



News•Run

Run with a friend ...

April 1998

From the Presidential Suite ...

As an organization, one of the Maine Track Club's priorities during the coming year is to improve the depth of participation within the club. We have a number of exciting activities scheduled over the next 10 months. Events such as the Maine Marathon and many of our road races are regular fixtures on our calendar. We also have new events scheduled — including the People's Beach to Beacon 10K race in August and the Avon Women's Race in the fall. These events are important to the club and to the greater running community. At the same time, they can be a lot of fun and a great chance to socialize with friends in the club.

During the past year, I have heard from many members who were concerned about the future of their favorite races. Joe Teno stepped forward when the club needed a race director for the Maine Marathon. Joe did an outstanding job and preserved the future of that event. Similarly, Ron Deprez has assumed a similar role in continuing the women's race in the fall. The same holds true for all the directors of all our races. These are truly labors of love for which our club and the entire running community is richer.

In order to maintain the quality of these events, we need the participation and support of all members of the club. We are always looking for volunteers.

(Continued on page 3)

Upcoming club meetings

May 13: Speaker — Paul Greene
September 9:
Speaker — Kim Moody

April MTC Meeting

Wednesday, April 8, 1998, 6:30 p.m.
Southern Maine Technical College
Machine Tool Auditorium
Fort Road, South Portland

Guest speaker: Vicki Bryant

Vicki Bryant, a Greene resident who has made steady improvement since she took up road racing a few years ago, will discuss training for the upcoming Boston Marathon. Vicki recently celebrated her 40th birthday, so don't be surprised if she soon poses a threat to the more established female masters.



The MTC meets the second Wednesday of each month at SMTC's Machine Tool Auditorium.

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News•Run Notes

Esmé Deprez on road to recovery

The following item was submitted by former MTC president Ron Deprez:

I was hoping there was still time to include a note of thanks from us to all who gave their prayers and support to Esmé's recovery. She was discharged from New England Rehab (in mid-March), is now back at school part-time, and is aggressively doing her PT/OT and water therapy. She is walking with crutches but can walk on her own and continues to improve daily.

Happy 50th Birthday, George

The following item was submitted by Ruth Conly, husband of MTC member George Conly:

George Conly will be having a milestone birthday in April, and he's handling it pretty well, about as well as any of us have. Jogging is a big part of his life. He has run numerous road races over the years.

George made running a marathon before he was 50 one of his goals. In 1996, he ran the NYLCare Maine Marathon. His goal was to finish, and that he did after a little over four hours. It was not easy for George to do this, because he was running with a pin in his left leg. Two years earlier, he broke his leg playing racquetball. He was faced with a decision: Have a pin placed in his leg, which would allow him to get up and around quicker, or have his leg placed in a cast, which would have made him immobile for a while. The doctor recommended a pin because George was healthy and active, so it was decided that he would have the pin put in.

Withing two weeks, he was driving his truck back and forth to work, and a short time after that, with the doctor's approval, he was back jogging again. Two years and many miles later, George was having some pain from screws that had broken off around his knee and ankle. He had another decision: Deal with the pain or have the pin removed, which would mean more surgery. The surgery was done last November. George has wondered from time to time if he made the right decision, because he still has some pain. Through it all, he keeps jogging because he loves it. Now the pain has subsided some, or perhaps he has just learned to live with the discomfort.

George's persistence and his enthusiasm for jogging is what keeps him going. As his wife, I admire him tremendously. He is a great inspiration for his kids.

Keep up the good job, and happy birthday to you!

Banquet committee being formed

Don't forget that the club is seeking volunteers to serve on the committee for next year's awards banquet. The MTC board of directors wishes to appoint a banquet committee as soon as possible so that they can be discussing alternatives to the current banquet format. Anyone who has suggestions about the banquet or who would be interested in serving on the committee should contact John Gale at 775-5017, Ann McGovern at 934-1825 or Marge Aube at 829-5079.

We need your input

News•Run Notes features news of interest about fellow MTC members. If you have some news to share about yourself or someone else in the club, please pass along the information by calling Marge or Bob Aube at 829-5079, sending e-mail to Bob at raube@sunjournal.com, or by mail to: Maine Track Club, Newsletter, P.O. Box 8008, Portland, ME 04104. The deadline for each issue is the 15th of the preceding month.

News•Run Sponsors

If you would like to become an individual *News•Run* 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. Or, if you would like to have your business card included in *News•Run*, you can do so for just \$5 per month.

