



# NEWS • RUN

Run with a friend . . .

May 1994

## From the Presidential Suite

The sudden death of Jack Oppen made us aware of how fragile and precious life is. Sandra Shennan has written a very moving tribute to Jack in this issue. Let us all pledge to contribute our share to make the 1994 Maine Marathon, which will be dedicated to Jack, a huge success. He would have liked that.

The Maine Track Club was well-represented at the RRCA Convention on April 7-11 in Washington, D.C. On behalf of all those attending I want to say thank you. We learned much and have brought back renewed enthusiasm to the Club. We all had the opportunity to run the Cherry Blossom 10-mile and, as you might have heard, William Sigei of Kenya broke the world 10-mile record with a time of 46:01. Sigei's time bettered Greg Meyer's world record of 46:13, set at the 1983 Cherry Blossom 10-mile.

Congratulations to all the members who have participated in our races to date. It was good to see and talk to so many MTC members at the Boston Marathon Expo at the Hynes Center. I regret that I could not stay over to watch the marathon on Monday as I had a commitment to work the chute for the Boys' and Girls' Club Patriot's Day race in Portland.

Our committees are going at full speed and doing quality work. Everett Moulton and his race committee are on top of things and are producing excellent ideas and programs. Pat Buckley and her special events team have some great trips and events planned for us. The newsletter and members committees are doing great. All of the action teams are putting in hours of work for us. Please show them your support by attending as many events as you can. Sometimes, just a little thank you said to someone that has worked hard means an awful lot. Also, why not sit down and write a letter to the editor to express your feelings? The **NEWS-RUN** editor would love to receive more letters.

I want to extend a big thank you to Russ Bradley for his willingness to become the liaison for us and the Maine Hall of Fame. Russ will coordinate the efforts of the MTC and the Central Maine Striders so that the Running Hall of Fame event is successful. Thank you also to Mary Anne Doss. Mary Anne is now the RRCA

liaison. She will be working with Charlie Scribner (State RRCA rep.) and the RRCA office in Alexandria, VA to maximize use RRCA resources.

It has been almost five months since I assumed office. It has been a learning experience for me but one

--continued on Page 2--

## May MTC Meeting

Wednesday, May 11 1994

6:30 p.m.

Blue Cross and Blue Shield of Maine  
South, Portland, Maine

### Featured Speaker:

Anne-Marie Davee, M.S., R.D.  
Registered Dietitian  
Shop 'n Save Supermarkets

*"Using the 'Nutrition Facts' to Improve Your Performance"*

There's a change in store for supermarket shelves, food products in the grocery aisles will soon display the new food labels called the "Nutrition Facts." Come and we'll take a closer look at this nutrition information, particularly the fat and carbohydrates; it may change the way you shop, the foods you choose to eat and how you run!

## In This Issue . . .

Coaches Corner  
Taking Back the Boulevard  
Race Schedule  
Race Results  
New Members  
Jack Oppen



## From the Editor . . .

I trust this issue of **NEWS-RUN** finds you in good health and finding the time to break in the new pair of running shoes you purchased in anticipation of an exciting running season. I also hope that you have found **NEWS-RUN** both interesting and helpful to you as you plan out your running season. We have received great feedback from many on the new columns of the newsletter--in particular the Coaches Corner. Ziggy Gillespie works hard at putting together material that responds to the special needs of runners and I am certain he appreciates the fact that his work is appreciated. Pat Buckley has also volunteered to write and coordinate the collection of featured articles. If you would like to write for an issue of **NEWS-RUN**, I am sure that Pat would be glad to hear from you.

I've also been hearing from some of our out-of-state members who want to mention their races in this newsletter--I am delighted to help if I can. The newest column in **NEWS-RUN** is the **Community Bulletin Board**. In this column members may submit items of interest (meetings, social events, etc.) and advertise running things they might have for sale. Please let me know if this column is useful to you.

Until next issue,  
*Susan Roberts*



## Presidential Suite... *continued*

that I have enjoyed so far. We need to keep the momentum up and that, at times, is not so easy. Because of all the hard work and dedication I know it's worth it. Please get involved in some of your Club's activities. You, too, will find it rewarding.

Enjoy each day,  
*Mel*

## Walkers Had a Great Time. .

An enthusiastic group of MTC members had a great time on a recent Saturday morning, taking part in the Earth Day, "March for the Park" to benefit Portland's Deering Oaks. The members collected two hundred dollars in pledges for the park. The group all wore MTC clothing while walking with over one hundred other walkers around Back Cove.

Thank you to everyone who participated. It was a good opportunity to do some P.R. for our Club, help out the Park, enjoy a nice walk, and listen to the Bellamy Jazz Band at the end of the March.

Thanks again,  
*Mel*

## Chili in May Run

Let's get together on Thursday, May 12 for a fun run and happy hour. We will meet at 6:00 p.m. in the SMTC gym parking lot and run 4 miles to Fort Williams and back to the Spring Point Cafe (next to the parking lot). The Cafe has some great chili and other foods and has a daily beer special. Thursday night is also Karaoke night--so get your voice training now!

Enjoy an evening of fun and fellowship. We are planning this for all of our members...this is a very friendly run. Runners of all abilities are welcome as are walkers. If you do not wish to run, feel welcome to join us at the Cafe. This is a good chance to unwind.

Remember:

**Chili in May Run**  
**Thursday, May 12; 6:00 p.m.**  
**SMTC Gym Parking Lot**

## 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

Carol Pierce

Eric R. Ellis, Jr.

