



News•Run

Run with a friend ...

April 1997

From the Presidential Suite ...

It has been less than two months since Terry and I have taken the helm of the club, and a lot can happen in a short time. As previously reported, the directorship of the NYL Care Maine Marathon has been vacated as well as the key role of volunteer coordinator. Both Jim McCorkle and Jamie Chamberlain did a fine job in the past and will be missed. While it will not be easy to replace these individuals, I feel confident that a member or members will step forward to accept the challenge.

Many of you may or may not be aware of the new format for the monthly meetings. Due to poor turnout in the past, we have decided to try holding a formal meeting every other month with a social event on the alternating months. This is an effort to stimulate renewed interest in attending our monthly meetings. Last month, John Gale, assisted by Bill Davenny, planned a hash run followed by refreshments. I am happy to report that it was a great success.

This was my first experience with a hash run and I want to report that it is both fun and challenging. The course designed by John and Bill wound through the neighborhood around SMTC. It involves trying to follow a set of arrows and other markers to guide you along an unknown trail. It would be hard to do justice to the technicalities of the sport in this column. Suffice it to say that you need to maintain a good sense of humor and adventure. After instructions to the membership, we gave Bill and John a 15-minute headstart and we were off in hot pursuit. The route was filled with twists and turns that were at times hard to follow, especially in the dark. I came to realize that my friends had a devious side to them.

Running with Bob Aube, I felt we had this hash thing well under control, at least until I noticed that no one was following us! This of course did not concern

(Continued on page 2)

April MTC Meeting

Wednesday, April 9, 6:30 p.m.
Southern Maine Technical College
Machine Tool Auditorium
Fort Road, South Portland

Guest Speaker: Mary Yeo

This month's speaker will be Mary Yeo, a breast cancer survivor who joined with 17 other breast cancer survivors ages 22 to 61 to climb Mt. Aconcagua in South America. Aconcagua, at nearly 23,000 feet, is the highest mountain in the Western Hemisphere and the highest mountain outside of the Himalayas. Mary's team, known as Expedition Inspiration, successfully placed a summit team of three on top of Aconcagua to focus attention on breast cancer and raise over \$2 million to fund breast cancer research. Mary will share her experiences and slides, beginning at 7 p.m. following a brief business meeting.

The Maine Track Club meets monthly, the second Wednesday of each month at 6:30 p.m. Meetings are currently held in the Machine Tool Auditorium at Southern Maine Technical College in South Portland.

What's inside ...

Check out our web page.....	Page 2
Discounted MTC shirts for sale....	Page 3
Race schedule	Page 5
New members.....	Page 6

(Continued from page 1)

me as I was sure we were on the right path. Somehow we did manage to get lost for a short period of time, but if we were lost, the remainder of the crew must be in Lewiston by now!

On my way back to SMTC I was thinking to myself that it was almost embarrassing for the president of the club to be the first finisher, and this was my first attempt at a hash. As I approached the doors to the auditorium, I wondered how much longer my poor friends would have to endure the cold wind in an attempt to complete this run. I do believe I even felt a bit sorry for those poor souls still out wandering the streets of South Portland.

As I opened the doors with a smile bursting with pride, I suddenly had my bubble burst! If I was not the last one to arrive back to the auditorium, I was certainly close to that position. It seems that speed has very little to do with running a Hash. In my haste to finish I had taken several wrong turns that allowed nearly everyone else to finish the course well ahead of me.

The event was both fun and an education in the finer art of hashing. John plans to schedule more of these in the future, and I have vowed to redeem myself. The social after the run was reminiscent of the old meetings I attended years ago. Everyone was enjoying good food and conversation. We plan to be creative in preparation for future social meetings, and even plan to have one devoted to "Rat Pack" cross training: a short run followed by a cookout and a lesson in Bocce Ball. It should prove to be an interesting time. If you haven't attended a meeting in a while, I implore you to give it a try once again. We will do our best to keep the meeting interesting and entertaining if you do your best to attend.

See you on the roads!

Mike Realì

Check out our web page

For those of you who aren't aware of this, the Maine Track Club now has a web page in conjunction with Sub5 and the Central Maine Striders. The web page actually belongs to Sub5, but they have offered us a section of our own at no charge. The page is still being developed, so there's not much there yet, but schedules are available for this year's MTC, CMS and Sub5 races. Before long, we hope to be able to post race results, a membership application and other goodies. Check it out: the address is <http://www.finishlynx.com/sub5>.

