Everett Moulton

MTC Outstanding Race Directors

Jack Opper (posthumously), Don Kent and Peter Bastow
— Maine Marathon & Half Marathon

Maine Marathon donations

Maine Marathon Race Committee members Don Kent, Peter Bastow, Jim McCorkle and Doug Leland met with Parks and Recreation Department Director Larry Mead on March 6 to present the city of Portland with a \$1,500 donation. The funds were raised from the 1994 Maine Marathon Weekend last October and will be used to install a new water fountain on the Back Cove exercise path. The new fountain will be placed on the back portion of the path by the soccer field.

Maine Marathon Race Directors Don Kent and Peter Bastow also presented a \$3,500 donation check to Ronald McDonald Building Committee Chairman Joseph Foley at their Jan. 9 bi-monthly meeting.

The Maine Track Club has organized this event over the last three years and has supported the Back Cove exercise path with donations from the race weekend. A dedication ceremony is planned for Sept. 30, to be hosted by the Maine Track Club, Martin's Point Health Care, the University of Southern Maine Lifeline Program, Westbrook Community Hospital, Bay Club, WPOR, NewsChannel 13, the Portland Press Herald and Maine Sunday Telegram, Saucony/Sportshoe Center, New England Rehabilitation Hospital of Portland, Bill Rodgers Sportswear, Eye Care and Surgery Center of Maine, Nature's Harmony Sports Nutrition and The Maine Podiatric Medical Association.

The 1995 Maine Marathon Weekend will be on Sept. 30 and Oct. 1 and will again benefit both the Back Cove exercise path and the Ronald McDonald Houses of Maine.

Handicap Race — 1995

MTC's annual banquet traditionally starts with a handicap — a handicap race, that is, held in the morning. You could say this year that the race was "for the birds," held, as it was, at the Maine Audubon Center in Falmouth. Seeming always to have a little challenge thrown in by nature or man (who can forget the year of the intruding freight train — certainly not the detained Mel?), this year's impediment was underfoot, in the form of frozen slush.

If you didn't know, for the handicap race you estimate at 5K time equal to a recent performance, upon which your starting time is based. The longest time starts first, staggered down to the shortest. This year's estimates ranged from 35 to 16 minutes. In a perfect road-racing world, all the handicap racers should finish together, a beautiful vision of unity at the finish (and an official's nightmare). Of course that didn't happen. But there WAS a tie for first place. Maggie Soule, who had started second, was caught by Doug Leland, the eighth starter. The scene at the start was unique — racers lined up waiting for their signal from the starter. Some broke ranks for a frantic two-minute warmup, having to be loudly shouted back for their signal to go.

Just to add to the unusual flavor, this year's race director was not present (don't get any ideas, Don and Jim). Handicapped by a neck injury sustained by (what else?) running (and falling on the ice), Howard Spear nevertheless laid out an excellent course and other groundwork. He would have approved of his own race (though he might have had to think about the reappearance post-race of Dennis Morill and Mark Clinch wearing orange road cones on their heads).

The staff at the Audubon Center was hospitable and helpful, providing a warm place to escape the cold drizzle and enjoy the post-race activities. We hope, though, that the resident wildlife wasn't put off by 18 homo sapiens galumphing, one after the other, over their habitat. I'm sure they're fortunate it was only a 5K.

—Pat Buckley

News•Run Sponsors

The Maine Track Club gratefully acknowledges the generosity and support of those members listed below. If you would like to become an individual *News•Run* sponsor, please send \$10 to Maine Track Club, P.O. Box 8008, Portland, ME 04104.

To become a corporate sponsor, please mail your \$25 donation to the same address. Prime sponsorships in the amount of \$50 will reserve you advertising space in *News•Run*.

Sponsor

Rute Stuffletoe

Race Results

Submitted by Don Penta

6th Annual Physical Therapy 8K
224 Finishers (64 Female & 160 Male)
October 16th, 1994
Brunswick HS, Brunswick, Maine

Top Overall Finishers
USAT&F = Equals Or Beats National Standards

Place	Name	Age	AgeGrade	Time
1	Rose Prest-Morrison	31	26:13	29:17
2	Caroline Meehan	27	28:02	31:07
3	Marjorie Haney-Graff (MTC)	27	28:04	31:10
4	Laurel Valley (MTC)	32	27:45	31:11
5	Gail Turner (MTC)	34	27:42	31:31
6	Gretchen Read (MTC) USAT&F	51	24:35	31:44
7	Carol Hogan (MTC)	43	26:30	32:05
8	Cheryl Bascomb	34	28:22	32:17

