



From the Presidential Suite ...

The following story was shared by David Armstrong in his book "Managing by Storying Around":

Thomas Edison had a unique way of hiring engineers. He'd give the applicant a light bulb and ask, "How much water will it hold?"

There were two ways to find the answer. The first choice was to use gauges to measure all the angles of the bulb. Then, with the measurements in hand, the engineer would calculate the surface area. This approach would take as long as 20 minutes.

The second choice was to fill the bulb with water, and then pour the contents into a measuring cup. Total elapsed time: About a minute.

Engineers who took the first route and performed their measurements by the book were thanked politely for their time and sent on their way. If you took the second route, you heard Edison say, "You're hired."

Your Maine Track Club board members and officers are continually looking for simpler and better ways to "measure the water in the light bulb." New social activities, creative methods for honoring volunteers and potential team competition are just a few ideas. We solicit *your* ideas at the monthly meetings, by letter and by telephone calls.

Ron Pelton

May MTC Meeting

**Wednesday, May 10, 6:30 p.m.
Southern Maine Technical College
Fort Road, South Portland**

**Topic: MTC Town Meeting
Moderated by Ron Deprez**

In lieu of the normal guest speaker, this month's gathering will be run in the style of a town meeting. Three themes will be discussed.

● What kind of social activities (running and non-running) should we have as a club? (Presented by Russ Bradley).

● Shall we compete as a club? (Presented by Clyde Coolidge)

● How can we honor volunteers? (Presented by Alyce Schultz)

These discussions will be moderated by vice president Ron Deprez.

**Next month's meeting
Wednesday, June 14, 6:30 p.m.
Speaker: MTC coach Steve Fluet**

What's inside ...

Pat Buckley's day at the Boston Marathon	Page 3
Recipe for Lentil Vegetable Soup	Page 4
Race results and schedule	Pages 5-6, 9
Maine runners gain national recognition	Page 7
New members and membership renewal notice	Page 8

Mid-Winter Classic Volunteers recognized

As usual, the Mid-Winter Classic could not have gone off without the unyielding support and enthusiasm of the volunteers. Teamwork was the key, and the areas represented below were the playing fields.

Both Don Penta and I look forward to an even more successful Mid-Winter Classic next year!

*Thanks again,
Jeanne Hackett*

Computer

Susan Davenny
Ann Blanchard
Susan Roberts

Timing

Dale Rines
Dana Seguin
Brian Gillespie
Charlie Scribner
Diana Champeon

Chute

Carol Hogan
Marge Parsons
Nate Parsons
Lois Martin
Ruth Hefflefinger
Ray Hefflefinger

Lead Bicycle

Peter Grosso

Sweeper Car

Pat Buckley

Registration

Nancy Lund
Ann Strohm
Howard Spear
Nancy Cooper
Sandy Utterstrom
Wyndee Mocciola

Water Stops

Donna Moulton
Deb Raszmann
Pam Barker
Lisa Barker
Peter Bastow
Jan Bastow
Sandy Utterstrom
Al Utterstrom
Stoddard Chaplin

Refreshments

Mel Fineberg
Margie Haney
Mary Anne Champeon

Calligraphy

Erin MacLean

Course

Ray Shevenell
Al Utterstrom
Rob Hoover
Lois Martin
Sherron Small
Alan Leathers
Herb Strom
Stan Simpson
Sharon Simpson
Don Russell
Dan Hogan
Dick Joseph
Glen Gallupe
Terry Gallupe
Tami Blake
Aleta Kilborn
Carol Hogan
Wyndee Mocciola
Charles Isleborn
Mike Reali
Everett Moulton

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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 *News•Run* sponsor, please send \$10 to Maine Track Club, P.O. 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*.

Sponsor

Rute Stuffletoe

Sharing the 1995 Boston Marathon with the hurt ...

By Pat Buckley

This past year I got hold of a Boston Marathon volunteer application at that veritable library of race applications and information, the home of Everett and Donna Moulton. On a whim I filled it out, sent it in and forgot about it. But weeks later I got a letter saying I could work in my first choice of the many categories, as a medical volunteer on a sweeper bus.

Having spent the previous 10 Patriots Days in the homey atmosphere of the Portland Boys' and Girls' Club Race, it felt very strange to be in Boston this April 17, among a sea of people familiar only by the face of pre-race jitters. With incredible good luck — or as a reward from the road-racing gods for my years of volunteering — I got assigned to Medical Bus #1, the only one of the 12 that would go from Boston all the way out to Hopkinton (a chance to see the start!) to begin picking up the weary and wounded. Other medical buses would begin their trips from miles 2, 4, 6 and so on. On each would be a nurse, an emergency medical technician, a ham radio operator, and yes, a driver.

