

# Maine Track Club

MAY 1992

Run with a friend...







MTC Results

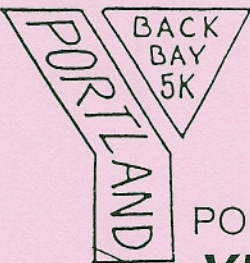
# 4th Annual PORTLAND YMCA BACK BAY 5K RUN/WALK



FRIDAY EVENING MAY 29th, 1992 7:00 p.m.  
BAXTER BOULEVARD LOOP

Course Certified

SPONSORED BY:



PORTLAND  
YMCA



Healthy **NET** works!  
HEART PATH NEW ENGLAND TELEPHONE EMPLOYEE WELLNESS PROGRAM



PROCEEDS TO BENEFIT THE PORTLAND YMCA'S YOUTH SCHOLARSHIP FUND

## RUNNERS AWARDS - MALE & FEMALE

18 and under	40-49
OPEN - 3 places	50-59
30 - 39	60 - over

Special award for youngest boy and girl finisher.

First New England Telephone Employee Wellness Program Award

DOOR PRIZES: Drawn from the registrations of runners and walkers

WALKERS AND RUNNERS ENTRY FEE \$8.00

**WOMEN — After the race enjoy a whirlpool,  
steam & sauna at the Y's new locker room.**

## T-SHIRTS TO ALL RUNNERS/WALKERS WHO REGISTER POSTMARKED BY MAY 20th, 1992.

Registration: Closes at 6:00 pm @ YMCA, and 6:30 @ Boulevard Parking Lot day of the race. Parking: Two hours free parking at the Gateway Parking Garage. Race Packets: Runners and Walkers may pickup number/button after 12:00 pm to 6:00 pm at the YMCA on day of run/walk. Facilities: Locker rooms at YMCA – available pre and post race/walk.

Refreshments and Awards ceremony held in YMCA gym following Run/Walk.

Race Directors: Bob Payne (w) 797-1018 (H) 655-6006  
Marla Keefe (w) 775-9620 (H) 655-7350  
Kee Kee Bailey (w) 874-1111 (H) 657-4739

Results will be in *Mainely Running*

## ENTRY FORM

Name: \_\_\_\_\_  
(please print)

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

School/Club: \_\_\_\_\_ Zip: \_\_\_\_\_

Age: \_\_\_\_\_ Telephone #: \_\_\_\_\_

Male ☐ Female ☐ Runner ☐ Walker ☐

T-Shirt Size: Sm. ☐ Med. ☐ Lg. ☐ X-Lg. ☐

NET Employee ☐

In consideration of this entry being accepted, I hereby for myself, my Heirs, Executors, Administrators, waive and release any and all rights and claims for damages I may have against the organization holding this event, its Agents, Representatives, Successors, and Assigns for any and all injuries suffered by me at said meet. Parents must sign for runners under age 18. The right to reject any entry is reserved.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Make checks payable to: Portland YMCA  
Mail completed forms and payment to:

PORTLAND YMCA  
P.O. Box 1078  
Portland, ME 04104



## FROM THE EDITOR

What a great time of year for runners. We have the greatest race schedule coming up. Have you picked up applications for many/any upcoming races? Have you called a race director to volunteer for a race? (Remember that three-race a year promise you made when you joined the Maine Track Club?) Have you thought about the Maine Marathon and Half Marathon. If you haven't thought about your training for this awesome event, think about volunteering for it. You cannot imagine the work it takes to put on a race of this magnitude. Hundreds of hours go into the planning and execution of a marathon and we should all be a part of this one.

Coach Brian "Ziggy" Gillespie has offered to train us during the month of June. Read his letter in this Newsletter and think about taking him up on this generous offer. Ziggy has done an amazing job with the Ladies Run to Win Team. The improvement in performance for all the women is nothing short of phenomenal. With this kind of talent available to us, we should all get out there and work with this excellent coach. There is a questionnaire to fill out if you would like to train on Wednesday nights and Sunday mornings.

As you can see from the pictures throughout this issue the 1992 Presidential Race in Kennebunkport was a HUGE success, all thanks to the efforts of Race Directors Tom Dann and Steve Jacobsen and their merry band of volunteers. This race promises to become one of the premier road races in Northern New England.

Speaking of Tom Dann, he continues to come through with new and interesting speakers for our monthly membership meetings. Jon Kim's April presentation will be remembered for a long time as informative, entertaining, funny and inspirational. This month Tom has found another speaker who will get us thinking about expanding our horizons and pushing ourselves to the limit of our abilities. Calvin Dunwoody, runner,

triathlete and mountain climber will be the featured speaker in May. You won't want to miss this.

Congratulations to all MTC Boston Marathon participants. Though not everyone was able to finish, it is such an honor to wear your number at the start in Hopkinton. We are proud of you all. (Especially media studs Bill Davenny, Malcolm "HHBL" Washburn and Steve Jacobsen.)

And finally, I'm going to use this as my own classified ad. Though I'm virtually starting from scratch, I would like to run a fall marathon. If there is anyone out there who would like to share the agony and the ecstasy of weekend long runs and would like to aim for a 4 hour marathon, give me a call at 967-4258. I would be glad to run just about anywhere within an hour's drive from Kennebunkport.