WOMEN

Place	Name	Age	AgeGrade	Time
1	Stan Bickford	31	24:22	24:31
2	Bob Winn USAT&F	35	23:54	24:35
3	Todd Coffin	33	24:51	25:17
4	Henri Bouchard	33	25:14	25:40
5	Michael Gaige USAT&F	42	24:02	25:49
6	Dan Dearing	33	25:51	26:18
7	Tom Thibeau	36	25:31	26:24

Other Top Divisional Finishers

59	Libby Irwin 60&+USAT&F	67	31:16	48:16
60	Ruth Hefflefinger(MTC)USAT&F		33:40	50:39
19	Steven Moore 18&under	16	26:56	28:27
35	Terry Clark (MTC) 50-59	50	26:43	30:21
53	Russ Connors (MTC) USAT&F	62	25:14	32:03
58	Hap Hazzard (MTC) USAT&F	62	25:25	32:18
115	Russ Bradley(MTC) USAT&F	70	26:59	37:32

Other Maine Track Club Finishers

16	Joan Lee 3,40-49	40	29:17	34:42	6:59
21	Kitty Kelley	47	29:09	36:22	7:19
23	Betty Rines	37	32:19	37:31	7:33
41	Beverly Doughty	43	35:10	42:33	8:34
44	Jackie Katz	35	37:29	42:56	8:38
49	Tina Marzul	31	39:13	43:48	8:49
17	Tom Tero	29	28:13	28:13	5:41
28	Rob Craig	38	28:13	29:33	5:57
37	Richard Scribner	43	28:08	30:26	6:07
54	Ed Doughty	45	29:16	32:03	6:27
57	Michael Beaudoin	52	27:58	32:17	6:30
60	Peter Bastow	58	26:34	32:24	6:31
62	James McCorkle	39	31:05	32:46	6:36
63	Mark McAfee	38	31:34	33:04	6:39
67	Willie Sproul	36	32:04	33:11	6:41
68	Dan Hogan	43	30:43	33:13	6:41
77	George Liming	43	31:26	34:00	6:50
85	John Rolfe	40	32:24	34:22	6:55
92	Dick Lajoie	54	29:42	34:53	7:01
107	Clint Merrill	46	33:27	36:55	7:26
110	Dale Rines	42	32:19	37:10	7:29
126	Richard Cavanaugh	61	30:26	38:16	7:42
129	Dave Conley	54	33:02	38:48	7:48
135	Ronald Read	52	34:22	39:41	7:59
145	Nelson Soule	73	29:54	43:08	8:41
148	Mark Clinch racewalker	38	42:18	44:18	8:55
151	Robert Marzul	33	45:20	46:06	9:17
159	C R Davis	40	43:40	48:52	9:50
160	Julius Marzul	68	39:13	53:16	10:43

Many thanks to John LeRoy for complete results!

2nd Annual Elliot Day 5K
309 Finishers
September 24th, 1994
South Elliot, Maine

USAT&F = Equals Or Beats National Standards

Place	Name	Age	Time
1	Dan Verrington 1,30-39	32	14:53
2	Eric Beauchesne 1,19-29	24	14:54
3	Mike O'Brien 2,30-39	34	15:15
4	Kevin Way 2,19-29	25	15:40
8	Tom Tero (MTC)	29	16:36
18	Paul Goransson 1,40-49	40	17:26
22	Joel Croteau 1,50-59	50	17:41
23	Adam Buggia 1,15-18	17	17:45
25	Rose Prest-Morrison 1,30-39	31	17:58
26	Craig Wilson (MTC) 3,40-49	45	17:59
31	Bill Springer 2,50-59 USAT&F	55	18:23
34	Laura Webber 1,19-29	29	18:29
38	Marjorie Haney (MTC) 2,19-29	26	18:32
44	Kevin Burke (MTC)	29	19:00
47	Carol Hogan (MTC) 1,40-49	43	19:13
51	Ray Shevenell (MTC)	53	19:18
56	Summer Weeks (MTC)	45	19:28
59	Jeanne Hackett (MTC) 3,30-39	35	9:50
66	Katie Reid 1,15-18	18	20:05