Arriving in Hopkinton, our team walked with the tide of runners from the high school warm-up area toward the start. Along the way townspeople were handing out water and opening their homes from quick rest stops — though as to the latter, the bushes along the way got quite a workout. Then near the starting line, on our tiptoes we could see the ritual of the elite runners taking, in turn, their short warm-up sprints. Before my eyes were Uta Pippig, Cosmas Ndeti and Elena Meyer, a sight I thought I'd only see on TV.

Having read the names of the Maine participants the day before in the Sunday Telegram, I strained to see a familiar face in the huge pack, but with no luck. Disappointed, I started back in the direction of the bus, but then coming toward me were two Maine faces, the Moultons. They were starting line security volunteers, heading for the huge job of dismantling the barriers. We stopped for a quick chat and to admire one another's volunteer jackets, blue and white for them, while I had the medical volunteers' colors, appropriately black and blue.

Walking back to the bus, I saw that Hopkinton was getting itself back again, the famous high school warm-up area now as quiet as any spring vacation schoolyard. Waiting for the word to start, my partners and I separated Mylar (space) blankets, check our supplies and devised our game plan. We would take turns, one up front scanning the road for would-be passengers, the other waiting to assess and help whoever would come on board. Then, with our signal to start onto the course, I realized an impossible dream of my childhood in a town near Hopkinton. I was part of the Boston Marathon journey! In near perfect racing weather, we rolled over the hills of Ashland, passing numbers of friendly front-yard water stops. Then onto rowdier Framingham, with roadside barbecues and beer — not being offered to the runners. In Natick there was a lively blues bank in front of a firehouse, which must have pleased the "Blues Brothers", who'd been at the back of the pack of unregistered runners.

We'd been instructed that we would pick up non-registered as well as official runners, and for the first 10K we rode through a sea of both. It was mostly social at that early point, waving and exchanging thumbs-up signs. Then suddenly the action started and the rest of the afternoon was a blur. We took on board blisters, popped knees, painful Achilles, exhaustion. Before the day was over we'd ever had a couple of runners in serious distress, calling for quick decisions to stop and radio the nearest ambulance to find us. At one point we discharged a full load of unhappy passengers onto another bus where they were taken off the course and driven back to Boston.

Then Bus #1 kept on trucking with the pack, and soon we had another full load of weary travelers, some from as far away as Tanzania and Tokyo. Their physical hurts had been attended, but now they slouched in heavy silence on uncomfortable seats, their Boston dream shattered this time around. My instinct as a nurse was at first to make things light and cheerful. But fortunately my runner side kicked in. There's absolutely nothing one can say to comfort someone deep in thought on a Boston Marathon sag wagon except, maybe, as they limp off, "Next year."

... and the hopeful

Just as our bus rolled out from Copley Square headed to Hopkinton, on board hopped a young man whom an official told us had been given permission to hitch a ride. He was very casually dressed for running, in cut-offs and an old t-shirt, without a bib number, and carrying the unlikely gear of a too-heavy jacket, a camera, and a large Italian chocolate bar. In a musical accent, he told us he was a student in Boston, from Naples, Italy, and he would be running ("and maybe some walking") in memory of his fiancée, killed last year in an accident. It had been his fiancée's dream to run Boston.

For much of the 26 miles he talked, with voice and hands, about his faraway home and family and how much this run would mean. Hearing his only training runs had been a few 10 milers, we gave him a crash course on pacing and hydration. In a mutually good deal we swapped a couple of granola bars for some of his chocolate bar. But most of all, he gave us a lift in spirits and a hope all day that he'd finish his race.

—Pat Buckley

Lentil Vegetable Stew

This recipe was sent in by Henrietta Bradley, wife of Russ, a great cook whose contributions have long been looked forward to by everyone in the "Thursday Night Group."

