

Maine Track Club

JUNE 1992

Run with a friend...



FROM THE EDITOR

There are months, and this is one of them, that getting the Newsletter out is a real stretch. As is the case with all of us, the rest of my life is always interfering with my running-related activities. It seems like one of my children is either sick, or in a play or in Little League and just needing to be driven somewhere. My husband travels a lot and even when he is around, because he isn't a runner, none of my "running stuff" makes much sense to him. As supportive as he is, he's probably getting tired of picking up pizza for dinner around the 24th or 25th of every month while I hide in the basement with my computer and Don's running stats.

The above is not a complaint, because I love the Maine Track Club and (most of the time) the Newsletter. This is simply a gentle reminder that to make this club work we must all participate in any way we can. If you can't take on a Board position, volunteer at the races or even direct one yourself. Maybe you could head up the Auction one year or write about an out-of-town race for the Newsletter. There are so many ways to be an important part of the club. Reading the Newsletter every month does not count. Let us know what you would like to see us doing. Come to a membership meeting with your suggestions. Bring a friend to a meeting. There is lots to do and only you can do it.

And this seems to be a good point to thank Rob and Diana Laskey for the time they have given to the club. Rob gave many hours of service as our Treasure and Diana headed up the group that got the Newsletter mailed out each month. Thank you both for your contributions!

Coach Brian "Ziggy" Gillespie has given us the details for the month-long MTC Running Clinic which you will find in this issue. Ziggy is an outstanding coach and the clinic will be of enormous benefit to runners of all abilities.

CanRace

Cover: Sisters Mary Anne Peck and Nancy Kneeland share life on and off the roads. Read all about this madcap pair in Pat Buckley's article on page 9.

Malcolm "The King" Washburn looking for Double Trouble.

RUN TO WIN TEAM NEWS

The Run to Win Ladies team won the team award in the recent Epstein's 5K in Brewer on May 10.

| | | |
|------|-----------------|---------------|
| 4th | Wanda Binnette | 18:22 (5K PR) |
| 6th | Jeanne Hackett | 19:02 (5K PR) |
| 11th | Carol Weeks | 20:04 (5K PR) |
| 12th | Connie Hallett | 20:08 (5K PR) |
| 15th | Erin MacLean | 20:33 (5K PR) |
| | Marjorie Haney | 20:44 |
| | Brigitte Edquid | 20:48 |
| | Nancy Lund | 21:20 |
| | Betty Barber | 22:09 |

Five ladies set 5K PR's, while seven of nine ladies beat their race time goals.

On May 20th the team went to the Ladies Run for the Roses 5K in Salisbury, Mass. It was a great race!

| | | |
|------|-----------------|-----------------------|
| 1st | Lisa Sentore | 16:58 (Course Record) |
| 2nd | Mary Harring | 18:17 |
| 3rd | Wanda Binnette | 18:24 |
| 8th | Jeanne Hackett | 19:44 |
| 18th | Carol Weeks | 19:50 (5KPR) |
| 25th | Marjorie Haney | 20:24 (5K PR) |
| 26th | Nancy Lund | 20:25 (5K PR) |
| 38th | Carrie Croft | 20:56 (5K PR) |
| 39th | Brigitte Edquid | 21:01 |

TEAM AWARDS:

1. Valley Track Club
2. Liberty Athletic Club
3. Run to Win Team

Masters:

1. Run to Win Team (Course Record)

Carol Weeks
Nancy Lund
Brigitte Edquid

Congratulations to the team!

Brian "Ziggy" Gillespie



RUN AND BRUNCH

JUNE 14

**WILLIE, MAUREEN AND BECKY
SPOUL**

Scenic and Hilly -- a perfect primer for all those Mt. Washington racers.

| | |
|-------|---------------|
| 7 am | 19 miles |
| 8 am | 10 - 12 miles |
| 9 am | 4 - 6 miles |
| 10 am | Brunch |

From the south take 95 to Exit 11 in Gray. Take Rt. 202 for 3 miles north toward Auburn to Town Farm Road on the right. One mile down on the left. Our name is on the mailbox.

