



News•Run

Run with a friend ...

May 1996

From the Presidential Suite ...

This has been an eventful week. The 100th Boston Marathon took place on Monday after years of preparation by thousands of dedicated runners and volunteers. The weather proved that God is truly on the side of runners everywhere. A beautiful day sandwiched between two very dreadful days. One wonders what would have happened if, for example, Tuesday had been Monday. For most runners, the race, in a word, was crowded — extremely crowded — from start to finish. For some who were fortunate enough to have low starting numbers and for others who bypassed their corrals and sneaked in up front, crowds were not an issue. Starting in the 18th corral, it took me a full 10 minutes to get to the starting line. From there it was difficult to obtain any running room until mile 12 or so. Then, starting at mile 20, it got crowded again as faster runners slowed through the streets of Boston. I accepted the crowds as best I could but never really stopped picking my way past slower runners. I came to realize that regardless of the race, it is not in my nature to go slow. I ended up passing over 9,000 runners on my way from Hopkinton to Boylston Street. The highlight of the race for me was finishing with Bob Coughlin on this, his 50th marathon. I spotted Bob at mile 25. Bob and I have a gentleman's agreement; in longer races, we never pass each other in the last mile. It was an honor to finish with him at Boston.

MTC salutes all of its finishers of the Boston Marathon. You will find a list of them in this newsletter with their official times. Next month we will list the net times of each -- the time it took each to finish the course from the start line, not the official starting gun time. Thanks to the computer chip we all wore on our shoes, this is possible.

The April MTC Membership meeting again proved eventful. In addition to a lively discussion

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May MTC Meeting

Wednesday, May 8, 6:30 p.m.
Southern Maine Technical College
Machine Tool Auditorium
Fort Road, South Portland

Guest Speaker: Tom Armstrong
Topic: International Peace Climb

Tom Armstrong, who was a member of the 1990 International Peace Climb up Mt. Everest, will speak at the May meeting. Mr. Armstrong, who works at L.L. Bean in Freeport, will speak about this experience, with special focus on training for altitude sporting events. This is a program you will not want to miss.

The Maine Track Club meets monthly, the second Wednesday of each month, in South Portland at SMTCL, Machine Room Auditorium @ 6:30 p.m.

What's inside ...

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about the direction of the club, we enjoyed an incredible video and talk about the Antarctic Marathon by Ken Volk. May's meeting will feature a talk by Tom Armstrong, who participated in the International Peace Climb up Mt. Everest in 1990. He will talk about his experience, with a special focus on training for altitude events. Hope to see you there.

At the April Board meeting, we passed a resolution to develop an MTC corporate membership. An outline for a formal proposal for this will be presented at the next board meeting. After that it will go to membership. A resolution also passed on a process to bring the name change issue before the membership. The Board decided to send a survey to members asking them if there was interest in considering a name change for the MTC. This will go out sometime next month; once the board has had an opportunity to review the survey and accompanying materials. We all realize this is an important and somewhat emotional issue and want to get the issue resolved as soon as is reasonably possible. At the same time we want to bring the issue before the membership for resolution.

You will see in this issue of the newsletter a list of stores which will honor MTC members with a discount for purchases, provided you show your membership card. We want to thank the participating stores and Russ Bradley for recruiting them into the MTC discount program. This provides members with yet another benefit.

One final note. Steve Fluet will be the 1996 MTC coach. We are preparing a special announcement for members, notifying them of the time and place for starting the coaching program. We thank members of the MTC Coaching Committee (Jim Toulouse, Mary Ann Doss, Al Butler and Terry Sutton) for their time in planning the coaching program with Steve. This marks the un-official start to a busy road racing season. See you on the roads and at the races.

Ron and Martha Deprez

(e-mail: 102334.3720@compuserve.com.)

Group run info sought

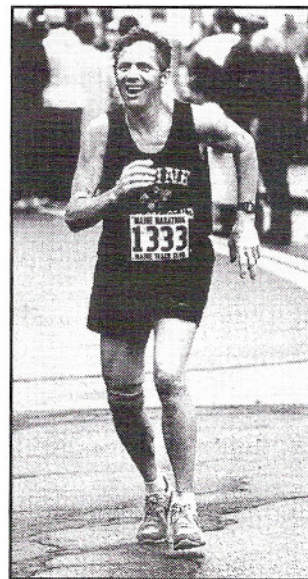
If you know of a group run, please contact either Bob Aube or Larry Dyer to let us know where, when, how far, approximate pace per mile and contact person for inclusion in the monthly newsletter.

