

Maine Track Club



MAY 1990

Run with a friend...



FROM THE EDITOR

Next week will be Mothers Day and speaking as a mom I hope you will all tell your mother or any mother you love that she's doing a good job and that all the stuff she puts up with is worth the bother.

The reason I started running was because my children were driving me crazy. I had two colicky babies in a row and it seemed like four years had gone by and I had yet to get a decent night's sleep. I went to work in the mornings, came home and took care of my family and at some point fell into a heap in bed and dreamed of the times I went dancing and read books and owned clothes that weren't encrusted with graham cracker crumbs. One freezing winter day I lost it. My sweet, understanding husband gave me the car keys and pushed me out the front door. But I left the keys in my pocket and just started running. It was New Year's day and that day I vowed I would make time for myself. It was a promise that I kept and it probably saved my sanity. My husband was the one who insisted that I do something for just me, the nicest gift he ever gave me.

I ran my first race on Mothers Day, 1988 at the L'Eggs Mini-Marathon 10K (now known as the Nike Womens Race). I reached the finish line in the just under an hour into the arms of two smiling kids who were, at last, sleeping through the night. To this day I attribute this miracle to the power of my running.

I hope you'll join us for this month's training run at chez moi in honor of Mothers Day.

I'm going to run the "Name That Newsletter" contest one more month. I didn't get many entries and would like to hear from more of you. Come on you guys, do you want to be stuck forever with The Maine Track Club Newsletter? Too boring to even consider!

If you have a FAX, have yours call mine at 967-8412.

Finally, send any comments, suggestions, flowers or threatening letters to me at P.O. Box 2739, Kennebunkport, ME 04046 or call at 967-4257.

See you at the next race!

Candace

Come On... Name That Newsletter

It has been almost 10 years and this publication still has no name! Help us, help the club, NAME THAT NEWSLETTER, win a prize!

NEWSLETTER NAME _____

YOUR NAME _____

PHONE NUMBER _____

COMMENTS _____

MAY MEETING - NEW PLACE!

Greeley High School-Cumberland Center

May 9th - 7:00 p.m.

Speaker - DANNY PAUL

Danny Paul, well-known coach at Greeley High School and outstanding runner, will be the featured speaker at the May MTC membership meeting.

This month's meeting will be held Wednesday, May 9th at Greeley High School in Cumberland Center. The business meeting will begin at 7 p.m. and the program will be at 7:30.

Danny will discuss ways to work on and to improve speed in the 5K to 10K range. He has studied and discussed this topic with other coaches and will have new and interesting information to share with us.

The Nike Cherry Blossom 10 Mile Race Washington, D.C. - April 1, 1990

The Cherry Blossom is a race that is quite beautiful but which has a most misleading name. I lived in Washington for almost 13 years and do not remember one Cherry Blossom festival where there were actual Cherry Blossoms on the trees. These trees have some other-worldly sense and cannot be coaxed to show their wears during festivities which have been planned years in advance and upon which hundreds of thousands of dollars are spent erecting grandstands along a parade route around the trees. This should actually be called the Lovely Spring Bulb Festival 10 Mile Race in honor of the gazillion daffodils, jonquils and tulips planted by that most loved first lady Lady-Bird (plant trees, bushes and shrubs) Johnson.

I digress. I forgot to send my name into the lottery to get into the race this year and figured I'd have to hear about it second hand from my brother (the gazelle) who manages to get in every year. I mentioned this to my friend, Bill (Enquiring Minds Want to Know) Stuart, who said "stick with me baby, and you'll run the race." Good as his word, the next day I had an application. I called the gazelle and told him to start training. But it turns out he forgot to enter the lottery too. To make a long story short, he traded our illustrious leader a blind date for a race application. That's right, folks, Bill can be bribed!

The race was gorgeous, Cherry Blossoms notwithstanding. Imagine running along the Potomac, trees and flowers in bloom, the monuments in the background, world class runners who pass you in a blur on this out-and-back course and the pitter-patter of 10,000 little running shoes. I had a PR, Bill had a good race in spite of a bad back and Jane Dolley had a difficult time finishing because runners kept stopping her and asking her for her autograph.

I can't wait to run the race next year. I have this really beautiful friend I want Bill to meet.

Candace Karu

MEMBERSHIP MEETING

MTC MEMBERSHIP MEETING APRIL 11, 1990 SMTc

President Bill Stuart opened the meeting at 7:03pm. Attendance list: 70 members and guests.

Peter Bastow explained the non-appearance of Lynn Jennings. She had to be out of the country on a Nike photo shoot.

New members and guests present included: Robin Estey, Dave Rand, Bonnie Fox, Tom Donaldson, Rhonda Morin, Lynn Patrick, Steve Morse, and David Jolicoeur. Welcome!

Vice-President's Report May meeting will be held at Greeley High School. Danny Paul will speak on speedwork. Phil Pierce is willing to host the July picnic and fun run. Roy Benson has been invited in August. There was interest in having a day or half day session with videotaping of runners' form. Let Bill Stuart know if interested.

Treasurer's Report Balance as of March 6, \$5646.27.

