

# Maine Track Club

June 1990

Run with a friend...





## FROM THE EDITOR

My father is the bravest man I know. I say this not because he is a decorated Army Officer who saw combat in both Korea and Viet Nam. I say this because at the age of 35 my father met and married a very beautiful woman with three very difficult children.

My dad was one of New York state's most eligible bachelors. He drove around West Point in an British racing green E Type Jaguar in his uniform, handsome and confident. He met my mother and married her, even though she came with a built-in family. We were 12, 11 and 9 at the time and a more obnoxious group would have been hard to find. We made Bart Simpson look like a model citizen. Our generally bad attitudes didn't seem to phase my father in the least. No matter how awful we could be (and we could be exceedingly awful) he seemed to be able to wait us out. There were lots of rules and discipline, evenly enforced; he always stuck to his guns. And slowly, we came around. Three years after he married my mother, we were officially adopted by him. He has been my father ever since.

My dad taught me how to whistle (I can hail a cab from any corner of Manhattan), he taught me to swim, he taught me new math and old math, he taught me how to swear (much to my mother's dismay). My father taught me that girls often have to work harder than boys to get to the same destination; and he made me realize it was worth it. "Pretty good for a girl," became my call to battle. My father was the person who taught me that any job worth doing was worth doing to the best of your ability. And because he always told me that if you started something, you were obligated to finish it, my father was the first person I called when I qualified for Boston at the Sugarloaf Marathon in May. I knew he would appreciate the time and effort that went into the race.

Being a father is never an easy job. Being our father was more difficult than most. But being the man that he is, my dad simply did the best he knew how, day in and day out. On this Father's Day, I want to tell him I know how hard it was and what a good job he did. To the best father I know, happy Father's Day. To all MTC Fathers, you too!

\*\*\*\*\*

Next month I am off to Andy Palmer's running camp! Because this occurs at Newsletter time and because deadlines are even less fun than usual in the summer, we will have a deluxe 20 page Double Issue for July and August. The deadline for this issue is Monday, July 23. You must be tired of hearing about my races by now, so please tell us about yours. If you have any pictures, send them in. Let us hear from you.

*Candace*

### *Thanks to MTC Volunteers at Sugarloaf:*

<i>Ruth Hefflefinger</i>	<i>Jeanne Clemence</i>
<i>Ray Hefflefinger</i>	<i>Tom Clemence</i>
<i>Susan Davenny</i>	<i>Eric Tableman</i>
<i>Ben Davenny</i>	<i>Mel Fineberg</i>
<i>Joan Lavin</i>	<i>John Lavin</i>
<i>Richard Scribner</i>	

COVER PHOTO: *Jenny Labrecque, Age 8.*

## Next MTC Meeting June 13 - 7 pm - SMTC - So. Portland

The June meeting will have a change of pace from running. The topic will be white water kayaking, and the program will be lead by Steve Mooney of Biddeford. Steve has done extensive kayaking in Maine and New Hampshire, and has a friend who was involved with "Project Raft" in the Soviet Union, as well as experiences in Chile and Mexico.

Color slides of these kayaking trips and slides from the Downeast Whitewater Outfitters of Maine featuring action on the Kennebec, Penobscot, and Dead Rivers will be shown.

Steve plans to have one or two kayaks at the meeting and there will be an opportunity for a question and answer session. It should be an interesting and enjoyable program. Bring a friend!

## Amish Country Half Marathon April 22, 1990

I believe that it was the November issue of Running Times that listed the Winter/Spring Marathons and Half Marathons. Thumbing through it, with the intention of running some longer races in 1990, I chose the Amish Country Half Marathon in Lancaster, Pa. as my first half marathon. I'm not sure what it was that appealed to me, but, in retrospect, it was a good decision.

We decided to make a long weekend of it, spending a full day in Philadelphia, and a half day at Valley Forge, with plenty of time to get to Lancaster by early afternoon the day before the race (even with an unscheduled stop at the now well-known Manufacturer's Outlet Mall on the Pennsylvania Turnpike).

There was no scheduled carbo-load meal the night before, but we discovered Pennsylvania smorgasbords and quickly resolved that problem. Miller's was our choice and, once again, it was the right one. It was truly spring in Pennsylvania on April 21, so fresh vegetables were abundant...and a wide selection of chicken and meat, and even shrimp. Of course, for dessert there was shoo-fly pie.

Sunday was beautiful, around 70 degrees. Over 1,500 runners lined up across four lanes to the sound of bagpipes. The course wound through farm country and included a few "rolling hills" (that's what the ALL say). The Amish families were out in their yards in full force, and they looked like they had stepped out of a movie set...but this was the real thing. Since it was Sunday we shared the road with buggies returning from church, but the traffic control eliminated any concern with the cars. Debbie liked the course, as a spectator, because she walked from the start, across the golf course, to the 10.5 mile mark to cheer me on. As runners know, that is always a boost. I missed my goal by a little over two minutes, but the quality of the race more than made up for that.

The post-race part was outstanding. In fact, pre-/during/post-race administration was the best I have ever experienced. Somehow we hit on a great one and plans for next year have already begun.

*Tom Atchison*



# MEMBERSHIP MEETING

**MTC MEMBERSHIP MEETING MAY 9, 1990 7:00pm**  
Greely High School

President Bill Stuart opened the meeting. New members and guests present included Deanna Hodgkin, Beverly Strout, Doris Healey, Stephanie Fischer, Marlene Russell, Bonnie Fox, Patti Tableman, Yun Chong, Melissa Coulombe, and Dennis Coulombe. Welcome! The attendance list was not completed by everyone. Guess is 65-70.

**Vice-President, Peter Bastow** announced that Dennis Smith will organize interval workouts for the club. Information will be in the newsletter. July picnic will feature a hash. Lynn Jennings has rescheduled for October.

**Secretary, Susan Davenny** read a thank you note from Jane Dolley for sympathy extended to her on the death of her brother, Bill Whyte.

**Treasurer, Rob Laskey** reported a balance of \$4933.75 following the computer purchase. Printer will be ordered. Cost within amount approved by membership. Correction to last report, RRCA shirts billed to MTC is \$104. Remaining cost to be billed to RRCA.

**Races, April Amble** went well with a greatly improved turnout. Family Crisis Shelter 4 Miler has 130 preregistered. Berwick DARE had 20 children for the fun run and 117 for the 5 Miler. Nord Samuelson won it and George Towle set a master's record of 28:46 on his 40th birthday.