MTC profile

Herb Strom

Herb Strom, 66 years young and a devoted family man, has done it all in running circles. Herb reports that he trains 25-30 miles per week and ups it to 50-60 when training for a marathon. He complements this with regular strength training. He also swims, bikes, skis and hikes, including a hike through the Annapu Ranges in Nepal in 1992.

Herb's favorite race was the Nike Maine Coast Marathon, the site of his first marathon in 1980. He finished one second behind Kim Moody. Herb's marathon PR occurred in that



race, a 2:55:24. He has also done 3:04:02 in the Casco Bay Marathon. Herb's personal bests include a 38:36 10K, a 1:03:14 for 10 miles, and a 1:26:24 half marathon. This veteran of the roads has done a 50-miler and 30 marathons, including 10 Bostons. He also has finished first in his age bracket in a couple of triathlons, including the Tin Man Triathlon in Camden, which consists of a 1K swim, a 27-mile bike ride and a 6½-mile run.

Herb's advice to others is to find at least one running partner. You can keep each other inspired and motivated not to miss your weekly training sessions. You can draw strength from each other, which is a big plus for runners. Herb has trained with Russ Bradley since 1980 (now I know why you're doing so well, Russ). He also runs with the infamous "Rat Pack".

Herb, thanks for your long-time service to the Maine Track Club, thanks for being a friend to us all, and thanks for so many wonderful running memories. We wish you continued success and health.

— By Larry Dyer

Boston Marathon results for MTC runners

The following MTC runners completed the 100th Boston Marathon on April 15, 1996. The MTC salutes their efforts and celebrates the individual accomplishment of each. The official times posted for each runner below includes the time, up to 28 minutes for some, it took to get to the starting line once the gun went off.

NAME	OFFICIAL TIME
Larry Barker	4:19:17
Al Butler	3:21:27
Ron Cedrone	3:46:20
Michael Cowell	4:16:24
Rob Craig	3:16:31
Ron Deprez	3:33:51
Jane Dolley	5:04:32
Ed Doughty	3:46:00
John Eldredge	3:37:58
William Emerson	3:16:14
Rob Fast	3:07:14
Cecile Fontaine	4:01:26
Paul Gadbois	3:32:15
Joe Guimond	4:10:37
Scott Hamilton	4:36:40
Joe Hayes	3:36:57
Dan Hutchins	3:34:03
Stewart Jordan	3:02:29
Candace Karu	4:18:40
Diane Kazilionis	4:13:51
Thomas Keating	3:26:49
Don Kent	5:13:14

Jody King	3:48:23
Alison Kisch	3:55:58
Loren Lathrop	3:44:39
Paul Lessard	3:11:21
Carlton Mendall	4:26:04
Harry Nelson	3:33:21
Kurt Neilsen	4:13:26
Bob Payne	3:28:09
Ron Pelton	5:17:19
Phil Pierce	3:29:52
Roz Randall	3:56:04
Mike Reali	3:01:36
Scott Samuelson	3:30:43
Rodger Smith	5:20:20
Stafford Soule	3:00:04
Will Sproul	3:35:19
Ann Stairs	4:00:34
Mark Steege	3:16:33
Terry Sutton	3:22:13
Patti Tableman	4:31:40
Jean Thomas	4:40:47
William Thompson	4:15:16
Kathryn Telford	4:12:01
Jim Toulouse	3:05:25
Charles Vadigan	4:45:14
Laurel Valley	3:41:28
Kenneth Volk	5:39:06
Malcolm Washburn	3:38:51
Peter West	4:01:48
Craig Wilson	3:09:12

Boston Marathon feedback

Ron Cedrone reports to have had a "zany" experience at the Boston Marathon because he couldn't keep his eyes on his training. He averaged less than 30 miles per week since January due to an injury and obligations. He remained steadfast in his determination to run the "Woodstock of running". He started in the 10,000 corral, not getting to the starting line for four minutes, but he managed to average eight minutes per mile for the first 20. At this point, he got the first of several leg cramps, and we all know what they can be like.

Ron found his inspiration in the tremendous crowds. He would stop to rub his legs, only to be urged on by the cry "Let's go Maine". Ron would break into a survival shuffle that most marathoners know all too well. He finished in a very credible 3:42 — his slowest marathon, but one of his most gratifying. He even ran in training shoes and managed no blisters for the first time.

Congratulations, Ron, on a job well done.

MTC trailer

The new Maine Track Club equipment trailer was put into service for the first time at the Presidential Race. The trailer, which is kept at 5K Sports in Falmouth, includes the MTC logo as well as those of several sponsors, as pictured below.



MTC telephone line



The Maine Track Club now has telephone hotline for latest club news. An answering machine has been set up at 5K Sports in Falmouth so that interested parties can get information about upcoming races and other club events. The phone number is 781-5887.

