

# Maine Track Club

May 1989

Run with a friend...



## UPCOMING MEETINGS

### Wed. May 10, SMVTI, 7-9 pm "Sports Massage"

with Rick Gilde, a local massage therapist who has worked with a number of MTC members, will discuss and demonstrate massage techniques for enhanced performance. Rick is a member of the AMTA National Sports Massage Team and has served on the massage team at the Boston Marathon five times.

### June 14 "Nutrition"

Susanne Wieder, director of nutrition at Hannaford Brothers, will discuss proper diet and how to shop for the right foods. Hannaford Brothers, through its Shop N Save supermarkets, is becoming a leader in bringing nutrition topics to the attention of shoppers.

## In Memory of Bruce Ellis

Any donations that the Maine Track Club received in memory of Bruce Ellis will be used to establish a scholarship, award or some other form of lasting memorial to Bruce and his support of other runners.

## Train with A Friend

MTC Training Run with Ray & Ruth  
Hefflefinger, Saturday, May 6  
7am 18--20 miles  
8am 10-12 miles  
9am 4-6 miles  
10am Continental breakfast

Please bring something for breakfast: juice, fruit, a few bagels, muffins, etc.  
Location: Ray & Ruth Hefflefinger's house  
20 Curtis Road, Portland  
Come run with old and new friends. Call Ray or Ruth (797-4625) for details.

## Race Schedule

### Road Races

**9th Annual Rocky Coast 10-K:** May 6. 10 a.m. Contact: Boothbay Region YMCA, Boothbay Harbor, Maine 04538 or 833-2855.

**Officer Friendly Youth Runs:** May 13. South Portland Recreation Center. 6-11 year olds, 1-mile at 9 a.m. 12-16 year-olds, 2-mile at 9:30 a.m. 4 mile road race for all ages at 10 a.m. Contact: Rob Laskey at 729-4104 or Maine Track Club, P.O. Box 8008, Portland, Maine 04104.

**China 10-K Classic:** May 13. Fun Run at 9:15 a.m. 10-K at 10 a.m. China Elementary School, Routes 9 and 202. Contact: China 10-K, Box 51, China, Maine 04926 or 445-2315.

**10th Annual Hospital Week 3-Mile Road Race:** May 13. 9:30 a.m. York Town Hall. Contact: York Recreation Dept., P.O. Box 9, York, Maine 03909 or 363-2723.

**Nike Store Run:** May 14. 9 a.m. 5 miles. Bow Street, Freeport. Contact: Nike Store, 11 Bow St., Freeport, Maine 04032 or 865-0755.

**Downeast Dog Trot:** All entrants must be accompanied by a dog on a leash. Three-quarter mile fun run at 9 a.m., followed by 3-mile race. Camden Snow Bowl, Hosmer Pond Road. Benefits Animal Rescue League. Contact: Margaret Emerson at 236-2597 or RR1, Box 4876, Camden, Maine 04843.

**Great Spring Clean-Up 5-Mile Road Race:** May 21. 1 p.m. East Millinocket, park by Opal Myrick School. One mile run before the race. Contact: Frank Clukey, East Millinocket Recreation Department, Main Street, East Millinocket, Maine 04430.

**7th Annual Corporate Fun Run:** May 21. 2 miles at 9 a.m. 5 miles at 10 a.m. Saco Defense, North Street, Saco. Contact: Henry Reynolds or Cathy Eon at 283-3611, ext. 358 or 301.

**3rd Annual Oakhurst Milk Run:** May 28. 10 a.m. 4 miles. SMVTI gym, South Portland. Contact: 879-0208. Walkers welcomed.

**8th Annual Apple Blossom 15-K:** May 28. 9 a.m. Monmouth Academy, off Route 202. Contact: Doug Ludewig at 833-4416.

**7th Annual Nubble Light Runaway:** June 3. 5-K at 9 a.m. 10-K at 10:30 a.m. Both TAC certified. York High School. Contact: York Recreation Dept. at 363-2723.

**9th Annual Doc's Tavern 3-Miler:** June 16. 7 p.m. Doc's Tavern, behind Biddeford Franklin Fire Station, Biddeford. Contact: Ken Dion at 282-1233 or 284-5928, or P.O. Box 233, Saco, Maine 04072.

**Blood, Sweat & Cheers 5-K:** June 18. 8 a.m. Lawrence High School, Fairfield. Contact: Jerry Saint Amand at 873-6753 or Central Maine Striders, P.O. Box 1177, Waterville, Maine 04901.

### Marathons

**7th Annual Sugarloaf Marathon:** May 21. 7 a.m. Eustis. Contact: Chip Carey, Sugarloaf Marathon, R.R.1, Box 5000, Carrabassett Valley, ME 04947 or 237-2000.

**Pine Tree Marathon:** Oct. 22. 9 a.m. Thomas College, Waterville. Contact: Jerry Saint Amand at 873-6753 or Central Maine Striders, P.O. Box 1177, Waterville, Maine 04901.

## Maine Running & Outing

This is a *great* magazine for Maine athletes, listing all the upcoming running, biking and triathlon races, plus complete race results. See your name in print! Send \$15 to MR&O, PO Box 3399, Brewer, ME 04412, with your name and address, for a one year subscription.



## EDITOR'S COLUMN

Bruce Ellis was a very special person to so many of us. It was tragic to lose him, yet inspiring to see how many people he had touched in his life, how many wore black ribbons on Patriot's Day, how many came to his funeral, and the many kindness' people remember him for. We are all here for such a short time...

Looking towards the future, I personally think *everyone* should go to the meeting this month, "Sports Massage" with Rick Gilde. Last fall while training for some PR races in October and November, I had a hamstring injury that threatened to curtail my running. Neuromuscular Therapy was recommended (a cousin to sports massage) and after one treatment I was on the roads again painlessly. Since then I have received regular massage treatments from quite a few massage therapists in the Southern Maine area: Swedish Massage for overall deep relaxation & feeling wonderful, Sports Massage for times of heavy training and the need for fast muscle recovery, and Neuromuscular Therapy for those specific pains and structural problems that need release.

In fact, I have been so impressed with the results of massage, that I've decided to be one. In September I am going to one of the best massage training schools in the U.S. for an intensive 6 month training in Sports Massage, Swedish Massage, and Neuromuscular Massage. When I get back I'll be "in touch"... probably a Sponsor of the newsletter!

In the meantime, consider getting a massage for yourself... Either for pleasure, muscle recovery after workouts, healing injured areas, or to simply find out what all this talk is about. Massage is catching on in a big way in this country—find out why!