*Canoe*

## NEW MEMBERS

NAME & ADDRESS	TELEPHONE	OCCUPATION	AGE
Terry Clark 3 Chestnut Ave. Windham, ME 04062	H892-5541 W879-3485	CP Technologist Mercy Hospital	47
Corey Daniels P.O.Box 609 Wells, ME 04090	H846-5301	Antique Dealer, self	41
Philip Goodrum 40 Main St. #1 Yarmouth, ME 04096	H846-6314 W774-0012	Environ. Consultant ChemRisk	24
Steven & JoAnn Hertford Jessica Ashley 7 Caly Hollow Kennebunk, ME 04043	H985-9177 W283-0500	Physicians Seacoast Family Practice	31 32 6 4
John & Peter LaFlamme 1 Railroad Avenue Kennebunk, ME 04043	H967-4395	Retired Student, USM	64 27
Susan Savoie 14 Orchard Street Scarborough, ME 04074	H883-1420 W773-6411	Legal Secretary Pierce, Atwood, Scribner	28

COVER: Big Fun, Big Finish for Eileen Dunfey at the Presidential Race.



# PRESIDENTS' PAGE

The first quarter of the 1992 road racing season has been active and exciting for us. We have been the recipients of fine hospitality in Florida from the Fort Myers Track Club and the Gulf Coast Runners, have met new and old friends at the Back Bay 10K in Boston and have been elated at the success of our MTC races here at home.

As Carol ran the Boys Club race I reflected on how my participation in road racing and the MTC has evolved from being strictly a runner to experiencing many different aspects of this great sport. I love the enthusiasm of a race winner and the joy on the face of the final finisher. I am excited about the camaraderie between runners and the great volunteer spirit of our club members.

You would think that someone who wins handfuls of road races each year would be rather matter of fact about another victory. This is obviously not the way our Maine Runner of the Year, Bob Winn, reacted to his recent win at the Boys Club Race. As I stood in the chute, just past the finish line, I watched the blue flashing lights of the lead vehicle coming up Cumberland Avenue. I saw that Bob Winn was a sure "Winner." As the crowd cheered and Bob crossed the finish line, he slapped me a high five and exclaimed, "FINALLY, after 15 tries, WOW!! I've won!" He thanked everyone for their congratulations and his excitement gave me a reason to enjoy the finish of all 832 participants at the Boys Club Race. I was happy for Bob, but I must

admit, I was happier for the guy who came in last. As the chute volunteers were making ready to dismantle the finish line, wild cheering erupted. When I looked up, across the finish line came 82 year old Jim Carroll of Portland, clad in gray running tights and a powder blue cardigan sweater. (Jim said that his wife selects his running attire.) Jim wore a smile as broad as Bob Winn's and to me, was just as big a winner! Besieged by the media, he calmly spoke of running at age 82. If I have my first TV interview at that age, I will be happier than either Bob or Jim.

I love the competition and the social aspects of road racing. I thank all of the volunteers from the Maine Track Club as well as the runners for your strong support at all of our events.

Good Running to All,  
*Sumner and Carol*

## THE SECOND ANNUAL GORHAM MOTHER'S DAY RUN, WALK AND POT LUCK BRUNCH

HOSTS: Tom & Debbie Atchison

DATE: Sunday, May 10  
14 Sanborn Street  
Gorham, ME  
839-6159

TIMES: 12 Miles 7 am  
6 Miles 8 am  
Debbie will lead an hour  
long walk starting at 8 am.

BRING: Your favorite mother, and  
juice, fruit or brunch type  
carbos.

DIRECTIONS; From the center of Gorham, take 114 towards Sebago. Go approximately 5.5 mi. Turn left on Dingley Spring Road. Turn right on Sanborn St. Go to the third house on the left.

## TAKE THE FIRST STEP

*Personalized fitness profiles for first  
time exerciser to performance athletes.*

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CARDIOVASCULAR FITNESS • BODY FAT  
PERFORMANCE STRESS TESTS**

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CENTER FOR FITNESS, RECREATION AND REHABILITATION

University of Southern Maine



Starting the racing season are (right) Donna and (below) Everett Moulton at Sully's.

## NEXT MTC MEETING

WEDNESDAY, MAY 13 - 7 pm  
SMTc - MACHINE TOOL AUD.

This month's speaker is a world class triathlete in his age group, a mountain climber and a late bloomer. Calvin Dunwoody of Kennebunk, who is 70, started racing at 60. Since that time he has run a total of 9 Ironman Triathlons (Swim 2 miles, bike 112, run 26.2). In 1988 Calvin won his age group at the Hilton Head Triathlon and in 1991 did the same in Chicago...four days after climbing Mt. Rainier. Calvin's goal is to climb the highest peak in each of the 50 states. (Anyone want to sign up for the Florida leg of that trip?) You would be crazy to miss this special presentation.

As always, the business meeting will follow the program.



### MOUNT WASHINGTON ROAD RACE RESERVED ENTRIES

The lottery for the MTC's five reserved entries to MT. Washington was conducted on April 25 by Summer Weeks and Susan Davenny with Brian Gillespie as a witness.

Two entries were allotted to women and three to men. The ratio was based on the number of requests from each. Twelve members who had applied to the regular race lottery were entered.

The first two women drawn were Joan Lavin and Barb Coughlin. The first three men drawn were Willie Emerson, Ron Deprez and Al Butler. The order of the draw for the remaining entrants was recorded in the event an alternate should be needed before the entries are sent.