75	John Brady (MTC)	35	20:17	6:32
79	Carol Weeks(MTC)3,40-49 USAT&F	45	20:22	6:33
86	Gary Johnson (MTC)	43	20:42	6:40
88	Brian MacLaughlin 1,11-14	13	20:44	6:40
90	John Cain, II (MTC)	33	20:46	6:41
103	John LeRoy (MTC)	57	21:06	6:47
112	Frank Knight (MTC)	49	21:33	6:56
113	Tom Chase 1,60&over	60	21:35	6:57
120	Cindy Smith (MTC)	47	21:49	7:01
139	Jerri Bushey 1,50-59	50	22:31	7:15
142	Laurie Curtis (MTC)	47	22:36	7:16
153	Lance Stuart 1,10&under	10	23:10	7:27
176	Carlton Mendell(MTC) USAT&F	72	23:53	7:41
192	Katy Jackson 1,10&under	10	24:23	7:51
203	Shiloh Anderson 1,11-14	14	24:43	7:57
212	Jonathan Boone 2,10&under USAT&F	8	25:06	8:05
213	Yvette Knight (MTC)	48	25:07	8:05
240	Stephanie Paterson (MTC)	23	26:32	8:32
244	Christa Curtis 1,60&over	63	27:02	8:42
247	Robert Wyman (MTC)	57	27:07	8:44
291	Dolores Billings(MTC)3,60&over	64	31:45	10:13
293	Don Penta (MTC)	48	31:46	10:13
308	Helen Wilson USAT&F	74	36:51	11:52

Many thanks to Charlie Scribner & Granite State Race Services for complete results!

Maine Track Club Ultra 50 Miller
19 Finishers
October 15, 1994
Brunswick, ME

USAT&F = Equals Or Beats National Standards

Place	Name	Hometown	Age	Time
1.	Ronald Johnson USAT&F	Durham, N.H.	42	6:15:31
2.	James Jones	Berkshire, N.Y.	39	6:24:19
3.	Stephen Peckiconis	Rosindale, Mass.	35	6:45:28
4.	Ray Johnson USAT&F	Gardiner	46	6:48:10
5.	Steve Schiller	New Britain, Conn.	37	6:59:11
6.	Craig Wilson	Kittery	45	7:06:34

7.	Stewart Palmer	Brookline, Mass.	32	7:07:15	8:33
8.	Egor Egan	Halifax, Nova Scotia	35	7:27:47	8:57
9.	Lee Dickey	Dracut, Mass.	40	7:44:00	9:17
10.	Richard Hogan	Cambridge, Mass.	49	7:50:45	9:25
11.	Craig Hatton	Cape Elizabeth	33	7:52:31	9:27
12.	Bruce Bell USAT&F	Farmingdale, Mass.	55	8:05:51	9:43
13.	Joseph Hayes	York Harbor	46	8:07:57	9:46
14.	Carlton Mendell USAT&F	Portland	72	8:43:26	10:28
15.	Bill Davenny	Portland	47	8:50:03	10:36
16.	Ralph Kee	Boston	58	9:57:13	11:57
17.	Matt Miller USAT&F	Metairie, La.	75	10:34:06	
18.	Richard Busa	Marlboro, Mass.	64	10:37:53	
19.	Richard Lulin	Montreal	47	12:17:30	

More Race Results

Inaugural Great Island 5K Road Race
590 Finishers
October 9th, 1994
Great Island Common, New Castle, NH

USAT&F = Equals Or Beats National Standards

Place	Name	Age	Time
1	Mike O'Brien 1, overall	34	15:06
2	Dave Dunham 2, overall	30	15:16
3	Art Sorrell 3, overall	34	15:22
4	Paul Hammond 1, 30-34	34	15:24
5	Andy Spaulding 1, 20-29	23	15:28
10	Cory Spencer 1, 19&under	19	16:23
16	Brad Hurst 1, 40-49	41	16:46
26	Kara Molloy 1, overall	23	17:43
30	Jerry Rosa 1, 50-59	51	17:51
35	Craig Wilson (MTC)	45	18:09
41	Liz Arcieri 2, overall	32	18:22
45	Terry Sutton 3, overall	33	18:29
46	Susan Passler 1, 30-39 USAT&F	38	18:29
54	Joe Hayes (MTC)	46	18:56
67	Carol Hogan (MTC) 1, 40-49	43	19:36
71	Jeanne Hackett (MTC)	35	19:42
73	Christine Snow-Reaser (MTC)	28	19:45

