

Maine Track Club



Run with a friend...

June 1991



FROM THE EDITOR

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I don't know about you, but am I ever glad that summer is here again! What a blast to be able to run a terrific race every single weekend. I happen to be slower this spring and summer than I have ever been, due in part to a winter spent healing, but also due to the fact that I'm not quite as obsessed this year as last. And what ever else you may call it, the back of the pack is full of wonderful people. I ran the Oakhurst Milk Run last week and spent the last three miles on the heels of two women, about my age, who were really working to stay where they were. In the last half mile they both began to fade and I finally caught them. Both women looked done in and not a little disappointed to see me. That's when I said "I am not going to let you two work as hard as you have and finish behind me. I know you have something left." And damned if they didn't! I tried my hardest and they beat me. But I also got two of the biggest, sweatiest hugs of my life in the chute. I saw lots of my friends along the way; handing out water, holding flags, taking pictures. I know they were just as proud of me as they were of the front runners. We all grunt encouragement to each other back there and we look out for each other. It's a lot easier to stop for someone who is in trouble at my current pace.

So, as much as I will try to build my speed and my distance again, I will savor the time I'm spending now. I'm a little slower, a little more casual, but I sure am having fun where I am. Feel free to join us if you need to. You can always move up again!

I've packed my foot locker, my name tags are sewn in my underwear, I've got my bug spray...I'm off to running camp! Another adventure-packed week in Bar Harbor with Andy Palmer and his merry band of running renegades. What this means is that there will be a combined July-August Newsletter. Look for it in your mail around late July!

Candace

WEDNESDAY NIGHT INTERVAL TRAINING

Starts: June 5th Place: Scarborough High
Time: 5:00-6:00pm

MTC member, Dennis Smith, will be coaching at these interval workouts. Arrive at the track at 5:00 if possible, but not later than 6:00pm to discuss your goals and strategy with Dennis. Wear your own runner's watch for self-timing. For more information, call Dennis at 839-4026.

COVER: Dick Lajoie is looking strong at the start of another racing season!

NEXT MTC MEETING

WEDNESDAY - JUNE 12 - 7:00 PM
SMTC - MACHINE TOOL AUDITORIUM

The speaker for the June meeting will be James D. Carter, D.C. Dr. Carter, who has practiced in Yarmouth for the past seven years will speak on the mechanics of running. This is a talk that will benefit runners of all abilities, so please plan to attend.

The regular business meeting for the Club will follow Dr. Carter's talk, with refreshments after the meeting. Be there!

SUMMER FUN FOR THE JULY MEETING

Our Summer Pot Luck Dinner and Get-Together has a new twist. Sumner and Carol Weeks have arranged for us to use the University of New England's beautiful Campus Center athletic facilities for the July meeting. At 6:15 there will be an easy 4 mile run and from 6:00 to 7:30 we will be able to use the pool and whirlpool, jacuzzi and weight room. UNE will have a trainer there to demonstrate the equipment. The locker room facilities will be available for our use as well. In addition to a Pot Luck Supper, we will be shown a video of this year's Boston Marathon.

More information will be mailed to you about this event, but plan to bring your family and friends for an evening of great food, great friends and great exercise!

PAYSON PARK GROUP RUNS

Starting June 16th, there will be group runs from Payson Park, Baxter Boulevard, Portland. To start things off, one volunteer will be needed to put out the water and Exceed for the first run. A second volunteer will be needed to pick up the containers and put them out for the next run. Call Sue Davenny 772-1787.

Dates:	June 16, 23, 30	7:00am start
	July 7, 14, 21, 28	6:00am start
	Aug. 4, 11, 24 (Sat.)	6:00am start
	Sept. 1	7:00am start

Distances:	Boulevard	3.6 miles
	Depot Rd	8
	Johnson Rd	12
	Tuttle Rd	16
	Yarmouth Ctr	21

Add ons may be done wherever you wish to achieve other distances.

Water Stops: Pine Grove Cemetery, Johnson Rd & Rte 88, Tuttle Rd-both ends, Yarmouth Cemetery, Woods Rd & Middle Rd., Falmouth Ceramic Store, Fire hydrant at the top of the "Crusher."

Post Run Festivities: Bring juice, bagels, fruit, etc. to share in the Park.

June is the half-way mark of the MTC year, and I would like to express my thanks to all those members who have been contributing their time and talents to the club.

I would especially mention the efforts of our vice-presidents, Sumner and Carol Weeks, for the interesting speakers and programs they have arranged for us this year. Those of you who have attended our monthly meetings, will agree that the programs have been very interesting, informative, and enjoyable. They already have plans for special events for the July and August meetings that promise to be fun.

Our race committee, under the able direction of Charlie Scribner, is meeting on a regular basis, and our races continue to be well-organized and efficient.

I have written a letter to Wayne Ross, Director of SMTC, expressing our thanks for the continued use of their facilities. We are fortunate to be able to meet there on a regular basis at no cost to the club.

Enjoy the early Summer running,

Peter



Gene Roy (Central Maine Striders) and Jane Dolley at the Boston Expo.

MTC member Robert Jones is serving in the Army now at Ft. Stewart, GA. He recently ran in the Victory Division 10K at Ft. Stewart, his first race since the Great Pumpkin in Saco last year. Even though he was on duty the night before the race and had no sleep, he decided to run anyway. He finished fourth overall in 36:08 and won his age group (18 and under). All this is pretty impressive, since Bob is still a growing boy and has gained 13 pounds since that race in Saco.

Anyone wishing to write Bob can reach him at the following address:

PVT. Robert W. Jones
006-62-5512
HHC 1/64th AR BN
Ft. Stewart, GA 31314

A change of scenery in running routes can spice up runs that have become tasteless. Last summer my spice route took me to Sitka, Alaska.

I ran along Halibut Point Road. This 7 mile long coastal road between Sitka and the Tongas National Park campground is mostly flat with bike space on either side. Much of its length offers splendid views of the bay, across which looms extinct Mt. Edgecomb. I was told of a local prankster who set tires burning in the mountain's crater a few years ago and caused quite a stir among Sitkans that day.

I ran hilly Sawmill Road beneath snow-capped mountains and slowed to a walk to watch a bald eagle glide slowly over me on a gentle breeze.

I ran in the Tongas Park campground at 10 pm just before sunset and wondered if my speedwork would be adequate should I encounter a brown bear.

I ran several miles of forest paths in Sitka Historic Park, half a mile of which is lined with Tlinget totem poles.

I ran narrow and winding Kaitlean Street named for the Tlinget chief who, nearly 200 years ago, held off the Russians until his people's powder ran out. Incidentally, the Tlingets had gotten their guns and powder from Downeast Yankee traders.

I ran a 10K race on July 4 and PRed by almost 2 minutes. It was a small race without frills. No numbers, no awards after. One water stop, grab your own. But everyone was friendly and clearly enjoyed themselves.

I ran the race in 4th place most of the way. I lost sight of 3rd place between mile 1 and 2. The last 2 miles I could hear 5th place hot on my heels but decided not to look back. She passed me on the last stretch and edged me into 5th by a second. She was a good sport and later thanked me for my superb job in fighting the wind.

Delighted as I was with such a huge PR, I can't help but wonder if the course was actually a bit less than 10K distance. Still, I'd been running good and eating good and resting good and well...perhaps a change of scenery can pepper performance!

Richard Scribner

FLASH FROM SUGARLOAF, USA

Maine Track Club members, Jim Toulouse and Eileen Dunfey, won the Bud Light Marathon at Sugarloaf, May 19th. Maine Track Club also won the Bruce Ellis Awards for the 1st place teams in the marathon and the 15K.

Scoring in the marathon were:

Gordon Scannell	8th overall
Chuck Snekvik	20th
Tom Clemence	29th
Scoring in the 15K were:	
Stephen Fluet	8th overall
George Towle	9th
Ron Deprez	20th

Congratulations to all!!! Please try to be at the June club meeting for some photos.