Race Report Volunteer sign up sheets were circulated and updates were given on the Patriot's Day 5 Miler, the April Amble, the Berwick DARE Race, the Family Crisis Shelter 4 Miler, the So. Portland DARE Race & Officer Friendly, the Sugarloaf Marathon & 15K, and the Oakhurst 4 Miler.

Newsletter New deadline is the 3rd Thursday of every month. Candace will be asked to publish her mailing address and FAX number. Newsletter will be named if suggestions are received through the contest which will enhance the newsletter.

Pre-meeting Fun Runs A good show of hands indicated this should be continued. One will be arranged if possible from Greeley next month.

Club Interval Workouts Members also expressed interest in this if a coach and clock could be present for maximum benefit and injury prevention.

Club Librarian A club librarian would collect and recirculate running books and other literature. Contact Bill Stuart if you are interested.

Board of Directors Vacancy Upon receiving no other nominations, Rick Strout was appointed to fill the Member at Large vacancy for 1990.

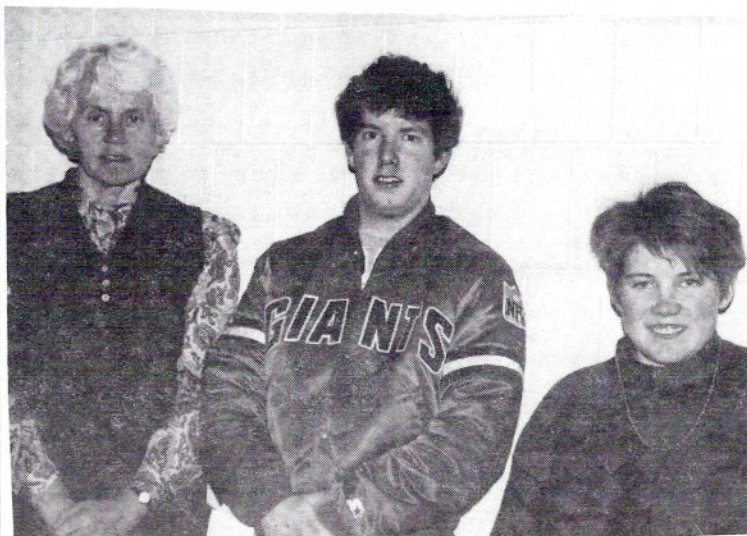
Announcements The Bruce Ellis Memorial Running Campership Applications were on hand. A computer has been purchased for the club. A printer will be purchased shortly. A package will be mailed to Archangel Running Running Club in the Soviet Union. Give items to Kathy Gardiner. Next Board Meeting: Bill Stuart's at 7:00pm. May 13: Training Run & Pot Luck Brunch at Candace Karu's. New members were asked to stay for a photo. The Maine House will not be open at the start of the Boston Marathon this year. Deb Merrill was welcomed back from Florida.

Respectfully submitted,

Susan Davenny
Susan Davenny
Secretary

NEW MEMBERS

Name & Address	Phone	Occupation	Age
Flo Aliberti 106 Wells Road Cape Elizabeth, ME 04107	H799-0144 W770-6014	Unum - RN	35
Dolores Billings 7 Commonwealth Ave. Boston, MA 62116	H617-424-1729 W617-266-0970	Chef - Bay State Jr.Col.	60
Marilyn Champagne 43 High Street Kennebunk, ME 04043	H985-4025 W775-6000	Human Resources Rep. Morse, Payson & Noyes	31
Dennis Coulombe Melissa 474 Pond Road Lewiston, ME 04240	H783-9968 W783-1433	Owner-White Rock Dist. Student-Lewiston High	36 17
Roger Dionne 90 Rackleiff St. Portland, ME 04103	H772-5325 W865-4761	Systems Analyst L.L. Bean	37
Tom Donaldson 221 Foreside Road Falmouth, ME 04105	H781-2140 W761-8181	Stockbroker Pridential-Bache	58
Stephanie Fischer P.O. Box 909 Wells, ME 04090	H646-4833 W646-7366	Capri Restaurant Dining Room Manager	22
Bonnie Fox 3 Lambert Road Freeport, ME 04032	H865-3456	Customer Service Rep. L.L. Bean	48
Deanna Hodgkin 368 Park Ave. #3 Portland, ME 04102	H773-2371 W772-2846	Marketing Assistant J. Weston Waich	23
Paul & Deane LaVangie 32 Paddock Place So. Portland, ME 04106	H774-5871	Peat Marwick - CPA Dr. Corey - Hygiene	32 31
Stephen Morse RR1, Box 319E Yarmouth, ME 04096	H846-7778 W772-7459	Periodontist	33
David Rand 436 Sawyer Street So. Portland, ME 04106	H799-2491 W774-6323	Accounting Clerk Goodwill Industries	23
Marlene Russell 97 Falmouth Road Falmouth, ME 04105	H781-3642 W871-8428	Personnel Assistant U.S. Postal Service	47
Tammv Wheeler 222 Brown Street Westbrook, ME 04092	H854-4691	Student-Westbrook JHS	15



New Members L to R: Christine DeTroy,
David Rand & Robin Estey.

