

NEWS • RUN

Run with a friend . . .

May 1993

Happy with Hugs and High Fives on Father's Day

By Peter Bastow



Judy and Dad (Peter), Championship Race 1978

Jan and I are fortunate to have two great children (now young adults), and they have both given us much happiness and joy. Many of you Maine Track Club members who are parents, can identify with the feelings that occur when your son or daughter "toes the mark" in a scholastic running event.

Living in Cumberland and going to Greely High, Judy and Peter Jr. had the opportunity to participate in track and cross-country, and were fortunate to have had Joe Gregoire and Danny

Paul as coaches. These two individuals not only had outstanding coaching skills, but more importantly they had the ability and desire to show understanding and compassion for each person as an individual.

As a parent, it was, and still is, a wonderful sight to see Danny Paul cheering and encouraging all of his runners, no matter if they are in the top five or the last five, race after race. His sincere interest in all of "his kids" makes him extremely successful and popular not only with his athletes but with parents as well.

Neither Judy nor JR ran in college. However, after her graduation, Judy started the "jogging bit" on occasion. After a

couple of years, she asked me about road racing and types of running shoes, etc. Instantly I had the urge to "coach" her, but I wisely backed-off and merely answered her questions and offered some suggestions. She began running and jogging more regularly after that.

On the 4th of July weekend that year, we were at our camp in the Belgrade Lakes region. I said, "Judy, how about going for a run before breakfast?" "Yeah, I'd like that," she replied. Next morning, at 7 A.M. the conditions were picture-perfect: The lake was like a mirror; not a cloud in the bright blue sky; the sun was making everything sparkle and glisten from the rain the

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Judy — Back Cove 5K, May 1993

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From the Editor . . .

What a special treat to spend an evening with the ever-accommodating and comfortable Joan Benoit Samuelson, as she appeared before the MTC's membership meeting on May 12. It was rather like sitting around chatting with an old friend, though this guest is truly exceptional. She has experienced the world in a way that I only dream about. She shared stories spanning her twenty-some-odd-year career, highlighting topics such as the steely determination of a young girl just beginning to make her mark; the gracious inspiration she gains through some of her European competitors; and the definitive importance of positive mental attitude. I love her value of desire: Whoever wants it the most at the start has the edge. She frankly stated that she "lost Boston" on account of allowing the warm temperatures to psyche her out from the start. I personally wouldn't say that she lost anything on April 19, and actually continued to win my utmost admiration, but that's another story. (I didn't remind her of this, but in 1985, after she won the Falmouth Road Race and was on the winner's podium, I obtained the autograph of my hero on my bib marked F942.) Joanie is humble, and yet extremely proud of her Maine roots. I think her personal style and commitment to the local running scene, is a gift and honor to us, her neighbors and fans...And if you are reading this, thanks again...

I have heard a lot of positive feedback about the last edition of *News•Run*, specifically an appreciation for the written contributions from members about Mother's Day. I'd like to thank

Maggie Soule for the lovely card. And since Father's Day is June 20, perhaps we could focus a bit on the Dads...

Personally, over the past few years of my running in Maine, I have met and befriended some of the most wonderful men, some of whom are fathers, others not. For me, it is an incredibly refreshing experience to see this kind of male role modelling, and genuine support. Where better to share stories or tribulations about family demands and experiences, than on a long run? Or catch up on the latest details of assorted hurdles and challenges, than at a race or MTC meeting? And to see the level of fitness and health being maintained despite the busy lives. Kudos to all you Fathers out there!...

Speaking of *News•Run* feedback and keeping you posted... As a result of receiving her Mother's Day copy of the newsletter, my mother wondered what she needed to do in order to receive it each month. She is now a member of the Club, and is celebrating her seventieth birthday today, May 19. Happy Birthday Mom!...

Today I join the Run to Win Team to compete in the Run for the Roses 5K in Salisbury, MA. I know Donna Moulton is running as well, and Everett has the taping detail. We participated in this all women's race last year and had a great time....Please feel free to submit a blurb about your running, or races "away".... See you on the road.

Jeanne Hackett

News•Run Sponsors

The Maine Track Club gratefully acknowledges the generosity and support of those members listed below. If you would like to become an **individual** *News•Run* sponsor, please send \$10 to Maine Track Club, PO Box 8008, Portland, ME 04104.

To become a corporate sponsor, please mail your \$25 donation to the same address. Prime sponsorships in the amount of \$50 will reserve you advertising space in *News•Run*.

Sponsors

Milt Bailey
Charles Iselborn

Mystery Sponsor (?)
Kurt Nielsen

Carol Pierce
Maggie Soule

John Woods

Hugs and High Fives — continued from cover

day before; and it was peacefully calm and quiet everywhere.

We ran on the dirt camp road in the woods, then along the town road and looped back to camp after 4 miles. As we finished the run on a slight downhill slope, I turned and Judy was grinning from ear to ear. She slapped me a "high 5" and we both laughed and said "That was great!" and headed to the lake for a swim before breakfast. I think you have to be a father or mother to really appreciate that type of feeling that I experienced that morning.

Judy ran during that summer and fall but did not race. Early in November she was making plans to come home for Thanksgiving weekend. I asked her if she would like to run in the Shaw's 4 Mile Thanksgiving Day Race.

After learning that they always had a big crowd, good t-shirts, and Dad would pay her registration fee, she agreed to enter.

Many of you will remember the conditions that Thanksgiving Day about three years ago; sunny, crisp, and very little wind. It was the year after the snow and slush race, and one of the largest turnouts that I can remember was on hand.

The gun went off and Judy and I settled into her pace near the end of the pack. Although she was "working hard", she later admitted to having a good time. Judy ran across the finish line ahead of me, saw her mother grinning and cheering, then turned and gave me a "high 5" and a hug. I was so proud to be a father that day and to have shared in that type of event. The grin and the hug are the kinds of trophies that every Mom and Dad will always treasure. It's a special feeling that can be a Father's Day gift throughout the years!

Group Runs:

Portland - early mornings - USM - Bill Davenny 772-1787

Portland - Rat Pack - varying times - Mike Reali 767-5218

Cape Elizabeth High - Sunday 8 AM - RTW Team - Brian Gillespie 772-2753

South Portland - Tues. PM - Donna Moulton 799-2894

Kennebunk - Thurs.PM- Village Marketplace - Steve Jacobsen-h-985-4107,w-985-2941

New member, Carleen Davis, is looking for running companions in Yarmouth for evening runs. Call 846-1538, w-874-8300 ext.8784.