UPCOMING EVENTS

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Saturdays:

Fresh Pond Runs (2½ & 5M); 10AM;
Cambridge, MA; (617)391-1899.

June:

- 1 **TAC Maine State Racewalk Championship**; 11AM; Brewer; Dr. Karl Hanson; 947-3333.

Nubble Light 5K & 10K; 10:30AM; York High School; \$6/ \$8 post; 363-1040.

20th Women's 10K; 9:30AM; Central Park, New York City; Entry: \$7 to \$14; NYRRRC; (212)860-4445.

- 2 **Mark Hoffmaster 5M**; MTC Event; 9:30 AM; Westbrook Junior High School; Joel & Patricia Titcomb; 839-5979.
Peter Ott's 10K; 9AM; Peter Ott's on Bayview Street, Camden; Maine Sport, Attn: Camden 10K, P.O. Box 956, Rockport, ME 04856; 236-7120.
Country Kitchen 10K for the YMCA; 9AM; Great Falls Plaza, Auburn; \$7/ \$8 post; YMCA (Jim Lawler, Race Director); phone: 795-4095.

- 8 **2nd Annual Lifeline 5K Run/Walk**; 9AM; Back Bay Parking Lot, Portland; Patty Medina, USM Lifeline, 96 Fal-mouth Street, Portland 04103 or 780-4642.

YMCA Spring 5K; 10:30AM; Mt. Desert YMCA at 288-3511.

Market Square Day 10K; 9:30AM; Portsmouth, NH; Lisa Dennison, (603)431-5388 or Bob Cushman (MTC), 797-3467, for more information.

- 9 **14th Whiteface Mountain Uphill 8.3M**; Wilmington, NY; 9AM; Whiteface Mt. Uphill Race, P.O. Box 277 Wilmington, NY 12997.

- 14 **11th Doc's Tavern 3 Miler**; 7:00 PM; behind Franklin Street Fire Station, Biddeford; Ken Dion, 45 Old Salt Road #10, Old Orchard Beach, ME 04064; phone:934-2242.

- 15 **31st Mt Washington 7.6 Miler**; 10AM; Gorham, NH; Entries closed; Volunteers needed.

- 16 **5th St. Joseph's 5K/Bruce Bickford Open Mile/Bruce Ellis Masters Mile**; (8:30AM, 8:10AM, & 8:00AM respectively) Jerry & Ruth Saint Amand, Central Maine Striders, P.O. Box 1177, Waterville, ME 04901;8736753.

- 20 **10th Pottle Hill 10K**; 6:30PM; Town Square, Mechanic Falls; Bill McCoy, Pottle Hill Road Run, P.O. Box 96, Mechanic Falls, ME 04256; \$6/ \$7 post; Phone: 345-3511.

- 22 **13th Gardiner Common 5 Miler**; 8AM; Gardiner Middle School; \$6 entry; Jerry & Ruth Saint Amand, Central Maine Striders, P.O. Box 1177, Waterville, ME 04901; phone:873-6753.
RRCA Eastern Regional Champ. 10M; Montpelier (Vermont) High School; 9AM; \$5 entry; Tom Noonan, 2 Pine-wood Road, Montpelier, VT 05602; phone: (802)229-4658.

- 23 **Maine Running Camp**; Bar Harbor; Andy Palmer, 450 Main Street, Apt.B, Saco 04072 ME.

- 28 **7th Kiwanis 10K**; 6PM; Danvers (Mass) High School; John Thompson, Kiwanis Club, PO Box 92, Danvers, MA 01923; phone: (508)774-2267.

- 29 **Tour Du Lac 10M**; 8:30AM; Bucksport High School; \$5 entry; Jerry & Ruth Saint Amand, Central Maine Striders, P.O. Box 1177, Waterville, Me 04901; Phone: 873-6753.

Big Lake Festival 5K; 8AM; Sebago Lake Ballfield, Sebago; \$6/ \$8 post; Standish Recreation Dept., P.O. Box 597, Town Hall,Standish, ME 04084, Attn: Jack Wilkinson.

- 30 **Nashua Pal 5M**; 9AM; Holman Stadium, Nashua, NH; \$8/ \$9 post; Sgt.Stephen Doyle, Nashua P.D., P.O. Box 1251, Nashua, NH 03061; phone: (603)594-3500

July

- 1 **Air Canada Day 5K Road Races**; 12:30 PM; Oromocto, New Brunswick, Canada; Terry Goodlad, 340 Macdonald Ave., Oromocto, NB, Canada E2V 2J3; phone: (506)357-6566.

- 4 **12th Tri Valley Frontrunner 10K**; 9AM; Millis (Mass) High School; \$7/ \$8 post; Larry Olsen, The Frontrunner, 1072 Main Street, Millis, MA 02154; phone: (508)376-8660.

Nashua 4th of July 7M; 9AM; Holman Stadium, Nashua, NH; June Caron, 100 Concord Street,Nashua,NH 03060; phone: (603)594-3367.

13th York Four on the 4th 4M; 8AM; York High School; Mike Sullivan, P.O. Box 9, York, ME 03909; 363-2723.

15th Bridgton 4 on the 4th; 8AM; Lower Main Street, Bridgton; \$7/ \$8 post; Jay Spenciner, RFD 2, Box 2 Bridgton, ME 04009; 647-3347.

5 on the 4th 5M; 9AM; Bell's Mini-Mart, Houlton; Marie Carmichael, Houlton Parks & Rec. Dept., Houlton, ME 04270; phone: 532-4231.

VOLUNTEERS

NEWSLETTER MAILING CREW

The fact that you are reading this now is due to the work of many people. First, Candace Karu, who consistently produces our excellent newsletter. Secondly, the other contributors and sponsors. And third, the individuals who stuff the envelopes and mail the newsletter. I would like to recognize the later here. They are the Brunswick Sunday Running Group, with guest appearances by Sue Davenny and Ruth Hefflefinger. Thanks to the following:

Sue Davenny	Diana Laskey
Christina DeTroy	John LeRoy
Al Ferris	Ed St John
Mark Finnerty	Eric Tableman
Harry Giddinge	Bob Wyman
Ruth Hefflefinger	

Best Wishes,
Rob Laskey

PLAN YOUR RACING AND VOLUNTEERING CALENDAR

Make a race director smile. Call now to volunteer for any of the upcoming races.

June 2	Mark Hoffmaster 5 Miler Joel or Patty Titcomb 839-5979
June 9	Children's Museum Old Port Events Tony Mollica at the Children's Museum 797-5483
June 15	Regional Corporate Track Championships Susan Davenny 772-1787 or Ruth Hefflefinger 797-4625
July 20	Clam Festival Classic Bill Stuart 799-5961 or Pat Buckley 775-4817
July 26	Deering Oaks Family Festival Track & Field Invitational Sandy Utterstrom 797-4710 or Kathi or Warren Foye 854-9804
July 27	Peaks Island 5 Miler Carol or Sumner Weeks 774-7302

1990 MTC RACE VOLUNTEERS

Dave Shennan and Jim Toulouse also worked three or more races in 1990. Thanks to you both!

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We thank the following volunteers who worked so hard at the April Amble:

Charlie Scribner	Ted Cunningham
Craig Cunningham	David Paul
Bill Stuart	Loren Lathrop
Shelly Lathrop	Renee Lathrop
Brian Lathrop	John Gilliss,
Kathi Foye	Jennifer Labrecque
Richard Holleman	Deb Merrill
Tom Clemence	Don Penta
Maureen Sproul	

1990 PRESIDENT'S CLUB PATRONS: CANDACE KARU & BILL STUART

Bill Stuart and Candace Karu have been named President's Club Patrons. In addition to many hours of volunteer time, Bill donated over \$300 worth of photographs and Candace donated over \$400 worth of half-tones to the MTC newsletter in 1990. Candace received a plaque at the May meeting. Bill chose to receive a hooded MTC sweatshirt.