THANK YOU VOLUNTEERS!

April Amble

The following club members helped out at the April Amble race in Westbrook. Thanks for your help!

| | |
|------------------|------------------|
| Nancy Kneeland | Don Penta |
| Mary Ann Peck | Don Peck |
| Steve Jacobsen | Kathy Jacobsen |
| Maggie Soule | Judy Grassi |
| Tom Dann | Brad Davis |
| Reggie Sargent | Dick Scribner |
| Carol Pierce | Dolores Billings |
| Ron Dubois | Bill Stuart |
| Charlie Scribner | Sandy Utterstrom |
| Jean Thomas | John Gale |
| Bill Davenney | Maureen Sproul |

Sugarloaf Marathon and 15K

Many thanks to the following people who helped at the finish of the Marathon and 15K at Sugarloaf.

| | |
|-----------------|-------------------|
| Debbie Atchison | Susan Roberts |
| Warren Foye | Kathi Foye |
| Don Penta | Patricia Coolidge |
| Tammy Butler | Bill Stuart |

Also thanks to Clyde Coolidge and George Liming who pitched in after they finished the 15K!

And congratulations to winner and bridegroom-to-be, Paul Merrill, Number 1 in the Marathon!

Susan Davenney
MTC Volunteer Coordinator

Beverly Doughty proves that you *can* look good and run good.

NEXT MTC MEETING

**WED. JUNE 10 -- 7:00 pm
SMTc -- MACHINE TOOL
AUDITORIUM**

Attention all club members who have ever worn running shoes. June's meeting is for you! A representative from Asics will be at our membership meeting to tell you everything you ever wanted to know about running shoes. This is a meeting that everyone in the club will benefit from attending. Be there or be sore.

As usual, the club's business meeting will follow this informative talk.

NEWSLETTER DEADLINES

Photos & Advertising: 15th of month.

Written Material: 20th of each month

Send To: Candace Karu, P.O. Box 2739,
Kennebunkport, ME 04046
967-4257 FAX: 967-8412

Enclosures: 24th of each month
\$40 Non-MTC event
\$20 MTC event
Deliver to:
Reggie Sargent
967-5629

Change of Address: Immediately to:
Ruth Hefflefinger
MTC Membership
PO Box 8008
Portland, ME 04104

Advertising Rates:

| | | |
|----------|------------|---------------------|
| 1/4 page | \$25/month | \$125 for 6 months |
| 1/2 page | \$50/month | \$250 for 6 months |
| 1 page | \$75/month | \$375 for 6 months |
| | | \$750 for 12 months |



PRESIDENTS' PAGE

One of the many advantages runners have over other sports is that we reap great returns for a small investment in equipment. Comfortable t-shirts, shorts and running shoes are all you need to hit the roads. Let's not talk about winter running!

Although the list of necessary equipment for running is short, the cost of this equipment has risen dramatically over the past ten years. Do you remember when the cost of running shoes, and I mean good shoes, was \$25 to \$30?

Shorts, t-shirts, singlets and socks could be purchased for less than \$10. As our sport has become more popular, improvements have been made in cuts styles and colors which have boosted the costs dramatically. With good shoes costing more than \$100 a pair, families with many runners can incur more substantial expenses. In places such as Africa, which produces some of the world's finest runners, good shoes may not even be available, much less afford-able. Who among us has not seen the pictures and heard the stories of great African runners who grew up running and even competing barefooted?

A recent article in Running Times provided information about the need for running shoes and clothing for young African runners. The shoes and clothing do not have to be new but should be in serviceable condition and clean when donated.

Coincidentally the Maine Track Club has recently received letters from young runners from Ghana, Africa. They requested running shoes, t-shirts, socks and shorts. We are happy to share these letters and addresses with you at the next meeting.

As the cost of running shoes and clothing continue to rise, a good way to ensure that you get your money's worth from these items is to donate them to the needy in countries such as Africa or to those who are in need here at home.

The donated items can be mailed to Shoes for Africa, PO Box 2223, Boulder, CO 80302.