Runs from Away

While on a business trip to San Diego, Ron Cedrone had the opportunity to run in the 12th La Jolla Half-Marathon, on April 25, 1993. This challenging course rises 400 ft. between the 5th and 7th miles, hugging the west coast for one of the most scenic races in America.

On a sunny day with a temperature of 75 degrees, Ron finished 250th out of over 4000 entrants in a time of 1:31.

He reports that it is a quality event with a running expo and plenty of food and drink (including beer) for all the participants of the Half-Marathon, a sister 5K race, and a 5-Mile Walkathon.

He highly recommends this race if you are ever in sunny southern California in April. What a nice idea!!

Maine Coast Running Camp Scholarships

The MTC is happy to announce that full scholarships will be given to boys and girls 13-17 years of age for Maine Coast Running Camp. Recipients will be chosen based on enthusiasm for running, character, ability and need.

Please write to the Maine Track Club for an application or call Mel Fineberg at 774-8868



Westbrook College Women's Running Camp

June 27 - 30, 1993

Stevens Avenue, Portland, ME 04103 — phone-797-7261

Camp Director: Brian "Ziggy" Gillespie

Staff: Bob Winn, Carol Weeks

A comprehensive four day schedule, with the option to commute or stay overnight. For more info call the above number.

President's Column:

Where do I begin? There are so many memorable experiences that I recently enjoyed at the Road Runners Club of America (RRCA) Convention, held in Portland, Oregon in late April.

First of all, I owe many thanks to the MTC for providing me with the opportunity to attend this great event. Other clubs were very impressed with the fact that our budget includes compensation for the president and/or another officer to represent the MTC at the convention. Without this, the entire club would not reap the benefits of sending a person or two who can bring back a wealth of experiences and new ideas.

Upon arriving in Portland, I was struck by how green and lush everything was. You think we have a lot of rain on this coast, well not in comparison!

Each day started with a morning run a 6 am, either along the river on bike paths or beautiful "switchback" trails in heavily wooded parks. After breakfast, the clinics and seminars started, with topics on just about every aspect of running imaginable. Some of these included computer use at races; running safety; certifying race courses; Grand Prix race events; club and race budgets; training and coaching philosophies; after 40 running; children's running; concerns

for women runners; sponsorship for races; cross-training; and prevention/treatment of injuries. The sad part was that it was impossible to attend all of them - so much was missed. Oh well, there is always next year!

Besides these informative sessions, we always had something to do, such as a "Poker Run" (where within a 3-

mile run we received 5 playing cards, with which the luckiest would win prizes at the finish); an auction, where some prizes included an evening with Lynn Jennings at a mutually agreeable site, which went for \$600!; a Health and Fitness expo (great deals on clothing); a tour of the Nike International headquarters - an absolutely incredible place-millions of dollars and stunningly beautiful; a trip to the Nike employee store (40-50% off of everything, and still lots of damage to the old credit card); an awards banquet with an elegant dinner and great speaker, while rubbing elbows with Lynn Jennings, Alberto Salazar, Mary Decker Slaney, and Jack Bachelder; and finally, a great dance sponsored by Nike with super music provided by "Johnny Limbo and the Lugnuts." There was simply "never a dull moment."

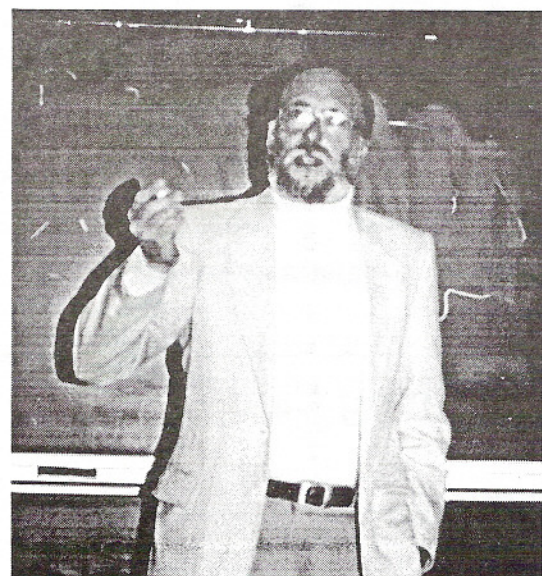
In addition, I attended several regional and national RRCA meetings and discussions where I learned a great deal about the RRCA - what it does for distance running now and where it is going. What I can tell you is that it is an organization with extremely dedicated people who have a mission to always improve the state of our sport. I was very impressed with the RRCA president, Carl Sniffen, and other officers, who spoke of the many current and future goals. These include improving the communication between the national organization and the "grass roots" local clubs; forming more and better defined committees to help with this first goal; and to continue to recruit new clubs and increase overall membership. It was all very informative and invigorating.

What a super weekend of enlightenment and enjoyable time with fellow runners from all over the USA. If given the opportunity to attend next April's RRCA convention in Washington, DC, I strongly recommend that you take advantage of it. I know that I'll be there!!

For more information about the RRCA, be sure to talk to past Maine Track Club, and RRCA President, Jane Dolley. She has a wealth of good information.

Run and have Fun.

*Tom Dann
President*



Rick Perry, speaker at MTC April meeting

MTC Membership Meeting, May 12, 1993

Our Program: What a treat! Our own Joan Benoit Samuelson spoke before a packed house. Joanie covered topics from her early inspirations to begin racing, to motherhood. She even fielded questions from some of us that were not too awe-struck to speak!

President's Report: Many new members and first-time attendees introduced themselves.

Several recent races including the Boston Marathon, April Amble, and the Family Crisis were mentioned. Both runners and volunteers from all were recognized for their participation.

Many more races are in the near future, and as always, volunteers will be needed. Sign-up sheets were made available. Tom gave a brief summary of his trip to the RRCA Convention in Oregon. It seems there was a full schedule of meetings, workshops, and social functions. The Dolleys also attended the convention and Jane gave us her thoughts and impressions.

Vice President's Report: Mel thanked Sandy Utterstrom and the hosts for their parts in the recent Progressive Dinner.

The second annual Mel Fineberg Award for Excellence in Photography was bestowed upon Everett Moulton.

Secretary's Report: The April minutes were accepted as written.

Treasurer's Report: The Treasurer's report was deferred to allow more time for our guest speaker.

Race Committee Report: It was announced that Pat's Pizza is in need of a Race Director. Anyone qualifying, please contact Charlie.