**Please note:** Only patronize American Massage Therapist Assoc. (AMTA) certified Massage Therapists. This is your insurance that they have been professionally trained and tested. For a complete listing of the AMTA

certified Massage Therapists in Maine, call Rebecca Stephans 797-8180. My two favorite MT's in Portland are Rebecca Stephans (Swedish) and Annie Bertland 772-0965 (Neuromuscular). Go to Rick Gilde's lecture/demo for more on Sports massage. *DEB*

### Thank You 1989 MTC Newsletter Sponsors

#### Individual Sponsors

Barry & Judy Howgate  
Cindy Smith  
Dick Lemieux  
Barry Fifield  
John Woods  
Bill & Sue Davenny  
Anonymous

#### Prime Sponsors

#### Corporate Patron

### We Need Newsletter Sponsors!

Become an patron and get fame and recognition for your support and generosity by having your name in the above box! To be an individual patron, send \$10 to the Maine Track Club, Box 8008, Portland, ME 04104. To Become a corporate patron, your donation of \$25 should be sent to the same address. To be a Prime sponsor send \$50 and this includes an advertisement on the front page. Please note on the check that it is a patron or Prime sponsor contribution to the newsletter. And MANY thanks!

### Notice to Newsletter Contributors

For the MTC Newsletter, please send written contributions to Deb Merrill, 19 Quarry Road, Brunswick, ME 04011 Questions? Call 729-6498 Please type your columns **single spaced and 4 1/2 inches wide** (we will reduce them to 3 1/2 inches). The Maine Track Club Newsletter is compiled monthly. Circulation is around 400. Related material may be copied with acknowledgement. Editor: Deb Merrill

## 1989 Officers and Committee Chairpersons



Herb Strom	President	799-7705
Bill Stuart	Vice-President	799-5961
Susan Davenny	Secretary	772-1787
Rick Strout	Treasurer	829-3216
Charlie Scribner	Race Committee	772-5781
Deb Merrill	Newsletter	729-6498
Course certification:		
	John LeRoy	725-8680
	Loren Lathrop	772-8356

Ruth Hefflefinger	Membership	797-4625
Charlie Scribner	Past President	772-5781
Melvin Fineberg	Clothing	774-8868
Don Penta	Statistician	892-4526
Nina Stoddard	Photography	799-6954
Nancy Stedman	Photography	774-4013
Bob & Brenda Cushman	Refreshments	797-3467

P.O.Box 8008, Portland, Maine 04104  
Maine Track Club is a non-profit organization

Run with a friend...



# MEMB. MEETING NOTES

MTC Membership Meeting April 12, 1989

This meeting was held in Payson Smith Hall of USM and followed by a program put on by the Lifeline Body Shop staff in the Gym.

President Herb Strom opened the meeting.

Vice President's Report - Bill Stuart announced Mel's MTC Clothing Store was open for business. We would be moving to the gym at 8:00 for the program on weightlifting. The May & June programs announced in the newsletter will be back at the usual place, SMVTI. Copies of a letter from the Hallowell Hashers were available, possible Portland Hash, May 1. July 12 meeting will be a fun run and picnic at Bob Jolicoeur's home. Group training runs are scheduled from Bill Stuart's house, April 22 and from the Hefflefingers' house, May 6.

Guests Dawn Charrier and John Williams introduced themselves.

Treasurer's Report In Rick's absence, Herb reported a balance of approximately \$6000.

## Race Reports

Dave Paul reported 450 preregistrations for the Boys Club. More help needed in the chute. Clinics and number pickup Sunday afternoon. April Amble, April 29, see Charlie about helping with timing.

Oakhurst Milk Run, May 28, volunteer sign up sheet circulated. Captains: Mike Reali-water stops, Ken Hutchins-flagpeople, Sue Davenny-registration, Ken Dolley-spindle teams, Ted Cunningham-timing.

Mark Hoffmaster Memorial, June 4, Jean Thomas circulated a volunteer sign up sheet, also encouraged members to run this benefit race.

Officer Friendly and DARE, May 13, Rob Laskey & Everett Moulton, 38 registered for the 4 miler, Carlene Anderson contacted at Unum. Charlie has a few Marine Corps Marathon applications.

PR's, Boston Milk Run, Bruce Ellis 30:08, Donna Moulton 67:40.

Trophies, Please bring trophies for recycling to the meetings and give to Bob Cushman.

Election of Members At Large for the Board of Directors of MTC. Barbara Coughlin, Ken Dolley and Carlton Mendell were nominated for these positions and elected unanimously.

Ekipden Relay, Ken Dolley reported the Maine team placed 31st this year, improving from 39th last year.

Maine Running Hall of Fame, Bob Payne handed out forms for memberships in the Hall. Nominations will remain open until July. Sponsors are needed for the banquet. Business memberships are \$100. A motion was made and passed for the club to purchase a membership for \$100.

Bruce Ellis announced he will make the last shipment of T-shirts to Africa in May. Bring shirts to the May meeting. He also mentioned television appearances of Rick Strout and Carlton Mendell.

Refreshments were provided by Jim Toulouse, Bill Lovett, Mel Fineberg, and Bill Davenny.

Respectfully submitted,

*Susan Davenny*

Susan Davenny  
Secretary

# TREASURER'S REPORT

March 5, 1989

Funds on Deposit February 5, 1989

\$ 4,016.31

## Receipts:

Memberships	\$ 1,007.00	
Patron Ad	\$ 10.00	
Peaks Island Fee	\$ 347.00	
Banquet	\$ 34.95	
Mid Winter Classic	\$ 626.00	
Clothing	\$ 79.00	
Interest	\$ 31.81	\$ 2,422.76
		\$ 6,439.07

## Disbursements:

*Susan Davenny - Postage	\$ 45.00	
*Charles Scribner - film	\$ 15.58	
*Ruth Hefflefinger - postage	\$ 170.00	
*Herb Strom - refreshments		
club handicap race	\$ 15.92	
*Headlight Audio Visual		
microphone - banquet	\$ 21.00	
*New England Runner's conference		
Bill Stewart & C. Scribner	\$ 170.00	\$ 437.50

Funds on Deposit March 5, 1989

\$ 6,001.59

*Richard K. Strout*  
Richard K. Strout  
Treasurer

# RACE RESULTS

## Road racing: Ireland takes Ekiden event

Ireland, with a brilliant anchor leg by John Doherty, won the America's Ekiden international road relay in New York for the second consecutive year. The U.S. finished second.

Doherty ran the final leg of 6.2 miles in 27 minutes, 50 seconds, fastest in the field of eight national teams, plus teams from each state, New York City and the District of Columbia.