## Jack Oppen

### 1933-1994

Two years ago when we all began to work on the First Maine Marathon, Jack volunteered to help. He indicated that he didn't live close to Portland, but would do anything he could to assist. He became the "secret weapon" of the Marathon. The Utility Man -- ready and willing to do anything that needed doing. He and his wife Joan worked the whole weekend on the festival and both races. In the second year Jack was treasurer of the Marathon and did a great job. He attended all of the sponsor meetings and all of the volunteer meetings. He never mentioned that he had a long drive from Harrison to Portland, or an even longer one from Harrison to Harpswell. The '93 events were greatly enhanced by the help of the Oppens.

In January, when David and I realized we would be leaving Maine and couldn't work on the Marathon this year, we called Jack to let him know. He worked with the others to try to coordinate the '94 races and a couple of months ago agreed to be the Director. He asked Dave for help and together they contacted potential sponsors. The weekend Jack died he was thrilled as we all were, that Martin's Point Health Center had agreed to become a major sponsor of the Maine Marathon for 1994 and 1995. The first sponsors meeting for the '94 events was to be run by Jack on April 5.

Unfortunately for us, the Director of all decided to bring Jack home and on Easter Sunday he died. The shock and grief have moved through his fall of us who knew him. He was a truly nice person, representative of the best in us all. We would like to join together to express our sincere hope that his family can find comfort in knowing that he was respected by many people. His memory becomes part of the mosaic which is the Maine Track Club.

When each of us has run the final race, we know that Jack Oppen will be with the others who have gone before us to usher us through the finish line and into the ultimate euphoria.



## Chili In May Fun Run

***Let's meet at the SMTC gym parking lot on Thursday , May 12 at 6:00 p.m. for a fun run. We plan to jog about 4 miles to Fort Williams and back. We will then go next door to the Spring Point Cafe for some of their famous chili and liquid refreshment. For those that are not chili affectionados , you can select from the menu.***

**All members are encouraged to join with us. This will be a nice easy run with great views of the ocean.**

**Thursday, May 12    6:00 p.m. SMTC parking lot  
[6:45 p.m. Spring Point Cafe]**

**Call: Mel 774-8868    Maryanne 799-0456**

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## MTC Boston Trip

**Leave your cares at home and join us for a relaxing trip to Boston aboard a comfortable bus with your friends.**

**Pat Buckley will be giving you the details at the May membership meeting.**

***Sunday, June 12    total cost \$13.00***

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**Name\_\_\_\_\_**

**Phone\_\_\_\_\_**

**# Tickets\_\_\_\_\_**

**Please make Checks payable to Maine Track Club and send to:**

**Pat Buckley  
Maine Track Club  
P.O. Box 8008  
Portland, Me. 04104**



# Maine Track Club

## MAY MEETING

Wednesday, May 11, 1994  
6:30 p.m.

Blue Cross and Blue Shield of Maine\*  
South Portland, Maine

### Featured Speaker:

Anne-Marie Davee, M.S., R.D.  
Registered Dietitian  
Shop 'n Save Supermarkets

### ***"Using the 'Nutrition Facts' to Improve Your Performance"***

***There's a change in store for supermarket shelves, food products in the grocery aisles will soon display the new food labels called the "Nutrition Facts." Come and we'll take a closer look at this nutrition information, particularly the fat and carbohydrates; it may change the way you shop, the foods you choose to eat and how you run!***

\*Directions to Blue Cross and Blue Shield of Maine:

From the Maine Turnpike, take exit 7. Take the Maine Mall Road/Airport exit which is located immediately to your right after the tollbooth. At the traffic light, turn left onto Payne Road. At the second light, turn right onto Spring Street/Cummings Road. Go through the next traffic light; Blue Cross is the first left after the traffic light.

From I-295, take Exit 3 (Westbrook Street/Airport). At the traffic light at the end of the exit--turn right onto Westbrook Street/Gorham Road. At the sixth traffic light, turn right onto Cummings Road. (You will have passed the Maine Mall and Marriott.) Blue Cross is the first left at the bottom of the hill.



## Manager, Consumer Affairs for Hannaford Brothers to Speak at next MTC Meeting . . .

Anne-Marie Davee, Manager of Consumer Affairs for Hannaford Brothers, Co., will be the featured speaker at the next MTC meeting. Anne-Marie Davee, M.S., R.D., is a Registered and Licensed Dietitian and holds a Bachelor's degree in Food and Nutrition as well as a Master's degree specializing in Nutrition and Exercise. Anne-Marie is also a competitive runner and a tri-athlete. She has completed thirteen (26 mile) marathons, including the First Womens' Olympic Trials Marathon in 1984.

Anne-Marie's presentation, "Using the 'Nutrition Facts' to Improve Your Performance" will highlight the changes in food labeling that are upon us. Her focus will be on helping runners use those changes to improve running performance.

The MTC meeting will be held on Wednesday, May 11 at 6:30 p.m. at Blue Cross and Blue Shield of Maine in South Portland.

### Directions to Blue Cross and Blue Shield:

From Maine Turnpike, take exit 7. Take the Maine Mall Road/Airport exit which is located immediately to your right after the tollbooth. At the traffic light, turn left onto Payne Road. At the second light, turn right onto Spring Street/Cummings Road. Go through the next traffic light; Blue Cross is the first left after the traffic light.