Dave Shannon gave us an update on the Maine Marathon, highlighting on the overall magnitude of this event. Despite its growth though, things are progressing well.

Carol and Sumner Weeks also updated us on the fast approaching Maine Coast Running Camp and 5K Road Race, being held at UNE July 7-10. Bruce Bickford will be a featured speaker.

Newsletter: May 20th deadline was announced.

50/50 Raffle winner was Ken Dolley with a record pot!

*Respectfully submitted,
Reggie Sargent, Secretary.*



Terry Gee, Tom Howard, Dan Aderman, Lameck Ringo, Sue Hannigan, Pam Sitarz, Kathy Jenkins at April meeting

MTC Meeting
Wednesday, June 9
6:30 P.M. at SMTC

**Everything you wanted to know
about biking, but
didn't know to ask!!**



More runners bicycle now than ever before. More biking trails, makes and models for all terrains and highways are available. Where do you start? Come to the next track club meeting and find out. More info to come...The meeting is Wednesday, June 9, 1993, at 6:30 P.M., at SMTC.

Corporate Speedster: On the Road with Russ Connors

by Will Lund



Russ Connors, "The Ambassador of Running"

After star performers in the business world retire, they are commonly called back to work on special projects. So it was for sixty year old Cape Elizabeth resident Russ Connors, although in his case the special project was the Los Angeles Marathon.

Competing March 8 against an international field of runners and representing his employer of 37 years, American Telephone and Telegraph (AT&T), Connors placed first

in his age group in the Corporate Cup Challenge, and finished only a few minutes behind the overall age group winner.

Connors had set a target completion time of 3 hours, 5 minutes. What he had not counted on was the near-record 78 degree heat, which took a heavy toll on the 19,000 runners. "I quickly realized that the goal was not speed, but survival," recounted the 60-year old Connors.

The heat was so oppressive that when water stops stocked with 15,000 cups ran dry, Mayor Tom Bradley ordered street hydrants opened.

Cheered on by more than 100,000 spectators, Connors conserved energy in the early and middle stages of the race, then accelerated at Mile 21. His last 10K was faster than his first, says Connors, and he passed many cramped, blistered and dehydrated competitors on his way to a strong 3 hour, 22 minute finish.

This veteran of more than 25 marathons credits his family for introducing him to the sport. "My daughters got me into running in

1979," says Connors. Three daughters (Jean-Marie, Virginia and Sarah Jane) were all prominent track runners at Cape Elizabeth High.

"One day, I went by Jean-Marie's room, and I saw all these clothes with the 'Maine Track Club' insignia. A hooded sweatshirt, a running suit, a singlet and shorts, all for the membership price of \$34!" A practical man in need of some running gear, he immediately signed up.

The clothing was attractive, but for Connors the companionship quickly became the most important aspect of running. "Bob Coughlin, Jim Toulouse, Dick McFall, Herb Strom...all out running, supporting and encouraging each other," he said, during a recent interview.

Running steadily and building a solid base, Connors developed into an outstanding senior runner. He earned a spot on the National Corporate Team each of the last 3 years, and holds the national 5K corporate record in his age group.

Not content to excel in merely one sport, Connors recently joined the "Tsunami" Masters Swim Team which practices in the Cape pool. Connors returned several weeks ago from the New England Masters Championship, where he placed third in the 200 Individual Medley and second in the 100 Butterfly. "Not too many people take up swim racing at the same time they're approaching Social Security eligibility," says Connors, adding that he is looking forward to next year's World Seniors swim meet in Montreal.

Connor's animated conversation returns to running, and he credits Coach Brian "Ziggy" Gillespie with helping him to concentrate on his speed and form. Last June, Gillespie opened his Run to Win Team practices at the Expo Track to all interested track club members, and Connors jumped at the opportunity. "Ziggy got me running focused and fast, by establishing reachable goals," he says of Gillespie.

Continues on next page

Corporate Speedster continues

Remarkably pain-free through his recent career, Connors nonetheless was reminded of the complexity of human bio-mechanics last year when he suffered a minor knee injury while skiing. "The doctors x-rayed my knee, put the picture up on the screen, then began talking about my age and arthritis and why didn't I take up something more gentle like a 3-wheel bike," says Connors. "But I persisted until they gave me strengthening and stretching exercises, then worked my way back slowly into shape."

He becomes expressive and ebullient when talking about the Track Club, his running buddies and his philosophy of life:

- *What does he enjoy about running?* "Seeing friends, making friends."
- *During races, is he a clock-watcher?* "Time isn't important. Often I don't even check my watch at the finish. I'm just glad to be there."
- *What are the strengths of the Maine Track Club?* "The encouragement given to runners of all ages, and the appreciation shown to race volunteers."
- *What advice would he give sedentary Mainers?* "Get off the couch!"

Russ Connors' enthusiasm is an inspiration to all runners, and those runners can expect to see him lined up at the start of races for years to come.

"News•Run"

Deadline Date

June 16, 1993

This is a **firm deadline**. All material must be submitted by that date to: Jeanne Hackett, 109 Dartmouth Street, Portland, ME 04103.

Typesetting, layout and design of *News•Run* is contributed by Working Words of Gorham, owned by MTC member, Virginia Wilder Cross.

Chute and Finish Line Training

On April 10, 1993 we held a chute and finish line training session at the Tennis of Maine. It was fun and we did some brainstorming on better ways to handle bandits and working the chute in general. We all learned something from it, and had a good time doing it. Most everyone got a chance to use the Black box timer & the hand held timer (this timer is new and not many of us have had a chance to use it). Everyone got a chance to work the positions in the chute. After, we had coffee and juice and bagels and muffins.

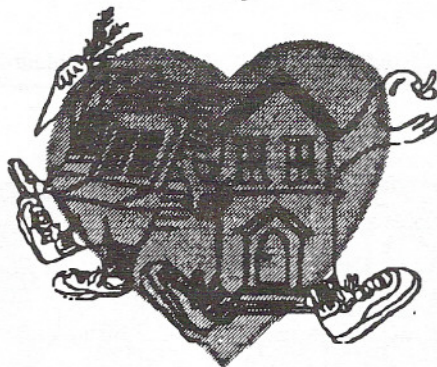
Stoddard Chaplin handed out a Pace Planner and a Percent Fat Finder. A special thank you to Stoddard for that. Also a special thanks to Rick Meinking for setting up the training at Tennis of Maine. Thank you to all who attended.