Ireland completed the marathon course in 1 hour, 58 minutes, 20 seconds. The U.S. finished second for the second consecutive year, clocking 1:58:44. Britain was third in 1:59:04 and Mexico fourth in 2:01:02. Following were Japan (2:02:10), Kenya (2:03:33), the Soviet Union (2:03:49) and Italy (2:04:51).

California repeated as state champion, finishing in 2:03:43. Arizona was second in 2:03:47.

Maine's team placed 33rd in 2:10:31. Tim Wakeland of Dover-Foxcroft ran his 5-kilometer leg in 14:59; Andy Palmer of South Portland finished 10.8 kilometers in 33:42; Augusta's Todd McGraw went 9.3 kilometers in 29:15; Dan Dearing of Lisbon Falls went 22:13 for 7.1 kilometers; and Greg Hale ran a 30:23 in the final 10 kilometers.



Geoff  
Hobson



# Saying goodbye to Bruce

Marathon Monday, 1989

Dear Bruce:

The one thing everyone has been saying about Bruce Ellis the last day or two is you always had time to drop a line, which is merely the written form of caring.

Whether it was a quick note, a philosophical letter or just a postcard dashed off — where else? — on the run, Maine athletes from Schoodic Point to the Marsh Stream Stampede cherished correspondence that always closed with, "Running Ever, Bruce."

Whether they were an elite or discred runner, you always gave them the same priority when it came to mail. Or anything else.

They can't believe you're gone, Bruce. They can't believe you died so suddenly and cruelly at age 37 Saturday morning, just 48 hours before what you hoped would be your greatest moment at your beloved Boston Marathon. And it was just days and weeks after some of your best and most ferocious racing.

They can't believe it, Bruce. But on this high holiday for the state's running community, in Boston and here at Portland's fabled Patriot's Day 5-miler, maybe it's right that Maine runners say goodbye in their own letter.

Bob Payne of Raymond is like most of the guys you knew and liked. Sure, you ran your 5-minute miles and your marathons under 2 hours and 20 minutes, but you always had time for guys like Bob, who will try to run Boston today in 3 hours and 10 minutes. You were elite, but you also realized elitists aren't the heart of the sport. The Bob Paynes are.

And Bob was quite thrilled when you told him at last Wednesday's Maine Track Club meeting that you, as an invited marathon guest, would try to get him upstairs to meet some of the other guests during Sunday night's spaghetti dinner.

But Sunday, Bob was handing out black ribbons to wear during the marathon to the 40 or so Maine runners. He had been so distraught after hearing the news that he called Dave Paul, the Patriot's Day race director, asking what he could do.

Dave, who as you can well imagine, was doing 500 things and didn't know where he was going to find time to get

700 black ribbons. Bob said not to worry, they'd be at the Boys and Girls Club Sunday morning. And they were, after he bought 125 yards of ribbon and had help from the Quinn twins down the road, who cut them into 6-inch strips so they could be pinned to the numbers.

And your good pal Jerry Saint Amand of Winslow, the spiritual leader of the spirited Central Maine Striders, plans to run with a memorial the rest of the year, and he'll probably wear something like an armband today in Portland.

He always thinks of you when he runs anyway, recalling that day overlooking the ocean a few years back when you talked him into running again. That's when your love of running and never-say-die attitude convinced Jerry. Whenever he feels those invisible knives late in a race in the middle of the pack, Jerry remembers you saying, "The other guy hurts just as bad."

Danny Paul, whose shoulders dueled with yours many times and who's a favorite in today's 5-miler, wasn't planning to run Saturday. But when he heard the news, he put his head down and ran the course. When he got to the 2½-mile mark, just before Payson Park, his mind flashed to last year's race. That's where you left everyone in a cloud of respect. Hey, this guy not only does distance, they said.

Danny and Dave put up the best memorial they could. It's in the display case at the Boys and Girls Club, and you have to walk by it today to get a number. Along with the pictures, there are letters. Your letters.

There's one to a 16-year-old kid from Portland, Bob Jones, that you wrote last month, congratulating him on a 10-kilometer PR and urging him to find "balance" in his life. That's the one stamped with a man and a woman running, flanked by birds. Probably sea gulls because even though you and Nancy came from New Hampshire, you loved Maine passionately, always wore your Maine Track Club singlet proudly, and made a life here with your wife.

(Remember what you said once after running the breathtaking Schoodic Point 15-K up Bar Harbor way? The quote that made the Maine Running & Outing training log for week 37: "I think I want to be buried at Schoodic Point.")

And there's last summer's letter to Danny Paul that said you'd been questioning your goals, and how antics on the national level made it worse. But you thanked him for writing an article that said, "Understand your running."

And there was that poignant letter you wrote to all Maine runners after one Sugarloaf Marathon that appeared in Maine Running & Outing: "You are nice. Yeah, you are just nice. Thank you for being part of my running. Please take a moment to look in the mirror, pat yourself on the back and know that I love you."

Ditto for us, Bruce.

Running Ever,  
Geoff and every other Mainer who owns  
a pair of running shoes



Bruce at the MTC Banquet



# Eulogy for Bruce Ellis

Given by Jane Dolley at Bruce's Funeral Service

USUALLY IN A EULOGY, THE PERSON WILL DESCRIBE THE DECEASED FOR THOSE ATTENDING THE SERVICE WHO WEREN'T CLOSE TO HIM OR DIDN'T KNOW HIM WELL. BUT AS I LOOK OUT TODAY, I SEE EVERYONE HERE KNEW BRUCE, WAS CLOSE TO BRUCE AND WAS TOUCHED BY BRUCE.

YOU'VE ALL HEARD HIM TALK, SEEN HIM RUN. YOU'VE RECEIVED HIS POSTCARDS. HE HAS SENT YOU NOTES, ENCOURAGING YOU IN YOUR RUNNING AND CONGRATULATING YOU IN YOUR PR'S. BRUCE TOUCHED SO MANY PEOPLE WITH HIS THOUGHTFULNESS.

I FIRST MET BRUCE WHEN HE AND NANCY WON THE CAPE CHALLENGE IN 1985. THEY HAD FALLEN IN LOVE WITH MAINE AND CAME HERE TO RACE EVERY OPPORTUNITY THEY HAD. IT WAS THE BEGINNING OF A LONG LOVE AFFAIR WITH MAINE.

THE DAY AFTER I SAW BRUCE AND NANCY IN NEW BEDFORD LAST MONTH, I RAN WITH A FEW GUYS FROM THE "RAT PACK". WHEN THE CONVERSATION TURNED TO BRUCE AND HOW WELL HE WAS DOING, MIKE, RON AND JOHN EACH TOLD ABOUT HOW SPECIAL THEY FELT WHEN BRUCE SENT THEM POSTCARDS.