**Newsletter, Candace Karu** was commended for another excellent issue. Keep sending articles and photos. Classified ads are available to members at no cost. Candace announced a message from Ron Cedrone. Ron wants to hear from anyone running Mt. Washington or who has a number and is not going to use it, 781-3302.

**Statistician, Don Penta**, has complete results from the Rocky Coast.

**Refreshment chairmen, Bill & Bambi Lovett**, were given a hand.

**Bruce Ellis Memorial Fund Campership Applications** were on hand for youths age 13-17 to Colby College Cross Country Camp.

**Photography Chairperson** needed. See Bill Stuart.

## Announcements

Club Run and Pot Luck Brunch - June 16th at Ray and Ruth Hefflefinger's

Mother's Day Run and Brunch - May 13th at Candace Karu's

Portland Hash?? Maybe June 20th

Next Board Meeting - June 6th at Bill Stuart's

Thanks to Harry Nelson for arranging the pre-meeting fun run.

**Speaker, Danny Paul**, shared his love for running and coaching and ideas on speedwork with us.

Respectfully submitted,

*Susan Davenny*  
Susan Davenny  
Secretary

# NEW MEMBERS

Name & Address	Phone	Occupation	Age
Richard Cavanaugh 3 Pratt St. Freeport, ME 04032	H865-4865 W289-2171	M.D.O.T. Civil Engineer	57
Yun Chong 9 Falmouth Street Portland, ME 04103	H761-8488 W761-6263	Engineering Technician National Semi-Conductor	29
Edie & Steve Dubord RR1, Box 11D Yarmouth, ME 04096	H846-5922 W873-0186	Lawyer Harden, Dubord	32 45
Eileen Harris 184 Longfellow St. Portland, ME 04103	H772-6296 W871-6186	Administrator Maine Medical Center	37
Doris Healey 5 Hilltop Drive Cumberland, ME 04021	H829-3622 W772-2940	Administrative Assistant Acute Care Experts, Inc.	42
Jody King Erich Reitenbach P.O. Box 470 No. Waterboro, ME 04001	H247-6194 W879-4075-J W879-4066-E	Teachers Maine Youth Center	29 30
Vana O'Connor P.O. Box 2771 So. Portland, ME 04106	H767-1765	Interior plantscaping	
Mark Pelletier 46 South St. Bath, ME 04530	H443-1047 W871-2335	Technician Maine Medical Center	41
Alan Reilly P.O. Box 33 New Harbor, ME 04554	H677-3617	Nurse	37
Beverly Strout Ed Doughty Beth & Melanie P.O. Box 870 Windham, ME 04062	H657-2588 725-5081-B 508-853-4500-E	Teacher-Brunswick Forge Supervisor-Kom Tek Student Student	38 41 17 13



New members at the May meeting: Standing LtoR Beverly Strout, Marlene Russell, Doris Healey, Dennis Coulombe, Deanna Hodgkin, Yun Chong. Kneeling LtoR: Stephanie Fischer, Eric Tableman, Patti Tableman, Melissa Coulombe, Bonnie Fox.

**VOLUNTEERS FOR BERWICK DARE FUN RUN AND 5 MILE ROAD RACE**  
**THANK YOU!**

Donna Moulton  
Susan Morejon  
Marina Gikas  
Everett Moulton

Richard Scribner  
Jeffrey Moulton  
Tom Littlefield



# PRESIDENT'S PAGE

Our spring weather continues to provide perfect training conditions--if you have gills. Let's hope that by the time that you receive this newsletter that we have begun to experience a long-awaited spring. On the bright side, the weather has not been too hot to train effectively!

## RACE UPDATE

I am pleased to announce that the Pat's Pizza Classic, a favorite summer running tradition in southern Maine, is back! We have been busy negotiating with the Yarmouth Clam Festival and John Kyle of Pat's Pizza in Yarmouth, who stepped in years ago to save the race. This year, the race will change its name to the Clam Festival Run, sponsored by Pat's Pizza. The only real change that runners will notice will be increased cooperation between the race and the Clam Festival.

Meanwhile Barbara Coughlin and several club members who have volunteered to assist are looking for sponsors for the Cape Challenge. We want to maintain our tradition of a strong fall half marathon. If you know of a potential sponsor (we need \$2000-2500 from sponsors to make this race a success), please call Barbara or me.

## VOLUNTEERS

Thank you to everyone who is donating his talents to the club. We have had a good response to our pleas for volunteers at races and for special projects. For example, Maureen Sproul, who assisted in organizing the MITC banquet and coordinated MITC volunteers at the April Amble, will be our photography coordinator. She will be responsible for providing photographers at MITC events. If you are a race director or event coordinator, be sure to touch bases with Maureen to have a club photographer present.

This month, we are looking for two people interested in learning how to measure and certify race courses. John LeRoy and Loren Lathrop are doing a terrific job in this area now. We are hoping to remeasure and certify all our courses this year, a project that will require additional manpower. Race course measurement and certification is important because you cannot compare your results in races of comparable advertised distances unless the courses are certified by The Athletics Congress. This certification is an important element in a runner's choice of races. If you are interested in volunteering your services in this important area, please contact John, Loren or me for more details.

## ATTENTION RACE DIRECTORS

With a budget of only \$100 for photography in 1990, the club is not in a position to pay for photography of individual races. We do encourage you to have a photographer, though, as pictures can be used to present to sponsors and to recap the race in the MITC newsletter and at the banquet. I ask race directors please to put \$50 to \$100 in their budgets for race photography.

## SPECIAL THANKS

Special thanks to Danny Paul for his presentation at the May meeting. He had a long day of teaching and coaching before arriving back to school late from a meet. His presentation was informative and appeared to keep members on the edges of their seats. Also, it was great to see a good turnout and lots of new members in attendance. Our attendance continues to grow at meetings, a tribute to the good programs that Vice President Peter Bastow has been booking. Keep up the good work, Peter; we do not want to hear any "Quayle" jokes about our vice president!

*Bill*

## HALLOWELL HASH HOUSE HARRIERS CARVED IN GRANITE CALENDER

H#45	June 24	Whatever Week
H#46	July 21	Old Hallowell Day
H#47	July 29	Family Hash Bryant Pond
H#48	Aug 12	Belgrade
H#49	Aug 26	David Ranslow
H#50	Sept 15	Celebration
	Sept 16	Portland Hash
H#51	Sept 30	Monson
H#52	Oct 28	Halloween Hash
H#53	Nov 18	Thanksgiving
H#54	Dec 9	HASH BASH

If you don't want to hear anymore about these, write the ON-ON Times, PO Box 191, Hallowell, Maine 04347.