List of Ingredients

2 cups dry lentils
3/4 cup uncooked brown rice
1 can (28 ounces) tomatoes with juice, chopped
1 can (48 ounces) tomato juice
4 cups water
3 garlic cloves, minced
1 large onion, chopped
2 celery stalks, sliced
3 carrots, sliced
1 bay leaf
1 teaspoon basil
1 teaspoon thyme
1/2 teaspoon pepper
3 tablespoons minced fresh parsley
1 zucchini (small), sliced
2 medium potatoes, peeled and dried
2 tablespoons lemon juice
1 teaspoon dry mustard
salt to taste

Directions

In a 6-quart Dutch oven or soup kettle, combine first 14 ingredients. Bring to a boil. Reduce heat and simmer, covered, until rice and lentils are tender (45-60 minutes). Add additional water or tomato juice if necessary. Stir in all of remaining ingredients. Cover and continue to cook until vegetables are tender (about 45 minutes). Yields 5 quarters.

Want to improve your running? Try the weekly MTC track sessions

Maine Track Club members have the opportunity to receive coaching again this year under the guidance of Steve Fluet, who has been contracted to serve as the club's coach for the full season. Steve will conduct weekly track sessions each Tuesday evening at Portland's Fitzpatrick Stadium. These sessions begin at 5:30 p.m., so members should arrive early to allow time for a warmup. Sessions will continue through the end of September. Join fellow track club members in an effort to improve your running skills and peak in time for the Maine Marathon and Half Marathon in October.

Share your recipes

Please share your recipes with your hungry fellow runners. Just send a favorite recipe or two to:

Newsletter
P.O. Box 8008
Portland, ME, 04104

We need your input

In order to make *News•Run* the best it can be, we need your ideas, stories and other items of interest to your fellow track club members.

If you have a story or a news item that you think belongs in *News•Run*, please bring it to our attention. Send your story or other article or announcement you'd like submitted to:

Maine Track Club
Attention: *News•Run*
P.O. Box 8008
Portland, ME 04104

If you have something to share for *News•Run* but don't feel like writing it, contact Pat Buckley (775-4817) or Larry Dyer (892-2508) and we'll be glad to help you put it together.

Race Results

Submitted by Don Penta

16th Annual January Thaw 4.5 Miler 42 Finishers January 22nd, 1995 Belgrade, Maine

Place	Name	Age	Time
1	Tom Thibeau	36	24:44
2	Dave Drew	30	26:22
3	Newel Lewey	36	26:31
4	Rick Reaser (MTC)	28	26:36
5	Judson Esty-Kendall	45	26:44
6	Shawn Kyawook	20	27:05
7	Aaron Stupakewicz	17	27:12
8	Marty Shue 1st woman	26	27:30
11	Doc Thibeau	40	28:27
15	Chris Reaser (MTC) 2nd woman	29	29:51
17	Dwayne T. Tubb (MTC)	43	30:05
18	Mary Meehan 3rd woman	29	30:08
19	Peter Bastow (MTC)	58	30:52
23	Phil Pierce (MTC)	53	31:28
26	Katrina Bisheiner 4th woman	29	34:17
31	Russ Bradley (MTC)	71	36:15
32	Carlton Mendell (MTC)	73	37:52
34	Wendy Sayres	61	40:12
35	Donnajean Pohlmann	44	40:28
37	Mark Clinch (MTC) race walker	38	45:00
38	Deb Pepe	52	46:01
39	Ann Bacon	47	50:13
41	Shirley Fenlason	59	53:22
42	Julius Marzul (MTC)	68	56:13

1995 Killarney's 10K 88 Finishers Waterville Holiday Inn, Waterville, Maine March 5th, 1995

USAT&F = Equals or Beats National Standards Top Overall Finishers

Place	Name	Age	Time
1	Brent Leighton	25	33:21
2	Dan Dearing	33	33:38
3	Tom Thibeau (CMS)	36	33:40
4	Shaun Keenan (CMS)	33	34:17
5	Stephen Fluet	36	35:19
18	Rose Prest-Morrison	2	39:34
23	Donna Hurley	37	41:13
25	Laurel Valley (MTC)	32	41:20
28	Julie Lagin-Nasse USAT&F	15	41:45
29	Mary Meehan	29	41:54

Other Top Divisional Finishers

9	Guy Berthiaume (CMS) 45-49	49	36:19
10	Randy Hastings (CMS) 40-44	40	37:00
16	Derek Veilleux 19&under	16	38:48
34	Peter Bastow (MTC) 55-59	58	42:28
36	Phil Pierce (MTC) 50-54	53	42:30
53	Nancy Lagin (CMS) 45-49	45	45:09*
64	Judy Harris (CMS) 40-44	40	48:31*
65	Russ Bradley (MTC) USAT&F	71	48:32
68	Louisa Dunlap (CMS) 50-54	54	50:17*
69	Carlton Mendell (MTC) USAT&F	73	50:56
87	Shirley Fenlason (CMS) 55-59	59	74:05*

Other Maine Track Club Finishers

60	Kitty Kelley 2,45-49	48	47:43*
74	Dennis Morrill	55	53:20
85	Mark Clinch race walker	38	67:12
88	Julius Marzul	68	84:06

Many thanks to the Central Maine Striders' *INTERVAL* for complete results to the Snofest 5 Miler and Killarney's 10K.