MTC awarded Avon Women's Series race

The Maine Track Club has been awarded an RRCA Women's 5K Series race sponsored nationally by Avon and Runner's World Magazine. The 5k race and one-mile fitness walk will be held on Sept. 13, 1998, in Portland, starting from the Eastland Radisson Hotel. It is one of only 13 races in the country that has been awarded to date and the only one currently scheduled in a New England state.

The RRCA Women's 5K Series race is more than a race and fitness walk. It is also an opportunity for women, particularly those who have not taken up running or racing or fitness walking, to obtain group training on running, racing and exercise fitness. The MTC is currently seeking local sponsors for this race, which replaces the MTC-managed RRCA Women's Distance Festival 5k.

The MTC expects approximately 500 entrants for this race, ranging from accomplished professional women athletes to first-time runners/racers/walkers of all ages and abilities. Participation and running/fitness walking as a form of exercise will be promoted for this event, rather than fast race times. Local publicity and promotion will be targeted toward getting as many women as possible to participate in this event, and toward the activities planned as part of the event. This includes a scheduled series of coaching sessions at Fitzpatrick Stadium during the months of August and September leading up to race day.

National sponsors for this race currently include Avon, Runner's World Magazine and Road Runners Club of America (RRCA). These organizations are contributing an assortment of race materials as well as national publicity for the race, which will defray MTC race costs. Additionally, RRCA will provide instructional materials for beginning runners and a safety brochure for women runners. Additional local sponsors will be solicited, including health care providers, running shoe companies and other local businesses who market services to women.

There will be a nationally-recognized speaker who will address the participants at a post-race breakfast. Proceeds after expenses from the race will be contributed to a local charitable organization, likely one in the area that serves the needs of women and families.

Should you have any questions regarding this race or wish to volunteer or be a sponsor, please contact race director Ron Deprez at 772-4312 (evenings) or 761-7093 (days).

Welcome to our newest members

Alton Libby (40)
Nancy Libby (30)
Billy Joe Hall (11)
Bobby Joe Hall (9)
P.O. Box 193
Brooks, ME 04921-0193
722-3359 (H)
338-4360 (O)

Mechanic, Penobscot Frozen Foods
Students, Morse Memorial School

"I am a 20-year or more distance runner. I would like to be able to open the door for my children."

Ken Norton (45)
Kathy Norton (44)

1299 High Street
Bath, ME 04530
443-5163 (H)
829-5016 (O)
Civil Engineer, Sevee Maher
Sales Rep., L.L. Bean

"I run, Kathy runs, our son runs. We are joining to support and participate in MTC events."

Jennifer Lawrence (17)
RR 2, Box 527
Lebanon, ME 04027
457-1844
Telemarketer, MBNA, and student, Noble H.S.

(Continued from page 1)

Experience is not an issue. Joe had never directed a race before the Maine Marathon. Through the process of participating, we can help you gain the necessary experience.

If you are interested in working on a specific event, please call the race directors listed in our newsletter. If you are interested in volunteering on a more general level, please call any one of the officers. Finally, please say yes when race directors or volunteer coordinators call asking for help.

I have always been impressed by the way in which new members are welcomed into the Maine Track Club. It is a very unique organization in that respect. Working at and participating in our events is the best way of sharing in the community of the club and developing new friends. If your experience is like mine, you will get back much more than you put in.

Good luck with your running.

— John Gale

Race Results

Submitted by Don Penta

The 17th Annual Thanksgiving Day 4-Miler
411 Finishers (118 Female & 293 Male)
Certified Double Loop Course Through Portland's Old Port
Thursday, Nov. 27, 1997
Men's Race: 9 a.m.; Women's Race: 9:30 a.m.
Conditions: 35 degrees, sunny, strong wind gusts

Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Kristin Pierce 1,overall	24	23:12	5:48
2 Chris Snow-Reaser 2,overall	31	24:21	6:05
3 Wanda Binette 3,overall	31	26:15	6:34
4 Mary Meehan-Bates 1,30-34	31	26:40	6:40
5 Carrie Brady 1,20-29	28	26:46	6:42
1 Kyle Rhoads 1,overall	27	21:18	5:20
2 Pete Bottomley (MTC) 2,overall	36	21:27	5:22
3 Stephen Sarkozy 3,overall	29	21:30	5:23
4 Allan Muir Overall Master	42	21:31	5:23
5 Tom Howard, Jr 1,20-29	20	21:36	5:24