BE A KING, QUEEN, OR DICTATOR FOR A DAY

Maine Track Club Volunteer Coordinators needed for:

Aug 17	JB1 Spring Point Festival 4 Miler
Aug 18	Bowdoin 10 Miler

Race Directors needed for:

Sept 8	Bay Club/Elks '88 Fore Fiver
	Challenge Half-Marathon & 4 Miler

Volunteer coordinators recruit and supervise volunteers for only limited aspects of these events. Race Directors are involved in all aspects of their events. Write Charlie Scribner at the PO Box or call any member of the Race Committee.

Bill Stuart 799-5961	Ken Dolley 846-6018
Rob Laskey 729-4104	John LeRoy 725-8680
Don Penta 892-4526	Barb Coughlin 799-0463

The RUN TO WIN Ladies Team raised a total of \$100 from sponsor pledges based on member placement in the April Amble on April 27th. All money raised is donated to the McAuley Residence of Portland. The total so far for 1991 is \$540. We would like to thank the following sponsors: Orthodontic Associates, PA; Corsetti's Variety; Pride Financial Services and Bleachers.

RACE RESULTS

11th Annual Rocky Coast 10K - 179 Fin.
Boothbay Harbor, Maine - 4 May 1991

Top Open Division Finishers:

1 Tom Dann (MTC)	34	32:52
2 Jeremy King	27	33:42
3 Peter Hall	29	33:58
4 Jim Toulouse (MTC)	42	34:11
5 Gordon Hartwell	33	34:48
36 Ruth Hall	33	40:35*
51 Deb Merrill (MTC)	35	42:00*
61 Carol Weeks (MTC)	42	42:36*
71 Nancy Ellis (MTC)	38	43:08*
72 Dara Jones	34	43:09*

Other Top Age Division Finishers:

6 Tom Thibau 30-39	33	35:18
7 Steve Shea 19-29	20	35:50
8 Dennis Croteau 40-49	40	35:56
10 Scott Gorneau 13-18	18	36:45
15 Bob Payne (MTC) 50-59	52	37:16
84 Bryn Doiron 19-29	29	44:13*
88 Jane Rau 40-49	41	44:46*
93 Carlton Mendell (MTC) 60&+ 69	45:10	
103 Nancy Kneeland (MTC) 30-39 36	45:42*	
117 Louisa Dunlap 50-59	50	47:29*
136 Tommy DeCourcy 12&under	10	50:15
143 Katie Welch 13-18	18	51:26*

Other Maine Track Club Finishers:

26 Scott Fone	31	39:13
28 Ronald Deprez	46	39:20
35 Clyde Coolidge	52	40:30
42 Tom Menendez	37	41:20
47 Richard Scribner	39	41:39
62 Summer Weeks	42	42:37
75 Dale Rines	38	43:36
82 Bob Hazzard	59	43:59
90 Joan Lavin 2,40-49	43	45:02*
99 Richard Cavanaugh	58	45:31
100 Russ Bradley 2,60&+	67	45:31
101 Rosalyn Randall	41	45:36*
108 John Merritt	40	46:17
116 Eric P. Ellis	38	47:07
134 Nancy Lovetere	47	49:56*
141 Larry Dyer	47	50:53
158 Warren Wilson	57	54:00
170 Ingrid Snekvik 2,13-18	16	56:39*
175 Donald Penta	44	59:51

Many thanks to Race Director Neal
verge and the Race Committee for complete results.

Race Results are carefully
compiled and edited by
Don Penta each month.



TOP: Nancy Kneeland won her age group(30-39) at the Rocky Coast 10K. She also won the Kennebunk HS Project Graduation 3 Miler in May! BOTTOM: Nancy's coach Tom Dann captured first at the Rocky Coast.



TOP: Russ Bradley and
BOTTOM Carol Weeks also
came home with prizes
from Rocky Coast!

Top Overall Finishers:

1 Myron Whipkey	33	19:34
2 Tom Dann (MTC) 1,30-39	34	19:45
3 George Bochus, Jr.	24	20:17
4 David Libby	25	20:20
5 Kim Wettlaufer 2,30-39	34	20:22
30 Sally Perkins	28	22:54*
38 Christine Braceras	28	23:32*
53 Donna Hubert (MTC)	24	23:56*
72 Coreen Corsetti (MTC)	26	24:43*
75 Eileen Dunfey 1,30-39	34	24:47*

Other Top Age Division Finishers:

6 Steve Podgajny 40-49	40	20:31
41 Bob Coughlin 50-59	52	23:37
115 Carol Weeks (MTC) 40-49	42	25:49*
144 Peter Scontras 60-69	62	26:55
351 Dolores Billings(MTC)60-69	61	35:24*
355 Joe Bennett 70&over	71	35:40
358 Paula Kenniston 50-59	54	35:43*

Other Maine Track Club Finishers:

8 Peter Hall	29	20:43
20 Charles Snekvik	48	22:08
24 Brian McCrea	31	22:30
39 Dennis Smith	41	23:34
48 Carl Fogg	43	23:50
51 Philip Coffin	35	23:54
58 Gary Salamone	33	24:09
63 Joe Richards	47	24:18
65 Howard Lewis	47	24:25
68 Richard Scribner	39	24:33
74 Bradford Davis, Jr.	36	24:45
79 Yun Chong	30	24:57
80 Clyde Coolidge	52	25:00
81 Thom Menendez	38	25:02
83 Peter Bastow	54	25:06
85 Mark Giroux	22	25:07
87 Dale Rines	38	25:08
91 Paul LaVangie	33	25:13
93 Nicholas Trout	28	25:15
94 Ray Shevenell	50	25:15
96 Sumner Weeks	43	25:17
98 Ruth Hall	33	25:19*
101 Jeanne Hackett	32	25:22*
106 Clint Merrill	42	25:32
108 Jeanne Lamontagne	22	25:34*
110 Dick Lajoie	50	25:42
112 Larry Mead	38	25:47
117 Rocco Corsetti	43	25:51
124 David Houser	40	26:08
125 Don Dessey	45	26:09
126 Les Berry	43	26:12
136 Neil Martin	48	26:43
140 Steven Jacobsen	41	26:45
142 Dominic Reali	48	26:50
147 Erin MacLean	28	26:59*
154 Carlton Mendell 2,60-69	69	27:04
156 Mike Cavanaugh	40	27:07
160 Janet Sparkovich	33	27:13*
172 Nancy Kneeland	36	27:32*
175 Diane Flanders	34	27:40*
181 Kyle Milliken	12	27:48
182 Roger Dutton	48	27:48
184 Brian Milliken	37	27:52
187 Russ Bradley Course PR	67	27:57
198 Scott Strout	28	28:10
199 Stephanie Lugg	35	28:12*
203 George Liming	39	28:17
207 Patty Medina	32	28:27*
212 Jeanne Clemence 2,40-49	42	28:35*
220 Jeri Lynn Schroeder	43	28:55*
222 Eric Ellis	38	28:58
226 Carol Gillis	32	28:58*
227 Joan Tremberth	46	29:07*
231 Bob Cushman	53	29:21
237 David Shevenell	29	29:35
243 Marla Keefe	37	29:47*
242 Michele Ohman	24	29:46*
253 John Kazilonis	43	30:07
255 Marc Lusignan	38	30:14
262 Patti Tableman	32	30:22*
271 Dennis Connelly	42	31:01
280 Rick Strout	52	31:25
284 Beth Thompson	31	31:29*
285 Lloyd Cook	57	31:30
289 Robert Perkins	48	31:54
290 Jane McCrodden	37	31:55*
295 Paul D'Amboise	61	32:11
297 Suelene Houser	27	32:16*
300 Linda Richards	28	32:24*
308 Warren Foye	43	32:43
311 Donald Johnson	60	32:53

More Maine Track Club Finishers:

312 Adrienne McGuigan	32	32:55
318 Adam Trussell	11	33:09
320 Beverly Strout	39	33:10
324 Kathy Duddy	39	33:21
326 Carlene Anderson	41	33:29
332 Raymond Neveu	52	33:42
341 Robert Wyman	54	34:23
342 Judy Grassi	32	34:31
348 Sally Paterson	49	34:54
349 Donald Penta	44	35:03
350 Linda Hunt	44	35:18
352 Jeanne Richmond	32	35:25
362 Mark Clinch	35	36:06
377 Roger Dionne	37	38:42
380 Marianne Gagne 2,50-59	50	38:56
388 Marlene Russell	48	40:27
391 Pat Buckley	53	41:26
392 Ruth Hefflefinger	61	41:34
397 Michelle Mondor	43	42:55

MTC members who achieve course or distance PR's in this or any event please contact Don Penta, 54 Sebago Avenue, Windham, ME 04062-5413, phone: 892-4526.

