



# News•Run

Run with a friend ...

May 1997

## From the Presidential Suite ...

Michael and I have really been heartened by the response from long lost club members who have called us recently to say that they want to volunteer in some capacity to help out with club events. It seems that all we had to do was ask and we would receive. To those of you who have stepped up to the plate, we send our appreciation. A little help goes a long way.

We have some particularly good news on the Maine Marathon front. Joe Teno, a member and marathoner himself, has volunteered to step in as Race Director for the event. This is a big job and Joe is well suited for it. But he is taking a team approach and realizes that the marathon will be a better event if more of us are involved in making it a success. Joe is a Director of Total Quality and Human Resources at L.L. Bean, with experience in both marketing and the Army Special Forces. Both sets of skills will serve him well in this undertaking! I personally think he relishes the idea of a difficult mission. However, with the team of volunteers already assembled for the major tasks, this should be much less daunting than any of us imagined.

The marathon committee has decided that they want this year's race to be remembered for the fun that will be had and the special nature of the event — a big party

*(Continued on page 2)*

## May MTC Meeting and Fun Run

Wednesday, May 14, 1997, 6:30 p.m.  
Southern Maine Technical College  
Machine Tool Auditorium  
Fort Road, South Portland

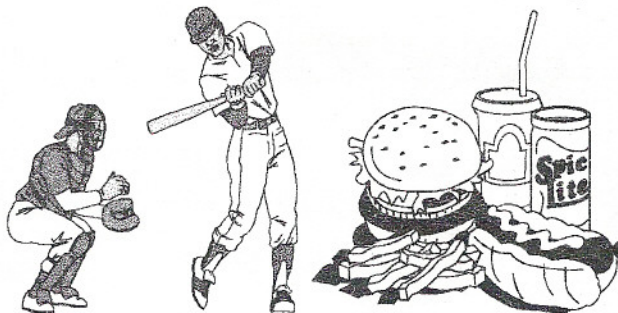
The meeting will begin at 6:30 p.m. with a brief business meeting, followed by a fun run to Portland Head Light and social hour. All those who attend are asked to bring a snack or beverage of their choice.

The Maine Track Club meets monthly, the second Wednesday of each month at 6:30 p.m. Meetings are currently held in the Machine Tool Auditorium at South Maine Technical College in South Portland.

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## We're going to the Dogs



Join your fellow track club  
members for a day of food and  
fun at the ballpark.

See details on page 2.

(Continued from page 1)

for not only the runners but the communities. Keep your eyes open for further details in future newsletters and join in the fun.

Speaking of fun...we are following through on our promise to inject a few more social events into the calendar of meetings and Michael's threat of a Rat Pack Cross Training session is coming to fruition. Mark your calendars for June 11. A short run will be followed by an open grill (bring something to throw on it) and bocce ball games on the lawn, with Pavarotti bellowing in the background. While Michael can't speak Italian (having recently travelled to Italy with him I can vouch for that fact), he encourages all manner of phony Italian accents during the bocce game, so come prepared. There will no doubt be a few beers consumed during the process or it would not qualify as a Rat Pack sponsored event.

Coming in July will be MTC day at the Sea Dogs!

As this column is being written on Patriots Day, we have no idea how any fellow club members have made out in the Marathon. Hope you all had a great race; you're better men and women than I. All I could think of this morning was "Thank goodness it's not me down there!" I'm sure the marathon bug will return, but it's kind of nice to go out for a run and not feel dragged down by that marathon training fatigue. I could get used to this.

*Until next month,  
Terry Sutton*

## The Maine Track Club is going to the Dogs on July 6

The MTC is organizing a group outing to see the Portland Sea Dogs face the Norwich Navigators on Sunday, July 6, in lieu of its normal July meeting. A barbecue will be held before the game, starting at 2:30 p.m. The game begins at 4 p.m. Family members, including children, are welcome.

The cost is \$15 per person and will include the game and a barbecue of hamburgers, hot dogs, side dishes, watermelon, and lemonade. We are limited to 40 persons, so we will take reservations on a first-come, first-served basis.

Contact John Gale at 775-5017 to reserve a space. Checks (made payable to the MTC) should be mailed to the following address no later than two weeks before the game:

John Gale  
121 Bay Street Ext. # 8  
Portland, ME 04103

## Culinary corner

### Salmon pie recipe, from Jim Boisvert

#### Ingredients

2 cans salmon  
2 slices of bread, broken into pieces  
2 eggs  
1/8 cup milk  
1/2 small onion, diced  
1/2 teaspoon celery salt  
1/2 teaspoon pepper  
2 pounds of potatoes, mashed  
2 prepared pie crusts

#### Directions

Mix all ingredients and pour into pie crust, then top with second pie crust (optional). Bake at 425 degrees for 15 minutes, then reduce heat to 350 degrees and bake for another 30 minutes.