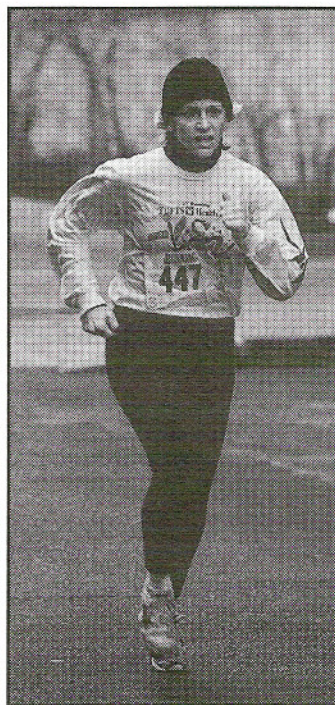
Other Top Divisional Finishers

6 Carol Hogan (MTC) Overall Master	47	27:01	6:45
8 Libby Christenson 35-39	35	27:06	6:47
14 Nancy Towns 19&under	19	28:05	7:01
19 Maureen Sproul (MTC) 40-44	41	28:37	7:09
24 Ellen Bowden 45-49	45	29:19	7:20
71 Polly Kenniston (MTC) 60-64	60	34:04	8:31
88 Nancy Hewett (MTC) 50-54	50	37:13	9:18
95 Sally Paterson (MTC) 55-59	56	38:53	9:43
116 Ruth Hefflefinger (MTC) 65-69	68	47:43	11:56

8 Mike Payson (MTC) 30-34	34	21:52	5:28
9 Steve Turner 19&under	19	21:58	5:30
11 Guy Segars 35-39	37	22:16	5:34
24 Mark Steege (MTC) 40-44	42	24:02	6:01
46 Ron Deprez (MTC) 50-54	53	25:27	6:22
92 Michael Beaudoin 55-59	55	28:05	7:01
166 Zoom Zorn (MTC) 60-64	62	30:33	7:38
239 Jack Nyhan (MTC) 65-69	66	34:00	8:30
257 Carlton Mendell (MTC) 70-79	76	35:31	8:53

Other Maine Track Club Finishers

11 Alison Kisch	31	27:39	6:55
22 Colleen Redmond	33	28:56	7:14
26 Joan Lee 2,40-44	43	29:36	7:24
32 Renee Lathrop	19	29:51	7:28
41 Dana Brown	23	30:51	7:43
42 Lori Towle	24	30:58	7:45
44 Lisa Belisle	26	31:31	7:53
60 Melanie Collins	33	33:05	8:16
64 Kelly Fernald	35	33:21	8:20
65 Lisa Kelley	33	33:26	8:22
87 Deb Stewart	37	37:12	9:18
98 Marby Payson 2,55-59	59	40:39	10:10
36 Dennis Smith	47	24:55	6:14
44 John Nale, Jr.	17	25:18	6:20
47 Paul Aceto	31	25:28	6:22
57 Gerard Conley, Jr	43	25:59	6:30
59 Don Duncanson	49	26:14	6:34
70 Michael Doyle	33	27:04	6:46
75 Mark Olsen	30	27:10	6:48
76 Les Berry	49	27:11	6:48
80 George Campbell	50	27:24	6:51



Joan Lee, left, and Lisa Belisle

photos by Don Penta

82 Richard Conley	42	27:27	6:52
93 Tom Keating	41	28:09	7:02
106 John Morse	52	28:43	7:11
111 Brent Graham	28	28:53	7:13
117 K. Scott Hinckley	39	29:10	7:18
118 Stephen Coolidge	25	29:11	7:18
120 Harley Lee	44	29:14	7:19
124 Rex Holtan	45	29:23	7:21
126 Jim Estes	48	29:27	7:22
142 Phil Pierce	56	30:00	7:30
145 Rick Krause	51	30:03	7:31
147 Ralph Butts	36	30:09	7:32
150 John Pearson	35	30:11	7:33
153 Clyde Coolidge	58	30:17	7:34
161 Steve DiPalma	42	30:30	7:38
162 Earl Smith	42	30:30	7:38
183 Loren Lathrop	48	31:12	7:48
197 R. Davis Hart	51	31:48	7:57
198 Dan Sobel	50	31:48	7:57
214 Jeff Flynn		32:28	8:07
226 John Nale, Sr.	48	33:05	8:16
243 Mike McClellan	51	34:17	8:34
254 Joe O'Donnell	46	34:59	8:45
262 Ryan Salvo	10	36:22	9:06
271 Jim McFarlane	41	36:56	9:14
273 Gerald Salvo	42	37:22	9:21
291 Don Penta	51	45:16	11:19
292 Julius Marzul 2,70-79	71	48:56	12:14

Many thanks to Sandy Utterstrom, Everett Moulton and Julius Marzul for complete results!

