



News•Run

Run with a friend ...

May 1998

From the Presidential Suite ...

Although this issue of the newsletter will not reach everyone until after Patriots Day, best wishes to all those running the Boston Marathon, Burlington, and other spring marathons.

As the weather turns warmer, I would like to remind everyone that Sunday runs from Payson Park are starting up. In the past, these runs have served as an excellent introduction to other MTC members and have provided a source of camaraderie and support during long training runs. The starting time is 7 a.m., with parking available at the park. Distance options on the loop include 8, 12, 15.5, and 21 miles at various paces depending on your goals. I have always been impressed by the ease in which new members are welcomed by the club and many friendships have been formed as a result of these group runs. Please take advantage of this opportunity to expand your involvement with the club.

Spring also signals the start of our racing season. Race directors will need volunteers for the many events with which the Maine Track Club is involved. Please do your part by volunteering if you can and by saying yes when called upon to help.

Good luck with you running and racing!

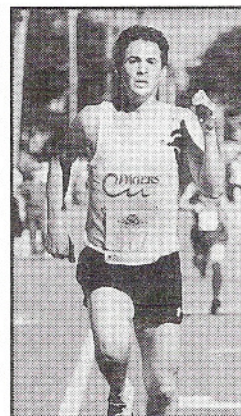
—John Gale

May MTC Meeting

Wednesday, May 13, 1998, 6:30 p.m.
Southern Maine Technical College
Machine Tool Auditorium
Fort Road, South Portland

Guest speaker: Paul Greene

Fox 51 sportscaster and MTC member Paul Greene will be the guest speaker this month. Among other topics, Paul will talk about the Disney World Marathon/Half Marathon. We also hope to get some ideas about how we can get more publicity from the media.



There will also be a drawing for the five entries allotted to the club for the Mt. Washington Road Race. See page 7 for more details.

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Upcoming club meetings

June 10: Picnic and fun run
at Fort Williams
in Cape Elizabeth

September 9:
Speaker — Kim Moody

News•Run Notes

Clothing update

Steve Fox recently tried to place the initial order for MTC race uniforms but was told that the availability of the Rono items could not be guaranteed in the future. He mailed back checks to all those who had requested a singlet and/or shorts, and he is working on finding an alternative clothing source, hopefully by the May club meeting.

Additions to the club

Congratulations to former MTC co-presidents Mike Reali and Terry Sutton, who are the proud parents of a new daughter, Sophia, who was born in March. Betty and Dale Rines also have a new family member, Nathaniel Thomas Rines, born on Jan. 21. Dale and Betty, by the way, are looking for a baby jogger that they can either buy or borrow. A large wheel model for rough roads is preferred. Call Dale or Betty at 854-2486.

St. Peter's to serve as state championship race

The St. Peter's 4-Miler on Aug. 7 has been designated as a state championship race by the Road Runners Club of America. The race fee will be \$10, and \$3 for the kids' race. The first 200 entrants receive a t-shirt. For more information, contact Mike Reali at 780-1677.

Boston Marathon

Congratulations to the following MTC members who participated in this year's Boston Marathon: George Campbell, 3:47.18; David Chamberlain, 2:55.01; Gerard Conley, 3:32.21; Ken Cotton, 3:52.01; Dick Graves, 3:21.24; Jeanne Hackett, 3:19.42; Sarah MacColl, 3:43.27; Carlton Mendell, 4:24.49; Phil Pierce, 3:38.28; Mark Steege, 2:57.59.

Get well, Al

Get well wishes go out to MTC member Al Sproul, who planned to run Boston for the 20th straight year but was unable to participate after being diagnosed with liver cancer.

The good news is that the cancer apparently was caught early, and doctors believe they were able to remove all of it. Al still has a way to go in his recovery but hopes to be back running soon.

T-shirts sought

Neil Chivington is collecting extra race t-shirts for the needy. If you have any t-shirts that you'd like to contribute, you can contact Neil at 839-2946, or you can send the shirts to Bonny Eagle Middle School, RFD2 Box 250, West Buxton, ME 04093.

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 or Bob Aube at 829-5079, sending e-mail to Bob at raube@sunjournal.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.

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. Or, if you would like to have your business card included in *News•Run*, you can do so for just \$5 per month.

Sponsor

The Nielsen family

Harvard Pilgrim to sponsor Avon race

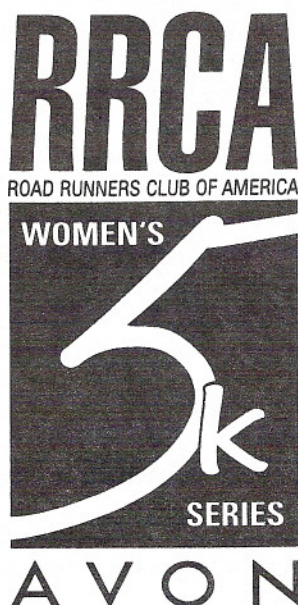
Ron Deprez, race director for the Maine Track Club's inaugural Road Runners Club of America Women's 5K Series race sponsored nationally by Avon, has announced that Harvard Pilgrim Health Care will serve as the primary sponsor for this year's event. Harvard Pilgrim will contribute \$5,000 to help put on the 5k race and one-mile fitness walk will to be held on Sept. 13, in Portland, starting from the Eastland Radisson Hotel.