## Upcoming Races

**May 10**

Mum Run 5K, Bar Harbor, 10 a.m. Contact: YMCA 288-5008

**May 11**

Mother's Day Road Race (5K), Rockland, 8:30 a.m. Contact: Nate Peasley 596-0361 or Sarah 594-7721 (evenings)

**May 14**

MMMC Hospital Week 5K, Waterville. Contact: Jane Wherren 872-4490

**May 17**

Close to the Coast 5K & 10K, Freeport. Contact: 781-RACE

Hospital Week 3-Miler, York. Contact: 363-1040

**May 18**

The Veryfine Sugarloaf Marathon, Eustis, 7 a.m. Contact: Chip Carey 237-2000/chip@sugarloaf.com)

The Veryfine Sugarloaf 15K, Carrabassett Valley, 7:30 a.m. Contact: Angela Webster 237-2000/awebster@sugarloaf.com)

Breast Cancer Research 5K, Falmouth, 9 a.m. Contact: Jim McCorkle 781-3134

Kittery Outlet Road Race (5K), Kittery. Contact: 698-5817

Isaak & Archibald 5K, Gardiner, 8:30 a.m. Contact: Peter Hagerman 582-7716

Great Spring Clean-up 5 Miler, East Millinocket, 1 p.m. Contact: Frank Cluckey 746-3553

**May 23**

YMCA Back Bay 5K, Portland, 6 p.m. Contact: Howard Spear 856-6496

**May 25**

Live Your Dreams 5-Miler, Kennebunk, 8:30 a.m. Contact: Debra Fitts 967-8514

Rangeley Moose Run (5.1 miles), 3:30 p.m. Contact: Rangeley Chamber of Commerce 864-5364

Keybank Vermont City Marathon and Marathon Relay, Burlington. Contact: 1-800-880-8149 or 1-802-863-8412

**May 26**

Apple Blossom 15K and 4.5 Little Bud, Monmouth, 8 a.m. Contact: Doug Ludewig 933-4677

Memorial Mile, Cumberland, 8:45 a.m. (kids run at 8 a.m.). Contact: Maryellen Fitzpatrick 829-4657

**May 31**

Tobacco Awareness Day 5K, Portland, 10 a.m. Contact: Charles Scribner 781-RACE

**June 1**

Maine Sport 10K, Camden, 9 a.m. Contact: Sarah Andrus 236-7120

Cobscook Bay 10K, Pembroke, 10 a.m. Contact: Jonathan Aretakis 726-5858.

**June 7**

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

**June 8**

Oakhurst-Shaw's Milk Run 4-Miler, Portland, 9 a.m. Contact: 775-5227 or 781-5887

Woody Allen Memorial 5K, Norway, 10:30 a.m. Contact: 743-2281

Joseph's 5K, Fairfield, 8 a.m. Contact: David Benn 873-0363

**Note: MTC races are in bold**

For the latest race schedules and information, call the MTC hotline at 781-5887 or visit the Sub5 web site at <http://www.finishlynx.com/sub5>

## News-Run Sponsors

If you would like to become an individual *News-Run* 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 give you advertising space in *News-Run*.

**Sponsor**  
**The Nielsen family**

## News•Run Notes

A few MTC members are keeping busy this spring by coaching high school track. Kris Caterina is the new coach at McAuley, and Mary Ann Doss is coaching the distance runners at Cape Elizabeth. Former MTC president Tom Dann is in his first year as head coach of the boys' and girls' teams at Kennebunk.

□□□

Russ Bradley recently returned from a trip to Hawaii, where he met up with MTC member Tom Peterson. Russ relates that he had a wonderful running doing a 5-miler with Tom along a canal. Russ then bumped into another runner who took him for a run up Diamond Head. The weather, of course, was beautiful; it was 85 degrees at 5 a.m.

Tom Peterson passes along a hello to everyone and says he'll be returning home for a visit again this summer.

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**A note from Bob Payne:** Just a quick run down on my running in Florida this winter. I arrived in Florida a little out of shape after a month off with the flu in November and December. I did a lot of skiing in January and tried to get back into running shape. When I arrived in Florida, I ran with a group from Winter Haven two to three times a week. This was a big help in getting my running back on track.

My first race was the Strawberry Classic, a 10K, on Feb. 22. It was a warm day, but I felt great. I finished in 40:40 to place second in my age group. Roz Randall ran this race and was first in her age group in 44 and change.

The next weekend was the Citrus Classic, a 10K in Winter Haven. This was also a hot and humid day, and it was a struggle to run 40:50, which placed me fourth in the 55-59 age group. This is a great run and course, and if anyone is in central Florida the first week of March they should plan to run this one.