More Race Results

The Eastern States 20-Miler
Point-to-point course from Kittery to Salisbury, Mass.
11:00 a.m., Sunday, Feb. 22, 1998
Conditions: Mild, 50 degrees

"*" after time indicates a female finisher

Maine finishers

PLACE/NAME	HOME	AGE	TIME			
9 Robert Ashby	Brunswick	29	1:57:29	149 Cary Brady	Portland	27 2:32:30*
13 Rick Miller 2,40-49	Ellsworth	44	2:01:25	152 Jeanne Hackett (MTC)	Peaks Island	39 2:33:00*
35 David Chamberlain (MTC)	Falmouth	36	2:12:49	154 Roger Clements	York	43 2:33:09
39 Kevin Dow	Eddington	39	2:14:19	168 Gary Gross	York	52 2:35:42
41 Newell Lewey		39	2:14:36	171 Beret Skorpen	Bucksport	35 2:36:13
60 Paul Goransson	Eliot	44	2:18:04	175 Joe McGurn	Rockland	49 2:37:21
74 Katrina Bisheimer 4,overall		32	2:19:52*	201 Steve Montmbeau	Kitterport	34 2:41:45
84 Jim Marchese	Eliot	37	2:21:46	211 Chris Gould	Waldoboro	42 2:43:02
87 Laura Hodnett 5,overall	Kennebunk	25	2:22:35*	239 Stephanie Peavy	Orono	42 2:45:57*
92 Laurel Valley (MTC) 2,under40 ..	Kezar Falls	35	2:23:32*	241 Ram Hewett	Portland	31 2:46:14*
100 Donna Hurley 2,40-49	Spruce Head	40	2:24:59*	279 Robert Benes, Jr.	Fryeburg	44 2:52:18
117 Ron Martin	Topsham	39	2:28:07	284 Richard Fernald	York	54 2:53:07
124 Gerard Conley, Jr. (MTC)	Portland	44	2:28:40	301 Louisa Dunlap 2,50-59	Belfast	57 2:54:31*
132 Charles Foehl	Portland	33	2:29:30	311 Sandra Hodnett	Kennebunk	49 2:56:17*
139 Rosalea Kimball	Winthrop	26	2:30:22*	339 Ed Rice	Brewer	50 3:00:45
				361 Rene Collins	Brewer	56 3:04:47*
				366 Art Meyer 3,60-69	Kittery	63 3:05:38
				375 Stephen Tarkett	Portland	26 3:07:12
				400 Donna Cormier	Fryeburg	44 3:14:06*
				429 Neil Chivington (MTC)	Hollis Center	50 3:22:55
				459 Julius Marzul (MTC) 1,70&+	Gorham	71 4:12:42

Many thanks to Jim McCorkle, who retrieved complete results from Cool Running, and Julius Marzul for complete results!

Upcoming Races

April 4

Championship 25K, Rockland, 11 a.m. Contact: Leo Smith 596-2010.

April 5

Presidential 5-Miler, Kennebunkport, 11 a.m.. Contact: Kathy Jacobsen 985-4107.

April 11

Bert 'n I 5-Miler, East Vassalboro, 9 a.m. Contact: Mert Dearnley 923-3301.

April 12

York County YMCA 5K, Biddeford, 10 a.m. Contact: Charlie Scribner 781-RACE.

April 18

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

April 20

Boys & Girls Club 5-Miler, Portland, noon. Contact: Maine Track Club 741-2084.

April 25

April Amble 4-Miler, Portland, 9 a.m. Contact: Charlie Scribner 781-RACE.

April 26

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

May 3

Saucony Classic 5K, Bangor, 10 a.m. Contact: Peter Dauphinee 942-7644.

Rape Crisis 5K, Waterville, 9 a.m. Contact: Melissa Krueger 872-0601.

May 9

Waynflete 4-Miler, Portland. Contact: Charlie Scribner 781-RACE.