THIS PAST WEEKEND I SAW AN OLD FRIEND, MARTIN SCHIFF. MARTIN MOVED AWAY TO CONNECTICUT 2 YEARS AGO, YET BRUCE CONTINUED TO KEEP IN TOUCH WITH HIM, MAKING MARTIN FEEL LIKE A SPECIAL FRIEND.

LAST FEBRUARY, I TRIED TO GET BRUCE TO TRY OUT FOR THE MAINE EKIDEN RELAY TEAM. BUT HE HAD JUST RECOVERED FROM A BAD COLD AND DIDN'T FEEL RIGHT TAKING SOMEONE ELSE'S PLACE IN THE TRIALS. HE DID GET HIS STRENGTH BACK, AND ON APRIL 9TH, THE DAY THE EKIDEN TEAM RAN IN NEW YORK, BRUCE RAN HIS 10K PR AT THE BOSTON MILK RUN IN 30:08. YET, DID I SEND HIM A CARD CONGRATULATING HIM FOR HIS PR?? NO. INSTEAD, WHEN I GOT HOME THERE WAS A POSTCARD TO ME FROM BRUCE, CONGRATULATING THE MAINE TEAM FOR A FINE PERFORMANCE.

WHEN BRUCE GAVE HIS FIRST TALK TO THE MAINE TRACK CLUB MEMBERSHIP ABOUT HIS TRAINING, WHAT STRUCK ME WAS THE ABSOLUTE DEDICATION HE HAD TO HIS RUNNING. HE TOOK ADVANTAGE OF EVERY SINGLE MOMENT TO MAKE HIMSELF STRONGER.

THE 2 REMARKS FROM HIS TALK THAT STUCK IN MY MIND WERE ABOUT TRAINING WITH THE INNER TUBE AND WHAT HE DID AT THE PHOTO COPY MACHINE: ON DAYS WHEN HE COULDN'T GET OUT ON THE ROADS DUE TO THE WEATHER, HE WOULD TIE A RUBBER INNER TUBE AROUND A POST IN THE BASEMENT AND RUN IN PLACE, USING IT AS RESISTANCE TO KEEP UP HIS STRENGTH. AND EVEN WHEN HE WAS WAITING AT THE PHOTOCOPY MACHINE, HE WASN'T IDLE; FOR HE USED THAT TIME TO DO HIS STRETCHING. REMARKABLE.

BRUCE WAS A VERY CONFIDENT PERSON BECAUSE HE BELIEVED IN HIMSELF - HE BELIEVED IN WHAT HE WAS AND WHAT HE COULD DO. HE WANTED TO SHARE THIS CONFIDENCE, THIS ENTHUSIASM FOR LIFE, WITH HIS FRIENDS.

FOR BRUCE TRULY FELT THAT GOD HAD GIVEN HIM A GIFT: A BODY THAT COULD RUN FAST AND STRONG. KEN ALWAYS SAID THAT BRUCE HAD THE BODY OF A GREEK GOD. AND BRUCE KNEW THAT HIS MISSION WAS TO USE THAT BODY TO ITS FULLEST. AND HE DID.

HE SET GOALS: SHORT TERM GOALS TO MEET THE LONG TERM GOALS. HE TESTED HIMSELF DAILY AND HE KNEW WHEN HE WAS READY.

BRUCE SET A POWERFUL EXAMPLE FOR THOSE OF US WHO DON'T - AND NEVER WILL - HAVE HIS STRENGTH AND DISCIPLINE. BRUCE WILL BE AN INSPIRATION FOREVER FOR THE RUNNERS IN MAINE. LAST MONDAY AT THE BOYS CLUB RACE AND IN BOSTON, WE WORE OUR BLACK RIBBONS AND WE WERE INSPIRED TO "DO IT FOR BRUCE".

NO, WE DON'T HAVE BRUCE ELLIS ANYMORE, BUT HE LEFT US NANCY. SHE TOLD ME THAT SHE IS GOING TO STAY IN MAINE, GET HER STRENGTH BACK AND START RUNNING AND RACING AGAIN. NANCY HAS EMBRACED MAINE WITH HER LOVE, AND WE, HER FRIENDS, EMBRACE NANCY WITH OUR LOVE.

*Jane*



# RACE RESULTS

By Don Penta

60th Annual Portland Boys Club 5 Miler  
In Memoriam: Bruce Ellis - 17 April '89  
752 Runner and 3 Wheelchair Finishers

Top Finishers (Overall; unnoted; open):		
61 Wanda Haney (MTC) 1st	30:15*	
64 Donna Hubert (MTC) 2nd	30:23*	
75 Veronica Knight 3rd	30:42*	
82 Edie Dubord 1,30-39	31:00*	
98 Robin Emery Rappa 1,40-49	31:22*	
119 Rhonda Prime 4th	32:02*	
133 Diane Lounder 5th	32:17*	
138 Erika Maddaleni 6th	32:32*	
146 Anne Hendrix 2,40-49	32:41*	
155 Ellen Grant 2,30-39	32:52*	
1 Paul Hammond 1st	24:48	
2 Stan Bickford 2nd	24:56	
3 Bob Winn 1,30-39	25:27	
4 Henri Bouchard 3rd	25:52	
5 Stu Hogan 4th	26:03	
6 Danny Paul 2,30-39	26:06	
7 Tom Dann 3,30-39	26:11	
8 Allen Muir 5th	26:15	
9 Mike Lyons (MTC) 6th	26:22	
10 Peter Lessard 7th	26:24	

Other Top Divisions:		
545 Jean Thomas (MTC) 1,50-59	40:26*	
712 Terri Morris 1,60&over	46:40*	
11 Robert Sholl 1,40-49	26:24	
44 Conrad Walton 1,50-59	29:31	
399 Russ Bradley 1,60-69 (MTC)	37:18	
569 John Woods (MTC) 1,70&over	41:11	
270 Mike Calazzo 1,11&12	35:26	
179 Andrew Worth 1,13&14	33:24	
27 Chad Sutcliffe 1,15&16	28:35	
Rob Spaulding 1,wheelchair	26:56	

Other MTC Finishers-  
By Divisions (95 Total):

Open (45 Women & 111 Men):		
168 Cheryl MacMahon 7th	33:15*	
240 Pattie Locke 9th	34:54*	
330 Michelle Jordan 12th	36:23*	
47 Chris McDonald 19th	29:35	
99 Jeffery Paul 31st	31:24	
222 Mike Goodwin 45th	34:29	
265 Rich Robinov 54th	35:20	
347 Thomas McMillan 64th	36:37	
673 Craig Cunningham 108th	44:20	
11&12 (1 Girl & 5 Boys):		
281 Chris Taylor 2nd	35:39	
15&16 (14 Boys):		
160 Sean Kerwin 6th	33:07	