PRESIDENT'S PAGE

The next month or so will be unusually busy for Maine Track Club. We have races every weekend that will require volunteers. Please plan to help out at one or two of these races so that we can provide the level of support that runners deserve and need in our races. Remember, if we do not have enough volunteers, we cannot put on the races in which you like to run. Volunteering and running are not mutually exclusive. Race directors need help well before the race, immediately before the race and after the event. If you want to run a race, you can still help by calling volunteers, delivering or returning equipment (a perfect assignment for someone with a pick-up truck), delivering T-shirts or food to the race site, registering runners, deploying flag people, etc. Please volunteer a little time to make MTC more successful.

Congratulations to all MTC runners who competed in the Boston Marathon and Boys Club races on Patriots Day. It was nice seeing the sun that day, though Boston runners probably would have preferred the overcast and wet weather that we experienced during much of the first half of April. It is great to see the Boys Club race continue to grow and become the first running event for many entrants each year. A lot of people begin running programs in the early spring with the goal of finishing the five-mile run. Thus, the race serves an important role in promoting health in general. Congratulations to MTC member and race director David Paul for continuing to build the race into the largest event that we manage.

The next time that you see Bruce and Nancy Stedman, PLEASE thank them for the terrific job that they did printing the new MTC membership application. They provided a competitive quote through their company, Grace Press, and then improved the paper stock, added a second color and doubled the number of applications printed--a value of several hundred dollars...Also, the next time that you need graphic arts work done, please consider Image Set Design of Portland (in the Valcom building at 470 Forest Ave.). Ted Darling and his crack set of designers put together the application at no cost to the club (again, a value of several hundred dollars) and also designed the highly-acclaimed "MTC Enquirer" cover of the April newsletter. It's nice having resources that are inter-

ested in helping the club reach out to its own members and to the community at large.

We remain committed to the Cape Challenge half marathon this year, despite the fact that our sponsors have withdrawn and we may have to change the course slightly. Race Director Barbara Coughlin will be breaking in two new race directors and searching for sponsors to make this race a success again this year. If you can help by identifying a sponsor or assisting in any other way, please call Barbara. We need to finalize plans soon if we are to host this well-known and highly-regarded race again.

With the warm weather just around the corner, it's time to think about the Maine Track Club summer wardrobe. Mel Fineberg, our clothing chairman, will set up his duty-free clothing emporium and haberdashery at the May meeting. Be sure to bring your check book and measurements!

Enjoy the miles!

Bill

We were disappointed that Lynn Jennings was called out of the country and was not able to speak at our April meeting. She is eager to visit us later this year, however, as she noted in her letter to VP Peter Bastow and told Jane Dolley at the Boston Marathon Expo. We will arrange a fall visit from New Hampshire's own world champion... Some have suggested that Lynn's failure to appear may be the "Bay of Pigs" of my administration. I am confident, however, that "Lynngate" will not have a lasting effect on the club. I did learn one lesson, though: announcing a big-name speaker does improve attendance at meetings! Don't be surprised if we announce Bill Rodgers, Rob DeCastella, Geoff Smith or Rosa Mota as future speakers to boost attendance!!!



Who says running isn't a blast?!

MAY TRAINING RUN

The May training run and pot-luck brunch will be held on Sunday, May 13. We invite everyone to come celebrate Mothers Day with us. The run will begin at Candace Karu's house in Kennebunkport. A 12 mile run will begin at 8 am and a 6 mile at 9. Parking is extremely limited, so anyone who can carpool should do so. Call 967-4257 for directions.

Brunch will begin at 10. Please bring juice, bagels or muffins.

UPCOMING RACES

May

- 5 **10th Rocky Coast 10K**, Boothbay Region YMCA, Boothbay Harbor, 633-2855
- 6 **Berwick DARE 5 Mile Race & 1 Mile Fun Run**, 9:00am, Noble High School, Berwick, Katherine McDonald 698-1136
- 6 **Cinco de Mayo 5 Mile Road Race**, 11:00am, Pancho's Choice Restaurant, Kennebunk, Ron McCleod 985-9272
- 6 **Fort Kent 5 Miler**, 1:00pm, University of Maine Fort Kent, Rachel Kinney
- 12 **China 5 Mile Classic & 1 Mile Fun Run**, 9:15 & 10:00am, China Elementary School, Jane Rau 445-2315
- 12 **Family Crisis Shelter 4 Mile Run**, 9:00am, Baxter Blvd, Portland, \$6 pre-registration until May 5, post registration \$8, Monique Isherwood w871-1861
- 13 **5 Aces Road Race**, 11:00am, Pendleton St. School, Brewer, Tom Manship 989-7950
- 19 **Officer Friendly Youth Runs**, 1 mile at 9:00am, 2 miles at 9:30am, So. Portland Recreation Center, Rob Laskey 729-4104
- 19 **So. Portland DARE 4 Mile Road Race**, 10:00am, Everett Moulton 799-2894
- 20 **Sugarloaf Marathon & 15K**, 7:00 & 7:30 am, Chip Carey 265-2273
- 20 **Corporate Fund Run & Road Race for Special Olympics**, 2 miles at 9:00am, 5 miles at 10:00am, Saco Defense, K. Eon, 291 North St., Saco 04072
- 27 **Oakhurst Milk Run & Walk 4 Miler**, 10:00am, SMTc, So. Portland, Call The Runner's Line 772-0030
- 27 **12th Rangeley Moose Run**, 3:30pm, Chamber of Commerce Office, Rangeley, 864-5364
- 27 **9th Apple Blossom 15K**, 9:00am, Monmouth Academy, Doug Ludewig 933-4416
- 28 **8th Marsh Stream Stampede**, 9:30am, Downtown Monroe, Monroe Lions Club, PO Box 673, Monroe, ME 04951