Good Running to All,
Sumner and Carol

LOCAL RUNNER HEADS TO EUROPEAN GAMES

Tammy Wheeler, a sophomore at Westbrook High School and a member of the Maine Track Club, was recently invited to attend the European Track Games this summer. To that end, Tammy is trying to raise \$2,000 to finance her trip. If you would like to help a local runner, please send your donation to: Tammy Wheeler, 206 Brown Street, Westbrook, ME 04092.

ED PATTON STRIKES AGAIN

Dear Fellow MTC Members,

I'd like to express thanks to the MTC membership, as today I was awarded the MTC Scholarship at Southern Maine Technical College. I will soon be a graduate of the Cardiovascular Technology program and I look forward to beginning a career soon as a Cardiac Catheterization technician. The full amount of this scholarship, \$300, will be added to my current month's student loan payment and will put a very nice dent in my outstanding balance.

In August, following three months of clinical practice, my very long student career will come to an end (for a while, at least) and I should have a bit more free time, some of which I'll gladly spend on MTC activities. I suspect you'll hold me to this.

Among other events, I look forward to running in the first annual Maine Marathon, which happens to be taking place on my 29th birthday. A request to the race directors: Can I wear bib #29?

Thanks again!

Ed Patton

BOARD OF DIRECTORS NEWS

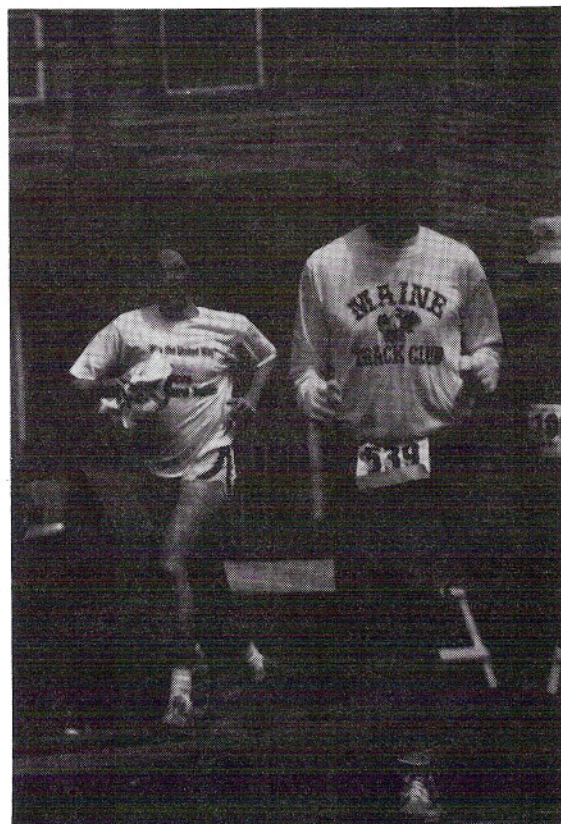
MTC member Steve Assante of Gorham has expressed interest in filling the Treasurer's position which recently became open. Steve's name will be proposed at the next meeting, at which time a vote will be taken by the full membership. If anyone else is interested in this position, please contact a Board member.

MTC FASHION LEADER OR FASHION VICTIM
YOU DECIDE!