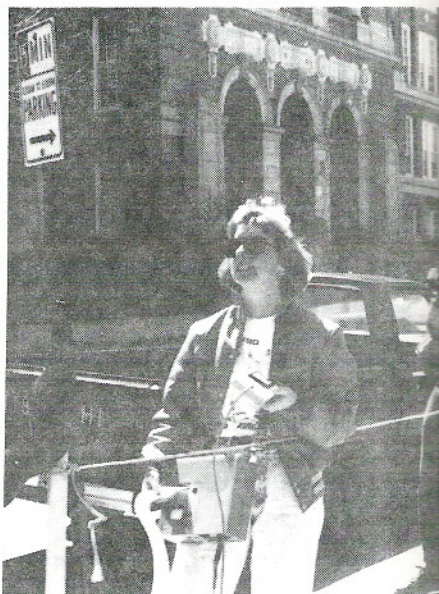
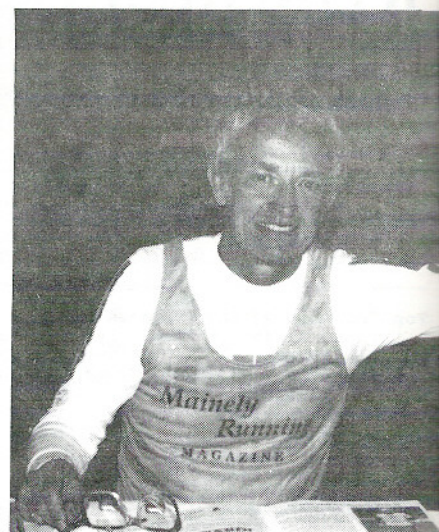
April Amble Children's Fun Run:

(Very short 1-mile, 41 total finishers, Top 3 overall finishers, female & male receive awards)

1 Mike Caiazzo (1st)	14	3:36
2 Jesse Kells (2nd)	13	3:43
3 Eric Esty (3rd)	13	3:48
4 Alex Dann (MTC)	10	3:53
5 Ben Perkins	11	3:54
6 Sara Libby (1st)	13	3:56
7 Eric Tableman (MTC)	11	3:59
8 Chris Salamone (MTC)	11	4:03
12 Honey Swinburne (2nd)	13	4:13
13 Shannon Perkins	8	4:16
15 Dan Poirer	12	4:22
16 Sam Konigsberg	7	4:23
18 Jessica Osborne (3rd)	9	4:25
24 Laura McMahon	14	4:53
29 Jenny Menendez (MTC)	10	5:15
30 Kate Menendez (MTC)	9	5:18
32 Kate McMahon	12	5:20
33 Thomas Gordon	5	5:23
37 Julia Dunfey	2	6:49
38 Tara McDonald	5	6:53
39 Jason Allard	4	7:34
41 Andy Poirer	2	8:05

TOP: John LeRoy at the Boy's Club.

MIDDLE & BOTTOM: Sue Davenny works the Finish Line at the Kid's 1 Mile Race at the Boy's Club.



**7th Annual Terrier Trot 5 Miler - 68 Fi.
Waterville, Maine - 13 April 1991**

1 Scott Ellis	28	28:06
2 Michael Thompson	32	29:22
3 John Manzer	37	30:13
4 Jeff Mills, Jr.	17	30:16
7 Bryant Bourgoin	40	31:04
9 Donna Hubert (MTC) (1st)	24	31:44*
13 Joe Richards (MTC) 3,div.	47	32:46
17 Robert Gillespie	52	33:24
20 Steven Jacobsen (MTC)	41	33:46
22 Susan Clark Whittier (2)	33	33:57*
24 Sheila Hodges (3)	36	34:03*
26 Anthea Schmid (4)	19	34:17*
30 Richard Scribner (MTC)	39	34:59
31 Laurie Nicholas (5)	23	35:04*
32 Ryan Jacobsen (MTC?)	15	35:10
35 Nancy Kneeland (MTC) (6)	36	35:23*
54 Connie Towne	52	41:00*
58 Margie Force	44	43:16*
61 Linda Richards (MTC)	28	43:30*

Many thanks to the Central Maine Striders for complete results.

Also special thanks to John LeRoy for complete results to the Westbrook College April Amble.

**2nd Annual Waterville Rape Crisis 5K
Waterville, Me - 87 Fin. - 21 April 1991**

1 Jeffrey Meserve	32	17:05
2 Michael Thompson	32	17:58
3 Bob Strout	35	17:59
4 Jeffrey Mills, Jr.	17	18:20
5 Tina Meserve 1,open	24	18:46*
6 Mert Dearnley	42	18:49
8 Joe Richards (MTC) 2,div	47	19:35
15 Loren Lathrop (MTC)	42	20:42
20 Linn Oliver (2nd)	22	21:37*
22 Nicole McTimoney (3rd)	13	22:12*
24 Kelly Campbell (4th)	13	22:21*
27 Jane Rau	41	22:34*
31 Don Abrams	58	23:33
34 Carlton Mendell (MTC)	69	23:55
50 Linda Richards (MTC)	28	26:07*
53 John Gilliss (MTC)	37	26:28
76 Mardie Brown	73	39:48*

Many thanks to the Central Maine Striders for complete results.

**Roland Dyer Mem. Riverside 5K - 97 Fin.
Portland, Maine - 23 March 1991**

Top Overall Finishers:

1 Myron Whipkey 1,30-39	33	15:19
2 Steve Podgajny 1,40-49	40	16:04
3 David Burnham 1,29&under	24	16:13
4 David Libby 2,29&under	25	16:14
5 Scott Ellis 3,29&under	28	16:17
7 Michelle Hallett-Braz CR	26	16:53*
15 Christine Bracerias 2,29&-	28	18:47*
18 Coreen Corsetti (MTC)	26	19:06*
20 Donna Hubert (MTC)	23	19:21*
23 Wanda Haney-Binette	24	19:43*

Other Top Division Finishers:

13 Frank Brume 50-59	50	18:37
25 Jeanne Hackett (MTC) 30-39	32	19:47*
34 Brigitte Edquid (MTC) 40-49	42	20:17*
46 Carlton Mendell (MTC) 60&+ 69	21	21:36
95 R. Hefflefinger (MTC) 60&+ 61	31	31:04*
96 Pat Buckley (MTC) 50-59	53	31:54*

Other Maine Track Club Finishers:

14 Carl Fogg 2,40-49	42	18:45
26 Ray Shevenell 2,50-59	50	19:52
28 Clint Merrill	42	19:54
29 Dick Lajoie 3,50-59	50	19:58
32 Peter Bastow	54	20:15
36 Rocco Corsetti	43	20:27
38 Erin MacLean	28	20:36*
40 Dana Seguin	37	20:41
41 Betty Barber 2,30-39	34	21:02*
44 Nancy Lund 3,30-39	39	21:09*
45 William Davenney	46	21:17
48 David Rand	24	21:41
50 Stephanie Lugg	35	21:56*
53 George Liming	39	22:33
56 Pat Medina	33	22:45*
59 Patricia Titcomb	33	23:04*
60 Barbara Coughlin 2,40-49	48	23:09*
69 Kathleen Duddy	39	24:37*
71 Larry Zellers	36	24:41
73 John Kazilonis	43	24:59
75 Wendy Hall	25	25:13*
76 Paul D'Amboise	61	25:14
78 Susan Davenney	42	25:57*
79 Lloyd Cook	57	26:03
82 John Gilliss	37	26:32
84 Don Penta	44	27:07
90 Renee Lathrop	13	28:21*
91 Loren Lathrop	42	28:23
93 Donna Moulton	42	30:51*

(1990 MTC Members Wanda Haney-Binette, Glen Roy, Scott Brown, Hooper Family, & Trafton Family please renew for 1991)

Myron Whipkey had the 3rd fastest time in the history of the Riverside 5K.