Sub-Masters (58 Women & 262 Men):		
236 Deb Merrill 3rd	34:47*	
349 Diane Flanders 8th	36:39*	
358 Cindy Vokey 9th	36:46*	
481 Kathryn Tolford 15th	38:50*	
485 Maureen Sproul 17th	38:58*	
501 Marla Keefe 18th	39:19*	
520 Nancy Rouse 19th	39:46*	
571 Nina Stoddard 27th	41:15*	
683 Kathy Parsons 40th	44:41*	
25 Sean Keough 11th	28:26	
38 Bill Bristol 14th	29:20	
71 Brian Milliken 27th	30:30	
83 Kurt Nielsen 31st	31:05	
89 Dennis Smith 34th	31:16	

127 Harley Lee 54th	32:11
156 John Braccio 71st	32:54
169 Thomas Kirby 80th	33:16
143 Thomas Allen 65th	32:38
190 Donald McGilvery 93rd	33:50
212 Jeff Babino 102nd	34:17
232 Norman Locke 112th	34:37
237 Dale Rines 115th	34:48
285 Stephen Di Palma 137th	35:41
301 Michael Cavanaugh 143rd	35:56
303 Eric Ellis 144th	35:57
315 Larry White 145th	36:09
341 Charles Iselborn 159th	36:33
360 Bruno Babin 163rd	36:47
385 Marc Lusignan 175th	37:03
394 J.P. Lavoie 179th	37:15
519 Martin Weiss 216th	39:46

Masters (23 Women & 148 Men):

432 Carol Pierce 3rd	37:48*
560 Suzanne White 6th	41:01*
663 Marianne Gagne 12th	43:59*
716 Brenda Cushman 17th	47:07*
738 Donna Moulton 21st	50:22*
62 Richard McPaul 10th	30:20
68 Ron Cedrone 12th	30:29
79 Joe Richards 13th	30:54
93 Frank Ferland 17th	31:18
118 Les Berry 23rd	32:00
185 George Waterhouse 29th	33:43
186 Thomas Carll 30th	33:44
207 Craig Robinson 38th	34:09
209 David Haskell 40th	34:11
216 Neil Martin 42nd	34:22
224 Barry Howgate 45th	34:31
257 Alan Leathers 49th	35:16
305 John Hayes 62nd	35:59
307 Richard Littlefield 63rd	36:00
386 Loren Lathrop 79th	37:06
471 Tom Atchison 89th	38:42
472 Philip Bartlett 90th	38:43
477 Harvey Rohde 93rd	38:49
499 Phil Tinkham 99th	39:14
530 Richard Lemieux 108th	40:04
559 Bob Perkins 113th	41:00
606 Everett Moulton 124th	42:02
628 Charles Harlow 130th	42:38
644 Dennis Morrill 133rd	43:14
709 Donald Penta 145th	46:20

Seniors (5 Women & 44 Men):

114 Peter Bastow 3rd	31:48
153 Rick Strout 4th	32:48
276 John LeRoy 10th	35:34
365 Oscar Cloutier 13th	36:49
381 Frank Morong 15th	37:00
420 Paul D'Amboise 20th	37:34
534 William Kerwin 27th	40:07
538 Robert Wyman 28th	40:19
575 Allen Pusch 30th	41:20
580 Fred Stone 31st	41:33
593 Don Johnson 33rd	41:48
675 Mel Fineberg 39th	44:29
691 Wayne Newland 40th	45:13

Veterans (2 Women & 5 Men):

721 Ruth Hefflefinger 2nd	46:40*
590 Widgery Thomas, Jr. 2nd	41:45
650 Stanley Harmon 3rd	43:34

Seventy & Over (4 Men):

710 James Carroll 3rd	46:35
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Of the record 95 Maine Track Club finishers in this years Patriots Day Race, a special welcome to new members Diane Flanders, Carol Pierce, Tom Atchison, Thomas Carll, Michael Cavanaugh, Craig Cunningham, Sean Kerwin, William Kerwin and Marc Lusignan.



# RACE RESULTS

## Mainers in the Marathon

Boston  
Marathon  
- Press Herald

### MEN'S OPEN

Place	Name	Age	Hometown	Time
1,171	Jeffrey Bengtsson	30	Yarmouth	3:03:27
1,256	Robert Brainerd	26	Lewiston	3:04:48
3,438	Thomas Caron	39	Portland	3:37:08
1,878	Tony Damelio	36	Sanford	3:13:51
2,439	Steven Doran	37	Freeport	3:21:55
602	Willie Emerson	25	Poland Spring	2:53:22
603	Peter Hagerman	38	Gardiner	2:53:22
921	Bill Hine	39	West Peru	2:58:57
89	Bryan Kuprewicz	32	Alfred	2:34:02
283	Steven McGrath	34	Portland	2:45:18
37	Todd McGraw	24	Augusta	2:26:56
118	Paul Merrill	34	Portland	2:36:38
1,448	Harry Nelson	34	North Yarmouth	3:07:36
4,967	Alan Quinlan	33	Brunswick	4:20:08
2,041	Michael Stotler	30	Stockholm	3:16:28
1,134	Thomas Thibeau	31	Gardiner	3:02:42

### WOMEN'S OPEN

132	Joan Benoit Samuelson	31	Freeport	2:37:52
3,238	Rosalyn Randall	39	Portland	3:33:35
1,176	Colleen Skelly	22	Orono	3:03:27

### MEN'S MASTERS

2,440	Bruce Bell	50	Hallowell	3:21:55
1,667	Russ Connors	56	Cape Elizabeth	3:10:57
1,666	Bob Coughlin	50	Scarborough	3:10:57
2,449	Michael Cowell	51	Yarmouth	3:22:07
357	Raymond Johnson	41	West Gardiner	2:47:57
2,305	Joseph Meehan	42	Gardiner	3:19:58
3,609	Carlton Mendell	67	Portland	3:39:59
2,349	Jim Paterson	48	Portland	3:20:39
1,050	Bob Payne	50	Raymond	3:00:53
1,120	Phil Pierce	47	Falmouth	3:02:21
1,899	William Pride	49	York	3:14:16
1,861	Larry Scofield	40	Milford	3:13:39
1,248	Michael Simoneau	41	Jay	3:04:40
3,245	William Sylvester	41	Freeport	3:33:43
1,743	Larry Taylor	43	Thomaston	3:12:02
239	Jim Toulouse	40	Cape Elizabeth	2:43:59