June

- 3 **Mark Hoffmaster Memorial 5 Miler**, 9:30am, Westbrook Junior High School, Jean Thomas 797-2122
- 8 **Portland YMCA Back Bay 5K Run/Walk**, 7:00pm, Baxter Blvd, Portland, Bob Payne w775-9625, Marla Keefe w775-9620
- 17 **4th Blood, Sweat & Cheers 5K**, 8:00am, Fairfield, Jerry Saint Amand 873-6753
- 23 **12th Gardiner Common 5 Miler**, 8:00am, Gardiner, John Schwerdel 622-4507
- 23 **9th Spring Point Festival/JBI 4 Miler**, SMTc, So Portland, 761-2210
- 30 **15th Tour duLac 10 Miler**, 8:30am, Bucksport, Fred/Joan Merriam 469-2019
- 15 **10th Doc's Tavern 3 Miler**, 7:00pm from Doc's, Ken Dion. PO Box 233, Saco, ME 04072
- 16 **Mt. Washington Road Race**, 10am, Event closed to entries already.
- 20 **9th Pottle Hill 10K**, 6:30pm, Mechanics Falls Town Square, write Pottle Hill Road Run, PO Box 96, Mechanics Falls, ME 04256
- 24 **Maine Running Camp**, June 24-30th, Andy Palmer, director, Bar Harbor, write Andy at PO Box 571, Alfred, ME 04002, phone 324-0421.

WANT TO BE A RACE VOLUNTEER?

- May 6 Berwick DARE Race, call Everett Moulton, 799-2894
- May 12 Family Crisis Shelter 4 Miler, call Bill Stuart, 799-5961
- May 19 Officer Friendly Youth Runs, call Rob Laskey, 729-4104
- May 19 So. Portland DARE 4 Miler, call Everett Moulton, 799-2894
- May 20 Sugarloaf Marathon & 15K, call Susan Davenny, 772-1787
- May 27 Oakhurst Milk Run, call Charles Scribner, 772-5781, Ron Deprez 772-4312
- June 3 Mark Hoffmaster 5 Miler, call Jean Thomas, 797-2122, Bob Cushman 797-4367

BRUCE ELLIS MEMORIAL FUND CAMPERSHIPS TO COLBY COLLEGE CROSS COUNTRY CAMP

Applications are available for full tuition for a Maine boy and girl, ages 13-17, to Colby College Cross Country Camp, July 29-August 3. The deadline for applications is May 26. The announcement of those selected will be during the week of June 10. Selection will be based on enthusiasm for running, character, ability and need. For applications, write the Bruce Ellis Memorial Fund, Maine Track Club, PO Box 8008, Portland, ME, 04104, or call Susan Davenny at 772-1787.

RACE RESULTS

61st Annual Patriots Day 5 Miler - 887 F.
Portland, Me Boys & Girls Club - 4/16/90

Top Open Finishers (overall):

1	Greg Hale	27	24:36
2	Andy Palmer	36	25:15
3	Tom Dann	33	25:35
4	Bob Sprague	19	25:36
5	Bob Everett	30	25:40
6	Danny Paul	36	25:49
7	Bob Winn	31	25:56
8	Ken Botting	29	26:16
9	Bob Wanamaker	31	26:23
10	Stuart Hogan	28	26:35
31	Sally Perkins	27	28:28*
49	Edie Dubord	31	29:47*
70	Gail Turner (MTC)	30	30:35*
74	Christine Braceras (MTC)	27	30:44*
75	Robin Emery Rappa	43	30:46*
103	Veronica Knight	22	31:24*
105	Kelley Cullenberg	28	31:29*
128	Susan Haynie	23	31:59*
140	Deanna Hodgkin	23	32:11*
144	Ellen Grant (MTC)	32	32:21*

Top Age Division Finishers:

16	Scott Brown 30-39	31	26:50
17	Kevin McDonald 40-49	40	27:16
20	John Strout over 200#	29	27:28
36	Derek Lombard 15-16	16	28:58
55	Eric Goodwin 13-14	14	30:06
117	R. Jolicoeur 50-59 (MTC)	53	31:48
198	Patricia Huntington 30-39	35	33:25*
207	Carol Weeks (MTC) 40-49	41	33:37*
347	Sarah Smith 15-16	16	36:05*
370	Russ Bradley (MTC) 60-69	66	36:31
653	Wendy Sayres 50-59	56	40:58*
791	Sally Armory 60-69	64	45:14*
864	James Carroll (MTC) 70&+	80	50:02
884	Teresa McDonald 13-14	13	53:04*