## DAVID CRAWFORD NAMED 1990 MASTERS TRIATHLETE OF THE YEAR BY NEW ENGLAND RUNNER MAGAZINE



### 1989

- 5/7 Rainbow Cycle 20mi TT Augusta, ME 1st (35-45)
- 5/21 Fitness Connection Biathlon Lewiston ME 1st overall
- 5/28 Oakhurst 4-miler South Portland, ME 1st (35-39) 20:14
- 6/4 Raising Kane Triathlon, Eaton, NH 1st (35-39)
- 6/11 NETS Rhode Island 1st (35-39)
- 7/1 Heritage International 2nd (40-44)
- 7/16 USTS New England 1st (elite masters)
- 7/23 Bud Light Bay State 1st (40-44)
- 7/30 NETS Vermont 1st (40-44)
- 8/6 NETS Maine 1st (40-44)
- 8/27 Muncie Endurathon Muncie, Indiana 2nd (40-44)
- 9/3 NETS Final Sharon, MA 1st (40-44)
- 9/9 Camden Tinman Camden, Maine 1st (40-44)
- 10/14 Hawaii Ironman World Championship Kailua Kona, HI 5th (40-44)



## UPCOMING EVENTS CALENDER

### June

- 10 **Flat Feet Five**, 1:30pm, Caribou Recreation Department, Caribou, contact Kathy Mazzuchelli at 498-3158.
- 15 **10th Doc's Tavern 3 Miler**, 7:00pm from Doc's, Ken Dion, PO Box 233, Saco, ME 04072.
- 16 **MTC Training and Pot Luck Brunch**, see notice in this newsletter.
- 16 **USM Lifeline 5K**, 9:00am, USM, Portland, contact Patty Medina at 780-4642.
- 17 **Blood, Sweat & Cheers 5K**, 8:00am, Fairfield, Jerry Saint Amand, 873-6753.
- 20 **9th Pottle Hill 10K**, 6:30pm, Mechanic Falls Town Square, write Pottle Hill Road Run, PO Box 96, Mechanic Falls, ME 04256
- 23 **12th Gardiner Common 5 Miler**, 8:00am, Gardiner, John Schwerdel 622-4507.
- 23 **9th Spring Point Festival/JBI 4 Miler**, SMTCC, So. Portland, 761-2210.
- 24 **Maine Running Camp**, June 24-30th, Andy Palmer, Director, Bar Harbor, write Andy at PO Box 571, Alfred, ME 04002, phone 324-0421.
- 30 **15th Tour duLac 10 Miler**, 10:00am, Bucksport, Fred/Joan Merriam 469-2019.

### July

- 4 **Five on the 4th**, 9:00am, Bill's Mini Mart, Houlton, Marie Carmichael 532-4231.
- 4 **14th Annual Four on the Fourth**, 8:00am, Bridgton, Write Jay and Loraine Spenciner, RFD 2, Box 2, Bridgton, Maine 04009.
- 4 **9th LL Bean 10K**, 7:30 am, Freeport, Brian Hall 865-4761.
- 4 **10th 3000 Meters Run**, 10:15am, Brewer Auditorium, Write Sub 5 Track Club, PO Box 63, Brewer, ME 04412.
- 4 **Bath Heritage Days Road Race**, 8:30am, Bath City Hall, Write Bath Recreational Dept., 4 Sheridan Road, Bath, Me 04530.
- 4 **9th Independence Day Run**, 8:30am, Livermore Falls, Mike Simoneau 897-4048.
- 7 **Oyster Festival 10K**, 8:30am, Great Salt Bay School, Damariscotta, David Pierce, c/o Briggs Pharmacy, Main Street, Damariscotta, ME 04543.
- 21 **Yarmouth Clam Festival Road Race**, contact Bill Stuart 799-5961.
- 21 **6th Marie MacArthur Memorial 10K**, 9:00am, Day's Store, Belgrade, Lisa Peacock, RFD 1, Box 338, Belgrade, ME 04917
- 21 **Potato Blossom 5 Miler**, 10:00am, Jenkins School, Fort Fairfield, Paul Lameraux, Aroostook Mustards.
- 25 **5th Dyer Memorial 5K**, 6:30pm, Winslow High School, Jerry Saint Amand 873-6753.
- 25 **2nd Ralph Thomas Master's Mile**, 6:10pm, Winslow High School, Gene Roy, Central Maine Striders.
- 27 **Deering Oaks Family Festival Track Meet**, contact Sandy Utterstrom 797-4710.
- 28 **Musterd Mile**, 5:00pm, Caribou High School, Conrad Walton, Aroostook Mustards.

Always verify information with race directors.

## CLASSIFIEDS

**FOR SALE:** SX50 Women's rear entry ski boots size 6 1/2. Never worn. White with black trim. \$50. Call Maureen at 926-4681.

**I AM LOOKING** for someone to run with in forenoon. Four to eight miles, 8 to 9 minute miles. I live near So. Portland High School but can travel. Call Evert Moulton 799-2894.

## RUN WITH A FRIEND

### Portland Area

Early Morning Group, USM, Portland, Gym Lobby. No showers unless you have a Lifeline membership. Parking in USM lots by sticker. Start time (5:15-6:00am) and mileage (4-10 miles) varies each day. Call Bill Davenney 772-1787 or Bill Stuart 799-5961. Pace: 8-10 min. per mile. Long runs on weekends from homes, Sat/Sun. Call for location.

The Rat Pack, call Al Butler at 772-6463 or John Gale at 775-5017. Pace: 7:00-7:30 min. per mile. Call for location.

The Portland Hash House Harriers, watch the newsletter and Sara's column.

### Brunswick

Call John LeRoy at 725-8680. Sunday runs at 9:00am from Brunswick Junior High School, 4-8 miles. Also Saturday long runs and intervals. Call John for time and location.

### Saco, Biddeford, Kennebunkport, Kennebunk?

We have a large number of members in these towns. Want to start a training group? Send a name and number to the newsletter editor for this column.