Maine women eligible for trip to 5K national championship

As part of its Athlete Development Program, USA Track and Field is offering expenses and lodging for the U.S. National 5K Women's Championship to the Maine resident submitting the fastest qualifying race time between March 16 and May 11. Times from 5K and 10K events will be considered.

The U.S. Women's 5K National Championship will be held at the Freihofer's Run for Women in Albany, N.Y., on May 31. Women who have run faster than 16:18 for 5K are not eligible for the development program but can apply directly to the race director for an elite runner invitation. The representative from Maine must run at least 19:14 for 5K.

The fastest Maine qualifier will receive VIP treatment throughout the entire weekend. The second fastest qualifier also can participate as a VIP but will not receive expense money for travel.

Call 781-5887 for information
about upcoming races

News•Run Sponsors

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*.

Sponsors

Rute Stuffletoe

Jerome K. Jerome

Locksley Hall

Nielsen family

MTC shirts available at discounted rate

Due to a donation of long sleeve MTC shirts by Black Bear Graphics, these shirts are now available at a discounted rate of \$10 instead of \$12. The shirts were donated because the printer made a mistake on the order, printing the club name and logo on gray shirts instead of white. If you'd like to buy one or more of these shirts, contact Howard Spear at 856-6496.

Group runs

The Maine Track Club includes all kinds of runners doing many different distances at a variety of paces — from the weekend jogger to the daily 20-minute runner to the serious road racer.

Whatever your pleasure may be (social, speed, long distance), we probably have a running/training group near your area. For more information, contact any of the following:

Kennebunk

The Kennebunk Road Warriors run weeknights in Kennebunk. Contact: Steve Jacobsen 985-4107 or Nancy Kneeland 985-8100.

Portland

The USM Morning Group runs at 5:45 a.m. daily from the USM gym. Contact: Mel Fineberg 774-8868 or Ruth Hefflefinger 797-4625.

The Rat Pack runs at 7 a.m. Sunday mornings from Payson Park. Contact: Ron Deprez 772-4312 or Mike Reali 829-2014.

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

South Portland

South Portland Road Runners run Thursday nights at 5:30 p.m. from the high school. Contact: Russ Bradley 799-3864 or Donna Moulton 799-2894.

If you know of a group run that isn't listed above, please contact either Bob Aube (946-7681) or Marge Parsons (829-5079) to let us know where, when, how far, approximate pace per mile and contact person for inclusion in the monthly newsletter.

Suzanne's Spaghetti Pizza

Submitted by Sandy Utterstrom

Ingredients

1 lb. spaghetti
1 cup milk
1 egg
1 cup cheese
tomato sauce

Add cooked spaghetti to a 9x13 pan. Mix milk, egg and cheese together and pour over cooked spaghetti, mix well. Cover with foil and cook in oven for 15 minutes at 350 degrees. Then add tomato sauce (work down the sides). Top with cheese and whatever you wish (veggies and/or meat) like any pizza. Cook another 20 minutes or so.

5K
SPORTS

RUNNING, WALKING
& FITNESS CENTER

RUNNERS!

GREAT SELECTION!

**MORE SELECTION THAN CATALOGS &
LESS EXPENSIVE. YOU CAN TRY IT ON!**

**MOVING COMFORT, SAUCONY, ASICS
AND ADIDAS APPAREL.
COME AND TALK TO A RUNNER FOR EXPERT
ADVICE ON WINTER RUNNING APPAREL.**

***10% Off suggested retail
on footwear all the time!
*Over 100 styles of running shoes***

190 U.S. ROUTE 1
FAIRMOUTH, MAINE 781-3134
MON-FRI 10-6 SAT 9-5 SUN CLOSED

Letters of thanks

(Excerpt of letter from John Fyalka)

My daughter and her family from Oregon visited us for Christmas and gave me an MTC hooded sweatshirt. My daughter had seen my old white one on our trip. The new colors look great. My main reason for writing now is to thank whomever my daughter talked to for treating her so nice when she called. She didn't remember the name (Editor's note: It was Howard and Eleanor Spear) but remembers that he was out running in a blizzard and talked to his wife. They made a fine impression in typical Maine fashion and I appreciate it.

Dear Mr. Fineberg,

On behalf of the board, staff and families at the Maine Children's Cancer Program, thank you so much for your generous gift of \$140.50 collected during your morning runs. That certainly represents many miles covered over many days!