Make a new friend

The most commonly asked question by new members is "how can I get connected with a group for training runs?" If you run with a group or are looking for a running partner, please give a new member a call.

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. E-mail your story, article or announcement to 74270.2276@compuserve.com, or send it to:

Larry Dyer
15 Royal Oak Circle
Topsham, ME 04086

If you have something to share for *News-Run* but don't feel like writing it, contact Larry Dyer (725-6962).

Race Results

Submitted by Don Penta

6th Annual Presidential Five Miler
250 Finishers (67 Female & 183 Male)
Dock Square, Kennebunkport, Maine
March 31, 1996

Top Overall Finishers

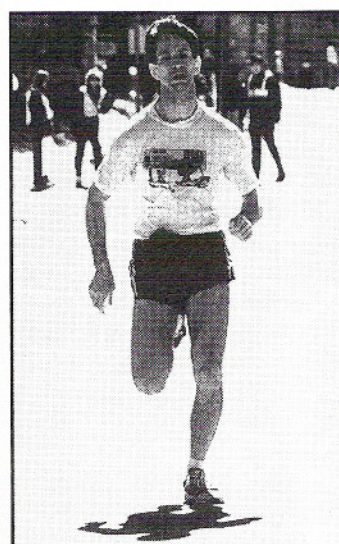
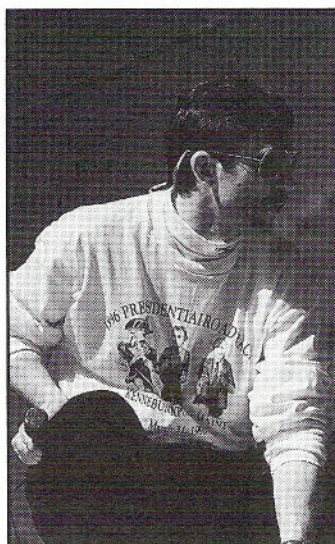
PLACE/NAME	AGE	TIME	PACE
1 Bob Winn 1,overall USAT&F	37	25:10	5:02
2 Don Legere 2,overall.....	33	26:23	5:17
3 David Weatherbie 3,overall	28	26:55	5:23
4 Tom Dann 1,35-39.....	39	27:07	5:25
5 Shawn Keenan 1,30-34.....	33	27:08	5:26
31 Rose Prest-Morrison 1,overall.....	33	31:13*	6:15
34 Laurel Valley (MTC) 2,overall.....	33	31:31*	6:18
43 Nancy Weis 3,overall	35	32:12*	6:30
47 Leslie Mourmouras 1,25-29.....	27	32:44*	6:33
49 Jody King (MTC) 1,35-39.....	35	32:56*	6:35

Other Top Divisional Finishers

7 Kevin M.P. Hynes 30-34	30	27:24	5:29
8 Tom Howard 19&under.....	19	27:27	5:29
10 Steve Podgajny 45-49.....	45	27:51	5:34
21 Kenneth Flanders (MTC) 40-44.....	44	30:12	6:02
24 Joel Croteau 50-54	52	30:36	6:07
35 John White 20-24.....	24	31:26	6:17
59 Carol Hogan 45-49 USAT&F	45	33:52*	6:46
42 Russ Pickering 55-59.....	56	32:06	6:29
78 Hap Hazzard (MTC) 60-64.....	64	34:46	6:57
86 Melissa Murphy (MTC) 20-24.....	23	35:05*	7:01
91 Marjorie Tennyson 40-44	42	35:21*	7:04
126 John Chandler 65-69.....	68	37:14	7:27
141 Faye Lowrey 50-54	52	38:15*	7:39
142 Andrea Grodon 30-34	32	38:17*	7:39
143 Russ Bradley (MTC) 70&+ USAT&F	72	38:27	7:41
199 Sally Strazdins 60-64 USAT&F	62	42:58*	8:36
202 Danielle D'Entremont 19&-.....	16	43:13*	8:39
213 Marguerite Comerford 55-59.....	56	45:04*	9:01
249 Dolores Billings (MTC) 65-69.....	65	56:26*	11:17