In attendance were:

Herb Hoppe	Don Penta	Greg Parker
Steve Parker	Tom Brown	Arthur Quint
Francine Brown	Nikki Kagan	Susan Davenny
Bill Davenny	Mel Fineberg	Ruth Hefflefinger
Kathi Foye	Donna Moulton	Rick Meinking
Charlie Scribner	Courtney Doherty	Alice Brechting
Maryanne Champeon	Gerald Salvo	Steve Wilson
Pat Buckley	Sandy Utterstrom	

If we missed anyone please let us know.

Father's Day — Healthy Strides!



On June 20th, Father's Day, join in the fun at the Healthy Strides Walk. A 3-1/2 mile non-competitive walk starting at Preble St. Ext. lot, across from Shop 'n Save Plaza on Baxter Boulevard starting at 9:30 am with registration beginning at 8 am.

This is a **FREE** event with 25 prizes from Portland

businesses and t-shirts to the first 100 people who register.

Pick up a walking log at the end of Healthy Strides Walk, record 20 minute walks 3 times a week, and be eligible to win a weekend for two at the Sonesta Hotel in Portland!

After the Healthy Strides Walk, stay around and enjoy the fun at Back Cove Family Day. There will be music, games for kids, a petting zoo, a cardboard canoe race and much more.

Plan on spending the day with your whole family at the Back Cove Family Day.

For more information please call the Portland Recreation at 874-8793.



New MTC Members

Let's have a warm Track Club welcome to all our new members.
Welcome aboard!!!

NAME AND ADDRESS	TELEPHONE	OCCUPATION	AGE
Sue Hannigan 82 McLellan Rd. Gorham, ME 04038	h-839-2316 w-839-5004	phys ed teacher-Gorham High	dob 2\13\66
Christopher Vought 51 Devon St. Portland, ME 04102	h-773-5612 w-617-223-8400	Master Chief Radio Man- U.S.Coast Guard	dob 9/8/52
Craig Wilson 22 Charles Hill Rd. Kittery Point, ME 03905	h-439-4153		dob 4\26\49
Carleen Davis 10 Spring St. #2 Yarmouth, ME 04096	w-874-8300 x8784	3 Public Health Aid-City of Portland	dob 8\30\66
Cathryn Harriman 116 Pine St. Portland, ME 04102	w-871-0111	RN-Maine Medical Center	dob 1\23\62
Jonathan Dietz 23 Cole Field Cape Elizabeth, ME 04107	w-883-5568	President-Portland Volvo	dob 1\31\47
Peter Bottomley 268 Mitchell Rd. Cape Elizabeth, ME 04107	w-799-2845	Sales-Monrovia Nursery Co.	dob 10\12\61
Christine & Rick Reaser Family POBox 256, 132 Grand Ave. Old Orchard Beach, ME 04064	h-934-4640	Christine Nutritionist Rick Law Enforcement Mark Erica	dob 1\12\66 dob 11\29\66 dob 10\4\90 dob 2\7\93
Robert Conroy 11 Academy Place #37 Saco, ME 04072	h-284-0956 w-883-5581	Road Driver-St. Johnsbury Trucking	dob 2\16\42
Mary Hackett 106 So.Webster Green Needham, MA 02194	h-617-444-6636	Retired	dob 5\19\23



New MTC Members

AGE	NAME AND ADDRESS	TELEPHONE	OCCUPATION
Paul Hakanson 340 Eastern Prom #238 Portland, ME 04101	h-871-8279	self-employed flight instructor	dob 5/9/61
John Dorsey 6 McCartney St. Yarmouth, ME 04096	h-846-1309 w-761-3889	self-employed podiatrist	dob 9/23/46
John Perry 121 Clearwater Dr. Falmouth, ME 04105	h-781-2998 w-761-3889	Podiatrist	dob 4/7/61
Lois Martin Donald Philbrick Wyndee Mocchiola Ron Mocchiola II 75 Briarwood Rd. So. Portland, ME 04106	Lois-w-775-2387 h-774-8382	Admin. Asst.-Berry-Dunn-McNeil & Parker President-Portland Freight Student-UMF Student-UMF	dob 7/21/50 2/17/36 11/29-69 10/25/72

Who is THAT MAN?

Can you identify the Mystery Musician? Then, a member of Sammy Saliba's Southern Aires, bringing a flair to Bangor social functions - and now, one of Maine Track Club's finest.

Clues to his identity:

Running in the 65-69 age division, he sports distance PR's of 35:31 for 5 miles; 43:56 for 10K; 66:20 for 15K; 72:38 for 10 miles; and 1:35:58 for the half-marathon.

He is a father of three and a grandfather of three! Do you know him yet??



Photo taken from "Woodsmen and Whigs - Historic Images of Bangor Maine"

Race Committee Sets Fees

The Maine Track Club obtains income from a variety of fund raising mechanisms including membership dues, the club auction, the monthly raffle These are all important, but they do not compare to the nearly \$10,000 earned through the fees charged races for the club's services. Most members have little understanding and probably little desire to learn about these fees but this is the key to avoiding the confusion and misunderstanding about the club's role at these races.

Setting these fees is one of the important duties of MTC's Race Committee. The committee is also responsible for setting the yearly race schedule, approving new races, volunteer training, equipment purchases, etc. but more on the race committee later back to the race fees.

Confusion over the club's involvement in races is understandable as it varies from race to race. There are some races that appear to be club events but actually there is no affiliation: Shaw's Thanksgiving Day 4 Miler, Lifeline 5K, Angie Abraham. This is because some of our club members are involved individually. Members sometimes see club equipment at a non-MTC event that was rented from the club causing even more confusion. Hopefully the following will shed some light.

The only races for which the club has total responsibility are:

- Mid-Winter Classic
- MTC Memorial Race
- Deering Oaks Track Meet
- MTC Ultra Marathon
- Shop 'n Save Turkey Trot

If these races are profitable, the club benefits. If they lose money the loss comes out of our treasury. In the case of the Mid-Winter Classic the profits are placed into the Club's Bruce Ellis scholarship fund.