The next weekend, it was the Gate River Run in Jacksonville. This is a great race that I have now run four times. It was a warm and dry day, and I felt great all the way. The Hart Bridge is the toughest part of this run, but I bounced over it. This was my best 15K in three years, finishing in 62:33 for 336th overall and I believe 5th in my age group. This race was timed with computer chips, but they didn't work too well and official results were not out when I came home.

The next day, I ran the Polk County Senior Games 5K in Lakeland, placing second overall and first in my age group in 19:51. The first runner was Dee Bays, a 50-year-old lady from Lakeland who won in 19:37.

On Wednesday, March 12 was a 10K bike race in Lake Wales, part of the Senior Games. This was my first bike race and I was able to pull off a win in my age group even with a wrong turn, finishing in 20:36. I know now that running races are a lot more fun than bike racing.

I took the next weekend off from racing to rest for the Armadillo Run in Olsmar. This was a 5K on a very hot and humid day. I had rested and planned for this race and finished in 19:31, placing first in my age group. Roz Randall works here and ran the 10k, placing second in the overall masters division. She ran with an injury, finishing in 46 and change. She gave us a tour of the racetrack where she works; we found this to be very interesting.

I forgot to mention that I saw Maggie Soule at the Gate River Run. She ran well and finished in under two hours.

### We need your input

**News•Run** Notes features news of interest about fellow MTC members. If you have some news to share about yourself or someone else in the club, please pass along the information by calling Marge Parsons at 829-5079, sending e-mail to Bob Aube at 74270.2276@compuserve.com, or by mail to: Maine Track Club, Newsletter, P.O. Box 8008, Portland, ME 04104. The deadline for each issue is the 15th of the preceding month.

## Race director trainee sought for PT8K

A race director trainee is needed for the PT8K. John LeRoy has been directing this race for the Maine Track Club for the last seven years but is planning to be out of country in late October of 1998 and would like someone to take over the race director's duties. To make the transition easier the plan is to train someone this year.

John claims that the race director position for the PT8K is one of the easiest and most rewarding of any of the club's races. In fact, it is more of a coordinator's position, as Sara Bronson and other people from the Physical Therapy Association do most of the difficult work. They are responsible for all of the financial arrangements, obtaining sponsors, ordering shirts, obtaining prizes & awards, etc. Basically the MTC race director is responsible for the conducting of the race itself .... that is, the timing and results. In the past we have needed only about 15 volunteers for these tasks. The Physical Therapy Association even furnishes volunteers for the water stops and most of the traffic control.

Anyone interested should call John at 725-8680.

# Race Results

Submitted by Don Penta

The Inaugural Irish Road Rover 5K Road Race  
279 Finishers (114 Female & 165 Male)  
Loop Course from corner of Pleasant,  
Center, & Fore Streets in Portland  
11 a.m., Sunday, March 16, 1997

"USAT&F" = Finisher qualified for national  
ranking by equalling or beating standards  
established by the National Running Data Center  
of USA Track & Field

## Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Christine Snow-Reaser	31	18:16	5:54
2 Gayla Underkoffler	35	19:12	6:12
3 Laurel Valley (MTC)	34	19:21	6:15
4 Marjorie Graff	29	19:44	6:22
5 Jeanne Hackett (MTC)	38	20:00	6:27
6 Judy Milesen	29	20:27	6:36

1 Byrne Decker	29	15:38	5:03
2 Scott Brown	38	15:41	5:04
3 Kevin Way	27	15:44	5:05
4 Todd Coffin	35	15:54	5:08
5 Kyle Rhoads	27	16:59	5:29
6 Tom Dann	39	17:06	5:31

## Other Top Divisional Finishers

7 Martha Kelly 30-39	35	20:47	6:42
8 Gretchen Read (MTC) 50-59 USAT&F	54	20:48	6:43
9 Carol Hogan (MTC) 40-49	46	20:59	6:46
12 Tanya Horne (MTC) 20-29	28	21:46	7:01
20 Danielle Lavoie 19&under	17	23:13	7:29
62 Polly Kenniston 60-69	60	27:12	8:46

7 Paul Johnson, Jr. 19&under	19	17:13	5:33
8 Stu Hogan 30-39	35	17:18	5:35
9 Barry Fifield 40-49	40	17:35	5:40
10 Benjamin Trevor 20-29	25	17:40	5:42
39 Lawson Noyes 50-59	55	20:08	6:30
49 Lloyd Slocum 60-69	64	21:02	6:47

## Other Maine Track Club Finishers

14 Lisa Belisle 2,20-29	26	22:12	7:10
15 Julia Drinker	36	22:17	7:11
17 Sarah Parrott	38	22:37	7:18
18 Joan Lavin 3,40-49	49	23:03	7:26
21 Joan Lee	42	23:17	7:31
22 Betsey Barrett	45	23:24	7:33
27 Bridget Ramsdell	38	23:33	7:36
29 Chris Caterina	27	23:38	7:37
31 Terry Gallupe	35	23:45	7:40
34 Hannah Schulz	15	24:19	7:51
38 Betsy Lane	45	25:05	8:05