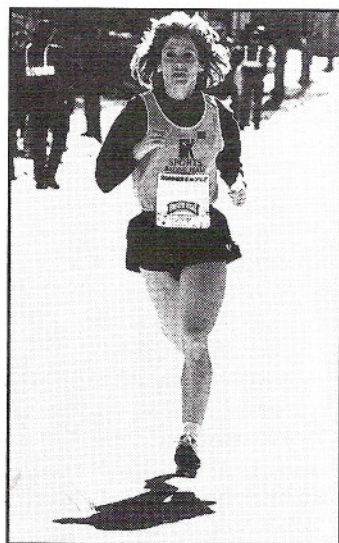
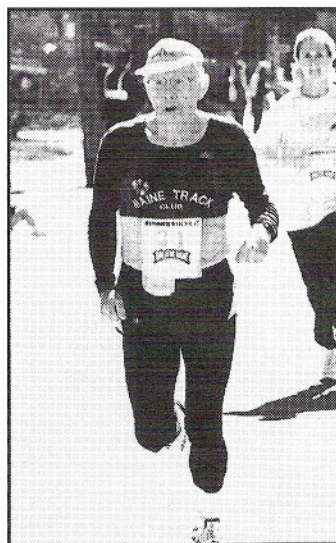
Other Maine Track Club Finishers

14 Jim Toulouse 2,45-49	47	28:41	5:41
28 Erich Reitenbach	45	31:06	6:13
38 Terry Clark 2,50-54.....	51	31:46	6:21
44 Gerard Conley	42	32:30	6:30
53 James Boisvert	39	33:16	6:39
57 Larry Kinner	46	33:41	6:44
64 Richard Scribner.....	44	34:01	6:48
69 Carlos Philbrick.....	43	34:29	6:54
75 Tanya Horne 2,25-29.....	27	34:43*	6:57
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88 Ann Stairs	27	35:12*	7:02
94 Clyde Coolidge 2,55-59.....	57	35:41	7:08
104 Don Bessey	50	35:57	7:11



Above: Race director David McCullough and winner Bob Winn.

Below: Russ Bradley and Laurel Valley.



106 Peter Bastow	59	35:59	7:12
114 Neil B. Martin.....	53	36:36	7:19
121 Thomas Harlow.....	50	36:50	7:22
123 Julia Drinker.....	35	36:56	7:23
129 Dick Lajoie.....	55	37:33	7:31
131 Robert Green.....	47	37:36	7:31
150 Mary Coolidge.....	27	39:07*	7:49
159 Thomas Harmon.....	34	39:33	7:55
164 Nancy Murphy 2,45-49.....	49	39:47*	7:57
166 Joseph Skinnick.....	33	39:56	7:59

(Continued on page 6)

More Race Results

(Continued from page 5)

177 Neil Chivington.....	48	41:14	8:15	These and forthcoming compiled results were prepared using the new 1996 MTC roster with non-renewals excluded. As non-renewers renew they will be included in results of upcoming results as Maine Track Club members.
187 Carlton Mendell 2,70&over.....	74	41:40	8:20	
192 Orlando Delogu.....	59	42:17	8:27	
215 Annette Elowitch.....	53	45:35*	9:07	
223 Pamela Kinner.....	36	46:26*	9:17	USAT&F qualifiers meet or beat new 1996 standards for national ranking.
237 Linda Metzger.....	53	49:08*	9:50	
241 John Gale.....	40	50:10	10:02	
243 Marge Parsons.....	45	51:29*	10:18	
244 Mark Clinch race walker.....	40	52:08	10:26	Many thanks to Jim McCorkle and Diane McCullough for complete results!
250 Julius Marzul 2,65-69.....	69	61:05	12:13	

6th Annual Presidential Five Miler 250 Finishers (67 Female & 183 Male) Dock Square, Kennebunkport, Maine March 31, 1996

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USAT&F qualifiers meet or beat new 1996 standards for national ranking.

Many thanks to Jim McCorkle and Diane McCullough for complete results!

Help the club; be a volunteer

Now that the racing season is upon us, please think about volunteering to work a race or two this year. Without volunteers, there is no racing season. Hopefully, all of you will help at least once, whether you're an elite runner on a back-of-the-packer. There is no excuse for not helping sometime this season.

Letter of appreciation

I would like to thank you very much for selecting me for the Maine Track Club scholarship. I want to take this time to let you know that I appreciated it greatly. I am looking forward to attending college in the fall and I am especially eager to run cross-country and track at the college level. Thanks again, the scholarship will help a great amount.

*Sincerely,
Robin Bates*

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American Cancer Society holding Relay for Life

The American Cancer Society will hold its annual Relay for Life on May 17-18 in Auburn and Wiscasset. This is an 18-hour event in which teams of 8-to-12 individuals representing a business, club or ad hoc group run or walk on a track for 30-minute segments. The ACS tries to establish a carnival atmosphere with entertainment, food and games at each location. The event has a team registration fee of \$100, and each team member is asked to raise a minimum of \$100 in donations. Teams are encouraged to bring tents to set up their base camp at 6 p.m. on Friday, May 17. At 10 p.m. on Friday, the track lights will be darkened for a ceremony honoring those who have battled cancer.