Harvard Pilgrim Health Care, a managed care organization located in Portland with headquarters in Massachusetts, was the primary local sponsor for the last two years of the RRCA Women's Distance Festival hosted by the MTC. Their primary sponsorship of this new race continues their commitment to health care prevention activities in Maine. "We deeply appreciate their commitment and look forward to working with them in putting on a premier running and fitness event for women," said Deprez.

The Women's 5K Series race is more than a race and fitness walk; it is also an opportunity for women, particularly those who have not taken up running or racing or fitness walking, to obtain group training on running, racing and exercise fitness. Deprez also announced that Britt Wolfe, an MTC member, Rat Pack runner and track coach at Old Orchard Beach High School, has agreed to coordinate the training sessions for women who will participate in this road race. These sessions will begin at Fitzpatrick Stadium starting the first week of August and continue weekly until race week.

The MTC expects approximately 500 entrants to this race, ranging from accomplished professional women athletes to first time runners/racers/walkers of all ages and abilities.

Additional local sponsors will be solicited for this event. If you wish to volunteer or be a sponsor, please contact Ron Deprez at 772-4312 (eve.) or 761-7093 (days), or email him at "rdeprez@phrg.com".



Welcome to our newest members

Kevin Callahan (44)
P. O. Box 1792
North Conway, NH 03860
(207) 935-8023
(603) 356-9025
1785 Inn (Restaurant)

Robert M. Johnson (44)
54 Central Avenue
Peaks Island, ME 04108-1149
766-4462
President, Green Cleaner

John Merritt (47)
35 Mahlon Avenue
Gorham, ME 04038
839-8373/775-4900
Manager, Simons Engineering

Ward Grossman (50)
21 Tall Pines Drive
Saco, ME 04072
Sportshoe Center
283-1245/282-0180

"I've made so many friends at races, that I thought it was time to join their club."

Dick Stephenson
Paige Stephenson (46)
Shep Stephenson (15)
71 Lockesley Road
Auburn, ME 04210
782-3099/777-7740
Physician, Androscoggin Home Health Services
Social Worker, Auburn School Dept.
Student, Hebron Academy

David Mann (27)
32 School Street, Apt. 2
Brunswick, ME 04011-2144
725-0249/856-6991
Retail Sales, Genuine Parts Co.
1991-1992: USM Varsity Cross Country
1992: USM Team Captain

"I have participated in various road races since graduating but have not been consistent in my training. In December 1997 I made a personal commitment to train and race to the best of my ability. Since beginning training again, I have been seeking to find others to train for speed along with. I hope to find others to help me to continue to improve. PR's: 5K, 17.08 (3/1/98); 1M, 4.22 (11/92). Currently running 60+ miles per week."

Upcoming Races

May 2

National Nurses Week Run for Your Life 5K, 10 a.m. Contact: Larry Tonzi 768-2752 or 532-7548.
Rape Crisis 5K, Waterville, 9 a.m. Contact: Melissa Krueger 872-0601.

May 3

Saucony Classic 5K, Bangor, 10 a.m. Contact: Peter Dauphinee 942-7644.

May 9

Waynflete 4-Miler, Portland. Contact: Charlie Scribner 781-RACE.

May 13

MMMC Hospital Week 5K, Waterville, 6 p.m. Contact: Jane Wherren 872-4490.

May 17

Sugarloaf Marathon, 7:30 a.m. Contact: Sue Foster 237-6820 or Fred Merriam 469-2019.

Tufts Series for Women 5K, Portland, 9 a.m. Contact: 1-888-767-RACE.

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

May 22

YMCA Back Bay 5K, Portland, 6 p.m. Contact: Howard Spear 741-2084.

May 24

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

May 25

Memorial Mile, Cumberland Center, 8 a.m. Contact: Jim McCorkle 781-3134.

Apple Blossom 15K & 4.7-Miler, Monmouth, 8 a.m. Contact: Doug Ludewig 933-4677.

May 30

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

May 31

Maine Sports 10K, Camden, 9 a.m. Contact: Sarah Andrus 594-7721.

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

June 13

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

June 14

Oakhurst 4-Miler, Portland, 9 a.m. Contact: Charlie Scribner 772-5781.

Women's Fitness Studio 5K, Brunswick, 9 a.m. Contact: Jim McCorkle 781-RACE.

Hampden 8.5-Miler, 8:30 a.m. Contact: Skip Howard 223-4715.

June 19

Doc's Tavern 3-Miler, Saco, 7 p.m. Contact: Charlie Scribner 781-RACE.

June 20

New Sharon Bicentennial 5K, 9:30 a.m. Contact: Ed Ferriera 778-9235.

June 27

Tour du Lac 10-Miler, Bucksport, 8:30 a.m. Contact: Joan Merriam 469-2019.

June 28

Gardiner 5-Miler, 8 a.m. Contact: John Schwerdel 623-8086.

Literacy Volunteers 5K, Falmouth, 9 a.m. Contact: Jim McCorkle 781-3134.