41 Lisa M. Kelley	32	25:28	8:13
46 Kirsten Maue	23	25:57	8:22
47 Beth Wilson	41	25:59	8:23
52 Ellen J. Della Torre	32	26:27	8:32
63 Brooke Libby	33	27:13	8:47
70 Carlene Anderson	47	27:32	8:53
75 Lois Martin	46	27:50	8:59
79 Brenda Tanguay	34	28:15	9:07
84 Wendy Berthiaume	32	28:53	9:19
88 Donna Trout	45	29:28	9:30
91 Marge Parsons	46	29:31	9:31
93 Elizabeth Hoerrmann	38	29:57	9:40
100 Susan Davenny	48	30:28	9:50
105 Shannon Tamminen	33	31:47	10:15
111 Marlene Manooogian 2,60-69	65	34:37	11:10
112 Pat Buckley 3,50-59	59	34:59	11:17
113 Ruth Hefflefinger 3,60-69	67	35:33	11:28
114 Kathryn Harris	51	35:41	11:31

11 Paul Greene 2,20-29	25	17:48	5:45
19 Will Lund 2,40-49	41	18:44	6:03
21 Patrick Gwinn	32	18:54	6:06
43 Paul Aceto	30	20:24	6:35
44 David McCullough	44	20:39	6:40
46 Ed Doughty	48	20:45	6:42
58 Les Berry	49	21:30	6:56
68 Neil Martin 3,50-59	54	21:53	7:04
71 Ray Shevenell	56	21:55	7:04
74 Gary Giffard	38	21:59	7:05
81 Chet Matthews	50	22:19	7:12
85 R. Davis Hart	50	22:36	7:17
86 Glen Gallupe	37	22:42	7:19
88 Keith Malone	39	22:49	7:22
90 Larry Barker	47	23:03	7:26
97 Mike Brooks	51	23:39	7:38
107 Ronald Chase	56	24:11	7:48
112 George Conly	48	25:00	8:04
115 Harry White	54	25:13	8:08
116 Jack Nyhan	15	25:13	8:08
118 Don Kent	44	25:16	8:09
119 Ralph Butts	36	25:20	8:10
120 Bill Robertson	57	25:31	8:14
131 Daniel McKeown	30	26:17	8:29
137 Ron Read	54	26:47	8:38
146 Albert Tanguay	35	28:17	9:07
148 Raure Hoerrmann	14	28:46	9:17
156 Cole Tamminen	36	32:06	10:21
157 Jeffrey McCorkle	7	32:12	10:23
158 Jim McCorkle	41	32:12	10:23
162 Donald Penta	50	34:49	11:14

Many thanks to Charles Scribner of SPLIT TIME RACE  
MANAGEMENT for complete results!

## Notice about race fliers

Anyone who wishes to have their race fliers included in the Maine Track Club newsletter must submit the fliers and a payment of \$40 by the 15th of the month. Fliers 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 fliers.

# More Race Results

The Maine Track Club Presents  
The Sixth Annual Presidential 5 Mile Road Race  
282 Finishers (107 Female & 175 Male)  
Loop course from Dock Square, Kennebunkport  
10 a.m., Sunday, April 6, 1997

## Top Overall Finishers

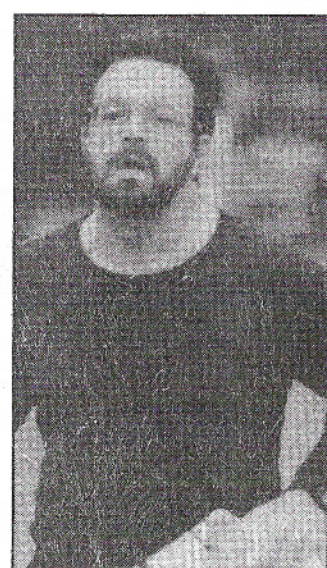
PLACE/NAME	AGE	TIME	PACE
1 Christine Snow-Reaser 1,overall	31	28:51	5:46
2 Denise Harlow 2,overall	26	29:39	5:56
3 Veronica Haskell 1,20-29	29	30:18	6:04
4 Susannah Landreth 2,20-29	28	32:07	6:25
5 Laurel Valley (MTC) 1,30-34	34	32:16	6:27
1 Dave Dunham 1,overall	33	CR24:46	4:57
2 Byrne Decker 2,overall	30	25:13	5:03
3 David Weatherbie 1,20-29	29	26:30	5:18
4 Paul Johnson, Jr. 1,16-19	19	26:56	5:23
5 Tom Dann 1,40-44	40	26:58	5:24