Thanks in part to your contribution and our many friends in communities from Kittery to Fort Kent, we are better able to keep children with cancer at home or in school, playing with their friends or acting in the senior class play. As we provide the best medical care, it is also a priority to keep cancer from getting in the way of letting kids be kids.

Again, thank you so much for thinking of us and making an impact on the lives of Maine children with cancer and their families. Your gift does make a difference and, perhaps most important, shows them that you care.

Sincerely,

Susan B. Hall

Development Coordinator

Maine Children's Cancer Program

Dear Mr. Spear,

Mel Fineberg brought in the supply of warm sweatshirts that you are responsible for donating to the students here at Jack Elementary. They will certainly help keep some of our students warm during this frigid time of year.

On behalf of our students, I want to express our thanks for your thoughtfulness.

Sincerely,

Blanche MackDavis

Guidance Counselor

Jack Elementary School

We need your input

In order to make *News•Run* the best it can be, we need your ideas, stories and other items of interest to your fellow track club members.

If you have a story or a news item that you think belongs in *News•Run*, please bring it to our attention. It need not be a lengthy article — short newsworthy items are always welcome. Have you or a fellow club member recently had an interesting experience that you'd like to share? If so, please let us know and we'll get it in the newsletter. E-mail your story, article or announcement to Bob Aube at 74270.2276@compuserve.com, or send it to:

Marge Parsons

178 Bruce Hill Road

Cumberland Center, ME 04021

Race Results

Submitted by Don Penta



Above: Gerard Conley, left, and Bob McCormack
photos by Don Penta

Mid-Winter 10 Mile Classic: Improvements

Of the 35 Maine Track Club members who ran and finished in 1996 and 1997 20 (57%) had faster times in 1997

Placing is based upon percentage of improvement

PLACE/NAME	'96 Time	'97 Time	T-dif	%-dif
1 Davis Hart	1:35:31	1:22:17	13:14	13.85
2 Gerard Conley	1:14:16	1:06:33	7:43	10.39
3 Bill Davenny	1:43:04	1:33:07	9:57	9.65
4 Paul Greene	1:04:55	1:00:27	4:28	6.88
5 Erich Reitenbach	1:07:25	1:03:28	3:57	5.86
6 David Chamberlan	1:09:07	1:05:06	4:01	5.81
7 William Sproul	1:13:07	1:09:18	3:49	5.34
8 Jody King	1:11:42	1:07:59	3:43	5.18
9 Michael Pratico	1:07:32	1:04:22	3:10	4.69
10 Maureen Sproul	1:21:46	1:18:08	3:38	4.44
11 Susan Kolakowski	1:27:12	1:24:04	3:08	3.59
12 Tom Harlow	1:20:23	1:17:32	2:51	3.55
13 Craig Wilson	1:04:59	1:03:21	1:38	2.51
14 John Mollica	1:03:39	1:02:16	1:23	2.17
15 Dick Lajoie	1:17:46	1:16:10	1:36	2.06
16 M.F. Harmon	1:24:11	1:22:30	1:41	2.00
17 Alburn Butler	1:07:37	1:06:18	1:19	1.95
18 Bob McCormack	1:15:26	1:14:23	1:03	1.39
19 Tanya Horne	1:15:03	1:14:15	0:48	1.07
20 Michael Cowell	1:21:42	1:21:17	0:25	0.51

Upcoming races

April 5

25K Championship Run, Rockland, 10:15 a.m.
Contact: Leo Smith 596-2010.

April 6

Presidential Road Race (5 miles),
Kennebunkport, 10 a.m. (1K kids run at 9:30 a.m.).
Contact: David McCullough 967-0113 or 967-3293 (fax).

April 12

Terrier Trot 5-Miler, Waterville, 9 a.m. Contact: Jim Moore 873-0800.

April 19

Unity College 5K, Unity, 9:30 a.m. Contact: Gary Zane 948-3131.

Earth Day 5K, Brewer, 9 a.m. Contact: Peter Millard 866-3503.

April 21

Patriot's Day Boys' & Girls' Club 5-Miler,
Portland, noon. Contact: Howard Spear 856-6496.

April 26

April Amble, Portland, 10 a.m. Contact: Brian Gillespie 797-7621.

Togus 8K, 9 a.m. Contact: Chris Bovie 622-1267.