**2nd Annual Berwick Dare 5 Miler - 141 F
Berwick, Maine - May 5th, 1991**

Top Overall Finishers:

1 Michael Grigware 1,open cr	26	26:24
2 Bob Wanamaker 2,open	32	26:43
3 Daniel Beaulley 1,20-29	25	27:09
20 Victoria Erikson 1,open	28	31:54*
25 Tina Blier 2,open	26	32:21*
44 Maureen Sproul (MTC) 1,30-39	35	34:59*

Other Top Divisions:

7 Tom Shaw 19&under	16	28:04
9 James Strickland 40-49	42	29:18
16 Clyde Coolidge (MTC) 50-59	52	31:26
66 Corrine Smith 40-49	40	36:30*
84 Karen Croteau 19&under	18	38:47*
121 Anne Hanson 50-59	52	43:31*

Other Maine Track Club Finishers:

17 David Dowling	37	31:30
21 Dick Lajoie 2,50-59	50	32:30
55 Janet Sparcovich	33	35:51*
71 Henry Wolstat	57	36:55
99 Paul D'Amboise	61	40:34
110 Robert Wyman	54	41:31
133 Marianne Gagne 2,50-59	50	46:54*

Many thanks to Race Director Katherine MacDonald and the Maine Track Club for complete results.

**13th Annual Boston Primer 15 Miler
Readfield, Me - 31 Fin. - 30 March '91**

1 Tom Dann (MTC)	33	1:24:08
2 Cliff Rogers	32	1:30:22
3 Rick Lane	44	1:30:47
8 Doug Ludewig	51	1:41:25
14 Scott Fone (MTC)	30	1:47:53
23 Carlton Mendell (MTC)	69	1:57:05
24 Louisa Dunlap	50	1:57:43*
25 Orlando Delogu (MTC)	54	1:58:22

**9th Annual Championship Run 25K - 40 Fi.
Rockland, Maine - 7 April 1991**

1 Mike Olson	28	1:35:26
2 Bill DeVou	42	1:40:44
3 Billi Davis	27	1:43:10
4 Bryant Bourgoin	40	1:43:34
6 Carl Fogg (MTC) 3rd,div.	43	1:44:00
13 Bill Yates	50	1:55:00
14 Becca Swan (1st)	32	1:55:15*
18 John Kim (MTC) 2nd,div.	54	1:56:02
19 Carlton Mendell (MTC)	69	1:56:17
25 Carol Pierce (MTC) (2nd)	44	1:59:54*
26 Russ Bradley (MTC)	67	2:00:50
29 Dianne Whitcomb	31	2:04:14*
31 Louisa Dunlap	50	2:06:11*

Many thanks to the Central Maine Striders for complete results to the Roland Dyer Memorial Riverside 5K, the Boston Primer 15 Miler, and the Championship Run 25K!



The Kid's K Start at the Boston Milk Run.

Inaugural Augusta Rape Crisis 5K - 44 F.
Augusta, Maine - April 21st, 1991

1 Scott Brown	32	16:41
2 Scott Hatch	24	16:57
3 Tom Thibeau	33	17:12
4 Jeremy Howard	14	17:32
7 Richard Scribner (MTC)	39	19:20
13 Bill Pinkham	48	20:40
14 Sharon Staples 1, open	31	20:40*
16 Dick Cummings	53	21:15
19 Dara Jones	34	21:45*
37 Mark Clinch (MTC)	35	28:37
38 Dennis Morrill (MTC)	51	28:43
39 Ann Bacon	43	29:00*

Many thanks to the **Central Maine Striders** for complete results.

1991 Hyannis Marathon & Half Marathon
From Barnstable H.S., Hyannis - 3/3/'91

Marathon -- Maine Finishers:

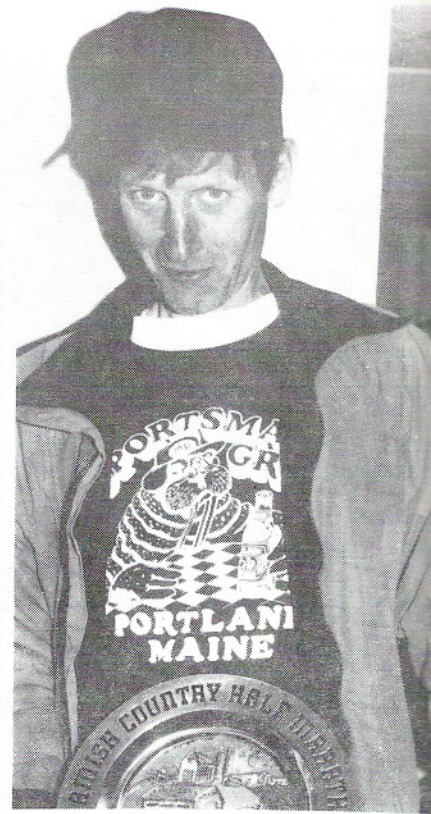
(Total: 400+)		
Hal Stewart (84th)	3:10:36	
Suzanne O'Brien (Bates) 2, div.	3:28:50*	
Bill Davenny (MTC) (297th)	3:44:05	
Lynn Patrick (MTC) 1st Mar.	3:48:31*	
Malcolm Washburn (MTC) (317th)	3:48:32	
John Illig (339th)	3:58:18	
John Kim (MTC) (340th)	3:58:29	
Mark Alex (345th)	3:59:23	
Joan Tremberth (MTC)	4:09:32*	

Half Marathon -- Maine Finishers:

(Total: 1110)		
Tom Dann (MTC) (18th)	1:12:52	
Kevin Connor (53rd)	1:18:39	
Russell Crandall (105th)	1:23:37	
Nils Junge (128th)	1:25:13	
Mary Ann Doss 2, div.	1:26:12*	
Spencer Shearer (280th)	1:32:38	
Jennifer Hockenberry	1:32:48*	
Steve Jacobsen (MTC) (322nd)	1:33:51	
Joan Lavin (MTC)	1:34:24*	
Donna Sund	34:57*	
Jean Thomas (MTC) 2nd, div.	44:12*	
Nancy Kneeland (MTC)	1:44:31*	
Julie Knopf	1:45:17*	
Tom Atchison (MTC) (77th)	1:49:04	
Mark Doucette (MTC) (77th)	1:50:27	
Sandy Utterstrom (MTC)	1:55:26*	
Stephen Assante (MTC) (935th)	1:57:11	
Becky Austin	1:58:40*	
Bill Stuart (MTC)	2:07:47	

Many thanks to Sue Davenny and Bill Stuart for Maine Finishers!

RIGHT: Maine was well-represented at the Amish Country Half Marathon!