July 4

Bridgton 4 on the Fourth, 8 a.m. Contact: Jay or Lorraine Spenciner 647-3347.

L.L. Bean 10K, Freeport, 7:30 a.m. Contact: Charlie Scribner 781-RACE.

Walter Hunt 3K, Brewer, 10:45 a.m. Contact: Dave Torrey 942-1988.

Note: MTC races are in bold

For the latest race schedules and information, call the MTC hotline at 741-2084 or visit the Sub5 web site at <http://www.finishlynx.com/sub5>

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.

Race Results

Submitted by Don Penta

The 1997 Great Pumpkin 10K Road Race
161 Finishers (38 Female & 123 Male)
Certified Loop Course From Camp Ellis, Saco
10 a.m., Sunday, October 26, 1997

"*" following time indicates a female finisher.

"(MTC)" designates a Maine Track Club member.

PLACE/NAME	HOME	AGE	TIME
1 Byrne Decker.....	Yarmouth	30	31:08
2 Kevin Way.....	Waterboro	28	32:16
3 Pete Bottomley (MTC).....	Cape Elizabeth	36	33:05
4 Ron Newbury.....	Auburn	47	33:50
5 Ludo Bruyere.....	Augusta	28	33:58
6 George Towle (MTC).....	Portland	47	34:08
13 John Gleason.....	Freeport	40	35:03
19 Julia Kirtland.....	South Harpswell	32	35:51*
20 Denise Harlow.....	South Portland	27	35:59*
22 Ray Webster.....	Unity College	22	36:09
23 Rob Craig (MTC).....	Cumberland	41	36:16
27 Joel Croteau.....	Biddeford	53	37:21
32 Paul Aceto (MTC).....	Scarborough	31	38:17
38 Willie Sproul (MTC).....	New Gloucester	39	39:23
43 Matt Young.....	Whitefield	19	39:58
51 Ann McGovern (MTC).....	Old Orchard	33	41:31*
56 Ron "MTC" Paquette.....	Biddeford	46	41:52
64 Carlos Philbrick (MTC).....	Dayton	45	42:46
65 Kate Meyers (MTC).....	New Gloucester	37	42:54*

72 John Morse (MTC).....	Phippsburg	52	43:17
73 Judy Gilman.....	Westbrook	40	43:21*
77 K.Scott Hinckley (MTC).....	Saco	39	44:00
83 John LeRoy (MTC).....	Brunswick	60	44:15
85 Dick Lajoie (MTC).....	Durham	57	44:43
90 Larry Kinner (MTC).....	Old Orchard Beach	48	45:02
91 Emily Bugbee.....	Cape Elizabeth	42	45:04*
92 Bob Green (MTC).....	Standish	49	45:11
93 Ron Perry (MTC).....	Kennebunkport	60	45:13
100 Rosalyn Randall (MTC).....	Portland	47	46:09*
105 Mike Brooks (MTC).....	Danville	51	46:30
107 Harry J.White (MTC).....	Scarborough	55	46:45
110 Earl Smith (MTC).....	Springvale	41	47:24
111 Neil Martin (MTC).....	Portland	54	47:38
113 Rodger Smith (MTC).....	Scarborough	51	47:50
117 Larry Barker (MTC).....	South Portland	48	48:34
120 Patti Hinckley (MTC).....	Saco	39	48:53*
121 Don Russell (MTC).....	South Portland	60	49:08
132 Melanie Collins (MTC).....	Falmouth	32	51:52*
138 Polly Kenniston (MTC).....	Scarborough	60	53:06*
140 Daniel Cain.....	Reading, Mass.	54	54:07*
147 Burt Kettle (MTC).....	Brunswick	63	55:25
148 Sally Paterson (MTC).....	Portland	56	56:41*
149 Warren Wilson (MTC).....	Yarmouth	64	56:44
159 Pam Kinner (MTC).....	Old Orchard Beach	38	71:11*
160 Don Penta (MTC).....	Windham	51	71:18

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

The Second Annual Irish Road Rover 5K Road Race
302 Finishers (114 Female & 188 Male) / 351 Entries
Loop course from Brian Boru in Old Port
11 a.m., Sunday, March 15, 1998

Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Cathy Allen 1,overall.....	31	18:43	6:02
2 Jeanne Hackett (MTC) 2,overall.....	39	19:26	6:16
3 Libby Christensen 3,overall.....	35	20:09	6:30
4 Rosalea Kimball 1,20-29.....	26	20:12	6:31
5 Monica MacDonald (MTC) 1,30-39.....	31	20:20	6:34

1 Allan Muir 1,overall.....	43	16:50	5:26
2 Guy Segars 2,overall.....	37	17:13	5:33
3 Greg Knapton 3,overall.....	27	17:17	5:35
4 David Mann 1,20-29.....	27	17:38	5:41
5 Mike Lansing 1,16-19.....	16	17:56	5:47

Other Top Divisional Finishers

7 Carol Hogan (MTC) 40-49.....	47	20:27	6:36
11 Amanda Keyes 16-19.....	18	21:31	6:56
21 Joan Lavin (MTC) 50-59.....	50	22:27	7:15
22 "Dazzling" D. Lewis 15&under.....	15	22:31	7:16
60 Polly Kenniston (MTC) 60-69.....	61	26:21	8:30