NEW MEMBERS

| NAME & ADDRESS | TELEPHONE | OCCUPATION | AGE |
|---|---|---|---------------------|
| Calvin Dunwoody 42 Wood Pond Lane Kennebunk, ME 04043 | | | |
| George Campbell, Jr. 100 Middle Street Portland, ME 04101 | H772-3283 W774-1001 | Executive Env. & Ec. Council of Maine | 45 |
| Lynn Gutstein-Wilner RR2, Box 1246 New Gloucester, ME 04260 | W795-4160 | Speech/Language Therapist Lewiston School Department | 42 |
| Migs & Jim Kearns 145 Glenwood Avenue Portland, ME 04103 | H772-4401 W772-4401-M W879-2603-J | Route Deliveries, Inc. - Self Delta - CSR | 41 41 |
| Darcie Huntress 207 Black Point Road Scarborough, ME 04074 | H883-3166 | Student - Scarborough High School | 16 |
| Andrew & Martha Kane RR2, Box 374 Kennebunkport, ME 04046 | | | 34 30 |
| Connie Kennedy 340 Eastern Prom #133 Portland, ME 04101 | H761-0113 W879-8425 | Brighton Medical Center Registered Nurse | 35 |
| John Rolfe 29 Longfellow Street Portland, ME 04103 | H773-3993 W780-9000 W780-4676 | Editor - Guy Gannett Instructor - USM | 37 |
| Stanley & Sharon Simpson Joshua 45 Pine Street South Portland, ME 04106 | H799-2963 W767-3351 W871-2711 | American Woodcraft-Cabinet Maker Phlebotomist - MMC | 44 42 15 |
| Kenneth Thompson Kathy Ring Erin Thompson Kenny Thompson 35 Beach Street Kennebunk, ME 04043 | H967-5813 | Self Student Student | 46 40 14 7 |
| Sherrie Wagenfeld Tracie & Allison 39 Intervale Road Kennebunk, ME 04043 | H985-2739 W646-4312 | Sales Mgr. - Many Facettes Students | 43 17 15 |



Above: Tom Atchison. Below left: Tom Menendez. Below right: Jen Alpern.



RACE RESULTS

4th Annual Family Crisis Shelter Run Portland, Me - 5K - 155 F. - 6/ 9/92

Top Overall Finishers:

| | |
|-----------------------------------|--------|
| 1 Kim Wettlaufer 1,open | 15:34 |
| 2 Allan Muir 2,open | 15:52 |
| 3 Ken Botting 3,open | 16:06 |
| 4 Roland Thibault 1,20-29 | 16:16 |
| 5 Patrick Sullivan 1,30-39 | 16:20 |
| 17 Christine Snow-Reaser 1,open | 18:22* |
| 32 Jeanne Lamontagne (MTC) 2,open | 19:23* |
| 40 Cathy Jergelevitch 3,open | 19:58* |
| 50 Laurie Nicholas 1,20-29 | 20:21* |
| 61 Rosalyn Randall (MTC) 1,40-49 | 21:07* |

Other Top Divisional Finishers:

| | |
|-------------------------------------|--------|
| 8 Dennis Smith (MTC) 40-49 | 17:24 |
| 12 Lawson Noyes 50-59 | 17:40 |
| 13 Matthew Lane 19&under | 17:48 |
| 82 Sandra Wyman 30-39 | 22:25* |
| 133 Pauline Kenniston 50-59 | 25:45* |
| 140 Danielle D'Entremont (MTC) 19&- | 26:49* |
| 143 Stanley Harmon 60&over | 26:57 |

Other Maine Track Club Finishers:

| | |
|--------------------------|--------|
| 6 Paul Merrill 2,30-39 | 16:39 |
| 7 Stephen Fluet | 16:49 |
| 9 Robert Hoover | 17:26 |
| 10 Ronald Johnston | 17:38 |
| 14 Ronald Deprez 2,40-49 | 17:53 |
| 16 Terry Clark | 18:14 |
| 18 Joe Richards | 18:25 |
| 22 Clyde Coolidge | 18:43 |
| 23 Lee Allen | 18:50 |
| 24 Yon Chong | 18:54 |
| 27 Peter Bastow | 19:12 |
| 29 David Cate | 19:18 |
| 36 Robert Moyer | 19:44 |
| 38 Les Berry | 19:52 |
| 39 Malcolm Washburn | 19:57 |
| 43 Neil Martin | 20:04 |
| 46 James Boisvert | 20:13 |
| 47 David Smith | 20:14 |
| 58 Marc Lusignan | 20:57 |
| 62 Loren Lathrop | 21:10 |
| 67 Suelene Houser | 21:22* |
| 71 Richard Campbell | 21:32 |
| 73 David McMahon | 21:40 |
| 79 Robert Cushman | 22:08 |
| 85 Reggie Sargent | 22:40 |
| 103 Mark Clinch | 23:34 |
| 104 Dan Sobel | 23:38 |
| 107 Richard Scribner | 23:46 |
| 116 Patricia Titcomb | 24:19* |
| 126 David Conley | 24:49 |
| 131 Linda Richards | 25:22* |
| 132 Jerome K. Jerome | 25:28 |
| 141 Dan D'Entremont | 26:50 |
| 146 Elizabeth Dubois | 27:57* |
| 144 John Kendall | 27:02 |
| 153 Donald Penta | 31:22 |

Many thanks to Lois Galgay Reckitt,
Executive Director of the Family Crisis
Shelter, for complete results.