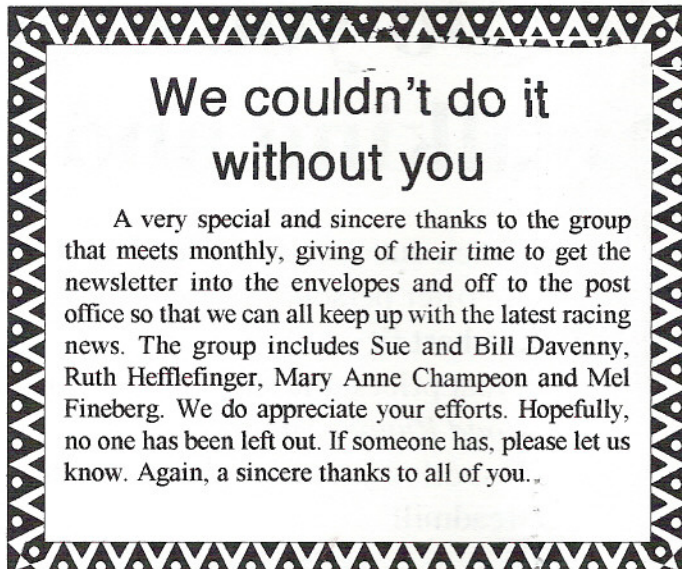
Money raised by teams from the Greater Portland area will go to the Cumberland Unit to support the American Cancer Society's work in Greater Portland.

If you have any questions or need more information, contact Andy MacLean at 622-4650.



Spots available for Falmouth Road Race

If you weren't fortunate enough to get a spot in this year's Falmouth Road Race but you still would like to compete in the event, here is your chance! The Maine Track Club has two guaranteed slots in the race, and they will be given away via silent auction at the May meeting, so if you're interested, please be sure to attend.



We couldn't do it without you

A very special and sincere thanks to the group that meets monthly, giving of their time to get the newsletter into the envelopes and off to the post office so that we can all keep up with the latest racing news. The group includes Sue and Bill Davenny, Ruth Hefflefinger, Mary Anne Champeon and Mel Fineberg. We do appreciate your efforts. Hopefully, no one has been left out. If someone has, please let us know. Again, a sincere thanks to all of you.



Notice about race flyers

Anyone who wishes to have their race 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. The fee applies only to races not run by the MTC, so if a race fee is already being paid to the club, there is no charge for race flyers.

New members

Larry Tonzi
9 Lincoln Street
Houlton, ME 04730-2204
207-532-7548

RN Instructor, Northern ME Tech College
Clinical Counselor

Jennifer McGeoghegan
19 Jameco Mill Road
Scarborough, ME 04074-8215
885-9730

Occupational Therapist, Pediatric Development Center

Hannah Schulz
25 William Henry Drive
Gorham, ME 04038
839-6514
Student, Gorham High School

Carol Kerr
76 Oakhurst Road
Cape Elizabeth, ME 04107-1421
767-0772

Paul Greene
1375 Forest Ave., Apt. G17
Portland, ME 04103-1864
797-8462
Sportscaster, WPXT-TV

Sara Mayo & Charles Foehl
122 Salem Street
Portland, ME 04102
772-0653
Sara, Surgical Resident, Maine Medical Center;
Charles, Consultant, LLBean

Zachery Laidley
197 Pine St., Apt. #24
Portland, ME 04102-3533
773-7985

Track Coach, Mahoney Middle School

Ralph Butts
P.O. Box 488
Gray, ME 04039-9802
428-3062
Parts Dept., Bruns Bros.

Jim Stokes
2 Southgate Road, Apt. 1
New Providence, NJ 07974-2800
908-508-9209
Programmer Analyst, Prudential Insurance

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<input type="checkbox"/> Full evaluation including sub. max treadmill	\$34.95
<input type="checkbox"/> Physician supervised max treadmill	\$64.95
<input type="checkbox"/> Full evaluation including physician supervised treadmill	\$79.95

Call Julia today at 780-4639 for all the details

Lifeline

Center for Fitness, Recreation and Rehabilitation
A Public Service unit of USM

 **University of Southern Maine**

Notes from our newest members

Hello. My main reason to join is that your club supports the sport that I have enjoyed personally and have supported myself for almost 40 years.

I ran XC and track in high school. No running in college except my frosh year. Viet Nam and the Navy lead me to bad health habits including smoking. After discharge in 1971, I stopped smoking to improve health and returned to running while at Buffalo. I became very serious 1976 and haven't stopped since. I have run hundreds of races and usually do well in my age group. I have done Boston several times and plan to run the 100th.