Other MTC Finishers:

19	Sean Keough 3,30-39	34	27:23
27	Bob Jones	17	28:14
40	Richard Mulhern	36	29:04
43	Joel Titcomb	31	29:23
45	Dennis Smith	40	29:27
46	James Bunnell	32	29:35
62	Dick McPaul	46	30:23
63	Ron Cedrone	41	30:24
65	Brian Milliken	36	30:27
77	Kurt Nielsen	35	30:51
80	Stephen Wilson	28	30:57
83	Howard Lewis	46	30:59
91	Michael Reali	36	31:06
114	Thomas Allen	34	31:40
119	Lee Allen	34	31:49
125	George Towle	39	31:57
126	Loren Lathrop	41	31:57
127	David Dowling	36	31:58
137	Les Berry	42	32:08
142	Paul LaVangie	32	32:16
145	Kevin Carley	35	32:22
168	Rick Strout	51	32:57
173	Larry Mead	37	33:00
174	Dale Rines	37	33:01
180	Tom Kirby	33	33:10
183	Harley Lee	36	33:11
194	Sumner Weeks, Jr.	41	33:23
195	Thomas Menendez	36	33:23
209	Jack Ireton Hewitt	52	33:40
238	Craig Robinson	43	34:15
246	Eric R. Ellis	37	34:27
254	Jeffrey Babino	35	34:40
255	Dr. Dave Haskell	44	34:41
273	Katheryn Tolford	35	35:04*
300	Gayle Nappi	37	35:21*
301	Stephen DiPalma	34	35:23
329	Richard Robinov	30	35:50
339	Robert Laux	34	35:59
350	Joan Lee	36	36:06*

352	Arnold Clark	42	36:08
373	Marc Lusignan	37	36:34
378	Frank Morong	56	36:36
390	Michele Chman	23	36:47*
392	Peter Allen	46	36:49
402	Patricia Ianni	31	36:56*
405	Oscar Cloutier	55	37:01
407	Michael Cavanaugh	39	37:04
409	Carol Pierce	43	37:06*
410	Gail Waitkun-Romanoff	35	37:08*
417	Herb Strom 2,60-69	60	37:14
428	Kathy Beauregard	22	37:23*
449	Henry Wolstat	56	37:44
453	Larry Zellers	36	37:47
468	Tom Atchison	41	37:58
471	Marla Keefe	36	37:59*
478	Patti Tableman	31	38:08*
484	Carol Gillis	31	38:12*
493	Kyle Milliken	11	38:23
494	Chris Taylor	12	38:25
504	Nancy Lund	38	38:32*
521	Rick O'Brien	43	38:48
546	Harvey Rohde	47	39:03
547	Paul D'Amboise 3,60-69	60	39:07
554	Nancy Rouse	37	39:13*
561	Stephanie Lugg	34	39:17*
574	Adrienne McGuigan	31	39:31*
592	Phil Bartlett	41	39:50
601	Warren Foye	42	39:58
620	Beth Thompson	30	40:13*
631	Dennis Morrill	50	40:30
633	Marty Weiss	33	40:40
641	Patricia Titcomb	32	40:40*
647	Katherine Gardiner	47	40:49*
649	Bob Perkins	47	40:56
662	Warren Wilson	56	41:14
674	Carrie Beam	27	41:29*
688	Daniel Sobel	42	41:49
693	Robert Wyman	53	41:57
711	Donald Penta	43	42:39
729	Kathleen Duddy	38	43:13*
742	Gene Gendron	67	43:39
745	Everett Moulton	43	43:48
749	Gillian Morejon	11	43:52*
750	Roy Morejon, Sr.	46	43:52
751	Donald Johnson	59	43:53
766	Marianne Gagne	49	44:15*
771	Philip Meyers	45	44:24
774	Widgery Thomas	65	44:26
778	Claire Jordan	44	44:31*
792	Christine DeTroy 2,60-69	61	45:15*
803	Sally Paterson	48	45:39*
826	Bonnie Black	35	46:30*
842	Lori Garon	41	47:24*
848	Nicholas Dambrie	14	48:06
854	Ruth Hefflefinger	61	49:32*
858	Brenda Cushman	48	49:44*
860	Michelle Mondor	42	49:54*
861	Donna Moulton	41	50:00*
867	Susan Morejon	37	50:10*

Statistics:	Women:	Men:
Finishers (887 Tot.)	189	698
percentage	21.3	78.7
MTC Fin. (106 Total)	36	70
percentage	34.0	66.0

Record field for event & for MTC in
any event. Especially high numbers
for MTC women. Congratulations!