### WOMEN'S MASTERS

3,462	Jane Dolley	40	Yarmouth	3:37:28
4,895	Louisa Dunlap	48	Thorndike	4:16:35
4,284	Sandra Hodnett	41	Kennebunk	3:54:20

Frank Sabasteanski Memorial 10K - 79 Fin.  
Bowdoin College, Brunswick - 9 April '89

1	Lance Guliani	32:42
2	Ian Shearer	33:07
3	Paul Cole Wheelchair	33:17
4	Mike Clarke	33:34
5	Robert Parks	33:52
6	Steve McGrath (MTC)	34:04
7	Paul Merrill (MTC)	34:27
32	Bob Hazzard (MTC)	39:51
34	Diane Lounder 1, open	40:01*
36	Rick Strout (MTC)	41:13
37	Eric Ellis (MTC)	41:21
43	Dale Rines (MTC)	43:02
44	Cindy Vokey (MTC) 2, open	43:36*
46	Carlton Mendell (MTC)	44:02
62	John LeRoy (MTC)	46:47
71	Warren Wilson (MTC)	49:51
76	Fran Brennan (MTC)	52:23
72	John Woods (MTC)	50:01

11th Annual "Boston Primer" - 55 Fin.  
15 Mi. - Readfield, Me - 19 March '89

1	Robert Ashby	1:27:03
2	Paul Merrill (MTC)	1:30:39
3	Tom Thibeau	1:30:50
4	Steve McGrath (MTC)	1:31:11
5	Doug Ludewig (M)	1:34:22
6	Guy Berthiaume (M)	1:35:13
11	Deb Potter 1, open	1:37:57*
13	Willie Emerson (MTC)	1:39:00
14	Philip Pierce (MTC) (M)	1:39:34
17	Bob Jolicoeur (MTC) (S)	1:41:57
18	Alburn Butler (MTC)	1:42:13
35	Jane Rau 2, open	1:50:48*
43	Linda Hanson (M)	1:56:09*
54	Katherine Christie (MTC)(M)	2:07:51*

Congratulations to all MTC finishers of  
this challenging course!

5th Annual Thomas College "Terrier Trot"  
5M. - Waterville, Me - 35 Fin. - 4/16/89

1	Mark Hatch	24	29:55
2	Alan Reilly	35	30:36
3	Randy Hastings	34	30:40
4	Guy Berthiaume	43	30:52
8	Deb Potter	34	31:44*
11	Joe Richards (MTC)	45	32:24
16	George Liming (MTC)	37	34:26
18	Richard Scribner (MTC)	37	35:46
20	Scott Fone (MTC)	29	36:27
26	Deborah Wilson	46	39:42*
29	Warren Wilson (MTC)	55	41:11

Welcome to the MTC Scott Fone!

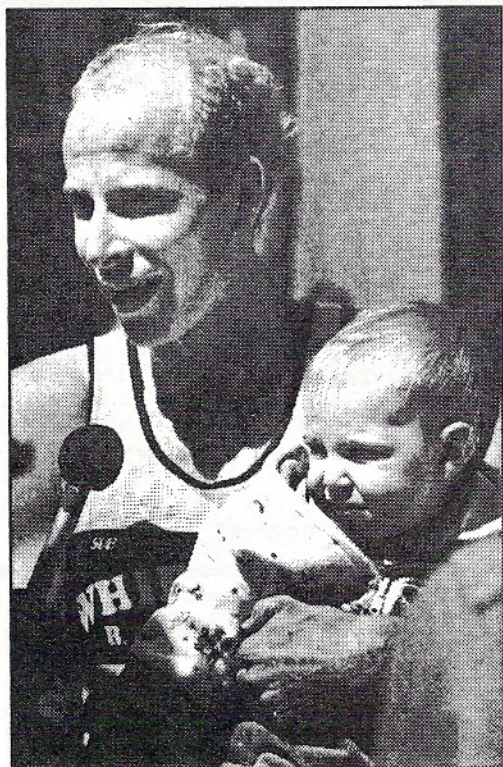
Also:

Carlton Mendell: 3/11/89, Frostbite 3.5,  
Ellsworth, 25:51, 59/101; 4/8/89,  
MAINEIacs Spring Tune Up 10K, Bangor,  
46:23, 21/43  
Chris McDonald: 4/8/89, MAINEIacs 10K,  
38:12, 2/43  
Donna Hubert: 4/22/89, Aloha Relays Coll-  
ege Track, Bowdoin, Brunswick, 10,000  
Meters, 38:50.4, 1st

11th Annual Sno-Fest 5 Miler - 83 Fin.  
Augusta, Me - 19 February '89

1	Ken Flanders	37	27:19
2	Tom Thibeau	30	27:57
3	Bill Skerritt	29	29:13
4	Fred Karter	39	29:23
6	Doug Ludewig	49	29:42
8	Debbie Potter	34	30:01*
11	Bob Payne (MTC)	50	30:16
22	Diane Lounder	26	32:54*
28	George Liming (MTC)	37	33:41
34	Jane Rau	39	34:41*
39	Carlton Mendell (MTC)	67	35:26
41	Eric Ellis (MTC)	36	35:41
42	Dale Rines (MTC)	36	35:42
44	Linda Hanson	41	35:52*
58	Russ Bradley (MTC)	65	38:48
62	Diane Flanders (MTC)	31	39:27*
65	Katherine Christie (MTC)	44	40:12*
76	Georgianna Hogerty (MTC)	34	47:47*





Portland Evening Express 4/18/89

**Overall winner Paul Hammond meets the press with his 9-month-old son, Bobby.**



**Wanda Haney of South Portland held off two challengers.**

## Patriot's Day Winners

### BOYS CLUB 5-MILER

#### MEN

Paul Hammond..... 24:48

#### WOMEN

Wanda Haney..... 30:20

### BOSTON MARATHON

#### MEN

Abebe Mekonnen, Ethiopia..... 2:09.06

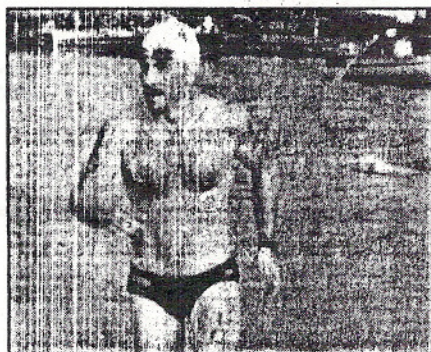
#### WOMEN

Ingrid Kristiansen, Norway..... 2:24:33

## ALL-AMERICAN CANOE TRIATHLETES

Triathlon  
Today

**BARRY FIFIELD • 32**  
Portland, ME



Good performances in Maine, little national competition. Background in high school cross-country, has done several marathons since then (PR 2:39). Good biathlete, undefeated in Maine. Won all three of Fitness Connection Biathlon Series races. Has won all Maine canoe triathlons (except one) since 1985; first big competition was his runnerup effort at USCA Nationals this year. '88 victories at Androscoggin and Waldo County Canoe Tri's. Won Kennebec 50 mile canoe race in '86 and '87, didn't enter this year. Began swimming less than two years ago; improving rapidly, sixth in 30-34 at USTS Vermont in 1988. Employed at iron works, not married. ★

## TRACK & FIELD NATIONAL

July 20-23. 22nd U.S. TAC National Masters Championships, San Diego, Calif. David Pain, 5643 Campanile Way, San Diego, CA 92115. 619/582-3316.