*OK, so we're wet, we look weird and we're stuffing our faces...at least we ran 12 miles first!*

**INTERESTED** in training runs (12-20 miles) on weekends in or near Kennebunkport. Call Candace 967-4257.

**YOUR AD HERE** free to MTC members and their families. Call Candace at 967-4257.



# RACE RESULTS

by Don Penta

14th Annual Westbrook College April Amble  
Portland, Me - 4 M - 395 Fin. - 4/29/90

## Top Finishers (overall):

1 Bob Winn	19:13
2 Scott Brown	19:41
3 Allan Muir	19:45
4 Tom Dann	19:58
5 Richard Brooks	20:27
6 David Smith	20:28
7 Peter Hall	20:32
8 Roland Thibault	20:38
36 Edie Dubord	22:17*
47 Wanda Haney-Binette (MTC)	22:47*
53 Christine Bracer	23:11*
68 Deanna Hodgkin (MTC)	23:40*
82 Erika Maddaleni	24:01*
101 Terry Bosse	24:32*
108 Amy Tripp	24:52*
124 Christie Hendrich	25:27*

## Other MTC Finishers:

15 Robert Jones PR	21:03
21 Paul Merrill	21:29
28 Jim Bunnell	21:54
31 Richard Mulhern	22:00
32 Glen Roy	22:01
37 Willie Emerson	22:21
38 Peter Dubé	22:21
41 Ron Deprez	22:34
43 Joel Titcomb	22:35
54 Joe Richards	23:13
55 Richard Scribner	23:14
58 Brian Milliken	23:21
62 Erich Reitenbach	23:36
72 Lee Allen	23:45
73 Mike Towle	23:47
81 Tom Menendez	23:57
83 Yun Chong	24:04
84 Frank Ferland	24:05
85 Paul LaVangie	24:06
87 David Dowling	24:08
102 Peter Bastow	24:33
103 Charles Hall	24:39
105 Harley Lee	24:46
106 Loren Lathrop	24:50
111 George Prescott	24:55
115 Sumner Weeks, Jr.	25:12
131 John LeRoy	25:41
134 Carol Weeks	25:49*
135 Dale Rines	25:51
138 Donald McDade	25:58
140 Steve Woodsum	26:00
151 Craig Robinson	26:09
154 Diane Flanders	26:19*
155 Eric Ellis	26:20
160 Kyle Milliken	26:26
174 Eileen Dunfey	26:39*
184 Steve Jacobsen	26:50
197 Carlton Mendell	27:20
199 Nancy Lund	27:24*
200 Russ Bradley	27:27
207 Henry Wolstat	27:38
211 Carol Pierce	27:41*
213 Pat Ianni	27:42*
227 Peter Allen	28:12
229 Gail Waitkun-Romanoff	28:21*
234 Eileen Harris	28:31*
236 Patti Tableman	28:32*
238 Cindy Aiken	28:36*
249 Florence Aliberti	28:52*
250 Adrienne McGuigan	28:52*
252 Bob Cushman	28:56
253 Carol Gillis	28:57*
255 Beth Thompson	29:01*
259 Lori Towle	29:06*
264 Stephanie Lugg	29:15*
268 Bob Perkins	29:22
276 Pat Roy	29:35*
278 Dorothy Stoddard	29:36*
281 Patricia Titcomb	29:38*
295 David Trussell	30:08
297 Paul D'Amboise	30:11
301 Lloyd Cook	30:21
303 Robert Wyman	30:33
307 Donald Penta	31:07
308 Kathleen Duddy	31:07*
314 Roger Dionne	31:31

316 Susan Davenny	31:38*
319 Deede Delay	31:49*
328 Linda Hunt	32:44*
334 Sherry Carll	33:17*
338 Sara Hobson	33:35*
342 Maggie Soule	33:48*
345 Marlene Russell	34:08*
354 Bill Lovett	34:47
355 Linda Richards	35:00*
361 Brenda Cushman	35:53*
367 Donna Moulton	36:29*
369 Michelle Mondor	36:36*
373 Bonnie Black	37:14*

Name:	'89	'90	Diff	%I
Patricia Titcomb	37:29	29:38	7:51	20.94
Bob Cushman	36:24	28:56	7:28	20.51
Tom Menendez	28:41	23:57	4:44	16.50
Pat Roy	34:29	29:35	4:54	14.20
Yun Chong	27:51	24:04	3:47	13.58
Linda Hunt	37:04	32:44	4:20	11.69
Gail W. Romanoff	31:37	28:21	3:16	10.33
Robert Jones	22:22	21:03	1:19	5.89
Richard Scribner	24:17	23:14	1:03	4.38
Joel Titcomb	23:27	22:35	0:52	3.70
Pat Ianni	28:45	27:42	1:03	3.65
Jim Bunnell	22:38	21:54	0:44	3.24
Marlene Russell	34:58	34:08	0:50	2.38
Deede Delay	32:30	31:49	0:41	2.10
Russ Bradley	27:49	27:27	0:22	1.32
Steve Jacobsen	27:11	26:50	0:21	1.29
Brenda Cushman	36:18	35:53	0:25	1.15
Wanda H. Binette	22:55	22:47	0:08	0.58
Paul Merrill	21:33	21:29	0:04	0.31
Richard Mulhern	22:02	22:00	0:02	0.02
George Prescott	24:55	24:55	0:00	0.00

The above current MTC members tied or improved on their 1989 times in 1990. Congratulations! Thirty-nine ran consecutively. Many barely missed their times last year.

## Inaugural April Amble 1 Mile Fun Run:

(26 Finishers)			
1 Adam Richards (MTC)	10	5:54	
2 Nathan Howe	9	5:56	
3 Jaclyn Oullette	11	6:01*	
4 Eric Tableman (MTC)	10	6:18*	
5 Andrew Flaherty	10	6:24	
6 Leah Oullette	9	6:31*	
7 Lindsey Stuart	10	6:32*	
8 Nate Laliberte	8	6:48	
9 Kristy Harris (MTC)	7	6:59*	
10 Bianca Vanderpool	13	7:10*	
11 Jenny Menendez (MTC)	9	7:14*	
12 Allyson Fogg	12	7:14*	
15 Andrew Howe	6	7:43	
16 Amy Gray	8	7:45*	
17 Zack Thomas	7	7:53	
19 Christopher Woodsum (MTC)	9	8:32	
21 Rebecca Woodsum (MTC)	7	9:31*	
22 Kate Menendez (MTC)	8	9:42*	
23 Meryl Gray	5	9:56*	
24 Cliff Harris (MTC)	11	10:01	
25 Jason Allard-DiPalma (MTC)	3	10:35	