For most other races, the club charges a management fee and provides a package of services like insurance, volunteers, equipment — all the

services you normally think about when directing and managing a race. The 1992 and 1993 fees were \$250 plus \$1 for every runner over 100 except for the **Maine Marathon** and **Pat's Pizza** which are charged \$2 and \$1.50 respectively for every runner over 100. The higher fee for these races is due to the extended efforts involved. For races in this category, the club does not benefit beyond the management fee charged but it also is not responsible for any losses incurred. Other races in this category are:

- Presidential
- South Portland Dare
- Oakhurst
- Family Crisis Shelter
- Back Bay 5K
- Peaks Island
- St. Peter's (new for '93")
- Bud Light 5K - WDF
- Citibank 10K
- New Year's Portland

And yet another category: For the following races the Club charges a fee based on the specific services provided, usually timing and results.

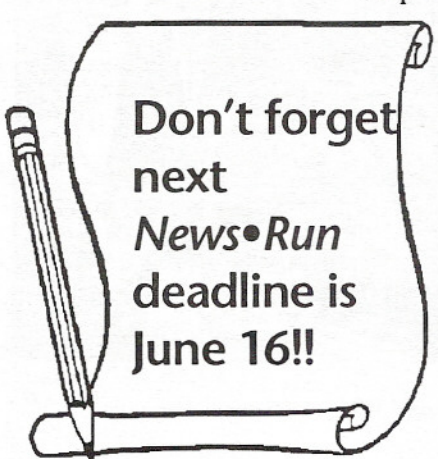
- Sports East 10 Miler - \$400
- Portland Boy's & Girls Club - \$350
- PT-8K - \$350 (was a club managed race in '92)
- April Amble - \$350
- Family Crisis - \$300

With Race Committee approval, equipment can be rented by club members at the following rates;

- All equipment except computer - \$150
- Timers - \$50 ea.
- Display Clock - \$50
- Chute - \$50

The Maine Track Club is frequently approached to manage new races. The race committee has the responsibility to review these requests and decide if the club should be involved. Currently the Committee is not considering adding any new races because the addition of the Marathon and Half Marathon last year has stretched our volunteer base thin.

John LeRoy



**Don't forget
next
News•Run
deadline is
June 16!!**



Don Penta

64th Ann. Portland Patriots Day 5 Miler
Boys & Girls Club - 634 Fin. - 4/19/93

Top Overall Finishers:

1 Stanley Bickford 2, open	29	24:16
2 Andrew Gerard 2, open	24	24:50
3 Rusty Snow 3, open	23	25:19
4 Andy Spaulding 4, open	22	26:37
5 Allan Muir 1, 30-39	38	26:41
6 Stephen Carle 2, 30-39	38	27:09
7 Roland Thibault 5, open	25	27:11
8 Stu Hogan 3, 30-39	31	27:47
9 Dennis McIver 1, 40-49	42	27:59
10 Paul Fagan 2, 40-49	40	28:01
12 Jennifer Rolfe 1, open	23	28:19*
54 Christine Snow-Reaser (MTC)	27	31:08*
55 Julie Millard 3, open	29	31:14*
62 Wanda Binette (MTC) 4, open	26	31:30*
67 Catie Dean (MTC) 5, open	23	31:51*
90 Jody King (MTC) 1, 30-39	32	32:30*
95 Jeanne Hackett 2, 30-39 (MTC)	34	32:35*
101 Robin Emery-Rappa USAT&F	46	32:45*
121 Deb Raszmann 2, 40-49	40	33:10*
132 Carol Hogan (MTC) 3, 40-49	42	33:33*

Other Top Divisional Finishers:

23 Matthew Lane 15-16	15	29:04
39 Conrad Walton 50-59	54	30:16
99 Ducky Nemmers 14&under	14	32:44
100 Russ Connors (MTC) USAT&F	60	32:45
168 Myles Courtney	12	34:20
171 Rebewcca Ryan 14&under	14	34:23*
219 Meg Randall 15-16	16	35:11*
526 Kathy Greenleaf 50-59	50	44:23*
544 Sally Amory (MTC) USAT&F	67	45:10*
549 Stanley Harmon 70+	71	45:31



Lameck Ringo, special guest from
Tanzania

Other Maine Track Club Finishers:

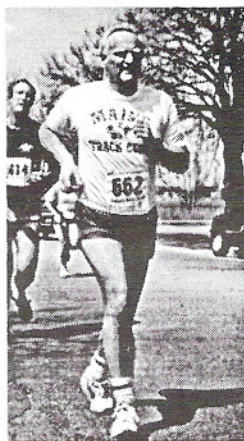
16 David Crawford 3, 40-49	42	28:29
20 Stephen Fluet	34	28:40
26 George Towle	42	29:15
32 Tom Howard 2, 15-16	26	29:45
37 Dennis Smith	43	30:13
40 Thomas Menendez	39	30:24
44 Joe Richards	49	30:36
56 Kevin Carley	38	31:16
58 Ron Deprez	48	31:20
63 Erich Reitenbach	42	31:36
64 Robert McCormack	41	31:39
72 George Campbell	46	32:10
81 Brian Flynn	32	32:18
83 Lloyd LaFountain	30	32:19
88 Thomas Allen	37	32:26
113 Carlos Philbrick	40	33:04
120 Timothy Higgins	33	33:10
127 Carl Fogg	45	33:23
130 John Brennan	17	33:28
131 James McCorkle	38	33:30
136 Peter Bastow	56	33:40
148 Yun Chong	32	33:55
151 Tom Kirby	36	34:05
152 Bill McCalmon	51	34:05
155 Les Berry	45	34:08
162 Dale Rines	40	34:16
164 Neil Martin	50	34:17
165 Nancy Lund	41	34:19*
178 Stephen Assante	40	34:30
181 Richard Robinov	33	34:31
183 David Paul	47	34:34
189 Rick Meinking	32	34:42
202 Rocco Corsetti	45	34:56
209 Charles Iselborn	36	35:03
210 James Boisvert	36	35:04
212 Betty Rines	36	35:05*
214 Mark Giroux	24	35:07
218 Dominic Reali	50	35:10
226 Gary Giffard	34	35:18
227 David Haskell	47	35:19
228 Brigitte Edquid	45	35:20*
238 John Rolfe	38	35:42
264 Dan D'Entremont	42	36:37
268 Michael Cavanaugh	42	36:44
273 George Conley	45	36:55
296 Loren Lathrop	44	37:24
298 Russ Bradley 3, 60-69	69	37:32
301 Jonathan Dietz	46	37:33
310 Gerard Salvo	38	37:58
313 Nikki Kagan	36	38:07*
317 Kathryn Tolford	38	38:09*
334 Daniel Aderman	12	38:34
338 Mary Ann Peck	34	38:40*
339 Thomas McMillan	46	38:41
345 Don Russell	55	38:52
349 Warren Wilson	59	39:00