## INTERNATIONAL

July 27-August 6. VIII World Veterans Championships, Eugene, Oregon, USA. Men 40+, women 35+. No qualifying standards. World Veterans Games, P.O. Box 10825, Eugene, OR 97440. Barbara Kousky; Tom Jordan: 503/687-1989.

## Birth Announcement

Laurie and John Keller are proud to announce the birth of their first child, Kerrie Lynn Keller on 7/31/88. Kerrie is already developing a good kick. Congratulations!



# THE HUMAN ACE

Runner's  
World  
Magazine

Ten years ago, *Jane Dolley* started running because she could do it year-round. She never imagined that seven years later she would find herself immersed in the business side of running. Voted outstanding chapter president of the 400-member Maine Track Club in 1986, she was also elected regional director



of the Road Runners Club of America. "One thing led to another," says Dolley, 40, who works as a contract analyst for a life insurance company.

Currently serving her second term as the RRCA eastern director, Dolley functions as the direct link to the national office for 104 clubs with over 41,000 members. Her full agenda includes traveling every other weekend from her hometown of Yarmouth to West Virginia, where she visits and disseminates information to the clubs. "It's one of my favorite things to do," says Dolley.

And as if she didn't give enough of her time and energy to the sport, Dolley also chairs the Maine TAC Women's LDR Committee and directs (and cofounded) the Cape Challenge Half-Marathon. And she coached the men's team from Maine that competed in last year's Ekiden relay race in New York City.

When she's not busy making contributions to the sport, her own running exploits include competing for her corporate track team, which won a national title in 1988. On the roads, Dolley surprised herself with a 3:21 PR at last year's Twin Cities Marathon.



Jane Dolley

## Plyometrics

by Clint Merrill

A training technique that has long been used by European sprinters and jumpers is finding more acceptance these days in the American distance-running community. Mystified as a component of the "secret" Russian training program that helped Valeriy Borzov surprise the world in the sprints at the 1972 Olympics, it has since become known as Plyometrics. Actually, Arthur Lydiard has talked about hill bounding for 25 years. More recently, Sebastian Coe thrived on his winter circuit-training program, Jeff Galloway has described form springing and bounding, and Ron Dawes has advocated resiliency exercises. These are but variations on a theme, adapted for the middle and long distance runner. Plyometrics is a diverse system of bounding, skipping and jumping drills, intended to build spring and speed in a runner's stride. It is characterized by quick tempo, and eventually progresses to great intensity. Like any unfamiliar program, it should only be undertaken

gradually. Full-fledged, rigorous "Plys" are not for the weak-of-limb. Prepare with some weeks of hill running or progressive weight-training if you have any weak links in your lower body. A beginner's routine might include (after a thorough warm-up), jumping rope, hopping and jumping jacks. Concentrate on quick, light rebounds. On a soft running surface one can do 20-30 yards of bounding or skipping with high arms and knees. In later weeks, add intensity or distance. Consult a knowledgeable coach to progress to more intense variations. These can include maximum effort jumps for height or distance from both or one foot; hops onto and off of benches; and intense multiple combinations of jumps.

Who can benefit? Sprinters certainly, and most milers. For distance running, plyometrics are more controversial. If you're a 5 or 10K runner who's lost zip in your stride from age or too much long-slow-distance, perhaps ply's can help. If you are interested in trying, wear good quality shoes, warm up carefully, and progress slowly. Good Luck!



## MEMBER PROFILE

### Ken Dolley

by John Woods

Ken Dolley is MTC's unsung hero. His philosophy would appear to be, "There's no limit to what you can do if you don't care who gets the credit".

A 9 year member of MTC, he has served on the Board of Directors and was just reelected to that position. During heated arguments, with strenuous proponents on both sides of an issue, Ken's quiet, but insistent and probing questions quickly defuse the argument and cause the truth to surface. He is a consensus seeker, a diplomat. He is also a doer, applying his wisdom, balance, and trained business head. He cares very deeply about the Club and, particularly, its people.

In high school, Ken was a competitor in all 4 major sports (football, baseball, basketball, & track). He was State high hurdles Champion in 1954. He was a member of New England Championship Medley Relay team while at Tufts. Recently, with MTC, he was training up to 30 miles a week when a knee went out, requiring arthroscopic surgery. Ken is on the comeback trail now, running 2½ miles every other day and bicycling.

To MTC, Ken has never learned to say, "No". He has worked virtually every MTC race, usually in the critical technical area of finish line organization and results computation. However, he has also been seen working at the registration table, and nearly every other function. He has been Race Director of MTC's 50 miler throughout its 2 year life. Once, when MTC's Cape Challenge race was about to die, Ken turned to the Race Director and said, "I'll help". He personally calls every one of more than 120 volunteers, keeping the whole event organized and on track throughout the past 5 years. Among the hallmarks of Ken's character are his supportive attitude toward the work of others and his pride in the quality of his own work.

Ken received MTC's Outstanding Service Award in 1987.

He has been an Executive with UNUM for 25 years. He has 3 children, boy, girl, girl aged 32, 30 and 28. He and Jane have been married for 11 years. Away from MTC he is something of a scholar, specializing in the study of history with emphasis on the life and times of Winston Churchill.

Ken has a wife named Jane who is also a member of MTC!

## EQUIPMENT ROUND-UP

By Chris Stanley

It's a buyer's market for running shoes, and every year the athletic shoe companies get more and more competitive. This year is no different, with many new technologies being introduced.

Brooks has introduced their new Hydroflow system which is a two chambered cushioning device filled with silicon fluid. The initial reviews of this system have been good, considering that it is a relatively unproven concept. By fall Brooks will have three mens running shoes with Hydroflow and one womens. These shoes will start hitting the stores early summer.