WIZARD OF ID By Brant Parker and Johnny Hart



2nd Ann. Family Shelter 4 Miler - 192 F
Portland, Maine - May 11th, 1991

Top Overall Finishers:

(Top 3 Male & Female: Open)

1 Allan Muir	36	19:52
2 David Libby	25	19:59
3 Pete Bottomley	29	20:20
4 Andrew Black 1,20-29	29	20:45
5 Roland Thibeault 2,20-29	23	20:48
38 Deanna Hodgkin	24	24:50*
43 Lynn Bay	23	25:10*
55 Carol Weeks (MTC)	42	25:27*
61 Amy Tripp 1,20-29	20	26:05*
62 Elizabeth Gendron 2,20-29	28	26:06*

Other Top Division Finishers:

6 Steve Reed 40-49	43	20:53
8 Brian McCrea (MTC) 30-39	31	21:43
22 Bob Coughlin 50-59	52	23:16
28 Jacob Cox 19&under	14	24:04
70 Carol Pierce 40-49	44	26:41*
71 Maureen Sproul (MTC) 30-39	35	26:45*
132 Paul D'Amboise (MTC) 60&+ 61	30	30:47
178 Lynn Zimmerman 50-59	52	34:30*
190 R. Hefflefinger (MTC) 60&+ 62	39	39:52*

Other Maine Track Club Finishers:

14 Joel Titcomb	32	22:14
19 Ron Deprez	46	22:58
24 Dennis Smith	41	23:29
26 Gary Salamone	33	23:47
31 Peter Bastow 2,50-59	54	24:22
32 Richard Scribner	39	24:24
33 Paul LaVangie	33	24:32
36 Dale Rines	38	24:48
39 Loren Lathrop	42	24:56
40 Malcolm Washburn	37	24:57
41 Phil Pierce	49	25:06
50 Dana Seguin	37	25:19
52 Rocco Corsetti	43	25:22
56 Neil Martin	48	25:38
57 David Houser	40	25:49
58 Charles Iselborn	34	25:54
69 Eric Ellis	38	26:40
78 Dominic Reali	48	27:03
80 Richard Cavanaugh	58	27:10

More Maine Track Club Finishers:

83 Rosalyn Randall 2,40-49	41	27:32*
84 Roger Dutton	48	27:33
88 Daniel Sobel	43	27:46
91 Craig Robinson	45	27:55
92 Jeri Lynn Schroeder	43	28:05*
105 Bob Cushman	53	29:06
112 William Sproul	33	29:38
119 Sue Inches	36	29:51*
122 Martha Deprez	46	30:08*
124 Christopher Salamone	11	30:15
128 Maria Keefe	37	30:33*
149 Robert Wyman	54	31:58
157 Judith Grassi	32	32:53*
161 Brenda Keene	37	33:15*
174 Donald Penta	44	34:22
175 Dennis Morrill	51	34:23
183 Marianne Gagne	50	35:58*

Many thanks to the Family Crisis Center Race Committee and Bill Stuart for complete results.

3rd Annual South Portland Dare 4 Miler
South Portland, Me - 94 Fin - 18 May '91

Top Overall Finishers:

1 Andy Palmer 1,35-39	37	20:22
2 Michael Grigware 1,20-29	26	21:03
3 Kevin Connor 2,20-29	27	21:25
4 Mark Burgess 1,19&under	18	21:53
5 John Gagnon 3,20-29	24	22:04
12 Christine Bracerias 1,20-29	28	23:35*
18 Donna Hubert (MTC) 2,20-29	24	24:19*
24 Coreen Corsetti (MTC)	26	25:00*
39 Elisabeth Gendron	28	26:40*
42 Deedra Dapice	24	27:02*

Other Top Division Finishers:

(Age Divisions: 3 deep all categories)

10 John Leeming 30-34	34	22:59
13 Joe Richards (MTC) 45-49	47	23:49
19 Clyde Coolidge (MTC) 50-54	52	24:21
23 Don Wilson 40-44	43	24:55
34 Jeanne Hackett (MTC) 30-34	32	25:51*
45 Nancy Lund (MTC) 35-39	39	27:31*
70 Allen Pusch (MTC) 55-59	56	31:58
80 Linda Hunt 40-44	44	33:12*
83 Jennifer Cook 19&under	14	34:00*
90 Marianne Gagne (MTC) 50-59	50	36:32*
93 Frank Long 60&over	73	39:55

Other Maine Track Club Finishers:

6 Sean Keough 2,35-39	35	22:25
21 Bradford Davis	36	24:42
22 Peter Bastow 2,50-54	54	24:51
28 Scott Brown (MTC?) 2,45-49	46	25:20
29 Dale Rines	38	25:21
30 Ray Shevenell 3,50-54	50	25:24
31 Dick Lajoie	51	25:25
36 David Houser 2,40-49	40	26:02
41 Scott Moulton 2,19&under	19	26:54
49 Rick Strout	52	27:49
50 Maureen Sproul 2,35-39	35	27:50*
56 Patty Medina 2,30-34	32	28:48*
58 Janet Sparkowich 3,30-34	33	29:02*
60 Suelene Houser	27	29:11*
69 Kathleen Duddy 3,35-39	39	31:07*
72 Robert Wyman	54	32:08
75 Wendy Hall	25	32:35*
94 Pat Buckley 2,50-54	53	40:01*

Many thanks to Race Director Everett Moulton and the Maine Track Club for complete results.



Will and Becky Sproul get ready for the start of the Kid's K at the Boston Milk Run.

95th Annual Boston Athletic Association Marathon -- April 15th, 1991

Maine Track Club Finishers:

(According to order of finish)

Joan Benoit Samuelson (Hon.)	33	2:26:54*
Gordon Scannell	38	2:53:41
Paul Merrill	36	2:57:42
Harry Nelson	36	3:02:04
Michael Reali (1st Boston)	37	3:04:56
Robert Payne	52	3:07:10
Ronald Deprez	46	3:09:39
Russell Connors	58	3:12:40
John Bird (1st Boston)	54	3:22:42
Philip Pierce	49	3:22:50
Malcolm Washburn (1st Boston)	37	3:24:14
Roy Morejon	47	3:25:25
Carlton Mendell	69	3:25:37
Walter Webber	60	3:28:36
Bob Lyman	46	3:31:12
Richard Cavanaugh	58	3:37:35
Katheryn Telford	36	3:42:06*
Michele Ohman (1st Boston)	24	3:47:39*
Rosalyn Randall	41	3:48:04*

(If (1) you have run Boston for the first official time & not noted or (2) have set a personal distance or course PR or (3) ran Boston in '91 & not listed please contact Don Penta, 892-4526)

Many thanks to Ted Cunningham and Erin MacLean for complete Maine BAA listings

10th Annual Unity Spring 5K - 90 Finish.
Unity, Maine - April 20th, '91

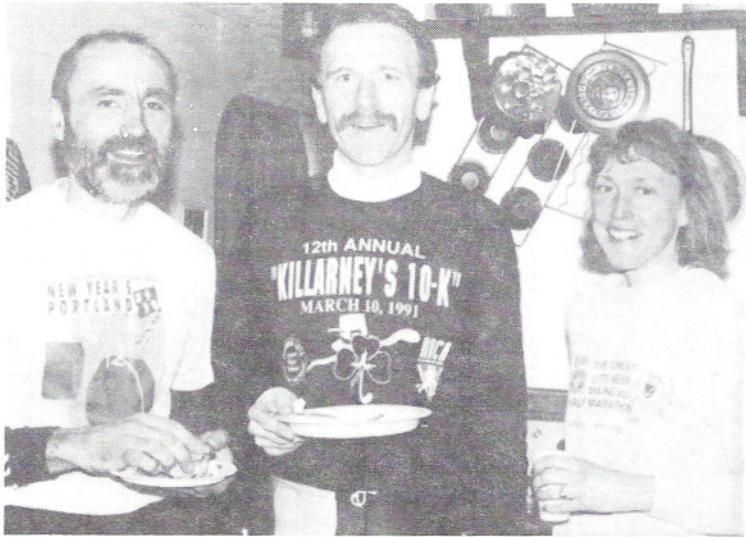
1 Peter Lessard cr	14:29
2 Todd McGraw	14:37
3 John Chase	15:13
16 Joe Richards (MTC)	17:24
26 Sheila Hodges 1,open	19:10*
29 Bryn Doiron (2nd)	19:26*
32 Nicole McTimong (3rd)	19:37*
50 Louisa Dunlap (also ran BAA)	21:06*
51 Carlton Mendell (MTC)	21:07
55 Dorothy Stoddard (MTC)	21:54*
64 Linda Richards (MTC)	23:23*

Many thanks to the Central Maine Striders for complete results.