14th Annual Mid-Winter 10 Mile Classic 147 Finishers (42 Female & 105 Male) Cape Elizabeth High School Cape Elizabeth, Maine February 26th, 1995 (postponed from February 5th)

USAT&F = Equals Or Beats National Standards Top Overall Finishers

Place	Name	Age	Time	Pace
1	Marty Shue 1,overall	26	1:01:14	6:07
2	Lynne Schuler 2,overall	31	1:04:14	6:25
3	Rose Prest-Morrison 3,overall	32	1:06:24	6:38
4	Mary Ann Doss (MTC) 4,overall	35	1:09:01	6:54
5	Nancy Cooper 5,overall	40	1:10:10	7:01
1	Paul Johnson 1,overall	17	57:51	5:47
2	David Drew 2,overall	30	58:58	5:54
3	Jim Toulouse (MTC) USAT&F	46	59:09	5:55
4	Tom Tero (MTC) 4,overall	29	59:59	6:00
5	Bill Desrosier 5,overall	32	1:01:28	6:09

Other Top Divisional Finishers

8	Nancy Clark 35-39	36	1:12:17	7:14
10	Nancy Kneeland (MTC) 40-44	40	1:13:46	7:23
18	Melissa Fecteau 19&under	18	1:19:47	7:59
20	Kitty Kelley (MTC) 45-49	48	1:20:45	8:05
31	Polly Kenniston 55-59	58	1:30:47	9:05
38	Sally Paterson (MTC) 50-54	53	1:39:19	9:56
41	Joyce Goodie 60-69 USAT&F	61	1:41:34	10:09
6	Newell Lewey 35-39	36	1:01:39	6:10
7	Nghia Huynh 19&under	17	1:01:43	6:10
11	John Mollica 40-44	42	1:02:25	6:15
15	Craig Wilson (MTC) 45-49	45	1:03:30	6:21
27	Terry Clark (MTC) 50-54	50	1:06:25	6:39
39	Clyde Coolidge (MTC) 55-59	56	1:10:03	7:00
86	Russ Bradley (MTC) USAT&F	71	1:23:35	8:22

Other Maine Track Club Finishers

6	Christine Snow-Reaser	29	1:11:59	7:12
7	Angela Small	25	1:12:01	7:12
9	Ann Strohm	30	1:13:30	7:21
16	Cecile Fontaine	44	1:18:21	7:50
22	Carol Pierce	48	1:21:03	8:06
26	Joan Tremberth	49	1:24:23	8:26
28	Jeanne Richmond	36	1:29:52	8:59
30	Dianne Kazilionis	5	1:30:30	9:03
34	Arabella Eldredge	40	1:34:16	9:26
36	Beverly Doughty	43	1:36:56	9:42
34	Rex Holtan	42	1:08:37	6:52
44	Loren Lathrop	46	1:10:23	7:02
45	Richard Scribner	43	1:10:47	7:05
46	Harry Nelson	40	1:10:55	7:06
47	Michael Cavanaugh	44	1:10:57	7:06
49	Steven Jacobsen	45	1:11:38	7:10
50	Larry Barker	45	1:11:38	7:10
53	Paul Lessard	37	1:12:01	7:12
59	Willie Sproul	37	1:13:24	7:20
61	Ed Doughty, Jr.	46	1:13:42	7:22
63	Neil Martin	52	1:13:54	7:23
64	Scott Hamilton	44	1:14:15	7:26
67	Bob Brosius	42	1:14:42	7:28
68	James Boisvert	38	1:15:48	7:35
73	Malcolm Washburn	41	1:17:20	7:44
74	Don Bessey	49	1:18:28	7:51
80	Brent Graham	25	1:20:09	8:01
90	Bill Robertson	55	1:26:34	8:39
94	Gerard Salvo	40	1:27:29	8:45
99	Don Burnham	53	1:29:53	8:59
101	M. F. Harmon	44	1:33:47	9:23
102	Rute Stuffletoe	55	1:40:22	10:02
103	William McCalmon	53	1:41:16	10:08
105	Mark Clinch race walker	38	1:46:30	10:39

Many thanks to Susan Davenny for complete results!