## FLASH!!

### Sugarloaf Marathon -- MTC Finishers:

8 Steven McGrath	2:50:37
10 William Emerson	2:51:17
21 John Sullivan	2:56:51
26 Bob Coughlin	2:57:28
29 Michael Reall	2:58:34
35 Charles Snevik	3:03:37
57 Loren Lathrop	3:12:34
65 Thomas Menendez	3:14:08
77 Bob Lyman	3:18:12
83 Robert Jolicoeur	3:20:19
93 Kathryn Telford	3:25:34*
112 Eileen Dunfey	3:31:07*
119 Carlton Mendell	3:34:03
124 Scott Fone	3:40:04
132 Candace Karu	3:44:57*
139 Sandra Hodnett	3:49:26*
143 Kathy Beauregard	3:59:00*
144 Hubert Strom	3:59:27
149 Katherine Gardiner	4:02:08*
151 Jerry Saint Amand (CMS)	4:08:46

Inaugural Run For The Muddy 3.5 Mi X-C  
Gould Academy, Bethel - 33 F - 4/21/90

1 Tina Zerbst 1,13-19	30:08*
2 Robin Zinchuk 1,30-39	34:13*
3 Cathy Manchester 1,20-29	34:33*
7 Wende Gray 1,40-49	41:08*
1 Willie Emerson (MTC) 1,20-29	23:25
2 Norman DeRoche 1,30-39	24:13
3 Steve Hightower 2,20-29	24:20
4 Art Warren 1,40-49	26:03
12 Dillon Gillies 1,50-59	27:41
18 Bill Kerwin 2,50-59	32:01
19 Paul D'Amboise (MTC) 1,60&over	33:55
20 Donald Penta (MTC)	34:35
22 Dennis Morrill (MTC) 3,50-59	38:10

This is a great event for people who like friendly country hospitality and varied terrain. The race wound from the upper athletic fields of Gould Academy out to and around the Academy cross-country ski course through ice, snow, deep mud, and fairly challenging uphill and looped back. High quality race t-shirts were given to all finishers. The race was great fun and very laid back.

10th Annual Rocky Coast 10K - 149 Fin.  
Boothbay Harbor, Me - 5 May 1990

## Top Open Finishers:

1 Gordon Hartwell	32	33:22
2 Jeremy King	26	33:45
3 John Strout	30	33:51
4 Tom Thibault	32	34:05
5 Randy Hastings	35	34:20
40 Kelly Cullenberg	28	39:17*
50 Anne-Marie Davee	33	40:45*
56 Jody King (MTC) 1st 10K!	29	41:11*
59 Dara Jones	33	41:50*
63 Joan Lavin (MTC)	42	42:05*

## Top Age Divisions:

6 Dan Barker 30-39	36	34:55
9 Stephen Friel 19-29	19	35:37
10 Steve Reed 40-49	42	35:42
18 Scott Gorneau 13-18	17	36:36
23 Bob Coughlin 50-59	51	37:20
71 Nancy Ellis (MTC) 30-39	37	42:48*
72 Jane Rau 40-49	40	43:04*
84 Cody Rau 12&under	12	44:15
85 Donna Taylor 1,Boothbay	40	44:19*
86 Carlton Mendell 60&+ (MTC)	68	44:33
96 Cindy Cheney 19-29	28	45:50*
109 Jane Rasmussen 50-59	53	47:42*
141 Leona Clapper 60&over	60	53:22*

## Other MTC Finishers:

25 Charles Snevik	47	37:43
30 Erich Reitenbach	39	38:11
38 Scott Fone	30	39:10
54 Dale Rines	37	41:05
78 Rosalyn Randall 2,40-49	40	43:35*
91 Russ Bradley 2,60&over	66	45:16
104 Herb Strom	60	47:21
121 Arthur Gingold	52	49:15
128 Martin Weiss	33	50:31
132 Donald Penta	43	51:23
134 Kathy Gardiner	47	51:32*
138 Wayne Newland	52	52:45
145 Maggie Soule	48	55:42*

8th Annual Togus 5K - 4/28/90 - 75 Fin.

1 Tom Thibault	32	17:10
2 David Burnham	24	17:21
3 Steve Reed	42	17:23
13 Richard Scribner (MTC)	38	19:32
19 Anne-Marie Davee	33	20:40*
20 Dick Cummings	52	20:42
30 Jane Rau	40	21:51*
32 David Paul (MTC)	44	22:07
56 Dennis Morrill (MTC)	50	26:43





TIM BUNNELL



PETER BASTOW



DONNA MOULTON



STEPHANIE FISCHER

STEPHANIE FISCHER

ROLAND WEEKS



So. PORTLAND  
DARE RACE  
PHOTOS  
(RESULTS NEXT  
MONTH!)



#### Notes:

Milton Bailey, while down in Bartow, Florida, 20 January, ran in a 10K and finished 4th/60 & over in 57 minutes in 83 degree heat (55th/70 overall).

Congratulations should be given to the Maine Team of Tina Meserve (14th, 16, 58), Edie Dubord (34th, 17, 55), and Wanda Haney Binette (39th, 18, 10), who finished third as a team behind Connecticut and Massachusetts (7 seconds ahead) at the Freihofer's Run For Women, Albany, N.Y., May 5th. Lynn Jennings was the top overall winner of this TAC National Women's 5K Championship.

New England Runner picked David W. Crawford as the outstanding Master's Triathlete in New England in 1989 in their special recently published 1990 Triathlon Guide. The issue also contains an excellent article on masters triathloning by Mr. Crawford, an annual calendar, and much useful information. Look for it on the magazine stand of your local Bookland.

At the New England Division III Track Championships held at Colby College, Waterville, May 5th, Donna Hubert finished second to Andrea Elder in the 5,000 meters in 19:20.5, 5.5 seconds behind Elder.

Carlton Mendell, April 21st, Unity Spring 5K, 1st/60 & over, 21:23, 42nd/66 overall; April 22nd, Inaugural Rape Crisis 5K Run/Walk, Waterville, 1st/60 & over, 23:37, 28th/102 overall.

Joan Benoit Samuelson is back on the elite women's running circuit for the first time since the birth of her son, Anders Clark, in January, and has won the women's division of the Olathe Medical Center 10K, May 5th, at Olathe, Kansas, in 34:11. By the time you have read this, Joan will have run a half marathon in Norway on May 26th with Grete Waitz as a major competitor.