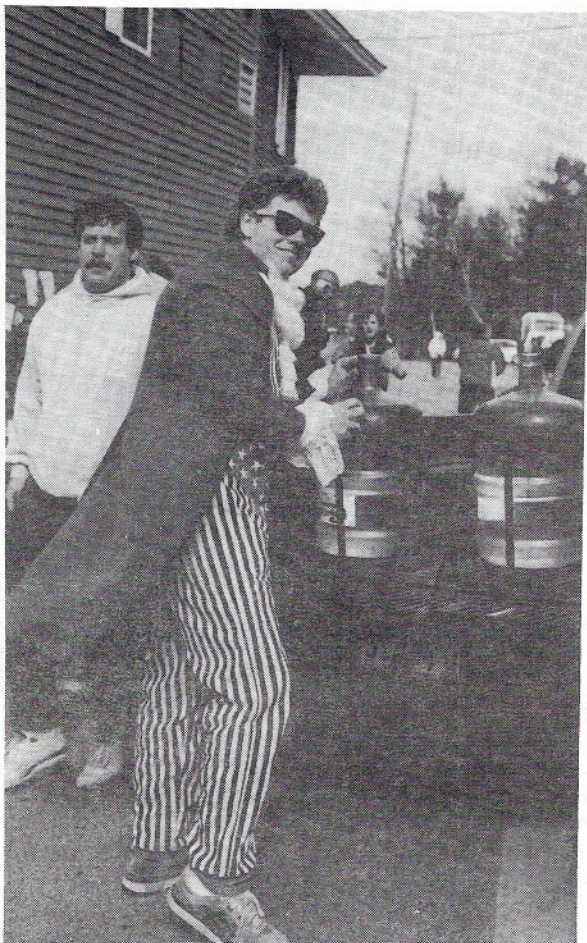
Would those MTC members who were accepted in the regular race lottery please call Ron Cedrone (781-3302 eves.) or me so we can put together a list of our teams to check against the race day postings? Teams are being recorded for the entry blanks this year and not from team rosters.

Thanks and good luck to all!

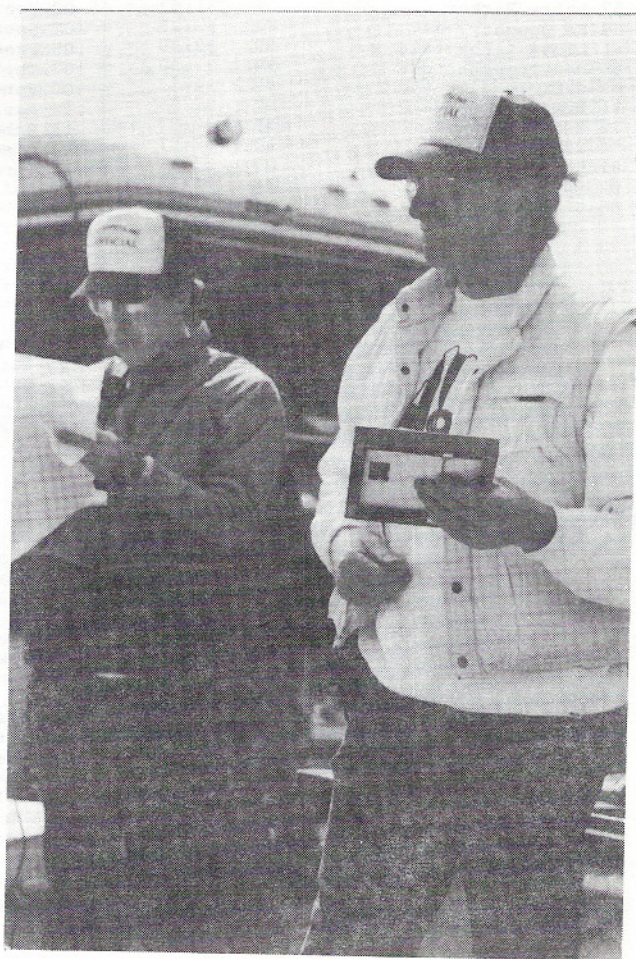
Susan Davenny  
(772-1787 6-9 pm)







Above: Winner Bob Winn  
Below: Race Directors Tom  
Dann and Steve Jacobsen



## THE 1992 PRESIDENTIAL RACE



# RACE RESULTS

The Inaugural Presidential 5M - 432 Fin.  
Kennebunkport, Maine - March 29th, 1992

## Top Open Division Finishers:

1 Bob Winn	33	25:38
2 Kim Wettlaufer	35	26:52
3 Staffan Elgelid	31	27:04
4 Ken Botting	31	27:08
5 Rob Spaulding	36	27:14
6 Tom Saint Germain	25	27:19
7 Jim Toulouse (MTC)	43	27:22
19 Veronica Knight	24	29:44*
27 Christine Braceras	29	30:36*
28 Joanne Scianna	38	30:38*
53 Wanda Binette	25	32:02*
56 Caitlin Hurley	16	32:23*
73 Katie Jackson	16	32:57*
77 Carol Weeks (MTC)	43	33:05*

## Other Top Divisional Finishers:

9 Patrick Mulready 18&under	18	27:54
15 James Strickland 40-49	43	29:27
23 Lawson Noyes 50-59	50	30:01
85 Hap Hazzard (MTC) 60&over	60	33:18
125 Carol Hogan 40-49	41	34:53*
171 Tammy Wheeler (MTC) 18&-	17	36:10*
270 Jane Rasmussen 50-59	55	40:08*
375 Terri Morris 60&over	63	47:17*