From I-295, take exit 3 (Westbrook Street/Airport). At the traffic light at the exit--turn right onto Westbrook Street/Gorham Road. At the sixth traffic light, turn right onto Cummings Road (You will have passed the Maine Mall and Marriott.) Blue Cross is the first left at the bottom of the hill.\*

**Keep those recipes coming! Published recipes reap great prizes!**

### Group Runs:

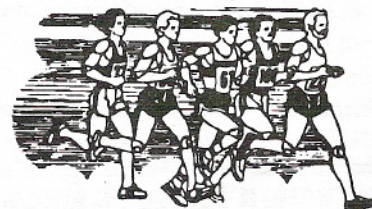
**Portland:** early mornings — USM — Bill Davenny 772-1787

**Portland - Rat Pack:** varying times — Mike Reali ,767-5218

**Cape Elizabeth High:** Sunday 7:30 AM — RTW Team - Brian Gillespie, 772-2753

**South Portland:** Tuesday PM — Donna Moulton ,799-2894

**Kennebunk:** Thursday PM — Village Market place — Steve Jacobsen, (h)985-4107; (w)985-2941



## Help Needed for 1994 Maine Marathon/Half Marathon . . .

### Your Help Is Needed for the 1994 Maine Marathon/Half Marathon!

In the days since the sudden, tragic death of the Marathon's 1994 director, Jack Oppen, a small group has been meeting to regroup and keep the momentum for October's event.

Jack, in the tradition of former directors, Dave and Sandy Shennan, had already done a lot of work and put down a solid foundation from which we can now go forward. But to continue and have another quality event -- and to keep Jack's dream alive -- we need your help. We are very fortunate that many veteran Marathon volunteers are returning but we want to see new faces, too. Whether you're new to MTC or just haven't yet enjoyed the fun, camaraderie, and occasional challenges of being a Maine Marathon/Half Marathon volunteer, we'd like to have you as part of the team on the week-end of October 1 and 2. If you're interested, please call volunteer coordinator, Peter Bastow, at 829-3669.

## NEWS-RUN would like you to consider . . .

. . .contributing an article on a favorite racing experience. Or how about doing a profile of another member? We welcome you sharing your running stories, ideas and dreams to help keep these pages "alive!" Also, we encourage you to put down your views in the form of "letters to the editor."

Classified items are welcome as well. If you want to try to sell those Huraches that don't fit just right, or maybe you're looking for a slightly used Nordic Track, let **NEWS-RUN** know.

Send in items to **NEWS-RUN**, Maine Track Club, P.O. Box 8008, Portland, Maine 04104



## May Race Schedule *.Maggie Soule*

- 7 **Rocky Coast Road Race 10K** - Boothbay 10 a.m. (Kids 1 mile - 8:45 a.m.) - Neal Verge - 633-2855.
- 7 **Stark Trek 10K** - Conway, NH - 10 a.m. (Fun run - 8:30 a.m.) - Bob Parrish - (603)447-2655.
- 7 **Mum Run 5K** - Bar Harbor - 10 a.m. YWCA - 288-5008.
- 7\* **South Portland D.A.R.E. 4-Miler** - 10 a.m. (Youth run - 9:15 a.m.) - Everett Moulton - 799-2894.
- 8\* **Family Crisis Shelter Race 5K** - Back Cove, Portland - 9 a.m. - 767-4952.
- 8 **Mother's Day Road Race 5K** - Rockland - 8:30 a.m. - 594-2591 or 633-2855.
- 14 **Skowhegan Jaycee 10K** - 10 a.m. - Walter Crockett - 474-7179.
- 14 **Close to the Coast 10K** - South Freeport - 10 a.m. - Christian McCoy - 865-1183.
- 14 **Hospital Week 5K** - York - 10 a.m. - York Recreation Dept. - 363-1040.
- 15 **Special Olympics 5K FUND Run** - Portland - 9 a.m. - Mickey - 1-800-639-2401.
- 22 **Sugarloaf Marathon** - Kingfield - 7 a.m. (Sugarloaf 15K - 7:30 a.m.) - Chip Carey - 265-2273.
- 22\* **Oakhurst Milk Run 4-Miler** - South Portland - 10 a.m. (Youth .25 mi. - 9 a.m.) - Charlie Scribner - 772-5781.
- 22 **Great Spring Clean-Up Road Race 5-Miler** - East Millinocket - 1 p.m. - Frank Clukey, Rec. Dept.
- 27\* **YMCA Back Bay 5K** - Portland - 7 p.m. - 874-1111.
- 29 **Vermont City Marathon** - Burlington, VT - 8 a.m. - 1-800-642-5154.
- 29 **Live Your Dreams** - Kennebunk - 5-mile Run - 9 a.m. (3-mile walk - 8:40 a.m.) - Rob Spaulding - 967-8514.
- 29 **Apple Blossom 15K & Apple Bud 4 1/2 Miler** - Monmouth - 8 a.m. - Doug Ludewig - 933-4416.

\*denotes MTC-sponsored or co-sponsored events.

### Correction for your Race Calendar:

The Bowdoin & Back 10 Miler is on August 21st--not the 14th. Also, please correct the title to be "Sports East 10 Miler." **NEWS-RUN** apologizes for any inconvenience caused by this error.

## Coaches Corner . . . *Brian Gillespie*



I hope everyone had a successful Boys' and Girls' Club 5 mile race on Patriots Day! Don't be discouraged with your time. I noticed in the Race Results that many runners were off 20-30 seconds from normal times. Remember, that race was run in 25 mph winds--that can greatly affect your energy level and performance time.