Avia has expanded on it's cantilever theory by developing the Arc, which is a pronged piece of Hytrel embedded into the cantilevered sole. This new system could be hard to come by as it will only be in the \$85 model 2090 (both m & w) and the top of the line 2100 (at \$100). If you have a chance to try on one, please do so as these shoes should give great performance. The whole Avia running line has really developed over the last couple of years, and this year's line should be the best ever. The model 2010 could be the best \$50 shoe on the market, as it has a combination PU/CMEVA midsole, a long wearing outersole and stretch gore panels on the upper to give a great fit. The other two shoes they offer this year are the 2050 (stability) and the 2030 (light-weight cushioning). Unlike other companies, they offer just as many womens models as mens.

With the sales of running shoes expected to pick up, we should be seeing more and more of these new shoes in the footwear stores of Maine. As always, be picky when buying your running shoes; keep an open mind when it comes to trying on shoes, and chose the best fitting and best performing shoe that is right for you.

### NOTICE

John Woods is urgently soliciting nominations for future "Member Profiles". Include any data about the candidate you may have. We would like to emphasize workers, but are also interested in competitive runners and also just plain interesting people. Please help.



# NEW MEMBERS

Name & Address	Phone	Occupation	Age
Tom Atchison 14 Sanborn Street Gorham, ME 04038	H839-6159 W775-8035	Plant Manager National Semiconductor	40
Christine Braceras 17A Quebec Street Portland, ME 04101	H879-1958 W874-8250	Teacher, Portland High	26
Tom & Sherry Carll 42 Mountain View Rd. Gray, ME 04039	H428-3820 W772-7468	Plant Engineer Oakhurst Dairy	45 42
Michael Cavanaugh 39 Munjoy Street Portland, ME 04101	H772-7371 W775-4309	Union Representative AFL-CIO	38
Geoffrey Clark 28 Lunt Road Falmouth, ME 04105	H781-4154 W772-3761	Portfolio Manager H. M. Payson & Co.	30
Elizabeth Colesworthy RR2, Box 392 Yarmouth, ME 04096	H846-6072		28
Craig Cunningham 550 Ocean House Road Cape Elizabeth, ME 04107	H767-4244 W774-6377	Manager ERS AAA	29
Thomas Decker 33 Longwood Drive Kennebunk, ME 04043	H985-4076 W646-9926	V.P. Customer Service Spencer Press	45
Scott & Nannette Fone 41 Maple St., Apt. 1 Bath, ME 04530	H442-7325 W594-5555	Salesman Dragon Products Co. Inc.	29 27
William Kerwin 18 Fairview Drive Fryeburg, ME 04037	H935-3393 W647-3391	District Manager Central Maine Power	54
Ed & Janice Lopes 11 King Pine Way Kingston, NH 03848	H603-642-5378 W603-647-0650	Expatriate Banker Teacher	38 39
Marc Lusignan 156 Bolton Street Portland, ME 04102	H774-0004		36
Mark & Ramona Metz 29 Burnham Woods Circle Scarborough, ME 04074	H883-8659 W775-6348	Dentist-Prosthodontics Paper Sales-WWF Paper	32 30
Carol Pierce RR1, Box 306-1 Hollis Ctr., ME 04042	H727-5234		42
Houghton White 41 Baribeau Drive Brunswick, ME 04011	H725-6755 W729-9983	M.D.	52
John & Daron Williams 105 Common St., Apt. 2 Saco, ME 04072	H283-8597 W289-2291	State of Maine Law Enforcement	39 8

**Q: What are the qualifying times for men and women to run in the Boston Marathon?**

**A:** For men: 40 years and under, 3 hours; 40-49 years, 3 hours, 10 minutes; 50-59 years, 3 hours, 20 minutes; 60 years and over, 3 hours, 30 minutes. For women: 40 years and under, 3 hours, 30 minutes; 40-49 years, 3 hours, 40 minutes; 50-59 years, 3 hours, 50 minutes; 60 years and over, 4 hours. For wheelchair athletes: men, Class 1: 3 hours; Classes 2-5: 2 hours, 10 minutes. Women, Class 1: 3 hours, 10 minutes; Classes 2-5: 2 hours, 35 minutes. The BAA will evaluate all submitted wheelchair times on courses with a net drop in elevation. Those with a considerable drop in elevation will not be accepted.

**JACK MCDONALD** is the former Boston College track coach.

*Boston Globe, 2/20/89*

**Q: Will eating more oatmeal help lower my cholesterol level? It tastes like wallpaper paste.**

**A:** The outer bran layer of oats can effectively lower blood cholesterol when eaten in combination with a lowfat diet. Oatmeal does have a gluey consistency, but oatbran (a hot cereal that contains more of the protective fiber) does not. Try cooking oatbran with a variety of mix-ins such as raisins, chopped almonds, banana, cinnamon, applesauce, vanilla or maple syrup. Combine oatbran, water and mix-ins in a cereal bowl. Zap the combination in the microwave and cool it off with lowfat milk. It's quick, easy and tasty.

**NANCY CLARK, MS, RD, nutrition counselor at Sports Medicine Brookline, is author of "The Athlete's Kitchen."**

*2/6/89*



## MTC Race Schedule as of March 8.

Feb 5	Midwinter Classic
April 17	Boys' Club
April 29	April Amble
May 13	Officer Friendly and DARE
May 28	Oakhurst Milk Run
Jun 4?	Mark Hoffmaster Memorial
June 24	JB I
June 11	Forest Ave Mile
July 15	Pat's Pizza
?	Women's Distance Festival
?	Peak's Island
Aug. 20	Bowdoin 10 Miler
Sept. 10	Cape Challenge
Oct. 1	WCSH
Oct. 8	Falmouth Lions 10K
Oct. 15	50 Miler
Nov. 19	Turkey Trot
?	Deering Oaks Festival Track Meet
?	Candy Cane Run

## Upcoming Events:

### TAC Adult Track & Field

#### Tentative Maine Summer Schedule

June 17 + 18	Auburn	15 - 18 year-olds
June 28	Bangor	Open Meet
July 12	Bangor	" "
July 26	Bangor	" "
August 5	Bowdoin	Maine Open Championships
July 19	Auburn	Senior Developmental Meet
July 29	Auburn	Maine Master 25-Over Open

### Oxford Hills Area YMCA 7th Annual Triathlon

Sunday, June 25, 1989

For Ironpeople and Teams. Swim 6/10 mile, Bike 17 miles, Run 5.1 miles. 8:00 am race start. Write for entry: Oxford Hills YMCA, PO Box 208, Norway, ME 04268.

## Maine Track Club

P.O. Box 8008  
Portland, Maine  
04104



First Class Mail