## Other Maine Track Club Finishers (& Relatives):

24 Bill Devou 2,40-49	43	30:13
30 John Brady	33	30:42
34 Alburn Butler	37	31:16
36 Robert Panetta	14	31:21
44 Malcolm Kidd	36	31:37
46 Ron Cedrone	43	31:44
47 Phil Pierce 2,50-59	50	31:45
51 Clyde Coolidge	53	31:52
52 Larry Barker	42	31:53
59 Ed Doughty, Jr.	43	32:35
61 Lloyd LaFountain	29	32:39
65 Ronald Johnston	39	32:50
67 Carl Fogg	43	32:53
71 Bradford Davis	37	32:56
72 Peter Bastow	55	32:57
74 Sumner Weeks	43	33:01
81 Kevin Gordon	37	33:11
82 Ed Patton	28	33:13
86 George Liming	40	33:18
89 Lee Allen	37	33:22
97 Andrew MacLean	30	33:45
99 Elisabeth Gendron	28	33:47*
105 Carlos Philbrick	39	34:00
110 Frank Ferland	43	34:20
112 Eileen Dunfey	35	34:23*
114 Dan D'Entremont	41	34:24
117 Dale Rines	39	34:29
118 Neil Martin	49	34:31
119 David Cate	42	34:34
132 Dick Lajoie	51	35:06
133 Brigitte Edquid 2,40-49	44	35:09*
136 Erin MacLean	29	35:12*
137 Stephen Assante	39	35:13
140 Malcolm Washburn	38	35:18
144 Gary Giffard	33	35:29
145 James Boisvert	35	35:30
156 Joan Lee	38	35:51*
157 Dana Seguin	38	35:51
158 Daniel Fitzgerald	32	35:52
166 Walter Webber 2,60&over	61	36:04
167 Richard Robinov	32	36:04
174 Hillary Billings	37	36:17
182 James DiVirgilio	34	36:34
191 Orlando Delogu	55	36:51
193 Russ Bradley	68	36:53
198 Bob Cushman	54	37:15
202 Loren Lathrop	43	37:24
203 Donald Rameau	34	37:27
206 Marc Lusignan	39	37:38

219 Carlton Mendell	70	38:08
233 Erin Thompson	16	38:36*
248 David Shevenell	30	39:16
250 John Kazilionis	44	39:24
254 Peter Sutcliffe	42	39:29
255 Diana Laskey	31	39:32*
256 Karol Call	28	39:32*
261 Marilyn Champagne	33	39:37*
269 William Sproul	34	39:57
271 Greg Parker	34	40:16
294 Colleen McG-Brady	28	41:47*
299 Mary Beth Coolidge	23	42:04*
300 Katie Gregory	24	42:08*
301 David Coolidge	26	42:09
309 Arlin Kent	40	42:31*
311 Warren Foye	44	42:31
318 Jean Thomas	56	43:12*
346 Patti Tableman	33	44:46*
347 Don Kent	39	44:51
348 John Kendall	41	44:52
349 Kairsten Wydra	16	44:54*
359 Robert Wyman	55	45:34
372 Mel Fineberg	56	46:54
373 Marianne Gagne	51	47:04*
378 Deborah Poore	42	47:44*
387 Beverly Doughty	40	48:45*
388 Jack Oppen	59	48:45
390 Thomas Decker	48	48:57
393 Donna Moulton	43	49:10*
395 Christine DeTroy 2,60&+	63	49:25*
401 Dolores Billings	61	50:29*
407 Ruth Hefflefinger	62	52:44*

Many thanks to co-director Tom Dann for complete results.

## International Veteran's X-C Classic 8K Franklin Park, Boston - 274 F. - 3/20/92

1 Pierre Levisse FRA	40	23:05
6 Laurence Olsen USA	45	25:10
9 David Crawford (MTC)	42	25:36
34 George Towle (MTC)	41	26:33
38 Bruce Tulloh UK	56	26:44
48 Rita Cecil CAN	36	27:06
49 Kevin McDonald ME	41	27:07
70 Heather Matthews NZ	45	28:00
90 Kenneth Flanders ME	40	28:55
102 George Vernosky USA	61	29:32
105 Janet Jordan USA Nike-P	43	29:36
107 Thelma Wright CAN	40	29:43
109 Robert Payne (MTC)	53	29:46
114 Maureen Sullivan USA	35	30:04
115 Robert Clarke (MTC)	53	30:08
121 Steven Peterson (C.M.E.S.)	42	30:24
47 Thomas Conway CAN	50	27:04
132 Sally Sundborg ME-Summer	41	31:02
147 Robin Emery-Rappa ME-Nat.	45	31:35
153 Christine Tattersall USA	50	31:44
168 Brian Gillespie (MTC)	45	32:40
183 Carolyn Cappetta USA	56	33:33
204 Brigitte Edquid (MTC,RTW)	43	34:42
220 Scotty Carter Cape Cod AC	75	35:32
228 Ed Buckley NY (Syracuse)	70	36:03
229 Nancy Lund (MTC,RTW)	40	36:09
233 Carlton Mendell (MTC)	70	36:26
241 Betty Barber (MTC,RTW)	35	37:50
245 Desmond Margetson NYAC	65	38:00
259 Hubert Strom (MTC)	62	39:51
264 Ruth Anderson NCSTC	62	41:46
265 Donald Abrams (C.M.E.S.)	58	41:51