The MTC is embarking on a very exciting concept in June. The Club will be hiring a Head Coach to coordinate coaching and athlete training activities for all interested Club members. This is not being done for the elite runners--to the contrary--the program will emphasize meeting the needs of the beginning runner with training programs and clinics designed for all levels of ability. There is a real desire, among a large segment of the Club membership, for help in improving their racing performances. This is an exciting opportunity for all Club members; it will stimulate age group teams and groups who will train and attend races together. I think strong camaraderie and Club spirit will develop from this effort and I also think it will attract new Club members from the running community.

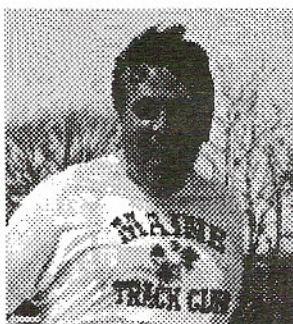
If you are interested in improving your race times, want to learn how to properly prepare for a race, start now so that you are prepared for the coaching program in June. During this month, do an easy track workout each Wednesday night composed of:

**20 minute warmup/3x880/20 minute warm down**

Run your 880's at your normal mile pace in your races. Concentrate on form, breathing, and relaxation. Try to do your last 880 just a little faster than your previous two. Concentrate on even pace for the entire workout. Keep a record of your workout times--you will see improvement in a few weeks. A very important element for success--your Tuesday run should not be hard--develop an energy level for your Wednesday workout. Also, take Thursday off, or run very slowly for a short distance. Your body needs to properly recover to become stronger.

Remember, if your desire is for faster race performances, you must learn how to properly put your body and mind in a stressful training situation at least once a week.





## Race Results

Submitted by  
Don Penta

### 3rd Annual Presidential 5 Miler 343 Finishers Dock Square, Kennebunkport March 27th, 1994

#### Top Overall Finishers

1	George Bochus, Jr., 1,open	27	26:05	2
2	Travis Landreth 2,openUSAT&F	17	26:37	3
3	David Libby e,open	28	27:11	
4	Paul Johnson 1,19&under	16	27:33	
5	Ron Kozlow w,40-49	42	27:51	
8	Christine Snow-Reaser (MTC)	28	28:17*	
21	Molly Dinan 2,open,USAT&F	18	29:55*	
23	Rence Rombaut 3,open	26	30:08*	
34	Jane Erdman 1,20-29	26	31:08*	
40	Gail Turner (MTC) 1,30-39	34	31:53*	
41	Marjorie Haney (MTC) 2,20-29	26	31:53*	
42	Brigette Laflin 1, 19&underUSAT&F	17	31:56*	

#### Other Top Divisional Finishers:

9	Thomas Watkins 30-39	35	28:26	
11	Roland Thibault 20-29	26	28:44	
44	Lawson Noyes 50-59	52	32:23	
45	Ellen Bowden 40-49	41	32:25*	
75	Gretchen Read 50-59 USAT&F	51	33:33*	
97	Richard Fedion 60&over	60	34:55	
137	Vivian Godin USAT&F	50	36:55*	
155	Russ Bradley (MTC) USAT&F	70	37:34	
210	Carlton Mendell (MTC) USAT&F	72	39:59	
317	Dolores Billings (MTC) 60&over	63	50:10*	

#### Other Maine Track Club Finishers:

7	TomHoward 2,19&under	17	28:16	
13	Tom Dann	37	28:56	
22	Paul Gadbois	40	30:05	
30	Terry Clark	49	30:42	
35	Alburn Butler	40	31:08	
36	Ken Thompson	48	31:11	
46	Larry Barker	44	32:28	
49	Sumner Weeks	45	32:41	
50	Carlos Philbrick	41	32:41	
55	James McCorkle	38	32:55	
60	Clyde Coolidge 2,50-59	55	33:04	
61	Kevin Burke	29	33:08	
62	Charles Iselborn	37	33:09	

64	Peter Bastow	57	33:11	69
	Mary Ann Doss	34	33:24*	
70	Paul Slajus	28	33:29	
71	Larry Kinner	44	33:31	
73	Glen Gallupe	34	33:32	
75	Rick Fecowicz	38	33:40	
76	Ed Doughty	45	33:42	
80	Paul Lessard	36	34:15	
82	James Boisvert	37	34:17	
87	Neil Martin	51	34:21	
88	Joan Lee 2,40-49	40	34:32*	
90	Gary Giffard	35	34:38	
91	Dick Lajoie	53	34:44	
94	Dan D'Entrement	43	34:51	
106	Steven Assante	42	35:27	
109	Brian Flynn	33	35:30	
113	Angela Small	24	35:38*	
114	Terry Gallupe	32	35:40*	
116	Dale Rines	41	36:02	
119	John Watson	50	36:15	
129	Maryann Knight-Ekberg	31	36:38*	
141	Elizabeth Ehrenfeld	34	37:08*	
145	George Conly	45	37:19	
146	Carol Pierce	47	37:19*	
154	Howard Spear	44	37:33	
156	Jonathan Dietz	47	38:06	
175	Richard Cavanaugh	61	38:30	
177	Kitty Kelley	47	38:46*	
183	Don Kent	41	38:57	
185	Cindy Smith	46	38:59*	
191	Sarah Parrott	35	39:13*	
193	Catherine McCourt	30	39:24*	
197	Ken Brennan	49	39:30	
201	Sherron Small	47	39:36*	
214	Richard Caron	40	40:05	
215	Ed Francis	51	40:08	
226	JoAnn Hertford	34	40:34*	
227	Joseph O'Donnell	43	40:35	
238	Honey Swinburne	16	41:15*	
239	Tracey Hall	30	41:15*	
246	Tom O'Connor	42	41:39	
256	Diana Laskey	33	42:51*	
261	Sandy Utterstrom	50	43:19*	
266	Tina Marzul	31	43:44*	
267	Alice Slajus	31	43:45*	
277	Stephanie Paterson	23	44:22*	
289	Ashley Doane	12	45:16*	
290	Brian Brown	36	45:17	
293	Thomas Decker	50	45:49	
296	Richard Levesque	58	46:41	
297	Sally Paterson	52	46:50*	
299	Beverly Doughty	42	47:02*	
300	Pamela Kinner	34	47:02*	
301	Marianne Gagne	53	47:07*	
311	Danielle D'Entremont	14	48:48*	