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Race Results



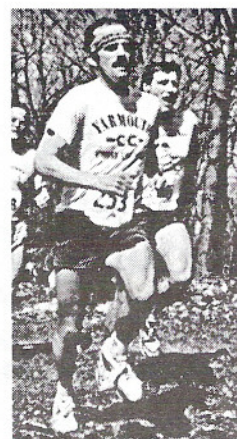
Jeanne Richmond



Stoddard Chaplin



Lauren Lathrop



Dennis Smith

Patriots Day 5 Miler continued

367 Orlando Delogu	56	39:19
382 Mike Chitwood	40	39:32
384 Dennis Morrill	53	39:33
392 Jim Bunnell	35	39:52
394 Bob McArtor	53	39:52
409 Diane Daley	37	40:11*
414 Carol Gillis	34	40:21*
416 Richard Holleman	56	40:23
419 Jeanne Richmond	34	40:27*
424 Edward Francis	50	40:32
440 Stanley Simpson	45	41:04
446 Richard Cavanaugh	60	41:09
449 Donald Kent	40	41:13
465 Milt Dudley	41	41:42
471 Linda Richards	30	41:56*
498 Joan Lee	39	42:41*
507 Tom Atchison	44	43:12
511 Ann Blanchard	35	42:24*
514 Phil Bartlett		43:39
517 John LaFlamme	65	43:44
518 Donald Johnson	62	43:44
537 Larry Dyer	48	44:52
540 Pat Murphy	47	44:59*
551 Stoddard Chaplin	53	45:34
555 Mark A. Clinch	37	45:45
568 Sally Paterson 3,50-59	51	46:44*
570 Maggie Soule	51	46:44*
581 Thomas Brown	35	47:34
603 Wayne Newland	55	49:51
609 Maurice Harmon	42	50:46
615 Carol Pierce race walker	46	51:03*
621 Donald Penta	46	54:34
625 Ruth Hefflefinger 3,60-69	64	55:43*
632 Mark Pelletier	44	60:55
633 James Carroll	83	63:54

17th Ann. Westbrook College April Amble Portland - 4 Miles - 248 Fin. - 4/24/93

Top Open Division Finishers:

1 Staffan Elgelid	32	20:52
2 Jeffrey Meserve	34	21:20
3 Kevin Way	24	21:21
4 Roland Thibault	25	21:28
5 David Libby	27	21:41
15 Tina Meserve	26	22:57*
46 Marjorie Haney (MTC)	25	26:09*
55 Deb Raszmann	40	26:32*
56 Lisa Lacombe	27	26:35*
57 Kathy Jenkins (MTC)	33	26:38*

Other Top Divisional Finishers:

6 Stu Hogan 30-34	31	21:45
8 Dennis McIver 40-44	42	22:03
9 Mark Snow 25-29	26	22:05
16 Ray Kusche 35-39	38	23:10
17 Matt Land 18&under	15	23:12
24 Dale Dorr 45-49	45	23:52
25 Stanley Webb 19-24	20	24:02
39 Ray Shevenell (MTC) 50-54	52	25:37
60 Peter Bastow (MTC) 55-59	56	26:43
67 Anne Hendrix 35-39	36	27:09*
68 Deanna Hodgkin 25-29	26	27:14*
86 Rebecca Goldfine 18&under	17	28:00*
93 Rosalyn Randall (MTC) 40-44	43	28:15*
127 Russ Bradley (MTC) 60-69	69	29:51
133 Becky McGovern 30-34	30	30:16*
146 Amy Parker 19-24	22	30:57*
148 Carlton Mendell (MTC) 70+	71	31:09
164 Marcy McGuire 50-54	53	32:07*
203 Polly Kenniston 55-59	56	36:13*
226 Ashley Ryder 60-69	63	38:27*

Many thanks to Ted Cunningham for complete results!

This month's race results will be the last to use last year's membership roster with 1993 additions.

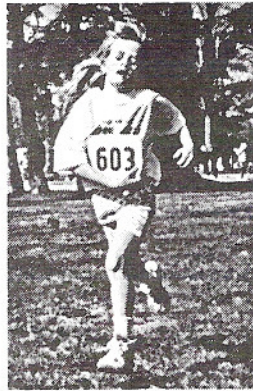
Race results continue next page

Race Results

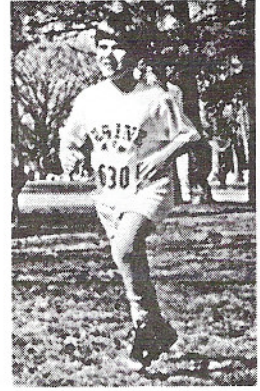
Other Maine Track Club Finishers:

18 Robert Hoover 2,35-39	38	23:20
20 Dennis Smith 3,40-44	43	23:43
21 John Eldredge	38	23:44
22 Joel Titcomb	34	23:48
26 Ronald Plourde 2,29-24	23	24:13
29 Joe Richards 2,45-49	49	24:31
30 Erich Reitenbach	42	24:43
34 Ronald Deprez 3,45-49	48	25:13
38 Larry Barker	43	25:32
42 Richard Scribner	41	25:55
45 James McCorkle	38	26:05
54 Clyde Coolidge 3,50-54	54	26:30
59 Yun Chong	32	26:40
63 Gary Giffard	34	26:49
64 James Boisvert	36	26:51
69 Bill McCalmon	51	27:20
70 Mark Giroux	24	27:23
72 Richard Robinov	33	27:28
74 Mary Martin 2,35-39	36	27:31*
75 Dale Rines	40	27:32
76 Rocco Corsetti	45	27:38
77 Stephen Assante	40	27:39
83 Dominic Reali	50	27:54
84 John Rolfe	38	27:55
100 John Merritt, Jr.	42	28:40
101 Howard Spear	43	28:41
102 Charles Iselborn	36	28:43
106 David Smith	51	28:56
113 Philip Goodrum	26	29:25
118 Ron Dubois	38	29:36
123 Sue Houser	29	29:45*
134 Ann Strohm	29	30:17*
140 Lorraine Paradis	36	30:32*
151 Orlando Delogu	56	31:13
152 Richard Holleman	56	31:34
153 Mary Coolidge	24	31:36*
154 Warren Wilson	59	31:37
156 Herb Hoppe	51	31:40
157 Richard Cavanaugh	60	31:43
174 Linda Richards	30	32:31*
184 Mark Coughlin	29	33:31
186 Dave Conley	53	33:48
194 Bob Perkins	50	34:55
198 Donald Johnson	62	35:16
199 Janise Monaghan	42	35:20*
202 Joseph O'Donnell	42	36:01
206 Maggie Soule 2,50-54	51	36:18*
207 Stoddard Chaplin	53	36:19
208 Stacey Horne Casale	27	36:28*
220 Dianne McCorkle	33	38:09*
221 Ann Blanchard	35	38:10*
227 Jessica Parker	10	38:28*
233 Carol Pierce race walker	46	39:18*
234 Elizabeth Dubois	30	39:24*
237 Laurie Quint	32	40:26*
240 Virginia Cross 3,50-54	50	41:01*

Many thanks to Charlie Scribner for complete results!