Richard Scribner, April 22nd, Rape Crisis 5K Walk/Run, 1st/35-39, 19:44 12th/102 overall.

#### Inaugural Family Crisis Center Run Portland, Me - 4 M - 174 F. - 12 May '90

##### Top Finishers (overall):

1	Allan Muir open	19:41
2	Peter Hall	20:22
3	Michael Grigware	20:26
4	Roland Thibault	20:27
5	Larry Greer	20:40
6	Kevin McDonald 1,40-49	20:46
21	Bob Coughlin 1,50-59	23:00
28	Deanna Hodgkin (MTC) open	23:44*
31	Mary Meehan	24:02*
37	Erika Maddaleni	24:18*
46	Noelle Thurlow	24:57*
52	Christie Hendrich	25:27*
53	Carol Weeks (MTC) 1,40-49	25:37*
56	Marjorie Podgajny 1,30-39	25:51*

##### Other MTC Finishers:

9	Glen Roy	21:36
11	Jim Bunnell	21:47
16	Dennis Smith	22:27
18	Ronald Deprez	22:42
19	Stephen Wilson	22:51
20	Ron Cedrone	22:57
25	Richard Scribner	23:22
29	Loren Lathrop PR	23:55
32	Peter Bastow	24:04
43	Harley Lee	24:52
47	John Kim	25:07
49	Summer Weeks	25:19
60	Rosalyn Randall 2,40-49	26:08*
67	Carol Pierce 3,40-49 PR	26:43*
78	Clint Merrill	27:25
81	Maureen Sproul	27:41*
84	Carol Gillis PR	27:55*
85	Henry Wolstat	27:56
86	Elizabeth Olivier	27:58*
94	Bob Cushman	28:20
98	Marla Keefe PR	28:43*
101	Suzanne Spencer	28:51*
106	Nancy Lund	29:02*
110	Gail Waitkun	29:10*
118	Paul D'Amboise	29:45
128	Wayne Newland	30:35
130	Stephanie Lugg	30:39*
134	Daniel Sobel	31:10
141	Don Penta	31:50
145	Kathleen Duddy	31:58*
148	Ingrid Snekvik PR	32:42*
152	Linda Richards PR	33:25*
155	Sara Hobson	33:51*
166	Ruth Heffelfinger	36:38*
170	Jenny Kim	37:46*
171	Bonnie Black	38:16*

#### Inaugural Dare 5 Miler - 117 Finishers Berwick, Me - 6 May 1990

1	Nord Samuelson 1,open	26:55
2	Michael Grigware 2,open	27:02
3	Robert Wilson 1,30-39	27:14
4	Stephen Cook 1,20-29	28:09
7	George Towle (MTC) 1,40-49	28:46
10	Thomas Shaw 1,19&under	29:05
14	Christine Gainty 1,open	30:21*
19	Joe Richards (MTC)	30:48
25	Yun Chong (MTC)	32:16
29	Clyde Coolidge 1,50-59	32:44
40	Melissa Lacasse 2,open	33:55*
42	Tina Blier 1,20-29	33:48*
43	David Houser (MTQ)	34:00
48	Stephanie Fischer(MTC)2,20-29	34:47*
60	Nicole Dyer 1,19&under	37:12*
62	Corrine Smith 1,30-39	37:20*
78	Barbara Trafton 1,40-49	39:52*
95	Gail Browning (MTC) 1,50-59	44:07*
107	Linda Richards (MTC)	46:21*
117	Marylin Conner (MTC)	71:52*

##### Dare 1 Mile Fun Run (20 Finishers):

1	Todd Merrick 1st	12	6:45
2	Kevin Prince 2nd	12	6:54
3	Roy Morejon (MTC) 3rd	9	6:57
4	Jill Morejon (MTC) 1st	11	7:05*
14	Amy Muentner 2nd	12	9:10*
15	Beth Richardson 3rd	8	9:24*
18	Hailey Breig -- youngest	4	11:09*



## Hash News

### PH3 NEXT HASH



**WEDNESDAY, JUNE 20**  
**7:00 pm**

**Ortly McDuff's**  
on Fore Street at the foot of Exchange

**Everyone is Welcome!**

#### MTC BOARD OF DIRECTORS MEETING SUMMARY

Race Directors will be encouraged to have awards in 5 year age groups and include as many senior and youth age groups as possible.

Race Directors will be responsible for pick up and immediate return of all club equipment. Timers and clocks are kept by Charlie or Ted. All other equipment is housed in Bill Stuart's garage. Direct transfer to another race director needs to be cleared by Charlie or Bill.

All other reports, races, other business will be announced at the club meeting.  
May 2, 1990  
STD

#### Boston Update

The following runners were not given credit for their finishes in the Boston Marathon in last month's newsletter:

John LeRoy	4:09:26
Eileen Dunphey	4:10:00
Joan Tremberth	4:16:44
Walter Webber	4:20:17

Sorry to have left you out and Congratulations on your accomplishment!

#### VOLUNTEERS FOR APRIL AMBLE THANK YOU!

Craig Cunningham  
Don Penta  
Maureen Sproul  
Jean Thomas  
Bob Laux  
Kathi Foye  
John Woods  
David Paul  
Charlie Scribner  
Clint Merrill

Mike Goodwin  
Paul D'Amboise  
Ted Cunningham  
Sandy Utterstrom  
Warren Foye  
John Gillis  
Brent Gaudette  
Bill Davenney  
Deb Merrill

#### PICTURES PICTURES PICTURES PICTURES

The newsletter needs pictures every month. Color as well as black and white prints can be used. Send pictures of races, training runs, socials, your dog, your kids.... Please identify those pictured and the event and mail to Candace Karu, PO Box 2739, Kennebunkport, ME 04046 before the third Thursday of every month. Let's see lots of different faces!

#### MTC PHOTOGRAPHY COORDINATOR

Maureen Sproul will be coordinating club photographers at events. Race directors, please refer photographic volunteers to Maureen who will be arranging official coverage within the club or race budgets.

#### WANT TO BE A RACE/EVENT VOLUNTEER?

July 11	MTC Picnic/Hash	Call Peter Bastow 829-3669
July 21	Yarmouth Clam Festival Race	Call Bill Stuart at 799-5961
July 27	Deering Oaks Family Festival Track Meet,	call Sandy Utterstrom at 797-4710

#### MTC TRAINING AND POT LUCK BRUNCH

June 16th	7:00am	12 mile loop
	8:00am	6 mile loop
	9:00am	Brunch

Location: Ray and Ruth Hefflefinger's  
20 Curtis Road  
Portland, ME  
797-4625

A great way to have fun and meet new running partners. Distances can be varied. Pace can be varied. Come for brunch if you are recovering from Doc's Tavern.