I have always been a member of a local running club. I helped found the Swamp Fox Striders of Florence, S.C. There we had runs to support running and to raise scholarship monies. I was a member of the Linkville Lopers of Klamath Falls, OR and presently the Aroostook Musteeds here in the "County". I support the Teeds's efforts here and I am the race director of the Nurse Day Run at NMTC which raises money for nursing scholarships.

I am a "rabid" tennis player and I am a member of the Team Bangor.

I have a son in Seattle who is an engineer, married with one child, who plans his first marathon this year. He's 25 years old. I have a daughter who is a Junior at Houlton High with interests in music, tennis and PT in the future. I have a wonderful wife, Barb.

Larry Tonzi

I'd like to join the Track Club for a couple reasons...to meet people who to run and to get advice on how to improve. But mostly, I just want to have fun.

Jennifer McGeoghegan

A note about why I'm joining and my running experiences:

I'm joining because i recently move to the area after getting a job in town, and have a competitive runner my whole life. I ran for Brandeis University in college and my coach there, Bruce Bickford, a Mainer, suggested that I join the Maine Track Club, to meet other people with whom I can train. It's tough to train alone in a new town, something I have been forced to do so far. I'm very out of shape right now, but would like to get back into the 26:00 range for five miles, sub-16:00 for 5k by the end of the summer.

When I was in graduate school at Syracuse I ran for the Syracuse Chargers men's open racing team and would love to do the same for the Maine Track Club. Please send me information or call me with the information on how I can get involved with this. I look forward to hearing from you soon.

Paul Greene

I have been a competitive runner in every distance from 400 meters to the marathon for over ten years now. I plan on making a career out of running, whether it be coaching, competing, officiating, etc...I'm not sure yet. I'm joining MTC to make some connections and contacts as well as to have some affiliation.

W. Zachery Laidley

Why Joining?? Because our good friends, Terry Sutton and Micheal Reali, will no long allow us to be their friends unless we join!!

Running Experiences: Sara ran a lot in medical school and ran a few 10ks and 5 milers. Charles took up running more seriously last summer and ran 3/4 races, with plans to do 6-7 this summer.

Sara Mayo and Charles Foehl

I have been running for almost five years and cannot picture life without running. I want to join the Maine Track Club because I believe it will be a good way of keeping informed of races and other issues relevant to Maine running and running in general. My family and I make frequent trips to the Portland area and every opportunity I get I enter road races during our visits. In Maine, I have run in the Mid Winter 10 Miler, L.L. Bean 10K, and Great Osprey Ocean Run. In addition to many other races, I have also run in and completed the last two New York City Marathons. I hope to run the Maine Marathon this fall. Thank you for you consideration.

Jim Stokes

MTC Discounts

The following area sporting goods stores have agreed to give MTC members discounts on running shoes and running clothing. It is necessary that you show your 1996 club ID card when requesting discounts.

5K SPORTS, 190 US Route 1, Falmouth, ME
15% on Shoes; 20% on Clothing

OLYMPIA SPORTING GOODS, Maine Mall, South Portland, ME
10% on Shoes Only

YANKEE SPORTS, 35 Foden Road, South Portland, ME
10% on Shoes Only

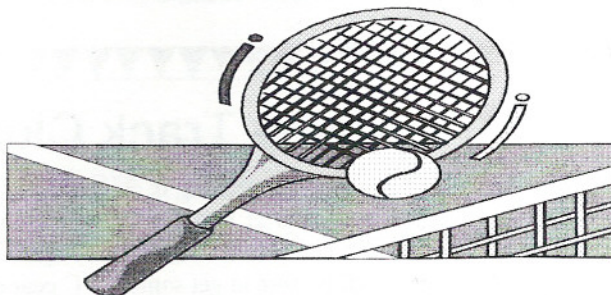
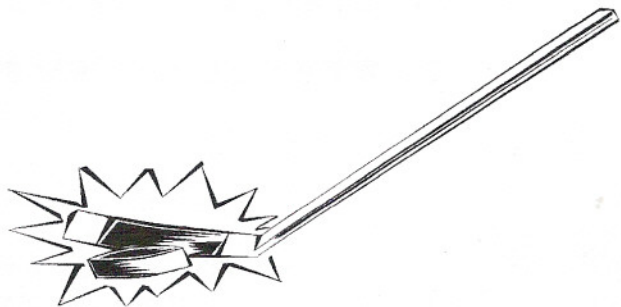
GOLDSMITH'S SPORTING GOODS, 120 Center St., Auburn, ME; 581 Rt 1,
Scarborough, ME (Dunstan Corner)
15% on Running Shoes and Running Clothing

COASTAL ATHLETICS, 502 Woodford, Portland, ME
ASIC Shoes Exclusively..discounts according to model
Call ahead for Ron Kelley 772-4530

GEORGE AND PHILLIPS, INC., Rt. 1, Kittery, ME; 295 Water St., Exeter, NH
These are Nike Outlet Stores featuring slightly defective or blemished shoes at
reduced prices. All top quality regularly
prices shoes 20% off.