2nd Ann. Skowhegan Jaycees 10K Classic Skowhegan, Maine - 28 Fin. - 4/12/1992

| | | |
|------------------------------|----|--------|
| 1 Danny Paul overall | 38 | 34:27 |
| 2 Mitchell Lovering 1,30-39 | 32 | 38:05 |
| 3 Jeff Mills, Jr. 1,19&under | 18 | 38:51 |
| 5 James Ellis 1,40-49 | 42 | 42:09 |
| 7 Bob Backorik 2,40-49 | 48 | 42:33 |
| 8 Dick Cummings 1,50-59 | 54 | 43:03 |
| 14 David Paul (MTC) | 46 | 44:40 |
| 22 Carlton Mendell (MTC) | 70 | 47:45 |
| 23 Donnajean Pohlman overall | 41 | 50:31* |
| 24 Karen LaCasse 1,30-39 | 37 | 52:45* |
| 25 Ann Lynch 1,40-49 | 46 | 54:35* |
| 26 Dennis Morrill (MTC) | 52 | 58:12 |
| 27 Sue Lisherness 1,20-29 | 29 | 71:44* |

Many thanks to the Central Maine
Striders for complete results.

Sully's Inaugural St. Patrick's Day 5K Portland, Me - 270 Fin. - 15 March '92

Top Overall Finishers:

| | | |
|--------------------------------|----|--------|
| 1 Stan Bickford overall | 28 | 15:30 |
| 2 Allan Muir 1,30-39 | 32 | 15:58 |
| 3 Michael Margeles 2,30-39 | 31 | 16:15 |
| 4 Ken Botting 3,30-39 | 31 | 16:17 |
| 5 David Crawford (MTC) 1,40-49 | 42 | 16:20 |
| 18 Lori Johnson overall | 25 | 17:40* |
| 24 Christine Braceras 1,19-29 | 29 | 18:18* |
| 28 Wanda Binette 2,19-29 | 25 | 18:41* |
| 51 Donna Hubert (MTC) 3,19-29 | 24 | 19:45* |
| 58 Bryn Doiron 1,30-39 | 30 | 20:05* |

Other Top Divisional Finishers:

| | | |
|------------------------------|----|--------|
| 10 Roland Thibault 19-29 | 24 | 16:47 |
| 16 Jim Davis 18&under | 17 | 17:32 |
| 37 Philip Pierce (MTC) 50-59 | 50 | 19:02 |
| 79 Carol Hogan 40-49 | 41 | 21:10* |
| 104 Peter Scontras 60-69 | 63 | 22:08 |
| 156 Amy Dean 18&under | 17 | 24:06* |
| 217 Paula Kenniston 50-59 | 55 | 27:16* |
| 245 Jeri Morris 60&over | 63 | 30:32* |

Other Maine Track Club Finishers:

| | | |
|------------------------------|----|--------|
| 7 Stephen Fluet | 33 | 16:42 |
| 11 George Towle 3,40-49 | 40 | 16:58 |
| 26 Joe Richards | 48 | 18:37 |
| 30 Chris Salamone | 34 | 18:48 |
| 42 Brad Davis | 37 | 19:17 |
| 48 George Liming | 40 | 19:38 |
| 49 Peter Bastow 2,50-59 | 55 | 19:40 |
| 56 Ray Shevenell 3,50-59 | 51 | 19:55 |
| 67 Dan D'Entremont | 41 | 20:35 |
| 68 David Paul | 46 | 20:37 |
| 69 Dale Rines | 39 | 20:39 |
| 71 Neil Martin | 49 | 20:40 |
| 78 Dick Lajoie | 51 | 21:07 |
| 84 Rick Meinking | 31 | 21:31 |
| 93 Suelene Houser | 28 | 21:46* |
| 95 Betty Barber 3,30-39 | 35 | 21:48* |
| 97 Nancy Lund 2,40-49 | 40 | 21:55* |
| 105 Will Lund | 36 | 22:16 |
| 107 Dan Fitzgerald | 32 | 22:21 |
| 108 Russ Bradley 2,60&over | 68 | 22:27 |
| 112 Bob Cushman | 54 | 22:34 |
| 120 Eric Ellis | 39 | 22:50 |
| 123 Diane Flanders | 35 | 22:59* |
| 134 Malcolm Washburn | 38 | 23:21 |
| 159 Karol Call | 28 | 24:11* |
| 174 David McMahon | 34 | 24:42 |
| 182 Ricky Meinking | 8 | 25:03 |
| 194 Warren Wilson | 58 | 25:39 |
| 195 Everett Moulton | 45 | 25:51 |
| 198 Linda Richards | 29 | 26:00* |
| 206 Laura McMahon 3,18&under | 14 | 26:26* |
| 208 Paul D'Amboise | 62 | 26:39 |
| 215 Rich Robinov | 31 | 27:14 |
| 221 Jerome K. Jerome | 52 | 27:27 |
| 239 Judy Grassi | 32 | 28:52* |
| 247 Donna Moulton | 43 | 31:07* |
| 251 Elizabeth Dubois | 29 | 31:54* |
| 255 Gerry Shenahan | 39 | 32:24* |

Many thanks to Mainely Running for
complete results.

2nd Annual PRVTC Family Festival 2 Miler PRVTC, Portland, Me - May 16th, 1992

| | |
|------------------------------|-----------|
| 1 Brian Flanders overall | 9:56.58 |
| 2 Guy Bertch | 10:04.15 |
| 3 Christine Braceras overall | 10:20.19* |
| 4 Peter Serafin | 10:54.00 |
| 5 Gary Grady | 10:57.37 |
| 6 Carl Fogg (MTC) | 11:00.18 |
| 7 Kathy Jenkins | 11:05.00* |
| 8 Jack Reagan | 11:56.00 |
| 9 Laurie Nicholas | 11:58.00* |
| 10 Richard Downs | 12:32.62 |
| 11 John Ouillet | 12:35.27 |
| 12 Derry Rundlett | 12:54.12 |
| 13 Richard Scribner (MTC) | 12:54.16 |
| 14 Gerry Poirer | 13:25.46 |
| 15 Mark Clinch (MTC) | 13:39.21 |
| 16 Nanci Dugas | 13:55.15* |
| 17 Donald Penta (MTC) | 16:28.90 |
| 18 Linda Geringer | 16:37.46* |
| 19 Allen Stewart Konigsberg | 18:18.18 |

Many thanks to Ken Curtis, technical
race coordinator, for complete results.



Don Penta, who each month
carefully compiles the race
results.

12th Annual Rocky Coast 10K - 145 Fin. Boothbay Harbor, Maine - May 2nd, 1992

Top Open Divisional Finishers:

| | | |
|-----------------------|----|------|
| 1 Tom Dann (MTC) | 35 | 32:2 |
| 2 Jeremy King | 28 | 33:1 |
| 3 George Towle (MTC) | 41 | 34:4 |
| 4 Steve Reed | 44 | 34:4 |
| 5 Ronald Frontin | 29 | 35:0 |
| 22 Christine Braceras | 29 | 38:3 |
| 50 Cathy Jurgelevitch | 28 | 41:4 |
| 57 Marjorie Podgajny | 38 | 42:2 |
| 62 Faye Gagnon | 47 | 42:5 |
| 64 Deb Merrill (MTC) | 36 | 43:1 |