## Teams:

### Women 35&over:

1 Liberty Athletic Club	1:29:43
(Rita Cecil, Sally Sundborg, & Robin Emery-Rappa)	
5 Maine Run To Win Ladies	1:48:41
(Brigitte Edquid, Nancy Lund, & Betty Barber)	

### Men 40&over:

1 Greater Lowell Road Runners	2:11:18
(Thomas Carroll,25:29; Philip Riley,26:15; Gary Wallace, 26:18; Stoddard Melhado,26:25; & Robert Hall,26:51)	
6 Maine Track Club	2:31:01
(David Crawford, George Towle, Robert Payne, Brian Gillespie, & Carlton Mendell)	



Dolores Billings



Malcolm "HHBL" Washburn



13th Annual Killarney's 10K - 139 Fin.  
Waterville, Maine - March 8th, 1992

Top Overall Finishers:

1	Jeff Meserve 1,30-34	32	33:54
2	Abe Rogers 1,18&under	18	35:14
3	Shaun Keenan 2,30-34	30	35:37
4	Peter Vigue 1,19-29	28	35:41
5	Barrett Smith 2,19-29	20	36:30
7	Tina Meserve 1,19-29 CR	24	36:42*
27	Ellen Bowden 1,35-39	39	39:33*
30	Susan Clark Whittier 1,30-34	34	40:07*
45	Ashley Wernher 2,19-29	20	41:29*
52	Elisabeth Gendron (MTC)	28	41:59*

Other Top Age Divisional Finishers:

8	Guy Berthiaume 45-49	46	36:46
10	Larry Thompson 35-39	38	37:31
17	Bill Devou (MTC) 40-44	43	38:08
31	Phil Pierce (MTC) 50-59	50	40:09
53	Carol Weeks (MTC) 40-44	42	42:08*
57	Hap Hazzard (MTC) 60-69	60	42:38
74	Laura Kunzemann 18&under	18	43:56*
98	Louisa Dunlap 50-59	51	47:31*
101	Carlton Mendell (MTC) 70&+ 70	70	47:48
113	Jo Comeau 45-49	47	49:38*
134	Mead Brownell 60-69	61	57:28*

Other Maine Track Club Finishers:

34	Richard Scribner	40	40:37
35	Scott Fone	31	40:40
44	Carl Fogg	43	41:20
46	Peter Bastow	55	41:36
48	Brad Davis	37	41:43
64	Jack Ireton-Hewitt	54	43:23
68	Maureen Sproul 2,35-39	35	43:31*
79	Brigitte Edquid	43	44:29*
83	Ken Sylvester	47	45:07
85	Mark Doucette	30	45:26
87	Malcolm Washburn, Jr.	38	45:29
89	Russ Bradley 2,60-69	68	45:42
108	Eric Ellis	39	49:04
128	Mark Clinch	36	54:14
136	Judy Grassi	32	62:53*

Many thanks to Jerry Saint Amand for complete results.

Note: Carlton Mendell qualified for TAC national ranking in 10K's in Killarney's (qualifying standard: 50:30, ages:70-74)

Random Notes:

Congratulations to Lori Towle of South Portland, a first-year student at Bowdoin, who established a Bowdoin single-season record of 31 completed three point shots in Division III Basketball. Lori was near the top in national NCAA three point accuracy. Lori was also selected as the only first-year student, as selected by the coaches of Colby, Bates, & Bowdoin, for the all-CBB women's basketball team. Lori has been a long time member of the MTC with her father Michael. Lori was an outstanding scholar and athlete at South Portland High School. Lori participated and excelled in cross-country, tennis, and (as above) basketball while at South Portland.

I'm sure we are all relieved to hear that Lynn Jennings, New England native, won her third consecutive World IAAF Cross Country Championship, March 21st, in her own back yard -- at Franklin Park in Boston. My primary motivation in mentioning this is the lack of local publicity in the media concerning this world class olympic level event in our own back yard. We should remember that Lynn and our own Joan Samuelson will be competing for US Olympic Team berths next June in New Orleans for the 10,000 meters at Barcelona.

14th Annual Snofest 5 Miler - 34 Fin.  
Augusta Civic Center - March 1st, '92

1	Stan Bickford 1,19-29	28	26:31
2	Cliff Rogers 1,30-34	33	29:19
3	Steve Emery 1,35-39	36	30:51
4	Scott Bibeau 2,19-29	28	30:57
5	Veronica Knight 1,19-29	24	31:21*
6	Joe Meehan 1,45-49	45	31:24
7	Doug Ludewig 1,50-59	52	31:49
11	Jeff Mills, Jr. 1,18&under	18	33:59
12	Tom McGuire (Pres., CMS)	45	34:11
13	James Ellis 1,40-44	42	34:44
15	Rebecca Knight 2,19-29	21	35:43*
16	John ME'ly R'nn'g LeRoy	55	37:04
17	Frank Knight	46	37:25
18	Russ Bradley (MTC) 1,60-69	68	37:30
19	Nancy Lund (MTC,RTW) 35-39	39	37:35*
22	Carlton Mendell (MTC) 1,70+ 70	70	38:01
23	Bob Cushman (MTC)	54	38:40
25	Will Lund	36	39:45
28	Donnajean Pohlman 1,40-44	41	42:05*
31	Yvette Knight 1,45-49	46	44:25*
32	Dennis Morrill (MTC)	52	47:55

Congratulations to John LeRoy for being the first Maine Track Club finisher in the Snofest.