More Race Results

1995 Snowfest 5 Miller 23 Finishers Augusta Civic Center, Augusta, Maine February 12th, 1995

Place	Name	Age
1	Tom Thibeau (CMS)	36
2	Shaun Keenan (CMS)	33
3	David Drew (CMS)	30
4	Guy Berthiaume (CMS)	49
5	Rick Reaser (MTC)	28

7	Doc Thibeau (CMS)	40	31:25
11	Christine Reaser (MTC)	29	33:46
13	Peter Bastow (MTC)	58	34:59
14	Bob Brosius (MTC) (CMS)	42	35:18
15	James Moore (CMS)	51	36:06
16	Cody Rau (CMS)	16	36:30
27:12	18 Jane Rau (CMS)	45	36:53
28:02	19 Carlton Mendell (MTC)	73	41:53
29:11	21 Ann Bacon (CMS)	47	50:29
29:29	22 Judy Dickie (CMS)	53	56:13
30:10	23 Julius Marzul (MTC)	68	67:42

4th Annual Presidential 5 Mile Road Race 408 Finishers (144 Female & 264 Male) Dock Square, Kennebunkport, Maine March 26th, 1995

USAT&F = Equals Or Beats National Standards Top Overall Finishers

Place	Name	Age	Time
1	Sally Perkins 1,overall	31	30:03
2	Terry Sutton (MTC) 2,overall	33	30:52
3	Mary Meehan 3,overall	29	31:56
4	Rose Prest Morrison 1,30-39	32	32:16
5	Laurel Valley (MTC) 2,30-39	32	32:45
1	Rob Pierce 1,overall	34	24:45
2	Bob Winn 2,overall USAT&F	36	25:52
3	Tom Howard (MTC) 3,overall	18	27:09
4	Brent Leighton 1,20-29	25	27:21
5	Mark Dudley 1,30-39	35	27:29

Other Top Divisional Finishers

6	Brigitte Laflin 19&under	18	32:55
7	Gretchen Read (MTC) 50-59 USAT&F	52	33:05
8	Ellen Bowden 40-49	42	33:06
11	Carol Weeks 2,40-49 USAT&F	46	33:26
32	Faye Lowrey 2,50-59 USAT&F	51	36:52
44	Maggie Solomon 60&over USAT&F	61	38:52
82	Sally Strazdins 2,60&+ USAT&F	61	43:37

9	Donald Avery 40-49	40	27:54
35	Lawson Noyes 50-59	53	31:02
90	Hap Hazzard (MTC) 60&over	63	34:39
119	John Chandler 2,60&+ USAT&F	67	36:32
167	Russ Bradley (MTC) USAT&F	71	39:10
184	Carlton Mendell (MTC) USAT&F	73	40:18

Other Maine Track Club Finishers

19	Nancy Lund	43	34:20
22	Kitty Kelley	48	35:59
37	Sarah Parrot	36	37:36
39	Maureen Sproul	38	38:05
41	Patti Tableman	36	38:19
54	Nikki Kagan	37	40:31
65	Stephanie Paterson	24	41:55
69	Jen Hamel	26	42:24
78	Ember Brosius	15	43:11
84	Beverly Doughty	43	44:12
89	Sally Paterson	53	44:45
91	Sandy Utterstrom	51	45:07
98	Kathy MacDonald	42	45:28
113	Dianne McCorkle	35	49:12
114	Barbara Brosius	43	49:20
118	Marge Parsons	44	49:47

119	Maggie Soule	53	50:11	10:02
123	Pamela Kinner	35	50:24	10:05
127	Dolores Billings	64	54:16	10:51
131	Ruth Heffelfinger	65	56:08	11:14
133	Donna Moulton	46	58:31	11:42