May 13

MMMC Hospital Week 5K, Waterville, 6 p.m. Contact: Jane Wherren 872-4490.

May 16

Close to the Coast 5K & 10K, Freeport. Contact: Charlie Scribner 781-RACE.

May 17

Sugarloaf Marathon & 15K, Eustis, 7:30 a.m. Contact: Sugarloaf/USA 237-2000.

Isaac Archibald 5K, Gardiner, 8:30 a.m. Contact: Peter Hagerman 582-7716.

May 22

YMCA Back Bay 5K, Portland, 6 p.m. Contact: Howard Spear 741-2084.

Note: MTC races are in bold

For the latest race schedules and information, call the MTC hotline at 741-2084 or visit the Sub5 web site at <http://www.finishlynx.com/sub5>

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.

Olympia Sporting Goods
Maine Mall, South Portland
10% on shoes only

Yankee Sports
35 Foden Road, South Portland
10% on shoes only

Coastal Athletics
84 Cove St, Portland
Asics shoes exclusively
Discounts according to model
Call ahead for Ron Kelley 772-4530

George and Phillips, Inc.,
Route 1, Kittery;
295 Water St., Exeter, N.H.
These are Nike Outlet Stores featuring
slightly defective or blemished shoes at
reduced prices. All top quality regularly.
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
10% on non-sale running shoes and clothing

Famous Footware
330 Clarks Pond Pkwy., South Portland
Also Auburn and Kittery
10% on running shoes



Group runs

The Maine Track Club includes all kinds of runners doing many different distances and 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:

Brunswick

Long runs on weekends and track and tempo workouts during the week. Times vary, so it's best to call. Contact John LeRoy (725-8680).

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 Sunday mornings at 7 a.m. from Payson Park. Contact Ron Deprez (772-4312) or Mike Reali (829-2014).

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








The Maine Front Runners, a gay and lesbian running club, runs from Back Cove across from Shop 'n Save on Saturday mornings at 9 a.m. Contact Jim Estes (761-2059).

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 or Marge Aube (829-5079) to let us know where, when and a contact person for inclusion in the monthly newsletter.