Many thanks to Jerry Saint Amand of the Central Maine Striders for complete results to this Knight Family outing.

11th Annual Wild Katahdin Trust Snow Run  
Houlton H.S. - 5M. - 80 F. - 2/ 8/92

1	Charles Violette	21	27:53
2	Rusty Taylor	40	28:42
3	Cliff Rogers	33	28:49
6	Larry Tonzi	45	30:00
10	Conrad "Patriarch" Walton	53	30:34
25	Erv "Bagger" MacDonald	49	33:10
30	Eleanor Anderson	15	34:22*
46	Angela Edgecomb	24	37:00*
51	Moirra Armen	16	37:42*
50	Art Young	62	37:37
53	Carlton Mendell (MTC)	70	37:54
69	Carol Scott	40	41:36*

"Patriarch" & "Bagger" are honorable titles of officers of the Aroostook Mts-terds.

Carlton Mendell, again, qualified for TAC rankings!

RACE RESULTS ARE CAREFULLY  
COMPILED EACH MONTH BY  
DON PENTA.

The following Runners qualified for TAC national ranking in 8K/ 5M races for '92:

Joanne Scianna	35-39	(30:45)
Caitlin Hurley	Age 16	(33:00)
Katie Jackson	Age 16	(33:00)
Hap Hazzard	60-64	(33:30)
Carlton Mendell	70-74	(41:30)
Jane Rasmussen	55-59	(41:00)

Note: The times enclosed in parentheses are qualifying times for the particular age category in 8K/ 5M races for 1992.



Above: Erin Maclean  
Below: Patti Tableman





Run to Win



Ladies Team

established 1990

Brian "Ziggy" Gillespie, Coach  
36 Colonial Road  
Portland, Maine 04102  
(207) 772-2753

April 8, 1992

Dear Club Member:

The continuation of the Maine Track Club has been one of the most significant factors in the history of Maine Road Racing. When I founded the Club in 1979 and was its President for three years, I never dreamed the Club would become so successful and touch so many lives for so many years. The quality of leadership all these years has been outstanding. The success of the Maine Track Club over the years helped encourage the development of other running clubs throughout the State. Sadly, most of those clubs do not exist today. The Maine Track Club remains strong because of quality leadership and an active membership; the heart of successful running club. Continued success in the years to come depends on our membership.

The encouragement and promotion of a close membership within the Club is very important. I would like to do my part as a Club member by offering my services as your running coach for the month of June. Most Club members race on July 4th and I would like to help you prepare for that race. All Club members are welcome, regardless of age or level of ability. It will be individual instruction in a team atmosphere. Practice will be every Wednesday at 6:00 p.m. and Sunday at 8 a.m. At 5:45 each Wednesday I will give a clinic on an aspect of training and racing in preparation for your July 4th race. If you're interested in joining, please fill out the backside of this letter and send it to me as soon as possible.

Remember the longest journey begins with the first step. I look forward to working with you and the continued success of our great running Club.

Sincerely,

Brian T. Gillespie



NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ PHONE: \_\_\_\_\_

INJUIRES (PAST 6 MONTHS): \_\_\_\_\_

WEIGHT TRAINING (IF ANY): \_\_\_\_\_

PRESENT RUNNING SHOE: \_\_\_\_\_

DO YOU RACE IN THE SAME SHOE? (IF NOT, WHAT SHOE FOR RACES): \_\_\_\_\_

DO YOU HAVE ANY FOOT PROBLEMS? \_\_\_\_\_

WHAT IS YOUR RESTING HEART RATE? (FOR 1 MINUTE UPON WAKE -UP) \_\_\_\_\_

DO YOU PLAN TO RACE ON JULY 4? \_\_\_\_\_ WHERE? \_\_\_\_\_

WHAT IS YOU R BEST TIME FOR THIS RACE? \_\_\_\_\_ WHEN ACHIEVED? \_\_\_\_\_

HOW MANY MILE PER WEEK HAVE YOU RUN ON AVERAGE THE PAST TWO MONTHS? \_\_\_\_\_

ON AVERAGE, WHAT DOES YOUR WEEKLY SCHEDULE LOOK LIKE: (INCLUDE REST DAYS):

MONDAY: \_\_\_\_\_

TUESDAY: \_\_\_\_\_

WEDNESDAY: \_\_\_\_\_

THURSDAY: \_\_\_\_\_

FRIDAY: \_\_\_\_\_

SATURDAY: \_\_\_\_\_

SUNDAY: \_\_\_\_\_

WHAT IS YOUR USUAL PRE-RACE WARM-UP ON RACE DAY? \_\_\_\_\_

HOW OFTEN DO YOU RACE IN A MONTH? \_\_\_\_\_

DOES RUNNING IN THE HEAT GIVE YOU PROBLEMS? (SPECIFY NATURE OF) \_\_\_\_\_



# MTC MEETING

## APRIL 8, 1992

**OUR PROGRAM:** MTC's own Jon Kim spoke on his run in Korea and the upcoming Trans America in June which, of course, Jon has entered. He spoke of why and how he is going to do this. Despite what he claims, after listening to his accomplishments, I must agree, Jon is fascinating!