30	Michael Reali	41	30:09	6:02
37	Paul Gadbois	41	31:22	6:16
40	Carl Heffelfinger	34	31:31	6:18
43	Terry Clark 2,50-59	50	31:48	6:22
47	Rex Holtan	43	32:03	6:25
52	Sumner Weeks, Jr.	46	32:20	6:28
58	Ed Doughty, Jr.	46	32:43	6:33
59	Carlos Philbrick	42	32:47	6:33
62	Larry Barker	45	33:12	6:38
63	Brian J. Flynn	34	33:15	6:39
5:26	65 Will Terrill	24	33:18	6:40
5:28	66 Ronald "MTC" Paquette	43	33:19	6:40
5:30	70 Paul Lessard	37	33:33	6:43
71	Michael Beaudoin	52	33:35	6:43
72	Will Lund	39	33:41	6:44
6:35	73 Peter Bastow	58	33:43	6:45
6:37	75 James Boisvert	38	33:54	6:47
6:37	78 Scott Hamilton	44	34:02	6:48
6:41	82 Neil Martin	52	34:21	6:52
7:22	89 Larry Kinner	45	34:39	6:56
7:46	94 Bob Brosius	42	34:58	6:59
8:43	109 Dale Rines	43	35:51	7:10
114	John LeRoy	58	36:12	7:14
5:35	127 Robert Green	47	36:38	7:20
6:12	139 John Watson	51	37:18	7:28
6:56	141 Dan Fitzgerald	35	37:25	7:29
7:18	144 Daniel Defrees	40	37:36	7:31
7:50	145 William Sproul	37	37:37	7:31
8:04	150 Jonathan Dietz	48	38:04	7:37
169	Orlando Delogu	58	39:21	7:52
174	Richard Cavanaugh	62	39:42	7:56
6:52	176 George Conly	46	39:51	7:58
7:12	181 Chris Rolfe	32	40:03	8:01
7:31	185 Hillary Billings	41	40:33	8:07
7:37	188 Joseph O'Donnell	44	41:02	8:12
7:40	192 Brent Graham	25	41:16	8:15
8:06	198 Don Kent	42	41:39	8:20
8:23	203 Ronald Read	52	41:46	8:21
8:29	213 Greg Parker	37	42:26	8:29
8:38	225 David Conley	55	43:34	8:43
8:50	235 Brian Brown	37	44:28	8:54
8:58	240 John Gale	39	44:46	8:57
9:01	256 Mel Fineberg	59	51:05	10:13
9:06	262 David Delaney	37	1:01:41	12:20
9:50	264 Sheldon Kretschmer, III	22	1:30:00	18:00

9:57 Many thanks to Don Bessey for complete results!

Notice about race flyers

An organization sponsoring a road race that wishes to have their flyers included in the Maine Track Club newsletter must submit the flyers and a payment of \$40 by the 15th of the month. Flyers will not be included in any mailing if not accompanied by the \$40 service fee.

A warm thank you

In the April newsletter, it was noted that Maine Marathon race directors Peter Bastow and Don Kent made a \$3,500 donation to the Ronald McDonald House Building Committee in January. Below is a letter sent to the club thanking us for the donation:

Dear Friends,

On behalf of Stand By ME, Inc., I want to acknowledge receipt of and thank you for your generous donation of \$3,500.00 to help build the new Ronald McDonald House in Portland.

We also certify that no services or goods were provided in return for the donation.

Your generosity is helping to bring the "home away from home" for the families of hospitalized children closer to reality. The House is now under construction and will be open by spring.

We can imagine how much hard work it took to produce such outstanding results. Please thank all who were involved.

Your help is very much appreciated.

*Sincerely,
Joseph R. Foley*

Member news

Clyde Coolidge recently returned from Bermuda, where he ran a 10-mile race. Clyde reports that this is good therapy for anyone lucky enough to be in the warm climate this time of year.

Also, John LeRoy spent the winter in Puerto Rico, where he had the honor of competing in the prestigious San Blas Half Marathon. The event was won by Ecuador's Rolando Vera.

Mainers gain national recognition

Several former Maine high school track standouts having been making their mark recently on a national level.

Kennebunk's Erik Nedeau, a graduate of Northeastern University, has established himself as one of the top 1,500-meter runners in the world. The only Mainer ever to run a sub-4:00 mile, Nedeau was ranked seventh in the nation by Track & Field News for the 1,500 in 1994, and he shocked the world by finishing third in last month's World Indoor Championships in Barcelona. Among his victims was 1992 Olympic gold medalist Fermin Cacho.

Earlier in the year, Nedeau's 3:57.28 was the sixth fastest mile run in the world during the indoor season.

Several other Mainers found themselves in Track & Field News' yearly rankings. Rob Pendergast of Ellsworth was listed 16th in the decathlon, while Scarborough's Ryan Werner was No. 39. Werner recently won the decathlon at the prestigious Penn Relays with a career best point total of 7,463. In that same event, Penn State freshman Jamie Cook of Kennebunk finished third.