April 27

Animal Orphanage 5K Pet Run, Old Town, 10:30 a.m. Contact: Roberta Fowler 827-2658.

May 18

Veryfine Sugarloaf Marathon and 15K, Kingfield, 7 a.m. (15K at 7:30 a.m.). Contact: Chip Carey 237-2000.

May 23

YMCA Back Bay 5K, Portland, 6 p.m. Contact: Howard Spear 856-6496.

May 26

Memorial Mile, Cumberland, 8:45 a.m. (kids run at 8 a.m.). Contact: Maryellen Fitzpatrick 829-4657.

Note: Races in bold are MTC events

Notice about race flyers

Anyone who wishes to have their race flyers included in the Maine Track Club newsletter must submit the flyers and a payment of \$40 by the 15th of the month. Flyers will not be included in any mailing if not accompanied by the \$40 service fee. The fee applies only to races not run by the MTC, so if a race fee is already being paid to the club, there is no charge for race flyers.

Welcome to our newest members

Chris Atlee
38 Glenridge Dr.
Portland 04102-1823
775-1614
Continuing Education Student, USM

Kevin Conley
29 Taylor St.
Portland 04102
772-2330
NET Operator

Jean and John Nale
24 Lady Slipper Lane
Yarmouth 04096
846-1508
Jean: Student at Wheaton College
John: Student at Yarmouth H.S.

Kurt and Malinda Virkaitis
116 Portland Ave., #24
Old Orchard Beach 04064-1564
934-2583
Kurt: Lt. JG
Malinda: Dental hygienist

Notes from our newest members

I have been running in Maine road races for many years now, mostly in the Augusta area. Recently I moved to Portland to attend USM. Here I have trained for three marathons and plan to run Boston this year. I am interested in keeping up with area road races. I enjoyed the recent Cape Elizabeth 10-Miler.

— Chris Atlee

I ran four years of cross-country, indoor and outdoor track in college (Division III). I would like to meet other runners in the area to workout with. I need a motivator and would like to get into 5:30- to 6:00-mile pace again. Looking forward to meeting new people.

— Kurt Virkaitis

MTC Discounts

The following area sporting goods stores have agreed to give MTC members discounts on running shoes and running clothing. It is necessary that you show your 1997 club ID card when requesting discounts.

5K SPORTS,
190 US Route 1, Falmouth
15% on Shoes

OLYMPIA SPORTING GOODS,
Maine Mall, South Portland
10% on Shoes Only

YANKEE SPORTS,
35 Foden Road, South Portland
10% on Shoes Only

COASTAL ATHLETICS,
502 Woodford, Portland
ASIC Shoes Exclusively...
discounts according to model
Call ahead for Ron Kelley 772-4530

GEORGE AND PHILLIPS, INC., Rt. 1,
Kittery; 295 Water St., Exeter, NH
These are Nike Outlet Stores featuring slightly defective or blemished shoes at reduced prices. All top quality regularly prices shoes 20% off.

LAMEY WELLEHAN,
Maine Mall; Falmouth Shopping Center;
Cook's Corner; Auburn Mall
10% on Running Shoes

MVP SPORTS, 333 Clarks Pond Pkwy.,
South Portland 04106
10% on non-sale Running Shoes and
Clothing

FAMOUS FOOTWEAR, 330 Clarks Pond
Pkwy., South Portland 04106
Also Auburn and Kittery
10% on Running Shoes

Support these MTC members in business

Integrated Physician Services, P.A. Center for Family Psychiatry

Psychiatric Care for
Children, Adolescents and Adults

25 Long Creek Dr., S. Portland, ME 04106
Ph: (207) 775-5527 Fax: (207) 756-8541



The Franklin
Life Insurance Company

★ An American General Company

Carlton E. Mendell
CLU, ChFC, LUTCF
Area Manager

272 Maine Ave.
Portland ME 04103
207-797-7806

ARI INSURANCE AGENCY

MICHAEL S. REALI CIC

19 Commercial Street, P.O. Box 567, Portland, ME 04112-0567
Phone: (207) 780-1677 800-286-5352 Fax: (207) 780-6377

Conroy-Tully funeral homes

172 State Street, Portland, Maine 04101
1024 Broadway, South Portland, Maine 04106
(207) 773-6511 / 773-9610



EYE ASSOCIATES

Ronald M. Cedrone, O.D., E.A.A.O.
Steven A. Goldstein, O.D.
Doctors of Optometry
Specializing in Contact Lenses