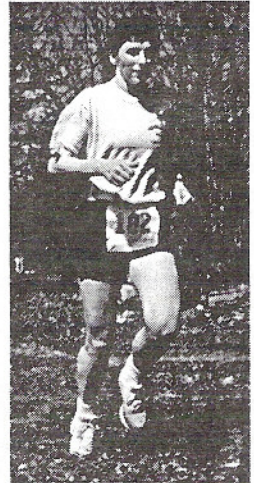
Lisa Parker



Steve Parker



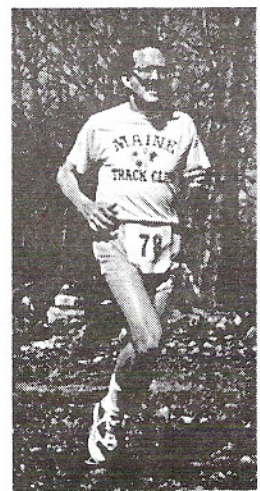
Emily Jenkins



Kathy Jenkins



Virginia Wilder Cross on her 50th birthday!



Larry Barker

Race results continue next page

Race Results



Terry Clark



Nancy Lund



Roz Randall



Mary Ann Peck

1993 South Portland Dare 4 Miler - 107 F. South Portland, Maine - May 1st, 1993

Top Overall Finishers:

1 Michael Grigware 1,open	28	21:45
2 Jim Toulouse (MTCV) 1,40-49	44	22:12
3 David Weatherbie 2,open	25	22:13
4 Thomas Watkins 3,open	34	22:23
5 Jim Willits 4,open	31	23:35
8 Wanda Binette (MTC) 1,open	30	24:45*
9 Christine Braceras 2,open	30	24:45*
12 Christine Snow-Reaser (MTC)	27	24:57*
21 Carol Weeks (MTC) 1,40-49	44	26:05*
32 Anne Hendrix 4,open	36	27:09*

Other Top Divisional Finishers:

24 Michael Beaudoin 50-59	50	26:20
29 Jacob Morrill 15*under	12	26:42
60 Russ Bradley (MTC) 60&over	69	29:59
75 Jennifer Cook (MTC) 16-19	16	31:13*
97 Carrie Andrews 15&under	13	36:47*

Other Maine Track Club Finishers:

18 James McCorkle	38	25:57
23 Carl Fogg	45	26:09
35 Bill McCalmon 2,50-59	51	27:28
36 Sumner Weeks	44	27:30
38 Larry Barker	43	27:35
40 John Rolfe	38	27:37
41 Dominic Reali 3,50-59	50	28:14
50 David Houser	42	28:53
54 Dan Aderman 2,15&under	12	29:11
62 Mary Anne Peck	34	30:15*
67 Robert Wyman	56	30:40
77 Patty Medina	35	31:19*
80 Richard Holleman	56	31:52
85 Stanley Simpson	45	33:47
88 Thomas Brown	35	35:14
92 Dianne Kazilionis	33	35:44*
93 John Kazilionis	45	35:44
94 Allen Pusch	58	36:13
103 Wayne Newland	55	37:59
105 Jessica Parker	10	39:12*

13th Annual Rocky Coast Road Race 10K Boothbay Harbor, Me - 5/1/93

Top Open Division Finishers:

1 Tom Thibeau	35	34:14
2 Bruce Nicholson	32	35:20
3 Guy Segars	33	35:44
4 Mitchell Lovering	33	36:32
5 Dan Barker	39	36:40
35 Jody King (MTC)	32	40:42*
55 Rosalyn Randall (MTC)	43	42:41*
59 Eileen Dunfey (MTC)	37	43:05*
68 Faye Gagnon	48	44:38*
71 Joan Lavin (MTC)	45	45:07*

Other Top Divisional Finishers:

6 Richard Davee 30-39	37	36:46
7 Schulyeler Fairfield 19-29	20	37:04
10 Lawson Noyes 50-59	51	37:44
12 Joe Kayes 40-49	44	38:00
25 Chris Reed 13-18	16	39:29
45 Russ Connors (MTC) 60+	60	41:34
81 Susan Nash 19-29	25	46:24*
83 Joan Tremberth (MTC) 40-49	47	46:42*
85 Louisa Dunlap 50-59	52	46:59*
87 Evelyn King 30-39	35 4	7:09*

Other Maine Track Club Finishers:

8 Tom Menendez 2,30-39	39	37:31
15 Erich Reitenbach 2,40-49	42	38:17
18 Terry Clark 3,40-49	48	38:31
39 Clyde Coolidge	54	41:18
58 Dick McFaul	48	43:03
74 William Sproul	35	45:27
89 Maureen Sproul 3,30-39	37	47:23*
94 Carlton Mendell USAT&F	71	48:56
103 Jane Dolley 3,40-49	44	50:42*
104 Mary Coolidge 3,19-29	24	50:49*
105 Richard Cavanaugh 3,60+	60	50:50
126 Larry Dyer	49	55:38
131 Elizabeth Dubois	30	58:12*
132 Ron Dubois	38	58:19
139 Donald Penta	46	71:00

Mary thanks to Ruth Hefflefinger for complete results!

Mary thanks to the Rocky Coast Road Race for complete results!

Race Results

Improvements - Portland Patriots Day 5 Mi.