Don Penta, Sandy Utterstrom, Ruth Hefflefinger,  
Bill Davenney  
Barbara Coughlin, Jean Thomas, Candace Karu  
and Daphne, Ray Hefflefinger  
Kathy Gardiner and Tom Atchison



# Sugarloaf Marathon and 15K May 20, 1990 - Kingfield, Me.

Another drama filled weekend in my racing career; another event that proved the value of my MTC friends. Runners and volunteers alike from MTC descended on Kingfield, Carrabasset Valley and its environs for the incredibly beautiful Sugarloaf Marathon and 15K. Though I'm sure someone told me recently that summer was just around the corner, I could still see snow on the mountain when I got to my friends' house at Sugarloaf (not to mention the fact that I could also see my breath). It was colder than anticipated on Saturday and raining, to boot. Kathy Gardiner was dropped off at the house by our illustrious President and his all-girl entourage. (Oops! Mel Fineberg-Haberdasher to the Running Stars was also in tow.) As Bill returned with his party to the Presidential Suite at the Herbert Hotel in lovely downtown Kingfield, Kathy and I settled in for a nervous night on the mountain. We read, chatted and listened to music, hoping our pre-race jitters would let us at least get a good night's sleep.

Race day dawned overcast and chilly, but promised to be perfect for a quick 26 miles down Route 27. We got to the start and saw lots of friendly faces: Bob Jolicœur, Loren Lathrop, Kathy Beauregard, Willie Emerson and Mike Reali. The course was truly beautiful and, with the exception of those hills between 6 and 10, it really was a downhill course. This was my third marathon and once again I was saved by a member of the Davenny family. Bill "Big Foot" Davenny jumped in next to me at mile 10 and for the next 16 gave me nothing but praise and encouragement. Those feet never sounded so good.

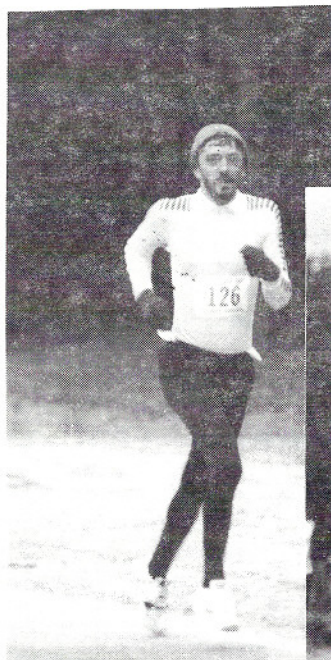
When I could see the finish, people started cheering with abandon. I kept looking back to see what the comotion was about. When I came in I realized that the cheering was for me, I had taken over 29 minutes off my best marathon time and had qualified for Boston!

It was a great day for a lot of MTC members: Lorin Lathrop had a PR with 3:12:34. Mike Reali broke the elusive 3 hour mark with 2:58:34. Bob Coughlin topped the 50-59 group with a 2:57:28. John Kim came in at 3:24:36, my roomie, Kathy Gardiner had a 4:02:08 PR and Kathy Beauregard was first in the 20-29 at 3:59 in her first marathon!

MTC was well represented in the 15K as well with the likes of Sandy Utterstrom, Jean Thomas, Barbara Coughlin, Maggie Soule, Joan Lavin, Russ Bradley, Dale Rines, and many others. Sue Davenny did an admirable job organizing MTC Volunteers to give the Central Maine Striders a hand in making this an exceptional event.

If anyone in the club is thinking of running his or her first marathon next spring, Sugarloaf is a great place to start!

Candace Karu



WILLIE EMERSON



LOREN LATHROP



DENNIS CONNELLY



JOHN KIM

KATHY BEAUREGARD : KATHY GARDINER



TOP: BOB JOLICOEUR,  
MIKE REALI : LOREN LATHROP





# 1990 Officers and Committee Chairpersons

Bill Stuart	President	799-5961
Peter Bastow	Vice President	829-3669
Susan Davenney	Secretary	772-1787
Rob Laskey	Treasurer	729-4104
Charlie Scribner	Race Committee	772-5781
Candace Karu	Newsletter Editor	967-4257
Barbara Coughlin	Member at Large	799-0463
Carleton Mendell	Member at Large	797-7806

John Leroy	Course Certification	725-8680
Loren Lathrop	Course Certification	772-8356
Ruth Hefflefinger	Membership	797-4625
Herb Strom	Past President	799-7705
Melvin Fineberg	Clothing	774-8868
Don Penta	Statistician	892-4526
Rick Strout	Member at Large	829-3216

Maine Track Club, Box 8008, Portland, Maine 04104 \* A non-profit organization



## WANTED: NEWSLETTER SPONSORS!

MTC gratefully acknowledges the generosity and support of those members listed at right. If you would like to become an individual sponsor, please send \$10 to the Maine Track Club, Box 8008, Portland 04104.

To become a corporate sponsor, your donation of \$25 should be mailed to the same address. Prime sponsorships in the amount of \$50 will reserve you advertising space in the newsletter. For details, contact the Editor at the number listed above.

All donations are gratefully accepted!

### PRIME SPONSORS

John Davis  
Carol Pierce

### SPONSORS

Richard & Nancy Lemieux  
Malcolm & Adrienne Kidd  
Robert Perkins  
Claire Edwards  
John Woods

## TREASURER'S REPORT

April 7, 1990

Funds on deposit March 6, 1990 \$ 5,646.27

### Receipts:

Mid Winter Classic	\$ 1001.00
Membership	\$ 300.00
Banquet-Ad	\$ 55.00
Interest	\$ 27.53

\$ 1383.53  
\$ 7029.80

### Disbursements:

*Image set Design	\$ 162.26
*Membership applications	\$ 55.75
*Lupke, Rice and Clancy	\$ 44.00
*Equipment Insurance	\$ 171.45
*New England Runner	\$ 35.00
*Subscriptions	\$ 228.90
*Big Red O Printing	\$ 1300.00
*Newsletter printing	\$ 42.69
*TAC Membership 1990	\$ 56.00
*Coastal Silkscreen	
*RRCA Convention shirts	
*Candace Karu	
*Purchase of computer	
*Charles Scribner	
*Computer Supplies	
*John LeRoy	
*Measurement Supplies	