Top: Rick Strout, Middle: Sumner Weeks

New Bedford Half Marathon
MTC finishers 3/18/90

Robert Jones 1st, 18 & under	1:15:12
Bob Wyman	1:50:23
Marianne Gagne	2:04:52
Carlton E. Mendell	1:39:24





L to R: Warren Foye, Loren Lathrop (#571), Herb Strom

Photos courtesy of Bill Stuart

COVER: Kurt Nielsen

L to R: Tom Atchison, Kathy Beauregard, Don Penta



A REPLY

In the April Newsletter, my good friend Bob Payne let the world know of the absolute nadir of my running career - that moment when Phil Pierce passed me at Mile 24 of the 1989 Boston Marathon with a tap on the derriere and a challenge to race to the finish. As you may have assumed from Bob's Article, I did not respond.

I am writing this to let Maine Tracksters know that this year Phil doesn't stand a chance! Although I have been spared being the benefactor of one of Phil's glove "gifts," he flung the gauntlet at me at the starting line of the New Year's Portland Race when he boasted, "I'll be right in front of you, Harry, when we reach the Hancock Building next Patriot's Day!"

While I won't be near Phil at the start in Hopkinton (he will be up there standing next to guys with names you can't pronounce, I'll be in my designated corral), I want to assure all that the only way Phil will be able to catch me this year is by hopping the "T" in Cleveland Circle.

PS I am writing this on April 5. Elsewhere in the Newsletter should be the results of MTC runners at Boston. CHECK IT OUT!

Harry Nelson

Harry finished Boston in a time of 3:03:21, an excellent time, by any standards; by Phil Pierce's standards, an unbeatable time. Phil finished in 3:16:04. I somehow feel that we have not heard the last from Phil, Bob or Harry. How about it, guys? Editor.

Pre-Meeting Fun Runs Off and Running!

At about 5:15 pm the runners headed for Portland Headlight and back over Oakhurst Milk Run to Richland Street then back to the showers. Harry Nelson, Dennis Smith and Peter Dube led the pack followed by new and prospective members John Strout, Yun Chong, Tom Atchison, Lynn Patrick and Dave Butler. Rick Scribner arrived a little later and ran the Oakhurst Milk Run and I ran with Steve Monaghan who was running a loop from his home off Shore Road. Most of us ate at the SMTC cafeteria with some picking up a snack elsewhere.

The May 11th pre-meeting fun run will be from Greeley High School leaving about 5 pm. Come do a double loop on a course laid out by Harry Nelson, heading up Pig Hill, which sounds very challenging. You can run later if you prefer to do just one loop. Showers are available at the high school with great pizza and sandwiches directly across the street. Hope to see many old faces as well as some new ones.

On June 13, we'll be back at SMTC, leaving at 5 pm or later depending on how far you want to go.

Herb Strom

New Calibration Course

Thanks to club member, Les Berry, there is a new half mile calibration course on Highland Avenue in South Portland. Les, a vice-president at the surveying firm BH2M, used state-of-the-art electronic distance meter to measure the new course.

Calibration courses are used to calibrate measurement equipment, such as Jones Counters, which are then used to measure road race courses. The one mile calibration course on Warren Street has been found to be inaccurate and should no longer be used.

For further information on the location of the new course or for questions regarding course measurements and certification call Loren Lathrop or John LeRoy.

APRIL 4 BOARD MEETING SUMMARY

Approved up to \$50 postage for a package of T-shirts and other running items to the Archangel Running Club in the Soviet Union. Future mailings will be re-evaluated once expense is known. Kathy Gardiner will be putting together the package.

Candace Karu will draw up new advertising rates for the newsletter.

The Board endorsed a partially new course for the Cape Challenge. It will be measured and presented to the Cape Police. Sponsors still needed.

Rob Laskey is investigating the bonding process for the treasurer.

We will propose a Northeast RRCA mini-convention for 1991, not this year.

All other items discussed were included in regular reports at the membership meeting, April 11th.

Susan Davenny

CONDOLENCES

A card of sympathy was sent to Jane Dolley on the death of her brother, William Whyte.

GET WELL MESSAGE

A get well card was sent to Melanie Paul upon her hospitalization for a brain aneurysm.

MARCH MEETING REFRESHMENTS

THANKS TO:

Pat Buckley
Loren Lathrop
Carleton Mendell
Donna Moulton

Peter Bastow
Jenny Kim
Herb Strom

If you would like to bring refreshments to a meeting, call Bambi Lovett, 797-3531.

BOSTON!

94th Annual Boston Marathon - 16 April '90

MTC Finishers (in alphabetical order):

William Bristol	33	3:33:11
Thomas Clemence	33	3:21:03
Russ Connors	57	3:12:19
Bob Coughlin	51	3:12:??
Michael Cowell	52	3:37:23
William Davenny	45	4:04:??
William Emerson	26	2:52:11
Francis Ferland	41	3:27:33
Robert Hazzard	58	3:25:38
Carlton Mendell	68	3:44:33
Paul Merrill	35	2:33:47
Harry Nelson	35	3:03:21
Robert Payne	51	2:59:53
Phil Pierce	48	3:16:04
Rosalyn Randall	40	3:38:17*
Joe Richards	46	3:23:54
Jennifer Rood	29	3:27:44*

Clockwise from top left: Willie Emerson, Joan Tremberth, Paul Merrill, Bill, Sue & Ben Davenny with Jane Dolley.