**FIRST TIME ATTENDEES:** Karol Call, Jessica Parker, Arlin Kent, Carlos Philbrook and Dave Cate.

**PRESIDENTS' REPORT:** Following the usual warm welcome, Carol highlighted the March races, thanking directors, volunteers and those who ran in them. Special mention was made of Maureen Sproul's victory in Rockland, and Tom Dann and Steve Jacobsen gave a brief summation of the '92 Presidential Race, where approximately \$2,000 was raised for the Kennebunk High Track Program. Sumner noted that volunteers were still needed for the April 20th Boys Club race. Because of illness, Rick Strout has decided to resign his position as Member at Large. Sandy Utterstrom was nominated to fill this vacancy and declined. Don Bessey was also nominated but declined comment. No further action was taken on this. After recommendation from the Board, membership approved previously budgeted funds for Charlie Scribner to attend the national RRCA Convention. The club is still looking for someone to chair the November auction. The Hot Cross Buns Run at the Davenney's was rumored to be a huge success.

**VICE PRESIDENT'S REPORT:** May speaker will be Kennebunk resident Calvin Dunwoody, a mountain climber, runner and triathlete. Possibly scheduled for June, a Shoe meeting. In July we may return to the University of New England. Anyone with interest in the UNE running camp should contact Carol Weeks or Tom Dann. With two months remaining, this events still lacks a race director.

**SECRETARY'S REPORT:** Minutes of the March meeting were approved.

**TREASURER'S REPORT:** Due to the lack of a Treasurer, the 1992 Budget was presented to the membership for approval by Sumner Weeks. It passed unanimously.

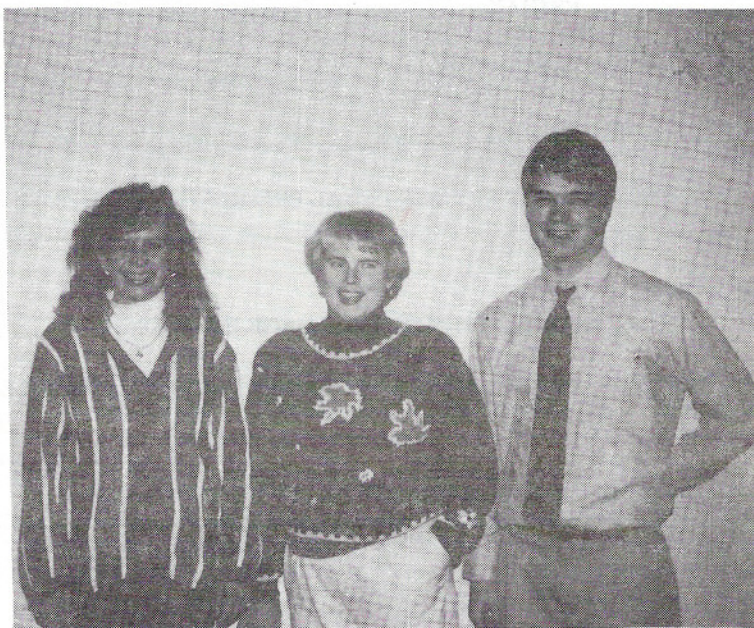
**RACE COMMITTEE REPORT:** Upcoming April Races were mentioned as was the need of volunteers for each. Applications for the Maine Marathon should be ready in mid-April, as will applications for UNE Running Camp.

**OLD BUSINESS;** Late awards from Banquet Night were given out.

**NEW BUSINESS:** MTC founder Brian "Ziggy" Gillispie announced he is offering coaching sessions for the month of June, Aimed at July 4th races. These will be held on the Fitzpatrick stadium track Wednesday evenings at 6:00 and Sunday mornings at 8:00. You may call with any questions at 772-2753. All MTC members welcomed.

**50/50 RAFFLE WINNER:** John Pettorini.

Respectfully Submitted  
*Reggie Sargent*



**New Members at April Meeting**  
Left to Right: Mary Ann Doss,  
Bonnie McGarvy, Phil Goodrum



# Race Schedule

*This schedule includes the most current information at the time of publication. Contact race directors to confirm details and receive additional information.*

*Races boxed are Maine Track Club events. Races denoted CMS are Central Maine Striders events; applications are available from CMS, PO Box 1177, Waterville ME 04901.*

**May 9 Family Crisis Shelter 5K.** Portland. Baxter Boulevard (same course as Back Bay 5K). \$8 pre-entry, \$9 race day. Family Crisis Shelter 767-4952.

**May 9 Sabattus 5M Pleasant Ridge Run.** Sabattus. 10 am. \$7 Sabattus Rec Club, PO Box 690, Sabattus 04280.

**May 9 China 5M Classic.** China. 10 am. \$8. (*Fun run and walk at 9 am.* \$8.) Jane Rau, 134 Second St., Hallowell ME 04347. 622-0832.

**May 9 Hospital Week 5K.** York. 9:30 am. \$7 pre-entry, \$8 race day. York Recreation Dept. 363-1040.

**May 10 Epstein's Five Aces Road Race 5K.** Brewer. 11 am. \$7. Also team entries. Epstein's, 527 S. Main St., Brewer ME 04412.