8 Robert Smith 40-49.....	40	18:10	5:52
9 Bobby Hunt 15&under.....	15	18:12	5:52
10 Michael Gordon 30-39.....	35	18:15	5:53
17 Bill Reilly 50-59.....	50	18:59	6:05
144 Richard Cavanaugh (MTC) 60-69.....	65	25:15	8:09

Other Maine Track Club Finishers

10 Kate Meyers.....	37	21:27	6:55
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17 Joan Lee 2,40-49.....	43	21:43	7:00
18 Maryellen Fitzpatrick.....	27	22:00	7:06
25 Wendy Williams.....	44	22:50	7:22
26 Theresa Gallupe.....	36	23:03	7:26
33 Diane LaVangie.....	39	23:50	7:41
38 Colleen Boland.....	43	24:10	7:48
46 Patti Hinckley.....	39	25:03	8:05
47 Debbie Aceto.....	31	25:03	8:05
48 Lisa Kelley.....	33	25:04	8:05
50 Bridget Ramsdell.....	39	25:22	8:11
51 Betsy Lane.....	46	25:28	8:13
55 Susanne M. Conley.....	35	25:56	8:22
64 Jeanne Johnson.....	42	26:42	8:37
67 Margaret Zorn.....	41	26:49	8:39
74 Beth Wilson.....	42	27:23	8:50
82 Hope Matthews.....	27	27:42	8:56
86 Melanie Collins.....	33	28:09	9:05
91 Carlene Anderson.....	48	28:53	9:19
95 Deb Stewart.....	37	29:21	9:28
96 Martha Payson.....	59	29:30	9:31
99 Marge Aube.....	47	30:22	9:48
103 Julie Adams.....	25	31:14	10:05
107 Rita Moulen.....	39	32:25	10:27
110 Ruth Hefflefinger 2,60-69.....	68	34:28	11:07
112 Lisa Barker.....	11	36:28	11:46
18 Dennis A. Smith 2,40-49.....	47	18:59	6:07
19 Paul Aceto.....	31	19:02	6:08
28 Will Lund.....	42	19:44	6:22
51 Glen Gallupe.....	38	21:04	6:48
52 Dan Hogan.....	47	21:05	6:48
58 D. Scott Hamilton.....	47	21:20	6:53

(Continued on page 6)

More Race Results

(Continued from page 5)

59 James Boisvert.....	41	21:21	6:53
67 John Morse.....	52	21:35	6:58
70 Bob McCormack.....	46	21:40	6:59
73 Jim Estes.....	48	21:46	7:01
80 K. Scott Hinckley.....	40	21:56	7:05
98 Mike Brooks.....	52	22:47	7:21
100 Chet Matthews.....	52	22:49	7:22
105 Richard Scribner.....	46	23:00	7:25
111 Earl Smith.....	42	23:12	7:29
113 Ralph Butts.....	36	23:17	7:31
114 Dan Gray.....	40	23:22	7:32
135 Jeff Flynn.....	41	24:30	7:54
136 George Conly.....	49	24:32	7:55
141 John Littlefield.....	42	25:06	8:06

145 Harry J. White.....	55	25:17	8:09
150 Joe O'Donnell.....	47	26:09	8:26
152 Burt Kettle 2,60-69.....	63	26:48	8:39
154 Dan McKeown.....	31	26:52	8:40
162 Ronald Read.....	55	28:03	9:03
167 Phil Sargent.....	51	28:41	9:15
172 Mike McGee.....	51	29:40	9:34
173 Mel Uchenick 3,60-69.....	67	29:48	9:37
175 Bob Aube.....	32	30:23	9:48
176 John Holmes.....	46	30:31	9:51
178 Kenneth S. Spirer.....	55	30:44	9:55
182 Ed Stewart.....	38	31:54	10:17
188 Don Penta.....	51	37:07	11:58

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

The Maine Track Club Presents
The Seventh Annual Presidential Five Mile Road Race
345 Finishers (122 Female & 223 Male) / 389 Entries
Certified loop course from Dock Square, Kennebunkport
11 a.m., Sunday, April 5, 1998
Conditions: cold, partly cloudy & windy

"USAT&F" designates a time for this distance on a nationally recognized certified course that meets or beats the age group standard as compiled for national ranking by USA Track & Field's National Running Data Center.