9th Annual Togus 5 Miler - 84 Finishers
Togus, Maine - April 27th, 1991

1 Todd McGraw	26	26:34
2 Tom Thibeau	33	27:10
3 Michael Thompson	32	29:37
4 Michael Brosman	36	29:47
5 Francis Farley	44	30:11
7 Scott Fone (MTC)	31	30:30
16 Robert Marquis	52	32:32
17 Mike Cowell (MTC)	53	32:46
21 Linda Larue Keniston (1st)	37	32:22*
22 Bob Hazzard (MTC)	59	33:31
29 Dara Jones (2nd)	34	34:10*
32 Tom Kirby (MTC)	34	34:37
45 Shannon Casey (3rd)	19	37:15*
60 Carol Nichols	40	40:10*
71 Harry Giddinge (MTC)	57	43:14

Many thanks to the Central Maine Striders for complete results.



**SECOND ANNUAL
LIFELINE 5K
WALK/RUN RACE
BAXTER BOULEVARD
9:00 AM - SATURDAY JUNE 8TH**

The first 150 pre-registered runners receive a Coca-Cola Sports Quart. This event is for beginners as well as experienced runners. For further information call Patty Medina at 780-4642.

**THE CHILDREN'S MUSEUM OF MAINE
FIRST ANNUAL INTOWN OLD PORT RUN
DANA & COMMERCIAL STREETS
9:00 am - Sunday June 9th**

This 3 Mile scenic course runs along the Eastern Promenade. Hilly, with one water stop, it's lots of fun. There will be a Kids 1/2 mile Fun Run at 10:00 and a Monster Dash for Kids 6 and under at 10:15. For further information call the Children's Museum at 797-5483.



A GREAT DAY AT THE BOY'S CLUB RACE. (TOP) Carol Pierce (BOTTOM) Russ Bradley (LEFT) Donna Moulton and Photographer Extraordinaire Bill Stuart.

MEMBER PROFILE

Everett and Donna Moulton

MTC members Donna and Everett Moulton saw one another for the first time 24 years ago at a drive-in restaurant in Oklahoma. Donna says she was sitting on the back of a motorcycle "and Everett just kept driving around in circles checking me out." Seven weeks later (with Everett, then in the Air Force, gone for five of them) they were married! Donna was then transplanted to Maine, which she found "very friendly," but eventually they moved back to her home state. Noting that there are only "three trees in Oklahoma," the two were happy to finally move back to the Pine Tree State for good.

The Moultons had busy years while both worked and raised their two sons. Jeff is 22 and about to be married, and Scott is 19. In the mid-80's, Scott, a South Portland High track star, made it to the Junior Olympics several times, ranking 8th nationally in the 300-yard dash and 11th in the 100 meter. Scott says the track team members still remember Donna's voice in the cheering section.

Until 1988, running was something only Scott did until their family physician advised Everett to try Lifeline's Walk-jog program for rehab following a car accident. He states it was a "quick addiction," and soon ran his first race, and Oakhurst 4-miler in 33 minutes. Hoping she would share his new interest, he asked a dubious Donna to "come to the gym and watch me run." She did and was not impressed. So Everett tried another approach, informing his wife that she had an appointment for a stress test, having been signed up in absentia for the Walk-jog program. Enthusiastic in all she does, Donna was soon hooked on running and joined her husband as an avid road racer.

The two have race traditions both here in Maine and "away." They go yearly in April to the Boston Milk Run. At their first Milk Run, the official hotel, as a fluke (or maybe not), put them in a room in the section reserved for the elite runners. They got to meet Rob DeCastella, saw Grete Waitz, Joan Nesbitt and others.

The Moultons are open to adventure. One snowy morning they drove to Bangor for a race sponsored by Epstein's

clothing store, and knocked in vain on the door of the high school registration site. An official of the cancelled race appeared and was impressed by the determination of the couple from South Portland. A representative of Epstein's was sent to open the store and let them each pick out a new pair of jeans. Everett and Donna then went to a friend's hunting camp nearby and enjoyed a 6-7 mile run in the snow.

It's easy to see the couple's support of one another. They are, they say, one another's best friend. In their early races Everett would finish and then go back on the course to encourage Donna and says now he hasn't nearly as far to retrace his steps. In one of her first races, A Killarney 10K, Donna was frustrated by unexpected hills and about to drop out. But after meeting her husband and a short discussion about wimping out, she finished with a PR.

This year, the Moultons have begun to share their boundless enthusiasm with a diverse group that meets Tuesdays and Thursdays at 5:30 pm at South Portland High School for 4-6 mile runs, usually followed by pot luck suppers (which are getting better by the week) back at their house. These runs are open to anyone who likes to run and eat.

As MTC members, the Moultons have really contributed a lot in three years. They either run or volunteer at nearly all the local races. This year they're co-chairs of the Club's refreshments committee. A camera buff, Everett has contributed many good photos for the banquet and other functions.

For the past three years Everett, a member of the South Portland Police Force, has been Director of that city's DARE 4-miler. At the past race on May 18, he was presented with a beautiful trophy by the Patrolmen's Association, one of the sponsors, for all of his work on these races.

Another contribution is the couple's encouragement of other runners. Donna says "I'm as happy to cheer the last and middle runners as the first." Many have encountered this support and certainly have had a little better day because of it.

Pat Buckley



Attention all Mt. Washington Runners! Two training runs have been scheduled for Maine Mt. Washington Entrants for Sunday June 2 and Sunday June 9. The approximate 8 mile run, which begins at 7:30 am, will start at Harry Nelson's home in North Yarmouth and consist of a 2 mile jog over woods trails, with 6 repeats up the infamous and torturous PIG HILL! THESE RUNS ARE MANDATORY! Please let Harry know of your plans to attend.

Harry Nelson
829-6131

MEMBERSHIP MEETING

President Peter Bastow opened the meeting. Sixty people attended. **Vice-President** Sumner Weeks introduced speaker, **Anne Marie Davee**, who gave us the latest information on nutrition for runners.

New members & guests included Pat Murphy and Phyllis Banister. Welcome!

Boston Marathoners and Sugarloafers were applauded.

Presentations were made to Ted Cunningham-RRCA 2000 Hour Volunteer Certificate & Patch; and Candace Karu-MTC President's Club Patron Plaque. Bill Stuart was also recognized as a President's Club Patron. A plaque for the Bay Club will be delivered to Jim Bunnell.

President's Report: Peter has talked with Bill Nemitz of the Portland Newspapers. He said he received some excellent comments from MTC members and requested some more information on numbers of finishers in our races. Peter and other members of the MTC Board will be meeting with Bill to follow up on this.

The Board approved a \$500 donation to SMTC in appreciation of our meeting place. Also, if possible at Banquet time, the scholarship to SMTC will be increased. The membership unanimously endorsed this.

There are not enough rooms available for the 1992 RRCA Convention in Portland or South Portland. We will work on a bid for 1993. Bill Stuart and Marla Keefe will co-chair.

Rick Strout will be having surgery in Boston, tentatively on May 15th. The address was written on the chalk board. Rick sent his thanks for calls and cards and Deb Merrill's massage.