The 15th best performer in the 10-kilometer walk was Farmington's Gretchen Eastler. Augusta's Cindy Moreshead, competing for Wake Forest, is listed 41st in the 10,000-meter run.

Two female athletes with Maine ties are succeeding in events which for decades were the domain of the men. Biddeford product Crystal Corbeil of Northeastern recorded the sixth-best throw in the women's hammer with a toss of 180-11. Shannon Walker, a sophomore at Bates College, was ranked third in the United States by Track & Field News in the fledgling women's pole vault, with a clearance of 11-2. Walker has since surpassed that height.

Maine Track Club clothing available

Plenty of Maine Track Club clothing is available to those members who like to show their club spirit whenever they race. Just contact Howard Spear at 856-6496 if you're interested in purchasing MTC singlets, shorts, gymbags or other paraphernalia. Howard also can obtain wind suits by special order. MTC clothing is produced by Bill Rodgers Sportswear, so the quality is very good. Be sure to get some MTC gear of your own and display the club's green and white colors at your next race.

New Members

If you have joined MTC in the last four months, please write a brief note letting us know how we can help you become acquainted and involved. Why did you join MTC? Would you like to run with others? When do you like to run? How fast? How far? In what area of the city? Which city? What other activities are you looking forward to? Send your note to: Membership, Maine Track Club, P.O. Box 8008, Portland, ME 04104.

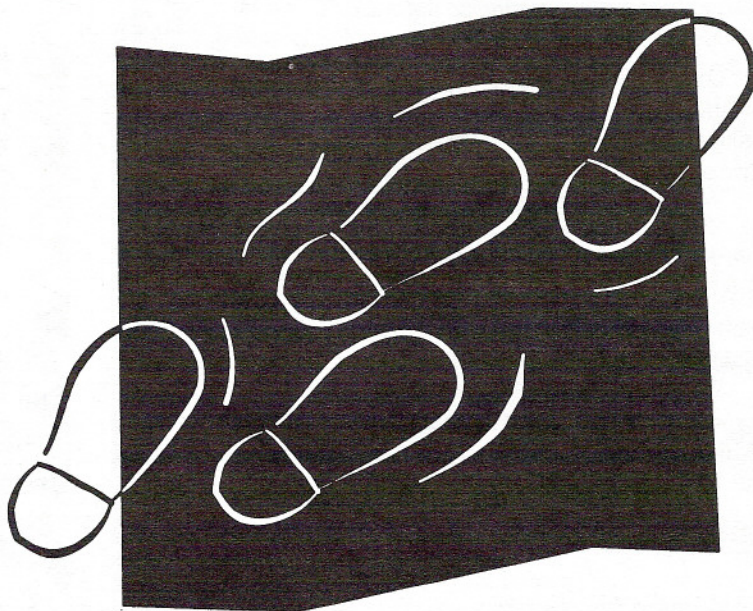
Individuals

Michelle Poulin
45 Racine Ave
Portland, ME 04103
207-797-7175
Programmer/Analyst at UNUM

James Haddow
HC 70 Box 210 Y2
Limington, ME 04049-9613
207-637-3202
Attorney, Petrucci & Martin

Families

Lance and Peggy Tapley and family
7 Elm Street
Augusta, ME 04330-5109
207-626-3298
Publisher, Maine Running & Fitness



Membership reminder

If you haven't yet renewed your Maine Track Club membership, now is the time to do so. Where else can you mingle with old friends, meet new friends, learn more about health and nutrition, receive an informational newsletter, run, bicycle, picnic, laugh and "belong" for just \$12 for an individual and \$15 for a family.

Don't let this be your last MTC newsletter!! Complete the enclosed membership application and mail to: Membership, Maine Track Club, P.O. Box 8008, Portland, ME 04104.

Renewed members

If you have renewed your membership in MTC, what activities do you particularly enjoy? How can the club better meet your needs? Have you found compatible running partners? If not, when do you like to run? How far? Where? Drop "Membership" a short note and we will try to help you.

Please review the list of new members. Does anyone live in or near your neighborhood? Invite a new member to run with you and/or attend the next MTC meeting!!