# More Race Results . . .

## Presidential Race, continued...

312 Mel Fineberg	58	48:59
313 Robert Marzul	32	49:11
316 Mark Clinch racewalker	38	49:52
322 Ruth Hefflefinger 2,60&+	64	51:37*
324 Bob Small	50	52:15
325 Patrick Doane	10	52:55
326 Stephen Doane	47	52:56
331 Jack Oppen	61	55:35
332 Julius Marzul	67	58:29

## In Memoriam: God Bless Jack Oppen

*Many thanks to Don Bessey for complete results!*

## Inaugural Border To Border 20 Miler

### 558 Finishers

Kittery, Maine to Salisbury, Massachusetts

February 19th, 1994

1 Ed Sheeha (MA)	36	1:46:17
8 Peter Bloomquist (MA)	41	1:57:04
9 Shaun Keenan (ME)	32	1:57:07
25 Barbara Remmers (MA)	30	2:03:22*
27 Christine Snow-Reaser (MTC)	27	2:04:01*
29 Chuck Keating (MA)	52	2:04:49
31 Shawn Jyawook (ME)	19	2:05:24
45 Craig Wilson (MTC)	44	2:09:26
50 John Gagnon (ME)	26	2:10:28
58 Scott Mangiafico (ME)	32	2:12:04
69 Lisa Wakem (ME native)	26	2:13:09*
70 Erich Reitenback (MTC)		2:13:13
71 Thomas Tero (MTC)	28	2:13:27
99 Joe Hayes (MTC)	45	2:19:03
103 Paul Goransson (ME)	40	2:19:08
115 Aaron Balistreri (ME)	19	2:22:50
131 Robert Dunfey (ME)	42	2:25:15
134 Tom Littlefield (ME)	48	2:25:42
135 Kevin Hynes (ME)	28	2:25:42
156 Eileen Dunfey (MTC)	37	2:27:45*
165 Steve Jacobsen (MTC)	44	2:28:50
167 Larry Barker (MTC)	44	2:29:00
171 Paul Gadbois (MTC)	40	2:29:53
177 Randy Moore (ME)	40	2:31:14
186 Clyde Coolidge (MTC)	55	2:32:53
192 Don Ross (MA)	63	2:33:07
196 Paul Lessard (MTC)	36	2:33:24
216 Diane McNamara (MA)	40	2:35:07*
220 Jim Bright (ME)	44	2:36:21

221 Maureen Sproul (MTC)	37	2:36:21*
251 David Wilson (ME)	50	2:39:14
261 Ronald Paquette (C.M.E.S)	52	2:40:59
266 Amanda Russell (ME)	35	2:41:31*
270 Wendy Burbank (MA)	51	2:41:52*
288 Ronald Benner (ME)		2:43:14
289 Bill Case (ME)	35	2:43:15
307 Richard Scribner (MTC)	42	2:44:50
324 Russ Bradley (MTC)	70	2:46:21
337 Gary Goss (ME)	48	2:48:37
356 Carlton Mendell (MTC)	72	2:51:21
377 Malcolm Washburn, Jr. (MTC)	40	2:53:52
401 Sandra Hodnett (ME)	45	2:56:18*
415 Russ Hughes (ME)	34	2:57:28
420 Charles Vadakin (MTC)	52	2:58:21
422 Bill Davenny (MTC)	49	2:58:24
429 Steve Jacovino (ME)	38	2:58:45
488 Peter Esponnette (ME)	34	3:08:56
499 Arthur Meyer (ME)	59	3:12:07
510 Thomas Conley (ME)	42	3:18:17
515 David Benn (ME)	48	3:20:05
545 Ken Nevers (ME)	34	3:40:39

Note: Russ Bradley says he was incorrectly entered into the results. His time was over three hours.