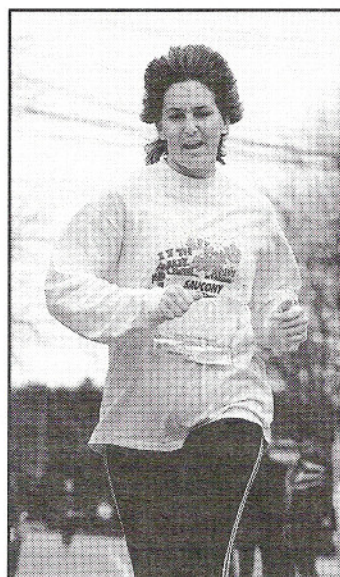
Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Susannah Landreth.....	29	29:51	5:58
2 Christine Snow Reaser.....	32	30:38	6:08
3 Laurel Valley (MTC).....	35	31:52	6:22
4 Kelly Rodrigue.....	34	32:30	6:30
5 Laura Shejen.....	32	32:43	6:33
6 Laurie Gaudreau.....	29	32:56	6:35
7 Leslie Mourmouras.....	29	33:21	6:40
8 Nancy Kneeland (MTC).....	43	33:43	6:45
9 Kim Coombs.....	40	33:56	6:47
10 Roselea Kimball.....	26	34:06	6:49

1 Mike O'Brien USAT&F.....	37	25:21	5:04
2 Robert Pierce USAT&F.....	37	25:43	5:09
3 Bruce Butterworth USAT&F.....	45	27:13	5:27
4 Scott Brown.....	39	27:30	5:30
5 Guy Segars.....	37	27:48	5:34
6 Tom Dann.....	41	28:13	5:39
7 Kevin Hynes.....	32	28:30	5:42
8 Brent Leighton.....	28	28:38	5:44
9 Ludovic Bruyere.....	29	28:43	5:45
10 Robert Wanamaker.....	39	28:46	5:45

Top Overall Masters

13 Nancy Cooper.....	43	35:08	7:02
22 Joan Lavin (MTC) USAT&F.....	50	36:06	7:13
27 Kitty Kelley (MTC) USAT&F.....	51	36:32	7:18
31 Janet Parkinson.....	46	37:55	7:35
32 Carol Legere.....	46	37:59	7:36
14 Steve Reed.....	50	29:25	5:53
15 Guy Berthiaume.....	52	29:36	5:55
23 William Reilly.....	50	30:41	6:08
30 Conrad LaBelle.....	43	31:18	6:16
32 Will Lund (MTC).....	42	31:41	6:21



Deb Stewart and Mike McGee

photos by Don Penta

Other Top Divisional Finishers

11 Julianna Lagin-Nasse 19&under.....	18	34:24	6:53
12 Judy Milesen 30-39.....	30	34:48	6:58
14 Sarah Randall 20-29.....	24	35:19	7:04
33 Nancy Lagin 40-49.....	48	38:05	7:37
36 Faye Lowrey 50-59.....	54	39:30	7:54
53 Maggie Solomon 60-69 USAT&F.....	64	41:39	8:20

11 Nicholas Erickson 19&under.....	18	28:59	5:48
12 David Mann 20-29.....	27	29:07	5:49
13 Thomas Watkins 30-39.....	39	29:12	5:50
33 Lawson Noyes 50-59.....	56	31:49	6:22
36 Russell Boisvert 40-49.....	47	32:02	6:24
85 Peter Hettrich 60-69.....	63	35:34	7:07
211 Carlton Mendell (MTC) USAT&F.....	76	46:45	9:25

Other Maine Track Club Finishers

15 Kate Meyers 2,30-39.....	37	35:19	7:04
16 Maryellen Fitzpatrick.....	37	35:29	7:06

(Continued on page 7)

More Race Results

(Continued from page 6)

25 Sandra Dwight	38	36:31	7:18	115 Dan Derby	54	37:37	7:31
30 Sarah Parrott	39	37:36	7:31	120 Ralph Butts	37	37:50	7:34
40 Patti Hinckley	39	40:05	8:01	123 Dale Rines	45	38:05	7:37
41 Tully Londner	35	40:09	8:02	127 Brent Graham	28	38:31	7:42
49 Jayne Hanley	40	41:11	8:14	131 John Pearson	36	38:45	7:45
78 Melanie Collins	33	44:55	8:59	133 Albert Tanguay	36	38:51	7:46
86 Brenda Tanguay	35	46:06	9:13	136 Rodger Smith	52	39:05	7:49
93 Donna Trout	46	48:31	9:42	141 Willie Sproul	40	39:13	7:51
95 Deb Stewart	37	49:17	9:51	142 Dick Lajoie	57	39:16	7:51
101 Lynn Simmons	43	50:25	10:05	143 Gary Punskey	40	39:20	7:52
103 Sally Gore	35	50:43	10:09	145 Eric Lagios	38	38:28	7:54
104 Marge Aube	47	50:55	10:11	146 George Conly	49	39:32	7:54
112 Dolores Billings	68	52:42	10:32	149 Ron Perry	60	39:39	7:56
27 Paul Aceto	32	30:56	6:11	152 Earl Smith	42	40:11	8:02
39 Gerard Conley	44	32:07	6:25	158 Ed Haley	41	40:20	8:04
67 Sumner Weeks	49	34:27	6:53	162 John Littlefield	42	40:33	8:07
76 Stephen Nelson	31	34:56	6:59	166 Harry White	55	40:44	8:09
79 Paul Lessard	40	35:11	7:02	174 Richard Cavanaugh	65	41:06	8:13
84 Scott Hinckley	40	35:31	7:06	175 Jim McFarlane	41	41:12	8:14
86 James Boisvert	41	35:44	7:09	178 Steve Robbins	37	41:24	8:17
88 John Morse	52	35:47	7:09	183 Mike Brooks	52	41:45	8:21
93 John LeRoy 2,60-69	61	35:56	7:11	201 Scott Cook	37	44:43	8:57
95 Kevin Conley	28	35:57	7:11	215 Mel Uchenick	67	48:07	9:37
108 Don Foshay	39	37:12	7:26	221 Mike McGee	51	51:54	10:23

Many thanks to Bob Aube and the technical MTC computer team for complete results!