86 Ray Shevenell (MTC)	53	20:01	6:27
109 Ainslee Tanner 1, 19&-USAT&F	13	20:40	6:39
121 Nancy Kneeland (MTC)	39	20:58	6:45
124 John Brady (MTC)	35	21:00	6:46
129 Scott Rafferty USAT&F	8	21:16	6:51
134 Nancy Lund (MTC) 3, 40-49 4	2	21:27	6:54
136 John Cain (MTC)	33	21:29	6:55
148 Mary Bart 1, 50-59 USAT&F	52	21:42	6:59
150 Tom Chase 1, 60-69	60	21:44	7:00
151 Rosalyn Randall (MTC)	44	21:47	7:01
157 Krista Evans 3, 19&- USAT&F	13	21:56	7:04
194 Ann Strohm (MTC)	30	22:59	7:24
215 Cindy Smith (MTC)	47	23:37	7:36
237 Carlton Mendell (MTC) USAT&F	72	24:11	7:47
267 Bob Cushman (MTC)	56	24:53	8:01
356 Susan Davenney (MTC)	46	27:06	8:43
391 Michael Reall (MTC)	40	28:09	9:04
476 Ruth Heffelfinger (MTC) 2, 60 & over	65	31:58	10:17
490 Donald Penta (MTC)	48	33:02	10:38
500 Rebecca Sproul (MTC)	9	36:01	11:36
501 Maureen Sproul (MTC)	38	36:01	11:36
508 Mary Helen Wilson USAT&F	74	37:32	12:05

Many thanks to Kevin Burke, co-director, for complete results!

Sharp House 8K Women's Race

The first annual Sharp House 8K Women's Race will be held Saturday, April 8 at 10 a.m., starting from the Sheraton Inn in North Conway, N.H. The race is being organized by Carroll County Against Domestic Violence and Rape with the help of the White Mountain Milers. The race benefits Sharp House, which is a family shelter for victims of domestic violence and their children. It's an out-and-back flat course, which will also finish at the Sheraton. For the \$12 entry fee, t-shirts will be given to the first 100 entrants, and there will also be plenty of food and prizes. Walkers are welcome. USATF certification is pending. For more information, please call race director Linda Comeau at (603)383-9691 or CCDVR executive director Lynda Ruel at (603)356-7993. You can also write to:

Sharp House 8K Women's Race
CCDVR
P.O. Box 1972
Conway, N.H. 03818



March For Parks

G.H. Bass & Co., in conjunction with Portland's Department of Parks and Recreation, is sponsoring the March For Parks on April 23 to raise money for Deering Oaks.

March For Parks is a national walk event involving tens of thousands of Americans in all 50 states. Portland's 4.5-mile march starts at 1 p.m., beginning and ending at Deering Oaks with a scenic walk along Baxter Boulevard. There will be food, entertainment and much more. Bring the whole family!

One-hundred percent of the money you raise will go to Deering Oaks to help protect the park's natural and cultural resources.

For more information, contact Mel Fineberg at 774-8868.

Poem — The Reason Why

Just before dawn in New England's black and white winters
The cold peers in, sharp and clear outside my window.
"Too tired," I mumble as I tumble out of bed and into gentle poses to warm my muscles
"Too cold," I think as I shrink within the layers of lycra and goretex,
my feet making way along the crunchy, brittle pavement.
Rhythmically I breathe, my thoughts adrift
somewhere among the pleasant solitude of night near dawn.

Gradually the calm of warmth eases through me
calling to my muscles the blood that brings fluidity to motion.
With this warmth my thoughts are free to play, giving way to friends, to home,
to what I'll wear to work that day.
There's freedom in those thoughts, released by my body lost in motion
often effortless ... for that's the key.
"Run with comfort," they always say, "and then you won't fall prey to living
a more sedentary way."

... And soon enough I waken to realize just how far I've come
while lost in dreams — not concentrating on the run.
I see trees' winking icicles catching early sun — and vapor breath of all things living ...
chimney's too.
Now, just ahead, around the bend another run comes to an end
My body basks in beads of sweat that represent a job well done.
It clears my pores and clears my head while other bodies roll from bed
far beyond the sunrise.

The rhythmic pace slows to quiet strides although the legs, in memory, continue on.
The afterglow soon filters in — a rush in shoulders, arms and legs.
The "runner's high," the reason why
we do it.