*Many thanks to MAINELY RUNNING for complete results!*

## 2nd Annual Maine Track Club Memorial 5K

### 87 Finishers

Animal Welfare Society, West Kennebunk

April 2nd, 1994

### Top Overall Finishers

1 Bob Winn USAT&F	35	15:19
2 Ben Trevor 2, open	23	15:50
3 David Libby 3, open	28	16:01
4 Timothy French 1,20-29	26	16:23
5 Brian Turner 2,20-29	22	16:43
7 Julia Kirtland 1, open	29	17:02*
8 Christine Snow-Reaser (MTC)	28	17:06*
11 Marty Shue 3, open	25	17:25*
17 Marjorie Haney (MTC) 1,30-39	31	18:51*
19 Rose Prest-Morrison 1,30-39	31	18:59*



*Other Top Divisional Finishers:*

6	Paul Fagan 40-49	41	16:44
9	Chuan Napolitano 15-18	16	17:18
12	Joel Titcomb (MTC) 30-39	35	17:53
16	Joe Richards (MTC) 50-59		18:39
38	Hap Hazzard (MTC) 60-69	62	21:04
40	Marjorie Podgajny 40-49	40	21:06*
59	Russ Bradley (MTC) USAT&F	70	23:02
61	Jerri Bushey 50-59	50	23:33*
72	Danielle D'Entremont (MTC) 11-14	14	25:51*
78	Shannon Dunfev (MTC) 10&under	10	28:46*

*Other Maine Track Club Finishers:*

15	Ken Thompson 2, 40-49	48	18:34
21	Ray Shevenell 2, 50-59	53	19:09
25	Phil Pierce	52	19:40
26	James McCorkle	39	19:42
27	Steve Jacobsen	44	19:45
28	Paul Lessard	36	19:47
29	Richard Scribner	42	19:48
30	Peter Bastow	57	19:50
32	Nancy Kneeland	39	19:58*
33	Clyde Coolidge	55	20:01
41	Dale Rines	41	21:07
42	Dick Lajoie	53	21:09
43	Dan D'Entremeont	43	21:13
44	Carol Hogan 2, 40-49	43	21:14*
46	Kathryn Ring 2, 30-39	34	21:23*
50	John LeRoy	57	21:56
51	Denny Morrill	54	21:57
54	Don Bessey	48	22:09
56	Carol Pierce	47	22:26*
62	Jeanne Richmond	35	23:36*
63	Don Burnham	52	23:37
66	Linda Richards	31	24:24*
68	Stephanie Smoot	24	24:52*
69	Judy Bastow	30	24:55*
75	Bob Marzul	32	27:03
76	John Fyalka	69	27:25
77	Mark Clinch racewalker	38	27:47
82	Donna Moulton	45	31:41*
83	Pat Buckley 2, 50-59	56	32:01*
84	Julius Marzul	67	35:10
85	Ashley Marzul 2, 10&under	10	37:38*
86	Tina Marzul	31	37:44*

*Many thanks to Charles Scribner for complete results!*



## Welcome New Members ...

The MTC is pleased to welcome the following new members. We hope they will find the activities of the MTC as fun and rewarding as we do.

Tami & Gregory Black (H)854-8003  
12 Village Lane (B)775-2387T  
Westbrook, ME 04092 (B)781-4721G

Wendy & Rob Craig (H)829-6534  
Katie Craig (B)773-5841R  
William Craig  
44 Greeley Road  
Cumberland, ME 04021

Alison Kisch (H)781-8032  
12-A Merrill Road  
Falmouth, ME 04105

Deborah Marshall (H)797-7756  
39 Northwood Drive (B)879-5256  
Portland, ME 04103

Judy Snyder-Gobea (B)871-4170

Sally & Jan Williams (H)624-4762  
Box 105  
Hiram, ME 04041





## Recipes for the Road . . .

Please help us put together a Maine Track Club Cookbook. We need: appetizers, snacks, beverages breads, soups & Stews, salads, dressings, entrees, pasta dishes, vegetables as well as sauces, desserts & cookies. Send your recipes to:

MTC Recipe  
c/o Maine Track Club  
P.O. Box 8008  
Portland, ME 04104

Please put the number of servings the recipe makes as well as how long it takes to make it. Each month we will pick a recipe to print in the **NEWS-RUN**. If your recipe is printed, Mel will have a prize for you at the next membership meeting.

This month's winning recipe has been submitted by Dermot Bostock.

### Mum's Scone Recipe (Tea-time scones)

- 1 cup self-rising flour
- 1 level tsp. baking powder
- 1/2 level tsp salt
- 1/4 cup sugar
- 4 Tbs. margarine or lard (not fat free!)
- 3 fluid oz. milk
- 1/4 cup fruit (optional)
- 1 egg

Put flour, baking powder, salt and sugar in a mixing bowl. Rub in margarine (or lard). Add liquid and fruit to make a soft but not sticky dough. Turn onto a lightly floured board and roll out to 1/2 inch thickness. Cut into rounds. Place on greased baking sheets and brush with milk and egg. Bake at 450 degrees for 15 minutes. Enjoy!

*-Dermot Bostock*

**Keep Those Recipes Coming!**

## Boston Trip!!! . . .Pat Buckley

President Mel and the Special Events Committee have been planning MTC's second annual "Boston Trip," to be on Sunday, June 12, 1994. We plan to depart from the Maine Turnpike Exit 7 parking area at 8:00 a.m. and arrive in Beantown by chartered bus just before 10:00. The cost for the bus is \$13 per person.

Our first stop will be brunch at the Sports Depot restaurant in Brighton, just outside of Boston. Afterward, we'll take a short walk to the New Balance Outlet and spend an hour or so in that particular runner's heaven (I'm going to try to find out in advance their special sale items for that time).

Next, we're hoping next to visit another spot famous in running circles, the Eliot Lounge in Boston's Kenmore Square, hangout of Boston Marathoners and the birthplace, the story goes, of the idea for the Falmouth Road Race.