April Board of Directors Minutes

Wednesday, April 1

1. In attendance: Marge Aube, Bob Aube, Joe Guimond, Don Penta, Charlie Scribner, Howard Spear, Maggie Soule.
2. Secretary's Report: Accepted as written.
3. Treasurer's Report: Current balance is \$9,330.85.
4. Committee Reports:

Membership — Approximately 300 households have renewed their membership or joined the club as new members.

Newsletter — April issue was to be mailed on April 2. Reminder that the deadline for each issue is the 15th of the preceding month.

Race committee — The entry fee for the Patriots Day race was lowered to \$6. The Peaks Island 5-Miler is still on as scheduled, but it is not an MTC event. The Close to the Coast 5K and 10K (not MTC events) have been canceled.

5. Old Business:

Beach to Beacon Race — Boston Marathon technical

director Dave McGillivray has taken over as race director. The MTC will work the finish line and house elite runners. Race apps are due to be mailed soon.

Mt. Washington rejection letters are being collected for the lottery to decide who will get the five slots allotted to the club. We have an ample number of volunteers this year and are planning a picnic for runners and volunteers.

Banquet — Members are still being sought for the banquet committee. No one has stepped forward yet.

Maine Marathon — Plans are progressing well.

6. New Business:

Maggie Soule will look into possibility of using a combined envelope/renewal form for next year's membership renewals.

MTC survey results will be printed in May newsletter.

*Respectfully submitted,
Marge Aube*

Mt. Washington entries up for grabs

A lottery will be held at the May MTC meeting to determine which club members will receive the five slots available to MTC runners for the Mt. Washington Road Race on June 20. In order to be eligible, you must submit a copy of your rejection notice. You can either bring the notice to the meeting or mail it to: Marge Aube, 178 Bruce Hill Rd., Cumberland Center, ME 04021.

Maine Marathon Update

Things are proceeding well with regard to the NYLCare Maine Marathon & Relay & Casco Bay Half Marathon to be held on Sunday, Oct. 4. Joe Teno starts his second year as race director. We are very fortunate to have Joe and his crew at L. L. Bean.

One of the most important issues was settled by Mel Fineberg & Ward Grossman of Sportshoe Centers in finding us a new "inside sponsor" with regard to the use of the USM facilities, since USM Lifeline had resigned as our USM sponsor. George Towle, representing USM Track & Field Teams, was "strong armed" by Mel and Ward (an investigation is being conducted to determine who was the actual "strong arm" here) to step forward as our new sponsor, a really great accomplishment. Many thanks to Mel, Ward and George.

Marathon applications are now in the printing stage, with an advance black & white copy being printed just in time to distribute at the Boston Marathon. The full color applications should be available by May 1, with a large bulk mailing by the same date. Our thanks to Maura Ryan and her crew at NYLCare for a fine effort here. We had hoped to have our applications out at least five months prior to the marathon. Looks like this will be accomplished.

We do have a few openings left to fill on the race committee and would appreciate someone to step forward and volunteer to head these positions. They are:

1. Traffic Signs & Cones Coordinator
2. Race course clean-up coordinator
3. USM Gym clean-up coordinator

Anyone interested, please contact Joe Teno 552-4434 or Howard Spear 856-6496.

Our big push again this year is for volunteers, so please, if your not running, help us with these races.
Call Joe, Howard, or our Overall Volunteer Coordinator, Rhonda Harrington 865-1399.

MTC survey results

Total respondents: 15

1. How often should we hold meetings?

Monthly 12 Bi-monthly 2 Quarterly 3

2. What type of program would you like to have at our meetings?

Speakers 10 Fun runs 9 Informal dinners 8

Hash runs 7 Group activities related to running 7

(Suggestions: skiing, camping, hiking, kayaking, weights, swimming, pot luck)

Progressive dinners 2

3. Which of the following would you like to see continued?

Pic run 4 Pasta dinners 10

Annual picnic 10 UNE picnic and run 6

(Other suggested picnic locations: Sandy Utterstrom's camp, Bradbury Mountain, Portland Head Light, Two Lights, Wolf's Neck, Winslow Park)

Newburyport bus trip and race 6 Jingle bell run 7

Handicap race 6 Sunday fun runs and brunch 6

4. Banquet suggestions: Keeley's, Brian Boru's, pot luck, casual atmosphere

5. Other suggested activities: Hiking, softball, fun run/picnic/swimming at Peaks Island, canoe trip, more children oriented activities, picnic with SUB5 & CMS

Volunteers needed for Beach to Beacon 10K

Volunteers are needed for various jobs for the Peoples Beach to Beacon 10K Road Race. The following members of the MTC have taken responsibility for specific committees:

Finish Line	John Gale 775-5017
Registration	Barbara Coughlin 799-3472
Parking	Jim Toulouse 767-2439
Clean Up	Joe Guimond 799-3191
Medical Services	Jane Dolley 846-6018
Wheelchair Athletes	Russ Connors 799-8240

Please call any of the above individuals if you would like to volunteer for the race, or return the completed form to Beach to Beacon Volunteers, Maine Track Club, P.O. Box 8008, Portland, ME 04104.