Victorious and sweet
to travel miles through the streets while others sweep ...
Energized, my thoughts, my lungs, my blood
cleansed by sweat ... and energy ... and time
All mine.

By Nikki L. Kagan

Cherry Blossom entries closed

Entries for the 23rd running of the Northern Telecom Cherry Blossom 10 Mile race April 9 in Washington, D.C., have closed at 5,800 runners. The last entries were accepted on Feb. 13.

"But those runners who missed gaining entry into the race this year can guarantee themselves a spot in next year's race by volunteering this year," explained event director Phil Stewart.

"Since our volunteers are critical to the importance of this world-class race, we have always ensured that they can run in the next year's race," said Stewart, now in his 12th year as director. "This is a great race for volunteering as you have one of the most scenic and historic courses in the country, and at the same time you can watch some of the world's greatest distance runners."

Volunteers, who receive an attractive long-sleeved version of the race t-shirt, can sign up by calling (301)340-6699 or (301)262-7933.

New Members

If you have joined MTC in the last four months, please write a brief note letting us know how we can help you become acquainted and involved. Why did you join MTC? Would you like to run with others? When do you like to run? How fast? How far? In what area of the city? Which city? What other activities are you looking forward to? Send your note to: Membership, Maine Track Club, P.O. Box 8008, Portland, ME 04104.

Individuals

Carolyn Braun
51 Runnels St.
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RN at Community Health Services

Terry Sutton
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Portland, ME 04103
879-9701

Doris Dubay
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Freeport, ME 04032-1315
865-3062
Business Manager for Leatherworks, Inc.

Families

Albert and Brenda Tanguay
13 Merrill Road
Westbrook, ME 04092-1701
856-7361
Albert works for Maine Controls and Brenda is an RN at Maine Medical

Renewed Members

If you have renewed your membership in MTC, what activities do you particularly enjoy? How can the club better meet your needs? Have you found compatible running partners? If not, when do you like to run? How far? Where? Drop "Membership" a short note and we will try to help you.

Please review the list of new members. Does anyone live in or near your neighborhood? Invite a new member to run with you and/or attend the next MTC meeting!!

It's Not Too Late!!!

There's still time to renew your 1995 Maine Track Club membership. Where else can you mingle with old friends, meet new friends, learn more about health and nutrition, receive an informational newsletter, run, bicycle, picnic, laugh and "belong" for just \$12 for an individual and \$15 for a family.

Don't let this be your last MTC newsletter!! Complete the enclosed membership application and mail to: Membership, Maine Track Club, P.O. Box 8008, Portland, ME 04104.

RRCA Annual Convention

The Road Runners Club of America's (RRCA) annual convention will be held May 4-7 in Allentown, Pa. Featured will be group runs, workshops, seminars and a tour of the "Runner's World" editorial offices in nearby Emmaus. The keynote speakers on Saturday, May 6 will be Olympian (and former MTC speaker!) Lynn Jennings.

As usual, a few MTC members will attend, including the new president. If you'd like more info on the schedule, call Pat Buckley at 775-4817, or call the Convention Hotline (610-967-8159).

Upcoming Races

April 8

N.H. State Employees 5K, Concord, N.H., 10 a.m.: contact Bob Lyon, 603-435-7640

UMPI Spring Run-Off 5K, Presque Isle, 10 a.m.: contact Chris Smith, 768-9472

April 9

Northern York County YMCA 5K, Biddeford, 10 a.m.: contact Kay Wilkins, 283-0100

Terrier Trot, 5 miles, Waterville, 9 a.m.: contact Jim Moore, 873-0080

April 15

Unity College Spring 5K, Unity, 10 a.m.: contact Gary Zane, 948-3131

April 17

Patriot's Day 5-Miler, 1-miler for young people, Portland, 12 noon: contact Steve Muslawski, 874-1070

99th Boston Marathon, 12 noon, Hopkinton, Mass. to Boston, must qualify by March 13: call 508-435-6905

41st Westbrook Rotary Race, 2-plus-miler, Westbrook, 10 a.m., for high-schoolers only: contact Dave Rolfe, 856-3521 (o), 854-9110 (h)

April 22

5K Spring Fling, Ellsworth, 10 a.m.