Name	'92	'93	TDif	%Dif
George Campbell	38:45	32:10	6:35	16.99
Bill McCalmon	40:04	34:05	5:59	14.93
Dennis Morrill	45:18	39:33	5:45	12.69
Betty Rines	39:28	35:05	4:23	11.11
Warren Wilson	41:52	39:00	2:52	6.85
Tom Howard	31:12	34:17	0:55	2.60
Neal Martin	35:12	34:17	0:55	2.60
James McCorkle	34:14	33:28	0:46	2.24
Carol Hogan	34:13	33:33	0:40	1.95
John LaFlamme	44:29	43:44	0:45	1.69
Lloyd LaFountain	32:50	32:19	0:31	1.57
Don Russell	39:26	38:52	0:34	1.44
Ed Francis	41:05	40:32	0:33	1.34
Linda Richards	42:18	41:56	0:22	0.87
Mike Chitwood	39:46	39:32	0:14	0.59
Dale Rines	34:19	34:16	0:03	0.14

KUDOS to all of the above Maine Track Club Members (16/57, 28% of MTC finishers: '92 & '93). Again, these results are based upon 1992 Maine Track Club member-ships along with additions from 1993 *News•Run* issues and additions to the new April 19, 1993 Membership roster.

97th Annual Boston Marathon

Maine Track Club Finishers

Open Men:

Paul Merrill	2:54:20
Michael Reali	3:06:22
Alburn Butler	3:08:22
Thomas Clemence	3:20:47
Steven Hertford	3:27:58
Harry Nelson	4:17:02

Masters Men:

Gordon Scannell	3:07:35
Muzzy Barton	4:35:10

Senior Men:

Philip Pierce	3:23:36
Robert Payne	3:29:41

Veteran Men:

Carlton Mendell	3:49:54
Walter Webber	3:58:29
Hubert Strom	4:03:35

Open Women:

Joan Samuelson (Hon.MTC)	2:35:43
Eileen Dunfey	3:25:45
Donna Hubert	3:44:02
Kathy Jenkins	3:48:49
Theresa Gallupe	3:55:38
Nancy Kneeland	4:00:09
Patti Tableman	4:06:48
Claire Savoie	4:11:37
Diana Laskey	4:27:01

Masters Women:

Rosalyn Randall	3:38:30
Nancy Duffy	4:08:06
Linda Folger	4:23:12

Results compiled from New England results (*New England Runner*); Maine Results (*Maine Sunday Telegram*); and special thanks to Rosalyn Randall for her official time (using her Florida address)!



Joe Richards

15th Annual Boston Primer 15 Mi. - 64 F. Maranacook School, Readfield - 3/21/1993

1 Cliff Rogers overall	34	1:27:07
2 Lance Guliani 1,30-39	34	1:28:15
3 Shawn Keenan 2,30-39	31	1:29:44
4 Rick Miller	39	1:30:52
5 Steve Hertford (MTC)	32	1:32:04
10 Judson Esty-Kendall 40-49	43	1:38:42
12 Joel Titcomb (MTC)	34	1:39:57
23 Alan Burke 1,20-29	29	1:44:55
25 Myles Lemieux 1,50-59	51	1:47:15
26 Phil Pierce (MTC) 2,50-59	51	1:47:19
28 Julie Millard overall	29	1:47:48*
42 Eileen Dunfey (MTC) 30-39	36	1:55:35*
55 Louisa Dunlap 1,50-59	52	2:04:29*
56 Richard Scribner (MTC)	41	2:04:57
57 Joan Merriam 1,40-49	44	2:05:46*

Many thanks to Mainely Running for complete results!

4th Annual Rape Crisis 5K - 105 Fin. Waterville, Maine - May 2nd, 1993

1 Ron Newbury overall	43	17:10
2 Teague Dyer 1,19&under	17	17:23
3 Tom Thibreau 1,30-39	35	17:23
4 Paul Fagan 1,40-49	40	17:30
5 Stephen Fluet (MTC) 2,30-39	35	17:47
10 Ray Johnson 2,40-49	45	19:37
13 Rachel Lugar overall	25	20:05*
15 Richard Scribner (MTC)	41	20:22
19 Bob Gillespie 1,50-59	54	21:08
22 Susan Clark-Whittier 30-39	35	21:15*
24 Robin Bates 19&under	16	21:29*
27 Josh Tozier	9	22:05
33 Leslie Doolittle	35	22:30*
37 Mary Hendricks	33	23:13*
47 Louisa Dunlap 1,50-59	52	24:16*
49 Keith Curtis 1,60+	64	24:57
65 Mark Clinch (MTC)	37	27:56
90 Mardie Brown 1,60+	76	46:24*

Many thanks to the Central Maine Striders for complete results!



Maine Track Club 1993 Officers and Committee Chairs

Tom Dann	President	985-2727	Donna Moulton	At Large	799-2894
Mel Fineberg	V. President	774-8868	Pat Buckley	At Large	773-4562
Reggie Sargent	Secretary	967-5629	Russ Bradley	At Large	799-3864
Steve Assante	Treasurer	642-4298	Dale Rines	Course Cert.	854-2486
Carol and Sumner Weeks	Past Pres.	774-7302	John Gilliss	Course Cert.	879-0222
Charles Scribner	Race. Comm.	772-5781	Don Penta	Statistician	892-4526
Laurie Quint	Membership	657-2426	Rick Meinking	Equipment	772-8301
Jeanne Hackett	Newsletter	879-0678	Judy Grassi	Clothing	774-9656
Maureen Sproul	Photography	926-4681			

Maine Track Club Membership Application

(Please check one) ☐ Individual (\$12) ☐ Family (\$15) ☐ Student — 18 year old maximum (\$5)

Membership is through December of the current year. Dues paid after September 30 are good through December of the following year.

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Street address _____ Home phone _____

City _____ State _____ Nine-digit ZIP* _____

*We need nine-digit ZIP for mailing newsletter. Consult a utility bill for your nine-digit ZIP Code.

Employer _____ Occupation _____ Bus. phone _____

Employer _____ Occupation _____ Bus. phone _____

If student, school _____ Yr. of grad. _____

If student, school _____ Yr. of grad. _____

Volunteer Waiver

To be signed by each new member in the household. Applicants under age 18 require signature of parent.

I know that volunteering to work and participating in Maine Track Club events is potentially a dangerous activity. I should not participate or volunteer unless I am medically able. I assume all risks associated with participating in or volunteering at Maine Track Club events, including, but not limited to, falls, contact with participants, the effects of the weather, conditions on the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, its representatives and successors from all claims or liabilities of any kind arising out of my participation in Maine Track Club activities, even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Signature _____ Date _____

Signature _____ Date _____

Signature _____ Date _____

Please mail completed form and check to: Membership, Maine Track Club, PO Box 8008, Portland, ME 04104