6th Annual Terrier Trot 5 Miler - 57 Fin.
Waterville, Me - 14 April 1990

1 Stan Bickford open (CR)	26	26:50
2 Hugh McLean 30-39	31	28:46
8 Scott Fone (MTC)	29	32:30
10 Karen Rapallo open	31	32:44*
28 Carlton Mendell (MTC) 60+	68	37:42
39 Bob Perkins (MTC)	47	42:25

Notes:

Wanda Haney Binette: 4/8/90; 9th Annual Boston Milk Run 10K; 50th woman overall; 38:36.

Christine Bracer: Boston Milk Run; 46th woman; 38:14.

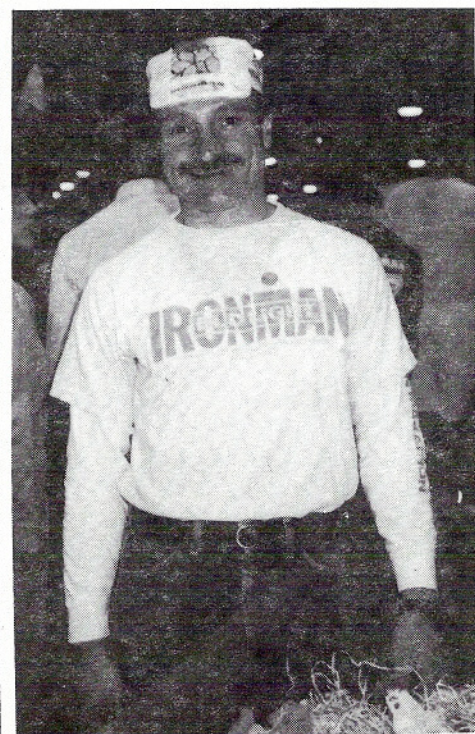
Carlton Mendell: 4/7/90; 8th Annual Championship 25K; Rockland; 1st, 60&over; 1:59:36; 17/28 overall.

Roy Morejon, Jr.: 4/15/90; Inaugural Portland Boys & Girls Club 1 Mile Children's Run; 2nd, 9&10; 6:39.

Richard Scribner: 2/10/90; 9th Annual Wild Katahdin Snow Trust 5 M; Houlton; 34:18; 45/99 overall.

Becky Sproul: Portland Boys & Girls Club 1 Miler; 1st, 8&under; 11:22.

Joan Tremberth: 2/25/90; Inaugural Lifetime Marathon; Lowell, Ma; 1st, 40-49; 3:50:10.





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Bill Stuart	President	799-5961
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Charlie Scribner	Race Committee	772-5781
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Ruth Hefflefinger	Membership	797-4625
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Maine Track Club, Box 8008, Portland, Maine 04104 * A non-profit organization



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MTC gratefully acknowledges the generosity and support of those members listed at right. If you would like to become an individual sponsor, please send \$10 to the Maine Track Club, Box 8008, Portland 04104.

To become a corporate sponsor, your donation of \$25 should be mailed to the same address. Prime sponsorships in the amount of \$50 will reserve you advertising space in the newsletter. For details, contact the Editor at the number listed above.

All donations are gratefully accepted!

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TREASURER'S REPORT

TREASURER'S REPORT February 6, 1990

Funds on Deposit January 5, 1990	\$ 6,783.90
Receipts:	
Banquet	\$ 1,035.00
Membership	\$ 1,861.00
Newsletter Sponsor	\$ 10.00
Bruce Ellis Fund	\$ 13.67
Ads Banquet Booklet	\$ 525.00
Interest	\$ 34.76
	<u>\$ 3,479.43</u>
	\$ 10,263.33
Disbursements:	
DP Trophy World	\$ 370.22
Banquet Awards	
SHVII - Scholarship	\$ 250.00
Nancy Stedman - Banquet	\$ 77.00
Keely the Katerer	\$ 1,711.00
Banquet Meals	
Dale Rand Printing	\$ 95.55
Membership Cards, Copies	\$ 24.58
Ruth Hefflefinger	
Banquet Expenses	\$ 603.75
Dale Rand Printing	
Printing Anniversary Booklet	
Coastal Silkscreen	\$ 386.93
Banquet Jackets	\$ 509.25
Banquet T-Shirts	
Ruth Hefflefinger	
Postage - Newsletter	\$ 100.00
Dorothy Stoddard	
Photos - Banquet	\$ 66.86
	<u>\$ 4,195.56</u>