**May 10 Coastal Child Care Mother's Day Road Race 5K.** Rockland. \$8.30 am. \$5 pre-entry, \$7 race day. Family discounts. Coastal Child Care, Inc., PO Box 966, Rockland ME 04841. Terry 594-2591.

**May 10 Stark Trek 25M/1M/10K.** Conway, NH. Dave Sporic, Box 286, Conway NH 03818. 603-447-3888.

**May 16 Hospital Week Road Race 3M.** York. 9:30 am. \$7 pre-entry, \$8 race day. York Recreation Dept. PO Box 9, York ME 03909. 363-2723.

**May 17 Sugarloaf Marathon and 15K.** Kingfield ME. 190 finishers. Apply by May 1. Nancy & Chip Carey, Minister Hill, Kingfield ME 04947. 207-237-2000. Stay with MTC friends - register today at the Herbert motel at the finish line in Kingfield(1-800-THE-HERB). Also official lodging at Sugarloaf Inn.

**May 17 Project Graduation.** Kennebunk. 10 am. Contact Pricilla Sutcliff 985-7883.

**May 24 Oakhurst Milk Run 4M.** (also 2M walk) SMTc, So. Portland. 10am. MTC. \$7 by mail until May 15; \$8 race day. \$2 walker by mail until May 15; \$2.50 race day. Day care available. Oakhurst Milk Run, Maine Track Club, PO Box 8008, Portland ME 04104.

**May 24 Bank of Vermont/Vermont City Marathon.** Box 152. Burlington VT 05402. 800-642-5154.

**May 24 WCOD-Johnny Kelley Half Marathon.** 650 finishers. David Baker, WCOD Radio, 105 Stevens St., Hyannis MA 02601. 508-775-6800.

**May 25 Apple Blossom 15K and Little Apple 4.5M.** Monmouth. 9 am. Contact Doug Ludewig at 933-4416.

**May 29 YMCA Back Bay 5K.** Portland. 7 pm. Race starts at "start" of Back Cove exercise path. Information: Marla Keefe 655-7350 or Bob Payne 655-2165.

**May 31 Live Your Dreams 5M Run/3M Walk.** Lower Village, Kennebunk. 9 am. (Walk at 8:45 am). \$8 before May 20, \$10 race day. Live Your Dreams, 175 Port Rd., Kennebunk ME 04043. 800-765-8057.

**June 7 Old Port Children's Museum.** 3M adult run and 1/2M children's run. Portland (Boothby Square on Fore Street in Old Port). Details to follow!

**June 19 Doc's Tavern 3M.** Biddeford. Details to follow. Details always are last minute.

**June 20 Mount Washington Climb.** Lottery closed.

**June 20 Officer Friendly Youth Runs (1/4M and 1M)** So. Portland High School. 9 am. New courses! \$3 entry. Runners may purchase a shirt for \$5 or receive one through pledge sheet. Information: Donna Moulton at 799-2894 or Suelene Houser at 956 Highland Ave., So. Portland ME 04106.

**June 20 DARE 4M.** So. Portland High School. 10 am. \$7. Proceeds donated to DARE, an anti-drug course targeted to school-age children. Contact Everett Moulton at 799-2894 or 39 Bonnybank Terr., So. Portland ME 04106.

## Further in the Future

**July 18 Clam Festival Classic 5M.** Yarmouth. 8 am.

**July 24 Deering Oaks Family Festival Track Meet.** Portland.

**Aug. 1 Peaks Island 5M.** Peaks Island

**Aug. 15 JBI Spring Point Festival 4M.** So. Portland.

**Aug. 16 Bowdoin and Back.** Brunswick.

## Kids Races

See Children's Museum (June 7) and Officer Friendly (June 20). Also, begin training for Olympia 1M (July 18, in conjunction with Clam Festival Classic) and Deering Oaks Family Festival (July 24).



# MAINE TRACK CLUB MEMBERSHIP FORM

## MEMBERSHIP APPLICATION

I hereby make application to the Maine Track Club as follows: (Check 1)

☐ Individual (\$12.00)

☐ Family (\$15.00)

☐ Student (\$5.00) (18 yrs. old maximum)

Note: Applications received after Sept. 30 are good through the following year.

Today's Date \_\_\_\_\_

Last Name _____	First Name _____	Sex (M/F) _____	D.O.B. _____
Last Name _____	First Name _____	Sex (M/F) _____	D.O.B. _____
Last Name _____	First Name _____	Sex (M/F) _____	D.O.B. _____
Last Name _____	First Name _____	Sex (M/F) _____	D.O.B. _____

Address \_\_\_\_\_ Home Phone \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ 9-Digit Zip Code\* \_\_\_\_\_

Employer \_\_\_\_\_ Occupation \_\_\_\_\_ Phone \_\_\_\_\_  
Employer \_\_\_\_\_ Occupation \_\_\_\_\_ Phone \_\_\_\_\_

If Student: School \_\_\_\_\_ Year of Graduation \_\_\_\_\_  
If Student: School \_\_\_\_\_ Year of Graduation \_\_\_\_\_

Please include 9-digit zip code to ensure newsletter delivery. If you do not know your zip, please consult a utility bill.

SEND TO: Membership, c/o Maine Track Club, P.O. Box 8008, Portland, Maine 04104

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Sumner Weeks

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Reggie Sargent

Rob Laskey

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*Run with a Friend*

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

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