From the Eliot, the plan is to walk eight (short) blocks down glitzy Newbury Street, through the Boston Common/Public Gardens (where we'll see the swan boats). Then we'll pick up the Freedom Trail and walk it a few blocks to the Faneuil Hall Marketplace. There, the group can stay together or disperse as it will. Some attractions in the Marketplace area are:

- Continuing on the Freedom Trail ten or so more blocks.
- Browsing and shopping in the great variety of shops in the Marketplace neighborhood and Italian markets in the nearby North End.
- A visit to the Boston Aquarium.
- Checking out a brew pub recommended by one of our own.

The conclusion will be dinner, and we'll be near lots of good restaurants such as Felicia's and Mother Anna's in the North End, the Union Oyster House, Faneuil Hall.

We'll reluctantly board our bus to return home at around 7:00 p.m. in a designated spot in the Marketplace area. The bus can accommodate forty-seven. Some of the spaces are already filled, so call me and reserve yours at 775-4817.

## MTC Volunteers for Sugarloaf

Would any members, spouses, or friends interested in helping at the finish area at the Sugarloaf 15K and Marathon, please contact Susan Davenny at 772-1787? We usually help with recording numbers and times, serve water and fluid replacement, and cut and serve fruit. Thank you!



## Taking Back the Boulevard

--Pat Buckley

It was love at first sight of "the Boulevard" over twenty years ago, a running path around an ocean cove against the "jewel of a city." A few years later, when I moved to Portland, it became my running "home base," just the right length around, a chance to see other runners, and close to home. But I learned there'd be one big drawback: you would lose it when the snow came.

This winter the waiting was really tough. Almost daily in March I'd drive by and eyeball the Boulevard, looking for small patches of exposed ground. Running loops in Payson Park with cars at your hip and jumping ice puddles hadn't been a great alternative. Finally in late March, when the weather grew balmy and went up into the high 30's, I began to see brownish-green patches of earth on the running path.

On such a day, encouraged by a long strip of brackish ground near "the bridge," I parked the car at Payson Park, crossed over to the Boulevard and took off running on this little bit of exposed path, thinking I'd turn back as soon as the path turned snowy again. I made it smoothly to the bridge, up and over, but on the Boulevard's "cold side" the path turned dirty white again. But I was warmed to the task and decided to try negotiating the lumpy trail for a while, ankles wobbling and turning. Soon I was half-way around the 3.6 perimeter, at the "point of no return." The thrill of the original challenge was waning.

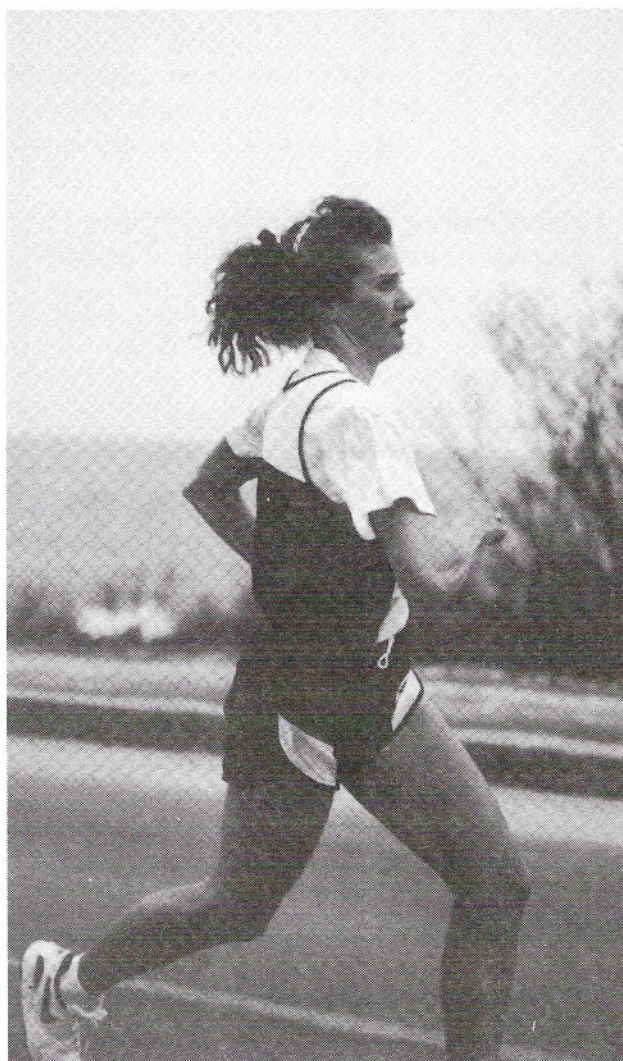
I came up behind a couple of people walking slowly over the frozen lumps. Thinking I'd put on a "good show," I decided to run past them in as high gear as possible, but fifteen yards later, with a definitive side lurch, I fell square on my butt in the cold wet slush. Was that a snicker I heard?

Adrenalized by the mishap, I managed to stay on my feet the rest of the way to the paved parking lot and then on over a reasonable packed mud and slush combination and back to the car. On finishing the circle I was happier than I thought discomfort and humiliation had warranted. But then I remembered it was my rite of spring. I had taken back the Boulevard!

## Maine Track Club To Hire Coach . . .

The Maine Track Club will be hiring a person to coordinate coaching and athlete training activities for the Club. The Club's Board of Directors has determined that there is a real desire among a large segment of the members for help in improving their running performances. It is envisioned that the training program will stimulate the formation of age group teams and groups who would train and attend races together; strong camaraderie and Club spirit will surely result.