Vice-President's Report: June program will be speaker, John L. Parker or a tape of the Boston Marathon. In July, we will be having an events day at the University of New England. The deadline for Bruce Ellis Campership applications is May 26. In August, we will have a family picnic at Sebago Lake State Park, Aug. 25.

Schoodic Point has been cancelled Aug 11 due to construction. Will be on for next year.

Secretary's Report was approved as printed. A letter was read regarding the PRVTC race on May 18th.

Treasurer's Report was not available.

Newsletter Report: Send stories anytime from anywhere about anything. Charlie suggested that race directors send in pre-race profiles and maps of their events.

Race Committee Report: The Berwick volunteers were thanked. Progress reports were given on the Family Crisis Shelter 4 Miler, the SO. Portland DARE 4 Miler, the Oakhurst 4 Miler, the Mark Hoffmaster 5 Miler, and the Back Bay 5K. Patty Medina had applications for the Lifeline 5K and Steve Jacobsen brought Doc's Tavern apps. The Race Committee will be doing a multi-race mailing. See Bill Stuart. Timing Workshop will be May 23, at Ken Dolley's.

Herb Strom mentioned several masters' events from National Masters' News. See Herb for more info.

Dennis Smith will coach interval workouts beginning June 5th at the Scarborough HS track. Arrive at 5:00 if possible but not later than 6:00 and discuss your goals and strategy with Dennis. Wear your own runner's watch for self-timing.

Bob Payne won the 50/50 raffle.

Respectfully submitted,

Susan Davenny
Susan Davenny
Secretary

NEW MEMBERS

NAME & ADDRESS	TELEPHONE	OCCUPATION	AGE
Pat Clark Beth Scherpf 10 Cliff Ave. Freeport, ME 04032	H865-9451	Cus. Serv.-Med. Svcs. Credit Union Sales-Barbizon Lin.	31 30
David Englund P.O. Box 673 York Beach, ME 03910	H363-7120	Student - York High School	17
Stephen Fluett P.O. Box 15172 Portland, ME 04101	H761-1803	Physical Education Teacher South Portland Schools	32
Elisabeth Gendron 18 Running Tide Road Cape Elizabeth, ME 04107	H767-5502	Homemaker	28
Sam Merrill 131 Neal Street Portland, ME 04102	H772-3512 W776-7488	Attorney - Casco Northern Bank	40
Pat Murphy 1969 Washington Ave. Portland, ME 04103	H797-0590	Dosimetrist - Maine Medical	45
Gerard Salvo 45 Phipps Road Portland, ME 04102	H774-6938 W781-3180	Personnel Administrator	36



NEW MEMBERS AT THE APRIL MEETING:
L to R: Katherine MacDonald,
Richard Holleman and Betty Barber

OFFICER FRIENDLY YOUTH RUNS

The Officer Friendly Youth

Runs were held on Saturday May 18th. Fourteen youngsters participated in the one-mile fun run which was for children ages 6-11. Six ran in the two-mile run which was for those aged 12-16.

My sincere thanks to the following volunteers:

Peter Bastow	Drew Jones
Russ Bradley	Dick Lajoie
Ted Cunningham	Diana Laskey
Bill Davenney	George Liming
Kathy Foye	Kathy MacDonald
Warren Foye	Carleton Mendell
John Gillis	Dale Rines
Ray Hefflefinger	Marlene Russell
Ruth Hefflefinger	Harry Russell
Richard Hollerman	Dick Scribner
Sue Houser	Malcolm Washburn

Additional thanks to Larry Greer for the donation of trophies, and to John LeRoy for his generous assistance in publicizing the race in "Mainly Running".

Rob Laskey
Race Director

TREASURERS REPORT

Funds on Deposit as of March 4, 1991 \$ 11,075.32

RECEIPTS:

*Membership	\$ 204.00
*Newsletter Donation	\$ 10.00
*Clothing	\$ 150.00
*Interest	\$ 47.56
	\$ 411.56
	\$ 11,486.88

DISPERSEMENTS:

*Big Red Q: Newsletter	\$ 198.50
*Granite State Race Svc.	
5 spots, Mt. Wash. race	\$ 100.00
*Robinson Paper:	
envelopes	\$ 77.25
*Dale Rand: envelopes	\$ 40.95
copies of computer man.	\$ 17.26
*Ted Cunningham:	
computer paper	\$ 2.52
Battery, Chronomix	\$ 20.00
*Bill Stuart: refreshment	
race director workshop	\$ 97.46
*TAC Membership	\$ 40.00
*Lupke-Rice-Clancy	
Equipment Insurance	\$ 70.75
*Don Johnson: banquet	
photo development	\$ 106.05
*Dale Rand: print envl.	\$ 52.50
*Postmaster Portland:	
Bulk mailing	\$ 50.00
*Sue Davenney: convention	\$ 385.00
*Ruth Hefflefinger:	
convention	\$ 385.00
*Big Red Q: newsletter	\$ 187.50
*Sue Davenney: misc. exp.	\$ 22.58
	\$ 1,853.32

Funds on Deposit as of April 4, 1991 \$ 9,633.56

Respectfully Submitted,

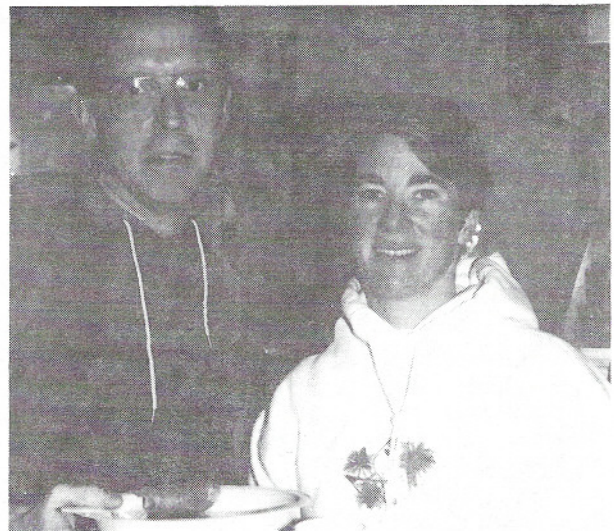
Rob Laskey

Robert M. Laskey
Treasurer MTC

Marrakech Marathon

In mid-January each year the Marrakech, Morocco Marathon is held. Marrakech is the age old trading city located on the eastern edge of the Atlas Mountains. It is a colorfully exotic, teeming, vibrant, and romantic city. This is the premier North African marathon and attracts a large field from all over Africa, Europe, and the world. I am arranging a group package for runners and friends who would like to attend. The package will include all air and land transportation, hotel, orientation, horse drawn carriage tours of the course, walking the ancient souks and dedina, race support, some meals, and much more which is still in the planning. This will not be a group trip like any you've heard of. You'll have as much or as little assistance as you want. The average day in January is clear and 66 degrees; perfect for running.

For information please call or write Michael Hurley at 35 High Street, Belfast, Maine 04915 207-338-1975.



Jane Dolley indulges in two of her favorite activities, eating and talking! (Top)

Donna Moulton, Dana Seguin and Carol Weeks. (Bottom)

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

1991 Officers and Committee Chairpersons

Peter Bastow	President	829-3669	John Gilliss	Course Certification	879-0222
S. & C. Weeks	Vice-Presidents	774-7302	Dale Rines	Course Certification	854-2481
Susan Davenny	Secretary	772-1787	Maureen Sproul	Photography	926-4681
Rob Laskey	Treasurer	729-4104	Ruth Hefflefinger	Membership	797-4625
Charlie Scribner	Race Committee	772-5781	Bill Stuart	Past President	799-5961
Candace Karu	Newsletter	967-4258	Melvin Fineberg	Clothing	774-8868
Barbara Coughlin	Member at Large	799-0463	Don Penta	Statistician	892-4526
Carelton Mendell	Member at Large	797-7806	Rick Strout	Member at Large	829-3216
			D.&E. Moulton	Refreshments	799-2894

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!

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