152 Middle Street
Portland, Maine 04101
207-773-2020

GERARD P. CONLEY, JR.
ATTORNEY AT LAW

CLOUTIER, BARRETT, CLOUTIER & CONLEY
22 MONUMENT SQUARE
THIRD FLOOR
PORTLAND, MAINE 04101 (207) 776-1618



YOU CAN STOP "RUNNING"
The salon you've been looking for.
Come and see Al & Tammy Butler:
20 St. George St., Portland, 775-2623



PUBLIC HEALTH RESOURCE GROUP

120 Exchange Street Phone: (207) 761-7093
Portland, Maine 04101 Fax: (207) 871-7105
E-mail: phrg@portland.maine.com
Website: http://auburn.maine.com/people/phrg/

Community Health Needs Assessment;
Insurance Benefits Design;
Health Services/Strategic Planning.

RONALD D. DUFREZ, FILD., MPH

PRESIDENT

Telephone (207) 774-0546

CHARLES A. ISELBORN, D.D.S.
Comprehensive Dental Care

149 BRIGHTON AVENUE
PORTLAND, MAINE 04102



PAUL P. GADBOIS

Civil Engineering, Surveying, Land Planning,
Structural Engineering, Architectural Engineering

Paul P. Gadbois, P.E., P.L.S.

P.O. Box 327
Saco, ME 04072



William W. Dexter, M.D.
Neurologist

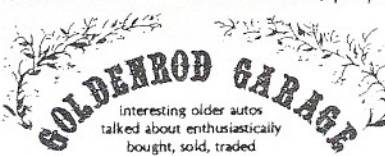
Sports Medicine Center

Orthopaedic Associates
of Portland, P.A.

P.O. Box 1230
33 Sewall Street
Portland, Maine 04104-1230
(207) 928-2111
(800) 429-0274
(207) 928-2190 Fax
dexterw@smcpc@att.net

207-865-6269

neil b. martin, prop.



route 125

freeport, maine 04032

DISCOUNT TIRE

773-0112 282-5192 721-0009
552 Main Street U.S. Route 1 Pleasant Street
South Portland Biddeford Brunswick
(between South & Long Streets) (between Biddeford & Grand Street)

SHOCKS * STRUTS * BRAKES * EXHAUST

Dana Seguin

Certified Public Accountant

Constance E. Grant, CPA
17 Commercial Street
Portland, Maine 04101

(207) 772-7722

BROWN & MEYERS

COURT REPORTING & TRANSCRIPTION SERVICES

KATE MEYERS

REGISTERED PROFESSIONAL REPORTER

P.O. Box 937, YARMOUTH, ME 04096-0937
1-800-785-7505 (207) 846-0420
Fax: (207) 846-0541
E-Mail: kate@brownmeyers.com
INTERNET: www.brownmeyers.com

This space for
your business card
8 issues, May-Dec, \$40

contact Russ Bradley
799-3864

Mail your card and check
payable to the MTC to:

Russ Bradley
4 Westfield Rd.
Cape Elizabeth, ME 04107

John B. Perry D.P.M.
Board Certified
American Board of Podiatry Surgery

Tel: 207-773-5800
Fax: 207-773-0277

Atlantic Foot & Ankle Center
44 Atlantic Place
South Portland, Maine 04106





MTC 1997 Officers and Committee Chairs

USA Track & Field



Mike Reali and Terry Sutton	Co-Presidents	829-2014	Russ Bradley	At Large	799-3864
John Gale	Vice President	775-5017	Ann McGovern	At Large	839-8332
Ron and Martha Deprez	Past President	772-4312	Howard Spear	At Large and Clothing	856-6496
Joe Guimond	Treasurer	797-9436	Don Penta	Statistician and Photography	892-4526
Mary Ann Doss	Secretary	799-0896	Maureen Sproul	Photography	926-4681
Maggie Soule	Membership	846-3631	Dale Rines	Course Certification	854-2481
John Eldredge	Membership	829-4540	Bob Aube	Newsletter	946-7681
Everett Moulton	Race Committee	799-2894	Marge Parsons	Newsletter	829-5079

Maine Track Club Membership Application

(Please check one) ☐ Individual (\$15) ☐ Family (\$20) ☐ Student — 18 year old maximum (\$10)

Membership is through December of the current year. Dues paid after Sept. 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 form and check to: Membership, Maine Track Club, PO Box 8008, Portland, ME 04104