Lamey Wellehan, Maine Mall; Falmouth Shopping Center;
Cook's Corner; Auburn Mall
10% on Running Shoes

MVP SPORTS, 333 Clarks Pond Pkwy., South Portland, ME 04106
10% on non-sale Running Shoes and Clothing



Minutes from Board of Directors meeting

Submitted by Mary Ann Doss

1) March minutes were read and approved by all board members present.

2) Ron Deprez reported on the following issues:

Jim Toulouse was appointed chairman of the coaching committee. Jim will offer the position to Steve Fluet again this year. The coaching committee planned to met with Steve to discuss specific goals and guidelines the committee feels important for all the members participating in the coaching program.

Ron provided all members present with guidelines of the responsibilities for the secretary and the newsletter chairperson and the membership chairperson. Ron plans on reviewing all officer responsibilities at future board meetings.

The RRCA convention will take place May 9-12 in Knoxville, Tenn. Everett Moulton and Ron Deprez will attend. Please contact Ron for an application if any member is interested in attending the convention.

The Maine Track Club trailer has been fully lettered and insured. It made its first appearance at the Presidential Race and received many positive comments.

The race reduction entry fee for all MTC members at club races will go into effect July 1.

A survey will be issued to all members regarding the proposed name change for the club. The survey is intended to see if there is an interest for a name change, and if a forum should take place for all members to attend to discuss the issue.

The possibility of introducing a corporate membership option was a topic of discussion. Other than deciding that a basic fee would be charged to corporations, nothing on more on this issue was settled.

As of July 1, membership dues will be increased. It was figured that the newsletter costs approximately \$12 per yer for each MTC member, equal to the present yearly membership cost. The new fees will be \$15 per individual, \$20 per family and \$10 per student.

Austin Hardy is willing to create a web page for the newsletter. The board will decide what information will go into this page. Since Austin is a junior in high school, hopefully we'll have a commitment for two years.

Ron expressed congratulations for all MTC members competing in this year's Boston Marathon.

3) Everett Moulton reported that he has two slots for two members to compete in this year's Falmouth Road Race. A silent auction may possibly take place for the slots, in return raising money for the club.

4) Newsletter chairperson Larry Dyer reported that (as voted by the board in 1995) race directors wanting to insert a race flyer into the newsletter will be charged \$40 unless the Maine Track Club is managing the race. If the club is managing the race, no fee will be imposed.

Please call Larry or Bob Aube regarding any group runs taking place so that they can be printed in the monthly newsletter.

5) Jim McCorkle gave a Maine Marathon update. Jim will provide a two-page newsletter insert each month beginning in June regarding important updates and developments for the marathon. Jim will also provide the same information to the marathon's volunteer committee every month. There will be a festival in correlation with marathon weekend at Martin's Point. Jim stated that this marathon has turned into a huge event and is in excellent shape for volunteers. Don Kent has been receiving phone calls for race applications already, and there will be an advertisement in New England Runner. Nyl-Care is the major sponsor of this event and has given Jim a three-year commitment. The total budge of this year's marathon is \$15,000.

6) The next board meeting is scheduled for May 1 at Michael Reali and Terry Sutton's home, beginning at 6 p.m.

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 pariphenalia. 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.

Upcoming races

May 4

16th Rocky Coast Road Race (10K), Boothbay, 10 a.m. (1-mile bunny run at 8:45 a.m.). Contact: Neal Verge 633-2855.

May 5

Patriots Pride 5K, Gray. Contact: Chris Cray 657-3323 or 775-9128.

~~Rare Crisis 5K, Waterville, 8:30 a.m. Contact: Melissa Krueger 872-0601.~~

~~Sawtooth 5K, Bangor, 10 a.m. Contact: Peter Dauphinee 942-7644.~~

May 11

Family Crisis Center 5K, Portland. Contact: Ron Deprez 772-4312.

16th Annual Hospital Week 3-Mile Road Race, York. Contact: 363-1040.

May 12

Coastal Child Care Mother's Day Road Race (5K), Rockland, 8:30 a.m. Contact: Wanda 594-2591 or Sarah 594-7721.