The 1998 Peoples Beach to Beacon 10K Road Race

Name: _____

Tel: _____

Address: _____

I would like to volunteer for the following committee:

☐ Finish Line ☐ Registration ☐ Parking
☐ Clean Up ☐ Medical Services (Please note skill level _____)
☐ Wheelchair athletes ☐ Assign me as needed.



A Marathon Experience

By Sandy Ziter

I had always thought about running a marathon but it never really seemed like an attainable goal. As I approached my 40th birthday, I felt the need that a lot of people do, to do something outrageous. I debated between getting a tattoo and running a marathon. Fortunately, it was at this point that the Arthritis Foundation's Joints in Motion Bermuda Marathon was brought to my attention. I started a little late in the program, so my first meeting with the other runners and coach was at a training run. It was very encouraging. I had been running for years but never any distance running, usually just 3-5 miles. This run was to be 10 miles. I remember feeling very nervous about whether I could run such a distance. But, at the end of the run, I



felt absolutely elated and could not wait to begin training for the marathon. My training schedule consisted of running between 35-40 miles per week, with Sundays dedicated to distance running with the group. My first attempt at running 20 miles was a disaster. I had made it to approximately 15, which for me was a milestone, as I had not done anything over 12 miles. It was at this point I "hit the wall". I could not go on. The group had already gone ahead of me around mile 11, so I was alone. Luckily, at this point, an Arthritis Foundation staff member drove by to check on runners and I accepted a ride back to the gathering place. They told me afterwards that I was a little incoherent and I remember dropping the cup of water that was given to me. I was devastated. It was at this point that I started thinking that I may not be able to run a full marathon. It was certainly a reality check for me when I had to face the fact that I may not be physically able to complete a marathon. The other runners called me during the week to encourage me, so I decided that I would try again the next week for a 20 mile run. If I could not do it, I would excuse myself from the program. The following Sunday I ran alone and ran the same 20 mile route as the previous week. The run was going extremely well up to about mile 15 again, that's when I had the unpleasant experience of getting caught in one of the worst snow squalls I've ever seen—complete white-out conditions. Staff were again driving around, but they must have missed me in the snow. I had no choice but to continue on. Luckily it only lasted about 15 minutes. I completed the 20 mile run and felt wonderful. I knew at this point, I could do the marathon. The day of the marathon was one of the most emotional days I think I've ever been through. I tend to be the nervous type (or so I'm told) so I did not sleep much the night before. In the morning I wanted to be totally prepared. I arrived at breakfast to realize that I was the only one in the entire hotel full of runners that had a number pinned on front and back already. I felt like an idiot, even though it wasn't a big deal. The first half of the marathon was "easy". The second half of the run was obviously more difficult, but it was not until mile 22 that it became extremely difficult. I remember talking to myself a lot from mile 22 to the end. I also walked a lot. I knew that I wanted to save enough strength so that I could "run" at least the last 1/2 mile and across the FINISH LINE. I'll never forget the feeling of running the last stretch and seeing that FINISH LINE ahead of me. My fellow runners and trainer were there to root me on and I remember being so emotional that all I could do was cry as I finished the race. Although I experienced some awkward moments preparing for this marathon, and thought at times that all odds were against me, I can certainly look back on it now and laugh. I will always have wonderful memories of this experience. Not only can I say that I have run a marathon, but along the way I made some great friends, whom I still keep in touch with. In addition, I helped to raise money for a very worthwhile cause. I would recommend it to anyone that is considering running a marathon to "go for it". **IT'S A GREAT FEELING!!!!**

Sandy Ziter is a Legal Secretary and Marathon Runner in Manchester, New Hampshire. I've been informed that she is willing to talk with novice runners who may be interested in experiencing a Marathon Adventure. Experienced marathoners considering joining a Joints in Motion Team may contact another member of the group shown above, Matt Chandler at (802)-985-8954

Contact the Arthritis Foundation at 1-800-639-6650 for info about the Dublin Marathon team Training in June.

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 1998 club ID card when requesting discounts.

Peak Performance Sports
59 Middle St., Portland
15% on all purchases

Olympia Sporting Goods
Maine Mall, South Portland
10% on shoes only

Yankee Sports
35 Foden Road, South Portland
10% on shoes only

Coastal Athletics
84 Cove St, Portland
Asics shoes exclusively
Discounts according to model
Call ahead for Ron Kelley 772-4530

George and Phillips, Inc.,
Route 1, Kittery;
295 Water St., Exeter, N.H.
These are Nike Outlet Stores featuring
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reduced prices. All top quality regularly.
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
10% on non-sale running shoes and clothing

Famous Footware
330 Clarks Pond Pkwy., South Portland
Also Auburn and Kittery
10% on running shoes



Group runs

The Maine Track Club includes all kinds of runners doing many different distances and paces ... from the weekend jogger to the daily 20-minute runner to the serious road racer.