Togus 8K, Augusta, 9:10 a.m., 1 mile fun run, 9 a.m.: contact Chris Bovie, 622-1267 (h), 623-8411, ext. 557 (o)

April 23

The Bill McCaffrey Road Race, 5K, Lebanon, N.H., 10:30 a.m.: contact Karen Barr, 603-448-3121, ext. 321

April 29

April Amble 4-Mile Race, Portland, 10 a.m., 14-and-under 1-mile fun run, 9:15 a.m.: contact Brian Gillespie, 797-7261

Run for the Park, 5K, Kennebunk, 9 a.m., 1-mile children's run or walk, 8:30 a.m.: contact Mark or Kathy Ostrander, 985-5983

April 30

Pet Run, 5K, Old Town, 10:30 a.m.: contact Robrta Fowler, 827-2658

Rape Crisis 5K, Waterville, 8:30 a.m.: contact Jerry St. Amand, 873-6753

Merrill wins triathlon

Deb Merrill was the first overall female finisher in the Oden's Challenge Triathlon on March 11, 1995 at King Pine Ski Area in Eaton, N.H. The race consisted of the following events:

1. Two slalom runs
2. Uphill 5K on snowshoes
3. 5K cross country skiing

Deb's prize was a new pair of Redfeather Snowshoes!

News From Away

"Great news! When I 'retire' from the U.S. Army in Oct. '95, we will be moving back. YEA! We have land in Freeport and are building on it soon."

Bob Antoniuc, 210 Sunset Drive, Novato, CA 94949-6510.



Volunteers needed at Sugarloaf

Maine Track Club members, families or friends are needed to help in the finish area at the Sugarloaf Marathon and 15K on May 21. It involves being at the finish area by 8 a.m. to cut fruit, serve water and Exceed, or work the chute and finish line for one or both races. If you or anyone you know can help, please call Susan Davenny at 772-1787 or write to her at 14 Woodvale St., Portland, ME 04102.



Maine Track Club 1995 Officers and Committee Chairs



Ron Pelton	President	846-9039	Don Penta	Statistician	892-4526
Ron Deprez	Vice President	772-4312	Maureen Sproul	Photography	926-4681
Mel Fineberg	Past President	774-8868	Howard Spear	Equipment/Clothing	856-6496
Larry Barker	Treasurer	761-0137	Dale Rines	Course Certification	854-2481
Mary Ann Doss	Secretary	799-0896	John Gillis	Course Certification	879-0222
Alyce Schultz	Membership	780-9805	Bob Aube	Newsletter	946-7681
Everett Moulton	Race Committee	799-2894	Ann Blanchard	Newsletter	883-6905
Donna Moulton	At Large	799-2894	Pat Buckley	Newsletter	775-4817
Russ Bradley	At Large	799-3864	Larry Dyer	Newsletter	892-2508
Clyde Coolidge	At Large	603-742-9405	Susan Roberts	Newsletter	829-6288

Maine Track Club Membership Application

(Please check one) ☐ Individual (\$12) ☐ Family (\$15) ☐ Student — 18 year old maximum (\$5)

Membership is through December of the current year. Dues paid after September 30 are good through December of the following year.

Last name _____ First name _____ Gender (M or F) _____ DOB _____
 Last name _____ First name _____ Gender (M or F) _____ DOB _____
 Last name _____ First name _____ Gender (M or F) _____ DOB _____
 Last name _____ First name _____ Gender (M or F) _____ DOB _____
 Street address _____ Home phone _____
 City _____ State _____ Nine-digit ZIP* _____

*We need nine-digit ZIP for mailing newsletter. Consult a utility bill for your nine-digit ZIP Code.

Employer _____ Occupation _____ Bus. phone _____
 Employer _____ Occupation _____ Bus. phone _____
 If student, school _____ Yr. of grad. _____
 If student, school _____ Yr. of grad. _____

Volunteer Waiver

To be signed by each new member in the household. Applicants under age 18 require signature of parent.

I know that volunteering to work and participating in Maine Track Club events is potentially a dangerous activity. I should not participate or volunteer unless I am medically able. I assume all risks associated with participating in or volunteering at Maine Track Club events, including, but not limited to, falls, contact with participants, the effects of the weather, conditions on the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, its representatives and successors from all claims or liabilities of any kind arising out of my participation in Maine Track Club activities, even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____
 Signature _____ Date _____
 Signature _____ Date _____
 Signature _____ Date _____

Please mail completed form and check to: Membership, Maine Track Club, PO Box 8008, Portland, ME 04104