Funds on Deposit February 6, 1990

\$ 6,067.77

Robert M. Laskey
Robert M. Laskey
Treasurer

TREASURER'S REPORT March 6, 1990

Funds on Deposit February 6, 1990	\$ 6,067.77
Receipts:	
Membership	\$ 405.00
Banquet	\$ 185.00
Donations	\$ 45.00
Interest	\$ 24.54
	<u>\$ 659.54</u>
	\$ 6,727.31
Disbursements:	
Charles Scribner	\$ 65.00
Registration RRCA convention	
Bill Stuart	
RRCA convention	\$ 310.00
Herb Strom	\$ 7.50
Trophy plates-Handicap race	
Big Red Q Printing	\$ 165.32
Newsletter	
Sue Davenny	
Banquet expenses	\$ 52.17
Misc. expenses	\$ 34.50
Sue Davenny	\$ 13.65
Banquet Photos	
D.P.'s Trophy World	\$ 104.65
Plaque and logo-Awards	
Maine Running & Outing	\$ 40.00
Ad Mid Winter Classic	
Bob Payne	\$ 123.00
Mid Winter Classic expenses	
Marla Keefe	\$ 48.00
Mid Winter Classic expenses	
Ruth Hefflefinger	\$ 75.00
Postage-newsletter	
Rainbow Racing System	\$ 42.25
Numbers Mid Winter Classic	
	<u>\$ 1,081.04</u>

Funds on Deposit March 6, 1990

\$ 5,646.27

Robert M. Laskey
Robert M. Laskey
Treasurer



MEMBER PROFILE

RUSSELL BRADLEY

The other day at the Killarney 10k, Russ Bradley's new training program was paying off. He had a good one going. Nearing the finish he saw a familiar figure. Calling on that ferocious sprint, which has previously devastated runners such as the writer of this article, he nipped the legendary Carleton Mendell at the tape. First to congratulate him, Carleton said he had not been having a bad day. It was a good time for him. However witnesses differ as to whether Russ rode home in the trunk of Carleton's car, or in the seat he occupied going up. Russ would not have known the difference. He was walking on air.

Thus, a new star is born. Russ and Carleton's times of 46 minutes plus on a hilly course would have placed them in the middle of the 65+ age group in the World Veterans Championships last July on a flat course. And of course much higher in the USA National Championships.

So, in addition to the enormous depth and power of its age 50 runners, MTC has two World Class competitors in the 65s. Carlton, 68 and Russ, 66.

Russ started running in 1966, somewhat tentatively. He was hospitalized twice in 1980. Two years ago he broke his foot in the Killarney 10k on uneven terrain. Recovering after 8 weeks, he promptly broke it again three races later at Pat's Pizza. But, by then Russ had been bitten by the bug. The warm friendliness and encouragement of MTC members, plus his many friends gained from running all over the state, mean a great deal to him. Volunteering at MTC functions with his foot in a cast, he was always touched and elated by the number of friends who would greet him and ask about his recovery. The close fellowships running has brought mean more to him than competitive excellence.

So, two years ago, all healed, Russ started getting serious. He brought his weight down from 180 to 150 and increased the intensity of his training. Mileage was deliberately kept low to avoid injury. Now having just retired, he trains every day and is considering a gradual mileage increase from 40 a week to 45. Then, depending on how it goes, maybe to 50, but no more than 50 because that seems to be where the injury potential increases. A typical week's log shows a 4 mile race on Sunday, 6.2 miles easy on Monday, 5.3 fast on Tuesday, 10 easy Wednesday, 4 miles fast with fartlek or charging hills on Thursday, 5 easy Friday, and 6.2 on Saturday fast or easy depending on whether there will be a race on Sunday. Carleton told Russ that his training is around 7 1/2 miles per day, up from about 6. The last chapter in this titanic battle has not yet been written. Meanwhile they will both be bringing credit to all of us in MTC.

Russ started his working career in music. He played trumpet with the Bangor Symphony Orchestra, as well as with several dance bands, including his own. Shifting careers in his 40s, he became Manager of the Building Materials Store Program with Emery Waterhouse, retiring as Advertising Manager. He is a philatelist and an ardent Celtics fan. He is also an experienced hiker and back-packer.

Russ and Henrietta have three children. The baby (32) is with Emery Waterhouse. The older two are girls, one living in this area, the other in Middletown, NY. Asked about Russ' wish to make running #1 in his retirement, Henrietta's nose wrinkles ever so slightly, and a big smile comes over her face. She travels with him to many races. He ran 24 last year, 32 in 1984.

Russ was voted Most Improved 60+ Runner of the Year by MTC in 1985, and again in 1989. He was ranked 34th in New England last year, but his best races were not recorded. This problem will be solved now that MTC's Don Penta is Maine State Record Keeper for TAC.

We are indebted to David Horne, Warren Wilson, and Bob Cushman for data about Russ.

And, finally, a personal tale out of school. Your Member Profile Editor was running very well some 3 years ago in a race that ended with a lap around a school track. With a super effort, we pulled alongside Russ half way around the track. He turned and a look of horror came over his face. He kicked into a gear we did not have and left us wallowing in wake turbulence 50 yards back. Russ is a Competitor. We know whereof we speak.

by John Woods



MTC VOLUNTEERS FOR SUGARLOAF MARATHON/15K

We would like to offer Chip Carey and the Central Maine Striders help with the marathon and 15K. If you can be a volunteer, please call Susan Davenny as soon as possible at 772-1787. A list will be sent to Chip Carey.

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