## Other Top Divisional Finishers

7 Carol Hogan (MTC) 45-49 USAT&F	46	33:21	6:40
8 Gail Turner (MTC) 35-39	37	33:39	6:44
18 Molly Landreth 15&under	14	36:06	7:13
21 Diane Petipas 40-44	43	36:38	7:20
23 Melanie Austin 2,15&- USAT&F	11	36:57	7:23
29 Faye Lowrey 50-54	53	39:22	7:52
62 Sally Strazdins (MTC) 60-64 USAT&F	63	44:19	8:52
66 Marguerite Comerford 55-59	57	45:18	9:04
67 Jane Rasmussen 2,60-64 USAT&F	60	45:24	9:05
102 Dolores Billings (MTC) 65-69	67	56:11	11:14
6 Randall Welner 35-39	36	27:05	5:25
9 George Towle (MTC) 45-49 USAT&F	46	27:26	5:29
11 Kevin M.P. Hynes 30-34	31	28:16	5:39
16 Guy A. Berthiaume 50-54 USAT&F	51	28:55	5:47
27 Lawson Noyes 55-59	55	31:44	6:21
35 Lloyd Slocum 60-64 USAT&F	64	32:25	6:29
43 Tim Forcella 15&under	15	33:04	6:37
106 John Chandler 70&over USAT&F	70	38:45	7:45
112 John Parker 65-69	65	39:23	7:53
147 Carlton Mendell (MTC) 2,70&+USA	75	42:56	8:35

## Other Maine Track Club Finishers

6 Ann McGovern 2,30-34	33	32:46	6:33
13 Carol Weeks	48	35:18	7:04
20 Joan Lavin	49	36:33	7:19
22 Julia Drinker 2,35-39	37	36:48	7:22
24 Sarah Parrott	38	36:58	7:24
25 Maryellen Fitzpatrick	36	38:20	7:40
36 Carol Nale	46	40:25	8:05
41 Ann Blanchard	39	41:12	8:14
42 Jennifer Graham	28	41:13	8:15
55 Brooke C. Libby	33	42:53	8:35
82 Brenda Tanguay	34	47:21	9:28
86 Annette Elowitch	54	48:20	9:40
87 Linda Metzger	54	48:20	9:40
88 Marge Parsons	46	48:21	9:40
91 Ellen J. Della Torre	32	49:05	9:49
94 Sandy Utterstrom	53	51:48	10:22
98 Susan Davenny	48	53:41	10:44
105 Donna Moulton	48	58:59	11:48
107 Ruth Hefflefinger 2,65-69	68	59:09	11:50
18 Jim Toulouse 2,45-49	48	29:32	5:54
20 Jaime Jackson	28	29:45	5:57
21 David Chamberlain	35	29:53	5:59
23 Mark Steege	42	30:35	6:07



Sally Strazdins and Joe O'Donnell

photos by Don Penta

26 Paul Aceto	31	31:39	6:20
29 Jerry Conley	43	31:56	6:23
33 Bob Payne 2,55-59	58	32:12	6:26
37 Sumner Weeks	48	32:30	6:30
42 John Nale	17	32:58	6:36
49 Les Berry	49	34:07	6:49
51 Stephen Murphy	53	34:30	6:54
59 Richard Scribner	45	35:14	7:03
65 Don Foshay, Jr.	38	35:31	7:06
66 Neil Martin	54	35:34	7:07
67 Don Bessey	51	35:40	7:08
72 Keith Malone	39	36:20	7:16
74 Dale Rines	44	36:33	7:19
77 Tom Harlow	51	36:59	7:24
83 Dick Lajoie	56	37:21	7:28
87 Brent Graham	27	37:39	7:32
95 Mike Brooks	51	38:00	7:36
96 Albert Tanguay	35	38:08	7:38
107 Ron Schopp	47	38:47	7:45
109 Ralph Butts	36	39:12	7:50
114 Bob Green	49	39:32	7:54
120 Rodger Smith	51	40:01	8:00
126 George Conly	48	40:31	8:06
128 Don Kent	44	40:33	8:07
135 Harry White	54	41:48	8:22
136 Richard Cavanaugh 2,60-64	64	42:02	8:24
143 John D. Cole	44	42:43	8:33
149 Joseph O'Donnell	46	43:19	8:40
150 Ed Haley	40	43:23	8:41
154 Steve Robbins	36	44:43	8:57
156 Stoddard Chaplin	57	45:06	9:01
163 Paul Lavender	55	47:16	9:27
164 Thomas Decker	52	48:14	9:39
166 David Grieve	36	48:44	9:45
170 Mike Foshay	27	51:15	10:15
173 Mark Clinch race walker	41	55:38	11:08
175 Julius Marzul	70	59:17	11:51

Many thanks to Everett Moulton, Maine RRCA Rep & Ad-Hoc Chair of the MTC Technical Race Committee, for complete results!