Support these MTC members in business

<p>Integrated Physician Services, P.A. Center for Family Psychiatry</p> <p>Psychiatric Care for Children, Adolescents and Adults</p> <p>25 Long Creek Dr., S. Portland, ME 04106 Ph: (207) 775-5527 Fax: (207) 756-8541</p>	<p> The Franklin Life Insurance Company ★ An American General Company</p> <p>Carlton E. Mendell CLU, ChFC, LUTCF Area Manager</p> <p>272 Maine Ave. Portland ME 04103 207-797-7806</p>	<p>ARI INSURANCE AGENCY</p> <p>MICHAEL S. REALI CIC</p> <p>19 Commercial Street, P.O. Box 567, Portland, ME 04112-0567 Phone: (207) 780-1677 800-286-3352 Fax: (207) 780-6377</p>
<p>Conroy-Tully <i>funeral homes</i></p> <p>172 State Street, Portland, Maine 04101 1024 Broadway, South Portland, Maine 04106 (207) 773-6511 / 773-9610</p>	<p> ROAD RUNNERS CLUB OF AMERICA</p> <p>EVERETT M. MOULTON Maine State Representative 39 Bonnybank Terrace South Portland, ME 04106</p> <p>H: (207) 799-2894 W: (207) 799-5511 Email: emoulton@biddeford.com</p>	<p>GERARD P. CONLEY, JR. ATTORNEY AT LAW</p> <p>CLOUTIER, BARRETT, CLOUTIER & CONLEY 23 MONUMENT SQUARE THIRD FLOOR PORTLAND, MAINE 04101 (207) 778-1818</p>
<p> PAUL P. GADBOIS <i>Civil Engineering, Surveying, Land Planning, Structural Engineering, Architectural Engineering</i></p> <p>Paul P. Gadbois, P.E., P.L.S. (207) 283-3980 P.O. Box 327 Saco, ME 04072</p>	<p> PUBLIC HEALTH RESOURCE GROUP 120 Exchange Street Phone: (207) 761-7093 Portland, Maine 04101 Fax: (207) 871-7105 E-mail: phg@portland.maine.com Website: http://auburn.maine.com/people/phrg/</p> <p>Community Health Needs Assessment; Insurance Benefits Design; Health Services/Strategic Planning.</p> <p>RONALD D. DEFREZ, PH.D., MPH PRESIDENT</p>	<p>Telephone (207) 774-0548</p> <p>CHARLES A. ISELBORN, D.D.S. Comprehensive Dental Care</p> <p>149 BRIGHTON AVENUE PORTLAND, MAINE 04102</p>
<p> PAUL P. GADBOIS <i>Civil Engineering, Surveying, Land Planning, Structural Engineering, Architectural Engineering</i></p> <p>Paul P. Gadbois, P.E., P.L.S. (207) 283-3980 P.O. Box 327 Saco, ME 04072</p>	<p> William W. Dexter, M.D. Medical Orthopedist</p> <p>Sports Medicine Center</p> <p>Orthopaedic Associates of Portland, P.A.</p> <p>P.O. Box 1260 33 Sewall Street Portland, Maine 04104-1260 (207) 828-2111 (800) 439-0774 (207) 828-2190 Fax dexterw.fampract@mmtc.org</p>	<p>This space for your business card</p> <p>contact Russ Bradley 799-3864</p>
<p>DISCOUNT TIRE & BATTERY MON - FRI 7:30 - 5:30 SATURDAY 9:00 - 2:00</p> <p>773-0112 282-5192 721-0009 682 Main Street U.S. Route 1 Pleasant Street South Portland Biddeford Brunswick (Across from Tony's Runway) (Between Bowdoin & Grandview) Cooper Tires (207) 773-0112</p> <p>SHOCKS * STRUTS * BRAKES * EXHAUST</p>	<p>Dana Seguin Certified Public Accountant</p> <p>Constance E. Grant, CPA 17 Commercial Street Portland, Maine 04101 (207) 772-7722</p>	<p>This space for your business card</p> <p>contact Russ Bradley 799-3864</p>
<p>DISCOUNT TIRE & BATTERY MON - FRI 7:30 - 5:30 SATURDAY 9:00 - 2:00</p> <p>773-0112 282-5192 721-0009 682 Main Street U.S. Route 1 Pleasant Street South Portland Biddeford Brunswick (Across from Tony's Runway) (Between Bowdoin & Grandview) Cooper Tires (207) 773-0112</p> <p>SHOCKS * STRUTS * BRAKES * EXHAUST</p>	<p>Dana Seguin Certified Public Accountant</p> <p>Constance E. Grant, CPA 17 Commercial Street Portland, Maine 04101 (207) 772-7722</p>	<p>This space for your business card</p> <p>contact Russ Bradley 799-3864</p>



Running, Walking
& Fitness Center
U.S. Route 1
Falmouth, ME

UNIVERSITY OF NEW ENGLAND WESTBROOK COLLEGE CAMPUS

22nd Annual "APRIL AMBLE" 4 MILE RACE

SATURDAY, APRIL 25, 1998 AT 10 A.M.



Maine Mall Cinema
413 Maine Mall Road
South Portland, ME 04106

START: Westbrook College Campus, Stevens Avenue, Portland, Me
ENTRY FEE: \$8.00 Pre-Entry / \$10.00 Post Entry - \$5.00 All "Fun Run" Entrants

MAIL ENTRIES TO: "April Amble" / Brian T. Gillespie
Westbrook College Campus • Stevens Avenue, Portland, ME 04103

(Checks payable to: April Amble Race)

Entry fee waived for all University of New England Students

Race-day registration starting at 8:00 A.M. at Finley Recreation Center.
Registration closes at 9:45 A.M. Shower facilities/Awards at 11:30 A.M.

COURSE

This classic 20 year old course is certified. Mostly a flat, fast course, a section thru a woods trail.
Splits at 1 & 3 mile. Water available.

Race Organization by UNE Men's & Women's Cross-Country Teams

COURSE RECORDS

Rob Pierce - 1995 -- 19:29 • Christine Reaser - 1997 -- 22:41

AWARDS - 4 MILE

Top 5 finishers overall Male/Female

Age Groups - 1st & 2nd place - Male/Female

10 & under, 14 & under, 18 & under, 18-24, 25-29,
30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over