Whatever your pleasure may be (social, speed, long distance), we probably have a running/training group near your area. For more information, contact any of the following:

Brunswick

Long runs on weekends and track and tempo workouts during the week. Times vary, so it's best to call. Contact John LeRoy (725-8680).

Kennebunk

The Kennebunk Road Warriors run weeknights in Kennebunk. Contact Steve Jacobsen (985-4107) or Nancy Kneeland (985-8100).

Portland

The USM Morning Group runs at 5:45 a.m. daily from the USM gym. Contact Mel Fineberg (774-8868) or Ruth Hefflefinger (797-4625).

The Rat Pack runs Sunday mornings at 7 a.m. from Payson Park. Contact Ron Deprez (772-4312) or Mike Reali (829-2014).

YMCA Noon Runs from the YMCA on Forest Ave. Contact Marla Keefe (775-9620) or Mike Pratico (874-1111).

The Maine Front Runners, a gay and lesbian running club, runs from Back Cove across from Shop 'n Save on Saturday mornings at 9 a.m. Contact Jim Estes (761-2059).

South Portland

South Portland Road Runners run Thursday nights at 5:30 p.m. from the high school. Contact Russ Bradley (799-3864) or Donna Moulton (799-2894).

If you know of a group run that isn't listed above, please contact either Bob or Marge Aube (829-5079) to let us know where, when and a contact person for inclusion in the monthly newsletter.

Support these MTC members in business

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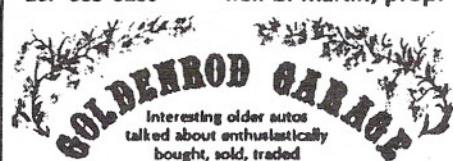
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Sugarloaf Marathon rises from ashes

When Sugarloaf Marathon and Kingfield 10K race director Chip Carey was transferred from his job as Sugarloaf/USA marketing director last fall, the future of both races was cast into doubt. Carrabassett Valley Academy agreed to take on the Kingfield 10K in the fall and also gave consideration to the marathon, but school officials eventually decided the task wouldn't fit into their busy schedule at the end of the school year. So, without a race director to run things, Sugarloaf/USA announced that the marathon had been canceled.

Not so fast, said a group of runners from the Central Maine Striders and the SUB5 Track Club. Strider Gene Roy stepped forward first, offering to provide timing for any runners who wanted to show up and run the course without support. Then Fred Merriam, who just recently relinquished his duties as SUB5 president, jumped in to offer his help.

Merriam, along with fellow SUB5er Sue Foster, earnestly began an effort to resurrect the race. In just a few short weeks, Merriam and Foster have rounded up essential volunteers, arranged for the usual police and medical support and have ensured that the race will go off as usual on Sunday, May 17. Best of all, there won't even be an entry fee this year, though Merriam and Foster will gladly accept contributions to help defray expenses.

"Basically, what we're trying to do is provide an opportunity for runners to qualify for (the Boston Marathon)," said Merriam. "We know Sugarloaf is a fast course, so we just want to make sure runners have an opportunity to run a certified course with official timing so that they can get into Boston."

Foster, through her new position as director of the Sugarloaf Outdoor Center, has arranged for the usual hotel discounts from the Sugarloaf Inn and has set up the traditional pre-race pasta dinner. There will also be a barbecue again at the finish in Kingfield, so many of the normal race features will still be part of this year's event.

"We'll have a pace car, a sheriff's car patrolling the course and a sweep car," said Foster. "Numbers have been donated by the Saucony outlet in Bangor, so we'll have official numbers. We've lined up a registration and timing crew, so we will have official results."

There will be some notable differences this year, though. For starters, a 15K race will not be part of the official program, although some runners have said they plan to run the course anyway. Also, a shuttle bus likely won't be available to carry runners between the marathon starting line in Eustis and the finish line in Kingfield. That means those who park in Kingfield will have to find a ride to the starting line, and those who park in Eustis will need to hitch a ride after the race.

Merriam and Foster also are unsure how many water stops will be provided. That depends on the number of volunteers. Just to be safe, it would be wise for runners to either be prepared to carry their own water or else have their own support crew.

"We're still looking for volunteers to man water stops," said Foster. "That's probably the weakest area of our organizing efforts so far. Right now it looks like we'll have water stops every four miles, which really isn't enough, but it might be the best we can do."

"Between SUB5 and the Striders, we'll cover at least four water stops," said Merriam. "From talking to others, it sounds like we're going to get enough support to at least double that -- at least that's what we're hoping for."

Also, as you might expect with no entry fee, runners won't receive free t-shirts. But plans are in the works to sell t-shirts to anyone who wants one.

"We're running on a shoestring budget, so rather than have free t-shirts at the race, we're going to take orders for t-shirts after the race," said Merriam. "That way, there's no expense for the organizers, and people can still get a memento from the race."

Foster also promises to offer some unusual awards.

"The prizes, which we're still working on, will be memorable prizes," said Foster. "They won't be your typical prizes."