## More Race Results

### The 4th Annual Northern York County Family YMCA 5K 110 Finishers (43 Female & 67 Male) Northern York County YMCA, Biddeford 10 a.m., Sunday, April 13, 1997

#### Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Christine Snow-Reaser 1,overall	31	CR17:52	5:46
2 Suzanne Hussey 2,overall	16	20:40	6:40
3 Annalouise Hanley 3,overall	26	20:52	6:44
4 Nancy Krum 1,30-39	34	21:05	6:48
5 Catie Dean 1,20-29	27	21:10	6:50
1 Bob Winn 1,overall	38	CR15:37	5:02
2 Tom Dann 2,overall	40	CR16:26	5:18
3 Stu Hogan 3,overall	35	16:55	5:27
4 Bob Lecourse 1,19&under	19	17:02	5:30
5 Jeff Tidd 1,30-39	31	17:12	5:33

#### Other Top Divisional Finishers

6 Briana Neault 19&under	16	21:12	6:50
7 Kitty Kelley (MTC) 50-59	50	CR22:14	7:10
21 Linda Hunt 40-49	49	27:10	8:46
6 Mike Paulhus 20-29	21	18:33	5:59
7 Tom Menendez (MTC) 40-49	43	18:37	6:00

14 Lloyd Slocum 60&over USAT&F	64	CR19:15	6:13
17 Lawson Noyes 50-59	55	19:32	6:18

#### Other Maine Track Club Finishers

30 Pat Buckley	59	32:19	10:25
13 John Nale 3,19&under	17	19:13	6:12
22 James McCorkle	42	20:26	6:35
23 Ed Doughty	48	20:32	6:37
24 George Boudreau	34	20:36	6:39
25 Richard Scribner	45	20:45	6:42
29 Don Bessey 3,50-59	51	21:33	6:57
40 John Nale	47	23:18	7:31
41 Rodger Smith	51	23:20	7:32
43 Daniel McKeown	30	23:40	7:38
47 Harry White	54	24:23	7:52
50 Don Kent	44	24:42	7:58
52 Aron Paquette	18	24:45	7:59
53 Ronald Paquette	45	24:45	7:59
55 John Cain	35	24:58	8:03
59 Stoddard Chaplin	57	27:08	8:45
65 Mark Clinch race walker	41	32:33	10:30
67 Don Penta	50	36:19	11:43

Many thanks to SPLIT TIME RACE MANAGEMENT for complete results!

## Welcome to our newest members

Erin and Sean Behen  
8 Beach Avenue  
Kennebunk, ME 04043-2903  
967-5214

Erin: Teacher, Portland Public Schools  
Sean: Teacher, Marblehead, Mass.

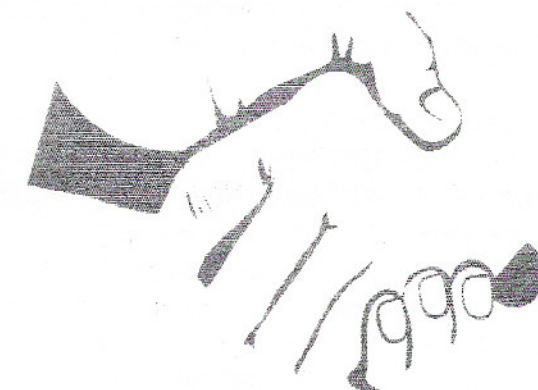
Nelson Soule  
205 Lower Flying Pt. Road  
Freeport, ME 04032-6307  
865-6747

Retired (Nelson is also the father of MTC member Stafford Soule)

Jeff & Mary Ann Stone  
10616 Mellow Meadows #12 D  
Austin, TX 78750-1214  
(512) 258-7726

### A note from Jeff Stone

I was born and raised in Portland, and graduated from Deering High School in 1976. Both my wife and I are police officers for the Austin Police Department. We both have run for years, and often, at least yearly, come to Maine on vacation. My parents and two sisters live there. We have run



the Maine Half Marathon three times since '92. I plan on retiring to Maine in 10-12 years. We are coming this July (3rd-15th) for my parents' 50th wedding anniversary, I would like to run whatever race is available on July 4. Since I come to Maine often, the newsletter would help me plan future vacations, because I always schedule races in conjunction with my trips.

I've run three marathons, and Mary Ann two. We prefer half marathons and shorter distances. Mary Ann has run 1:37:37 for the half, and I've run 1:21:35. She has run 42:54 for 10K and 21:07 for 5K. I usually run low 36's and 17:30 to 17:45 when in shape.

We both enjoy running and racing, and hope the newsletter will keep us informed of running opportunities in Maine until I can retire.



# Running News

Volume 2 Issue 2

## 40th RRCA Convention soon to be upon us

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### New RRCA Club

Please help me welcome our newest RRCA Club, the 5K Sports Road Runners Club!!!