Candidates need not have previous experience with group coaching but must have a strong knowledge of training methods and the ability to work with runners of all level of talent and experience. The position pays \$1000 for the season. A copy of the job description and application procedure can be obtained by contacting John LeRoy (725-8680), committee chairperson.





# Membership Mania

## Be a part of the first annual Maine Track Club Membership Drive...and have a chance to win some terrific prizes!!

The Maine Track Club is sponsoring its first membership drive. Designed to become an annual event, this membership drive is to help identify new members and provide current members with an opportunity to help the club grow. The time is short--only memberships received between 5/1/94 and 6/30/94 will be considered when determining prize winners.

### The rules are simple!

- Memberships received between 5/1/94 and 6/30/94 will be part of this drive and contest. Each type of membership will be counted the same way -- as one. (Sorry, it seemed unfair to count each person who is part of a family membership separately.)
- Be sure to have the members you recruit put your name somewhere on the application form as sponsor. We want to make sure you get the credit you deserve! If you really want to make sure--collect the membership and send them to us yourself!
- Use membership applications that are included in the newsletter or contact Mary Ann Champeon (799-0456) for a copy of the MTC brochure.
- Have memberships forwarded to: MTC Membership Drive, Maine Track Club, P.O. Box 8008, Portland, ME 04104.

### The Prizes are Great!

- |                        |   |
|------------------------|---|
| <b>First Prize:</b>    | A Bill Rodgers Wind Suit in the new MTC colors (a \$75.00 value)  |
| <b>Second Prize:</b>   | A Singlet and Short Set--also in the new MTC colors (a \$24.00 value)   |
| <b>Third Prize:</b>    | A Long-Sleeved MTC T-Shirt (a \$9.00 value)   |
| <b>General Prizes:</b> | All members participating in this membership drive will receive a \$5.00 gift certificate to the Village Cafe in Portland |

**EVERYONE WINS!** And best of all--the membership of the Maine Track Club becomes stronger--remember--more members means more involvement and more healthful activities for Club members.

**Help Us Help the MTC Grow to Reach its Potential! Join the Membership Drive Today!**



## ANNOUNCEMENTS AND REMINDERS . . .

### Maine Track Club Discounts

The following area sporting good stores have agreed to give MTC Members a 10% discount on running shoes (non-sale items). It is necessary that you show your 1994 Club I.D. card when requesting a discount:

<b>Levinsky's</b>	Freeport - U.S. Route 1 Portland - 275 Congress St. Windham - Windham Mall
<b>Olympia Sporting Goods</b>	South Portland - Maine Mall
<b>Yankee Sports</b>	South Portland - 35 Foden Rd
<b>Coastal Athletics</b>	Portland - 502 Woodford St. (ASIC shoes exclusively- discounts according to model)

### New Race...New Race...!!!

MTC member Kevin Burke announces the 1st Annual New Castle Road Race. The setting is scenic New Castle Island in New Hampshire. This 5K race will start and finish at the Ocean in the New Castle Commons in New Hampshire. The date is set - **Sunday, October 9, 1994**. The race course promises to be scenic--there will be fabulous food -- the race will be professionally timed--and T-shirts will be available! Don't miss out on this one! Contact Kevin at (603-433-7264) for more information

## Community Bulletin Board

### T-Shirts and Running Shoes Wanted

Friends of the Maine Youth Center are looking for donations of T-shirts and running shoes to include in the Clothing Room of the Maine Youth Center. Residents of the Youth Center (both male and female) would really enjoy wearing some of the clothing we collect at the many races we run. Please donate to this important collection. Al Butler will gladly take any donations you would like to make to the Center--just bring them to the May MTC meeting on May 11. If you have any questions about what the Center might need, please feel free to contact Karen Packhem at 883-8351.

### For Sale

**Jogging Stroller** - Excellent condition! Standard features which include large pouch for acrrying items. \$100.00 or best offer. Please call John Keller at 657-4427 (evenings).

*Come listen to Anne-Marie Davee talk about how to use "Nutrition Facts" to improve your running performance - at the May MTC meeting.*

## About NEWS-RUN . . .

**Editorial Volunteers:** Susan Roberts, editor  
Pat Buckley, special features  
Maggie Soule, race schedule  
Brian Gillespie, coaches corner  
Don Penta, race results

### Important News-Run Notes:

Ten (10) issues of **NEWS-RUN** are printed each year. Combined issues are the December/January **NEWS-RUN** and the July/August **NEWS-RUN**. The deadline for submission of materials is the 15th of each month. Every effort will be made to print materials received by that date. Send materials to: Editor, **NEWS-RUN**, Maine Track Club, P.O. Box 8008, Portland, ME 04104.





## Maine Track Club 1994 Officers and Committee Chairs

Mel Fineberg	President	774-8868	Donna Moulton	At Large	799-2894
Ron Pelton	V. President	846-9039	Jeanne Hackett	At Large	879-0678
Eileen Dunfey	Secretary	767-5435	Russ Bradley	At Large	799-3864
Steve Assante	Treasurer	642-4298	Dale Rines	Course Cert.	854-2486
Tom Dann	Past Pres.	985-2727	John Gilliss	Course Cert.	879-0222
Charles Scribner	Race. Comm.	772-5781	Don Penta	Statistician	892-4526
Mary Anne Champeon	Membership	799-0456	Howard Spear	Equipment Mgr.	856-6496
Susan Roberts	Newsletter	829-6288	Don Kent	Clothing	871-7870
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