Upcoming Races

May 6

Rocky Coast 10k Road Race& Bunny Run, Boothbay Harbor, 10 a.m., 1-mile bunny run at 8:45 a.m.: contact Boothbay Region YMCA, 633-285

May 7

Oakhurst Milk Run 4-miler, South Portland, 10 a.m.: contact Charles Scribner, 772-5781

Hash, Hallowell Hash House Harriers, Bowman St., Farmingdale: contact Greg Crocker, 582-8139

May 13

Family Crisis Shelter 5k, Portland, 9 a.m.: contact Lois Galgay Reckitt, 767-4952

A Run For Your Life 5k, Presque Isle, 10 a.m., also 1-mile walk for kids: contact Larry Tonzi, 532-7548, or Pat Sutherland, 768-2808

Mum Run 5k, Bar Harbor, 10 a.m.: contact Mt. Desert Island YWCA, 288-5008

Sports Medicine East 10k Classic, Skowhegan, 10 a.m.: contact Walter Crockett, 474-7179

Hospital Week 5k, York, 10 a.m.: contact Robin Cogger, York Recreation Department, 363-1040

Close to the Coast 10k, South Freeport, 10 a.m.: contact Freeport Rotary Club, P.O. Box 552, Freeport, ME 04032

May 14

Coastal Child Care Mother's Day 5k, Rockland, 8:30 a.m.: contact Wanda, 594-2591, or Sarah, 594-7721 (eves.)

May 17

Maine Corporate Track Association meet, 5:30 p.m., location to be determined, 1-mile run open to public: contact Susan Olson, 770-2516

May 20

Georgia-Pacific/ Town of Baileyville 5k, Woodland, 10 a.m., also 1-mile fun run/walk: contact Mike Boies, 427-6205

May 21

"5k Sports" 5k Race/Walk, Falmouth, 9 a.m.: contact Jim McCorkle, 781-3134

Sugarloaf Marathon & 15k, marathon start 7 a.m. Eustis, finish Kingfield, registration closes May 13; 15k start Carrabassett Valley, 7:30 a.m.: contact Chip Carey or Angela Webster, 237-2000

East Millinocket Spring Clean-Up 5-Miler & 1-Miler, 1 p.m.: contact Frank Clukey, 746-3553

Bath YMCA Long Reach 5-Miler, Bath, 10 a.m., also 1-mile fun run, 9 a.m.: contact Bath YMCA, 443- 4112

May 26

Back Bay 5k, Portland, 7 p.m.: contact Matt Burgess, YMCA, 874-1111

May 28

Live Your Dreams 5-Mile Run/3-Mile Walk, Kennebunk, walk 8:40 a.m., run 9 a.m.: contact Deb Flitts, 967-8514

May 29

(h) Monmouth Apple Blossom Races, Monmouth, 15k & 4.5 Miles, 8 a.m.: contact Doug Ludewig, 933-4416 (w), 933-4677

Seaside Holiday Memorial Day 5k, Kittery, 9 a.m.: contact Kittery Recreation Department, 439-3800 or 698-5817

May 31

Maine Corporate Track Association meet, 5:30 p.m., location to be determined, 2-mile run open to public: contact Susan Olson, 770-2516

Volunteers needed at Sugarloaf

Maine Track Club members, families or friends are needed to help in the finish area at the Sugarloaf Marathon and 15K on May 21. It involves being at the finish area by 8 a.m. to cut fruit, serve water and Exceed, or work the chute and finish line for one or both races. If you or anyone you know can help, please call Susan Davenny at 772-1787 or write to her at 14 Woodvale St., Portland, ME 04102.



Maine Track Club 1995 Officers and Committee Chairs

USA Track & Field



Ron Pelton	President	846-9039	Don Penta	Statistician	892-4526
Ron Deprez	Vice President	772-4312	Maureen Sproul	Photography	926-4681
Mel Fineberg	Past President	774-8868	Howard Spear	Equipment/Clothing	856-6496
Larry Barker	Treasurer	761-0137	Dale Rines	Course Certification	854-2481
Mary Ann Doss	Secretary	799-0896	John Gillis	Course Certification	879-0222
Alyce Schultz	Membership	780-9805	Bob Aube	Newsletter	946-7681
Everett Moulton	Race Committee	799-2894	Ann Blanchard	Newsletter	883-6905
Donna Moulton	At Large	799-2894	Pat Buckley	Newsletter	775-4817
Russ Bradley	At Large	799-3864	Larry Dyer	Newsletter	892-2508
Clyde Coolidge	At Large	603-742-9405	Susan Roberts	Newsletter	829-6288

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