5K Sports Road Runners are a fine group of runners that train, race, and work together under the tutelage of Jim McCorkle, owner of 5K Sports, A Running & Fitness Store in Falmouth. WELCOME!!!!

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### STATE NEWS

**Bob Gillespie** logs over 30,000 miles in his running logs since his early high school days. That is a mile stone any runner can be proud of. As Central Maine Striders Vice President, Tony Hess, writes about Bob he mentions what an excellent example Bob sets for us all by not missing hardly a day of running. Early high school training logs only mention that he ran, so he only credits himself with 3 miles for those days. Probably Bob has run many more. Keep it going !!

**Gretchen Read** got honorable mention in the latest issue of Running Times for her accomplishments in the 50-54 year old age division during 1996. She is an inspiration to many Maine female runners of all ages. Congrats!!

**Linda Hanson** led all the female masters (1:13.09) including well known 42 year olds Ellie Tucker (1:13.24) and Nancy Kneeland (1:13.38) in the Midwinter Classic 10 Miler held February 2nd in Cape Elizabeth. Linda is 49 years old and her name is new to the Maine running scene. Masters look out !!!!!

**Fred Merriam** has gone above & beyond the call of duty as he has put together the SUB5 Web site. Racing Schedules from Maine Clubs as well as the SUB5 Newsletter and info about the club are available. It's as easy as can be. Just click on a club, then click on a race. Please visit the site at: (<http://www.finishlynx.com/SUB5>)

**Linda Benn** of the Central Maine Striders is searching out any pics of Runners in strider events or of Striders in other events for the Interval newsletter, how about contacting Linda at P.O. Box 1177 Waterville, Maine 04903-1177. Linda promises to return them.

## Maine girl wins U.S. Women's Marathon Championships

**Julia Kirtland** brings back memories of another Maine girl that made it, as she wins the U.S. Women's Marathon Championships in Columbia, South Carolina on February 8 with a time of 2:37.46. Way to go Julia!!!!

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## REGIONAL NOTES

**Regional Championships** can be only an application away. Each year your club can bid for a State Championship through the RRCA State Rep. A State Championship may be awarded for each distance during a calendar year. The Championship does not necessarily carry on to the next year. It must be requested and go through the process just like any other event that year. The Wampanoags of Plainville, Mass are already thinking about the possibility of a 10 Mile State Championship event for Feb. '98.

**KEEP RUNNING A  
SAFE SPORT**

The RRCA "Women Running: Run Smart, Run Safe" video is being played over public access channels in Cape Elizabeth, Scarborough, Portland, Springvale/Sanford, and South Portland Presently. Take a Look !!



# STATE MEETING at SUGARLOAF

There will be a State Meeting held at the Sugarloaf Inn

Saturday May 17th

Further details will follow in a separate mailing



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## LOCAL CALENDAR

*The Schedules* are coming out and what a season we have in front of us. The Central Maine Striders, Maine Track Club, SUB5 Track Club and 5K Sports Road Runners all have a schedule with many-many-many events to fit anyone's shoes or watch. The distances vary from 1K to the 50 Mile Ultra-marathon and run from weeknight events to weekend extravaganzas. I will try to publish a list of upcoming events with each quarterly newsletter as long as I have the information. If you know of an event, please let me know about it, Thanks.

### April

- |    |                           |          |
|----|---------------------------|----------|
| 5  | The Championship 25K Race |          |
|    | Rockland                  | 594-7035 |
| 6  | Presidential 5 Miler      |          |
|    | Kennebunkport             | 967-0113 |
| 12 | Terrier Trot 5 Miler      |          |
|    | Waterville                | 873-0080 |
| 19 | Unity College Spring 5K   |          |
|    | Unity                     | 948-3131 |
| 21 | Boys & Girls Club 5 Miler |          |
|    | Portland                  | 856-6496 |
| 21 | 101st Boston Marathon     |          |
|    | Boston, Mass              |          |
| 26 | April Amble 4 Miler       |          |
|    | UNE Portland              | 772-2753 |
| 27 | Pet Run 5K                |          |
|    | Old Town                  | 469-2019 |

### MAY

- |    |                       |                |
|----|-----------------------|----------------|
| 3  | Rape Crisis 5K        |                |
|    | Waterville            | 872-0601       |
| 4  | Saucony Classic 5K    |                |
|    | Bangor                | 942-7644       |
| 10 | Mum Run 5K            |                |
|    | Bar Harbor YMCA       | 288-5008       |
| 14 | MMMC Hospital Week 5K |                |
|    | Waterville            | 872-4490       |
| 14 | Run for the Roses 5K  |                |
|    | Salisbury, Mass       | (508) 465-9924 |