SPECIAL AWARDS

First male - Maurice Fuller Award \$100.00

First female - Joan Samuelson Award \$100.00

Sportshoe Center Mile Mark Awards \$25.00 M & F

Brigitte Edquid Master Trophy

First Three Policemen & Firemen

First U.N.E. Students / Staff / Alumni

**dale rand
PRINTING**



SPLIT-TIME

RACE MANAGEMENT

Charles Scribner
207-772-5781

FREE T-SHIRT TO FIRST 100 PRE-REGISTERED

NO BABY STROLLERS OR RADIO HEADSETS ALLOWED

LAST NAME _____ FIRST NAME _____ AGE _____ SEX _____

BIRTH DATE _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

CIRCLE ONE: UNIVERSITY OF NEW ENGLAND - STUDENT / STAFF / ALUMNI T-SHIRT SIZE: M L XL XXL
POLICEMAN / POLICEMAN

NO REFUNDS, EXCHANGES OR TRANSFERS

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 University of New England, 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: _____ PARENT'S SIGNATURE
IF UNDER 18 YRS. _____



MTC 1998 Officers and Committee

John Gale	President	775-5017	Charlie Scribner	At-Large	772-5781
Marge Aube	Vice President	829-5079	Howard Spear	At-Large	856-6496
Mike Reali and Terry Sutton	Past Presidents	829-2014	Steve Fox	Clothing	799-8840
Joe Guimond	Treasurer	761-8634	Al Butler	Equipment	772-6463
Alyce Schultz	Secretary	780-9805	Don Penta	Statistician and Photography	892-4526
Maggie Soule	Membership	846-3631	Dale Rines	Course Certification	854-2481
Everett Moulton	Race Committee	799-2894	Bob Aube	Newsletter	829-5079
Ann McGovern	At-Large	934-1825			

Minutes from March Board of Directors meeting

Officers and Committee Chairs in Attendance: John Gale, Joe Guimond, Marge Aube, Bob Aube, Howard Spear, Maggie Soule, Everett Moulton, Alyce Schultz, Don Penta. Guests: Donna Moulton, Ron Deprez.

Secretary's Report. Circulated, read and approved.

Treasurer's Report. Balance as of February was 7,759.42, after \$2,500 was transferred from the Maine Marathon account.

Committee Reports:

- **Membership.** Maggie Soule reported 250 households have renewed. A renewal form was included with the March newsletter

which will be the last newsletter for the non-renewals. Maggie will get an estimate for a combination renewal form and envelope presented by Everett Moulton.

- **Race Committee.** Based on a letter from Larry Dyer, Howard Spear moved that the Peaks Island Road Race be dropped from the MTC schedule due to increasing monetary demands made by the Peaks Island Lions Club. Motion was seconded by Everett Moulton and approved with no opposition. Everett will communicate the decision to Larry Dyer.

The Cancer Foundation race has been cancelled.

ONF of Falmouth has offered a free web page to the track club.

- **Programs.** Marge Aube reported that programs are set for March, April, May and September club meetings. Information on upcoming programs will be printed in the newsletters.

- **Newsletter.** Bob Aube reported that the March issue was to be mailed Friday, March 6. All copy must be received by Bob no later than the 15th of every month if the newsletter is to be printed and mailed on time.

Old Business:

- **Maine Marathon.** Plans are under way for this year's

race, with Joe Teno and Howard Spear serving as co-directors. It's time to volunteer.

- **Beach to Beacon.** Dave McGillvary from Boston has been appointed as race director. The MTC is responsible for the finish line. Other club members have volunteered to chair other committees such as clean-up, registration, and the wheelchair race. A reminder that the race is scheduled for Aug. 1 at 8 a.m. Volunteers will be needed.

- John Gale is soliciting members for the Banquet Committee.

New Business:

- **Avon Series for Women.** Ron Deprez reported that MTC has received one of 13 contracts awarded so far to states/regions for

the Avon Series for Women. Ron Deprez will be race director and the race will be held Sept. 13. Bob Aube moved that MTC

support the 5K race as outlined in the race application by Avon. The application includes a training program for women. Joe

Guimond seconded the motion. It was approved without opposition. Ron Deprez will solicit sponsors.

- **Sportshoe Center** will have a logo on the MTC trailer. Sportshoe Center has sponsored several MTC races and is a minor sponsor for the Maine Marathon. The sign will be limited to the logo only and not contain any information such as locations or phone numbers.

- **Boys/Girls race** is set for April 20. Howard Spear is soliciting volunteers.

- **Mt Washington Road Race** is scheduled for June 20. The MTC has been awarded five spots. Volunteers are needed to help with the race.

*Respectfully submitted,
Alyce Schultz, Secretary*