May 15

Mid-Maine Medical Center Hospital Week 5K, Waterville, 6 p.m. Contact: Jane Wherren 872-4490.

May 18

Close To The Coast 10K and 5K, Freeport, 10 a.m. Contact: Freeport Rotary Club, P.O. Box 552, Freeport, 04032

6th Woodland Springs Clean-up Road Race (5K), 10 a.m. (1-mile fun run at 10:30 a.m.). Contact: Mike Boies 427-6205.

May 19

2nd Seaside 5K Road Race, Kittery, 9 a.m. Contact: Kathy MacDonald 698-5817.

5K Road Race/Walk, Falmouth, 9 a.m. Contact: 781-3134.

Great Spring Clean-up Road Race (5 miles), East Millinocket, 1 p.m. Contact: Frank Clukey 746-3553.

May 24

Downeast Back Bay 5K, Portland, 6 p.m. (1/2-mile kids race at 5:30 p.m.). Contact: Scott Myers 874-1111.

May 26

5th Live Your Dreams 5-Mile Run, Kennebunk, 8:30 a.m. (3-mile walk at 8 a.m.). Contact: 967-8514.

May 27

Monmouth Apple Blossom 15K and 4.5-Miler, 8 a.m. Contact: Doug Ludewig 933-4416 (work), 933-4677 (home).

June 1

Nubble Light Runaway 10K, York. Contact: 363-1040.

June 2

Dare 4-Miler, South Portland. Contact: Everett Moulton 799-2894 or Larry Barker 761-0137.

June 8

MDI YMCA 5K, Bar Harbor, 10:30 a.m. Contact: Robert Shaw 288-3511.

Moving Against Domestic Violence 5K, Presque Isle, 10 a.m. Contact: Chris Smith 768-9477.

June 9

Sugarloaf Marathon, Eustis, 7 a.m. Contact: Chip Carey 237-2000.

June 16

Oakhurst Milk Run 4-Miler, Portland, 11 a.m. Contact: Charlie Scribner 772-5781 or Steve Assante 642-4298.

June 22

Pottle Hill 10K, Mechanic Falls, 10 a.m. Contact: Kathleen Caron 345-3511.

Maine Cancer Research 5K, Portland, 9 a.m. Contact: Jayne Soles 773-2533.

June 23

S.W. Collins 5K, Caribou, 9 a.m. Contact: Sam Collins.

June 29

Mapleton Maze Dash 6K, 9 a.m. Contact Dave Rand.

July 7

Kennebunk Beach Improvement Association 5K. Contact: Lorraine Sacco 617-593-3762.

July 12

Deering Oaks Track Meet, Portland. Contact: Sandy Utterstrom 797-4710 or George Towle 878-8419.

Note: Races in bold are MTC events

Maine Track Club Announces Coaching Agenda For The 1996 Race Season

The Maine Track Club is pleased to announce that Steve Fluet has been named the MTC coach for 1996 Road Racing Season. Steve, who coached the club for the past two seasons, will begin coaching in early May. All MTC members interested in this free coaching program should meet at 5K Sports on Route One in Falmouth, Thursday, May 9th at 6:00 P.M. At this meeting Steve will go over his coaching methods and approaches to the weekly workout sessions. Thereafter, sessions will be held each Thursday at 6:00 P.M. at Fitzpatrick Stadium in Portland. These weekly workout sessions will continue through the end of September.

If you are unable to attend the meeting on Thursday, May 9th, please let Steve know you will be participating when you come to your first workout. The MTC coaching program is free to all current members of the Maine Track Club. MTC members may attend as many sessions as they wish.



MTC 1996 Officers and Committee Chairs

USA Track & Field



Ron and Martha Deprez	Co-President	772-4312	Clyde Coolidge	At Large	603-742-9405
Mike Reali and Terry Sutton	Co-Vice Pres.	829-2014	Don Penta	Statistician	892-4526
Ron Pelton	Past President	846-9039	Maureen Sproul	Photography	926-4681
Andrew Coffin	Treasurer	777-3740	Howard Spear	Clothing	856-6496
Mary Ann Doss	Secretary	799-0896	Dale Rines	Course Certification	854-2481
Alyce Schultz	Membership	780-9805	John Gillis	Course Certification	879-0222
Everett Moulton	Race Committee	799-2894	Bob Aube	Newsletter	946-7681
Donna Moulton	At Large	799-2894	Larry Dyer	Newsletter	725-6962
Russ Bradley	At Large	799-3864			

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 Sept. 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 form and check to: Membership, Maine Track Club, PO Box 8008, Portland, ME 04104