## MAY (cont.)

- |    |                                  |          |
|----|----------------------------------|----------|
| 18 | Sugarloaf Marathon & 15 K        |          |
|    | Kingfield                        | 237-2000 |
| 23 | YMCA Back Bay 5K                 |          |
|    | Portland                         | 856-6496 |
| 26 | Apple Blossom 15K/4.5 little Bud |          |
|    | Monmouth                         | 933-4677 |

## JUNE

- |    |                            |          |
|----|----------------------------|----------|
| 1  | Camden / Maine Sports 10K  |          |
|    | Camden                     | 594-7721 |
| 8  | Joseph's 5K                |          |
|    | Fairfield                  | 873-0363 |
| 8  | Oakhurst 4 Miler           |          |
|    | South Portland             | 772-5781 |
| 15 | Hampden 8.5 Miler          |          |
|    | Hampden                    | 223-4715 |
| 21 | New Sharon Bicentennial 5K |          |
|    | New Sharon                 | 778-9235 |
| 21 | Maine Cancer Foundation 5K |          |
|    | Portland                   | 773-1754 |
| 28 | Tour DuLac 10 Miler        |          |
|    | Bucksport                  | 469-2019 |
| 29 | Gardiner 5 Miler           |          |
|    | Gardiner                   | 623-8086 |

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## CONVENTION NEWS

Remember to get registered prior to 5-4-97 to save money, and mention the Meeting I.D. Code: 513AM for a special rate on United Airlines. (800) 521-4041

Alan Jones will have a beginners and an advanced class workshop on the RUNSCORE race scoring program he developed.

Alan Avery has written a race scoring program entitled ELFSCORE which he will have at the RRCA Convention to explain and demonstrate.

Roger Bradshaw will be timing the Garden of the Gods 10 Miler with his program called RACE DIRECTOR, and invites any and all to stop by his vendor booth or to watch it in operation at the race.

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## NATIONAL NEWS

Please remember to send in quarterly membership lists, to keep national updated and also your club members receive their issues of FOOTNOTES.

I would like to see Maine in the running for the Electric City Journalism Awards and the NIKE / RRCA Rod Steele Memorial Award. Please have your club contact person talk to me before the summer really gets busy.

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## REGIONAL NEWS

Freddi Carlip has returned from the Board Meeting held at the Red Lion Hotel in Colorado Springs and reports that we will love our stay there during the 40th RRCA National Convention.

Regional Championships are awarded by the Regional Director, so if you plan on having a Regional Championship event, now is the time to get started. I will work with any of you to promote a Regional Championship event in Maine.

### Upcoming Regional Races:

- |      |                                 |
|------|---------------------------------|
| 4-19 | Sun Tire Run to the Sun 8K      |
|      | Jacksonville, Fl (904) 448-6450 |
| 4-26 | Elizabeth River Run 10K         |
|      | Chesapeake, Va (757) 421-2602   |
| 5-3  | Cornbelt Running Club 24hr      |
|      | Davenport, Ia (319) 324-2250    |
| 7-4  | Fireball Classic 5K             |
|      | Knoxville, Tn (423) 966-5175    |



# MTC 1997 Officers and Committee

USA Track &amp; Field



Mike Reali and Terry Sutton	Co-Presidents	829-2014	Ann McGovern	At-Large	839-8332
John Gale	Vice President	775-5017	Howard Spear	At-Large and Clothing	856-6496
Ron and Martha Deprez	Past Presidents	772-4312	Al Butler	Equipment	772-6463
Joe Guimond	Treasurer	797-9436	Don Penta	Statistician and Photography	892-4526
Mary Ann Doss	Secretary	799-0896	Maureen Sproul	Photography	926-4681
Maggie Soule	Membership	846-3631	Dale Rines	Course Certification	854-2481
John Eldredge	Membership	829-4540	Bob Aube	Newsletter	946-7681
Everett Moulton	Race Committee	799-2894	Marge Parsons	Newsletter	829-5079
Russ Bradley	At-Large	799-3864			

## Maine Track Club Membership Application

(Please check one) ☐ Individual (\$15) ☐ Family (\$20) ☐ Student — 18-year-old maximum (\$10)

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 \_\_\_\_\_  
 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 \_\_\_\_\_ Business phone \_\_\_\_\_  
 Employer \_\_\_\_\_ Occupation \_\_\_\_\_ Business phone \_\_\_\_\_  
 If student, school \_\_\_\_\_ Year of graduation \_\_\_\_\_  
 If student, school \_\_\_\_\_ Year of graduation \_\_\_\_\_  
 If student, school \_\_\_\_\_ Year of graduation \_\_\_\_\_

## 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 participate 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 \_\_\_\_\_  
 Signature \_\_\_\_\_ Date \_\_\_\_\_

Please mail form and check to: Membership, Maine Track Club, P.O. Box 8008, Portland ME 04104