\$ 2,096.05

Funds on Deposit April 7, 1990 \$ 4,933.75

## The Saga Goes On

I think the ball is now in my court. I will slam it back out to see if anyone will take a swing at it. I roomed with Boston Philly in Boston the night before the marathon. This guy just does not learn very fast. He continually told me of how badly he was going to beat me. His Sunday night statement comes from one of his wildest dreams. Phil said "I'm going to beat you so bad that you will be so ashamed of yourself you will not return to Maine." I asked him what his goal was and he said 2:50. I told him I would pass him at 15 miles. I passed him at 14 3/4 miles and he was out of it at that point. He never saw me go by and I didn't want to wake him up, so I didn't say anything to him. The spread at the finish was 16 minutes. I have not seen Phil since I left Boston. Did he return to Maine or did he go west? If anyone runs across Phil tell him I think he needs a coach. Tell him I will coach him for a price and that I will help him train for the marathon and have a successful race.

Harry Nelson can run much better than he has for the last two years. I feel he would do much better if he didn't train with those wimps from North Yarmouth who are afraid of track workouts.

See you on the Track,  
Bob Payne



## Member Profile

### Nancy Stedman

My first memory of Nancy Stedman is from the first Maine Track Club meeting after the very successful RRCA Convention here in 1986. After the President had named a few members who had contributed greatly to the convention, it was stated, as if one of the best was saved until last, "...and Nancy Stedman just hung in there and fit in wherever she was needed."

Nancy started running after college in 1976, mostly in an inconsistent way. In 1984, having slowly recovered from an illness, she "made a commitment" to begin racing. Until recently she hadn't missed running more than three days in a row for seven years. When a friend suggested she join MTC, she said she wasn't sure she'd fit in given her newness to racing. But she did join, and here's a little of how she fit in:

- o Photography chair, 2+ years
- o Social chair, 1 year
- o Co-chair - Ten Year Banquet
- o Coordinator, MTC yard sale, 2 years
- o Assistant Director The Perfect 10K, 1985
- o 1986, 1988 Outstanding MTC Contributor
- o 1988, Outstanding Female Runner, 30-39

An open and energetic person, Nancy has a number of interests. She and her husband, Bruce (an active MTC volunteer) own and operate a thriving printing business in Falmouth, The Grace Press. Their other occupation is restoring their large 1850's house in Portland. Nancy once had her own antiques business on the side, and the interior of their home is a comfortable and very charming mix of Victorian and country. Also at home is another avocation: three large aquariums for the breeding of tropical fish, from sail-fin mollies to a very formidable Japanese fighting betta, occupying its own tank for apparently good reason. Nancy is also a stain glass artist and an outdoor/indoor gardener. She has an extraordinary green thumb. Beautiful, healthy plants are in every nook and corner of the house. She recently started raising orchids and is anxiously awaiting the first bloom.

### Wednesday Workouts Where's the Coach?

The answer to the question "Where's the Coach?" in my experience has been that unless you are in high school, in college, or are able to locate a private coach, there is no coach for you and me.

However, starting in June, you will have an opportunity to get some personal coaching. The Maine Track Club has given me the OK to lead intervals, and to give suggestions and advice on other types of workouts. These training sessions will begin on Wednesday, June 20 and will be held on following Wednesdays. We will begin between 5 and 5:30 pm. The location will be announced at the June 13th MTC meeting.

If something like this is of interest to you, talk to me at the June MTC meeting, or give me a call. I'll be there to tell you more about my plans and to answer your questions. I hope to see you there.

Dennis A. Smith  
839-4026

At 39, Nancy says she feels she's going in some new directions. She is becoming active in the World Affairs Council of Maine, takes an active interest in environmental issues, volunteers at a homeless shelter, and is active in her church. Recently she and Bruce joined the Casco Bay Bicycle Club and expect to do some touring this summer.

Nancy and Bruce have had "their own" water stop at mile 7 of the Cape Challenge, and in their originality have featured music, theme apparel (Hawaiian one year), and in 1987 had a large sign of welcome for the USS Kennedy runners.

Nancy admits to having received another recognition from the Club. At the Banquet several years ago she was the recipient of a large roll of paper towels in return for a loan made during a 10 mile run!

I'll close with letting you in on Nancy's post-race ritual: ice cream, preferably Heath Bar Crunch. She says, "I celebrate after every race whether I've done well or not, just as long as I finish. Sometimes if I'm having a difficult race, I use visualization techniques such as a tub of ice cream waiting for me at the finish line!" The next day, though, it's back to training as usual.

Nancy is giving racing a rest this year, using more time for house restoration and low-key cross training: run/bike/swim. She wants to come out "steaming" as a Master's runner in 1991.

Pat Buckley





# MAINE TRACK CLUB MEMBERSHIP FORM

## MEMBERSHIP APPLICATION

I hereby make application to the Maine Track Club as follows: (Check 1)

☐ Individual (\$12.00)

☐ Family (\$15.00)

☐ Student (\$5.00) (18 yrs. old maximum)

TODAY'S DATE \_\_\_\_\_

LAST NAME _____	FIRST NAME _____	SEX (M/F) _____	D.O.B. _____
LAST NAME _____	FIRST NAME _____	SEX (M/F) _____	D.O.B. _____
LAST NAME _____	FIRST NAME _____	SEX (M/F) _____	D.O.B. _____
LAST NAME _____	FIRST NAME _____	SEX (M/F) _____	D.O.B. _____

ADDRESS \_\_\_\_\_, HOME PHONE \_\_\_\_\_

CITY \_\_\_\_\_, STATE \_\_\_\_\_, ZIP CODE \_\_\_\_\_

EMPLOYER \_\_\_\_\_, OCCUPATION \_\_\_\_\_, PHONE \_\_\_\_\_

EMPLOYER \_\_\_\_\_, OCCUPATION \_\_\_\_\_, PHONE \_\_\_\_\_

IF STUDENT: SCHOOL \_\_\_\_\_, YEAR OF GRADUATION \_\_\_\_\_

IF STUDENT: SCHOOL \_\_\_\_\_, YEAR OF GRADUATION \_\_\_\_\_

SEND TO: Membership c/o Maine Track Club, P.O. Box 8008, Portland, Maine 04104

### Maine Track Club

P.O. Box 8008  
Portland, Maine  
04104



First Class Mail