Other Top Divisional Finishers:

| | | |
|--------------------------------|----|-------|
| 6 Dennis Croteau 40-49 | 41 | 35:1 |
| 7 Brian McCrea (MTC) 30-39 | 32 | 35:5 |
| 17 Doug Ludewig 50-59 | 52 | 38:0 |
| 19 Doug Beauparlant 19-29 | 20 | 38:2 |
| 37 Hap Hazzard (MTC) 60&over | 60 | 40:3 |
| 66 Nancy Kneeland (MTC) 30-39 | 37 | 43:2 |
| 80 Rosalyn Randall (MTC) 40-49 | 42 | 45:1 |
| 91 Louisa Dunlap 50-59 | 51 | 46:51 |
| 138 Eliz. Dubois (MTC) 19-29 | 29 | 60:4 |
| 140 Elizabeth Eisele 13-18 | 14 | 65:15 |

Other Maine Track Finishers:

| | | |
|--------------------------------|----|-------|
| 9 Tom Menendez 3,30-39 | 38 | 36:1 |
| 21 Terry Clark 3,40-49 | 47 | 38:31 |
| 28 Clyde Coolidge 2,50-59 | 53 | 39:12 |
| 34 Philip Pierce | 50 | 40:08 |
| 48 Robert Moyer | 47 | 41:33 |
| 81 Dale Rines | 39 | 45:15 |
| 82 Nancy (Ellis) Duffy 3,30-39 | 39 | 45:15 |
| 85 Betty Barber | 35 | 45:55 |
| 105 Carlton Mendell 2,60&over | 70 | 49:41 |
| 139 Ronald Dubois | 37 | 62:13 |
| 143 Katie Gregory | 24 | 65:44 |
| 144 David Coolidge | 26 | 65:44 |

Note: Carlton Mendell qualified for TAC
national ranking (50:30, 70-74) in the
Rocky Coast 10K.

Many thanks to race director Neal
Verge for complete results.

96th BAA Boston Marathon
Dopkinton to Boston - April 20, 1992

Maine Track Club Finishers (alpha-order):

| | |
|-------------------|---------|
| Thomas Allen | 4:12:04 |
| John Bird | 3:28:45 |
| John Brady | 3:21:23 |
| James Bunnell | 3:41:49 |
| Alburn Butler | 3:02:59 |
| Thomas Carll | 3:47:49 |
| William Davenney | 3:50:21 |
| Bill Devou | 3:16:52 |
| Eileen Dunfey | 3:43:16 |
| Carl Fogg | 3:48:44 |
| Donna Hubert | 3:23:32 |
| Steven Jacobsen | 3:48:10 |
| Diana Laskey** | 4:59:06 |
| John LeRoy** | 4:27:51 |
| Richard McFaul | 3:40:56 |
| Carlton Mendell | 3:57:46 |
| Paul Merrill | 2:39:20 |
| Harry Nelson | 3:07:00 |
| Robert Payne | 3:09:51 |
| Carol Pierce | 3:49:26 |
| Philip Pierce | 3:18:57 |
| Alan Quinlan | 3:29:16 |
| Rosalyn Randall | 4:04:33 |
| Michael Reali | 3:08:20 |
| Gordon Scannell | 3:01:18 |
| Dave Shennan** | 4:49:55 |
| William Sylvester | 3:11:01 |
| James Toulouse | 2:47:32 |
| Malcolm Washburn | 3:40:08 |
| Robert Wyman** | 5:00:58 |

Note: /**/ indicates this participant assisted an Achilles Track Club or other disabled participant in the marathon.

Many thanks to Erin MacLean -- whose column in the Maine Sunday Telegram listed complete Maine finishers in the Boston Marathon (except for one who used their winter residence for entry).



Ed Doughty makes it look easy at the April Amble.

63rd Annu. Portland Patriots Day 5 Miler
Boys & Girls Club - 818 F - 20 April '92

Top Open Divisional Finishers:

| | | |
|-----------------------------|----|--------|
| 1 Bob Winn | 33 | 24:54 |
| 2 Gregory Hale | 29 | 25:10 |
| 3 Tom Dann (MTC) | 35 | 25:52 |
| 4 Kim Wettlaufer | 35 | 25:55 |
| 5 Jeremy King | 26 | 26:11 |
| 6 Peter Bottomley | 30 | 26:13 |
| 7 Jeff Meserve | 33 | 26:15 |
| 8 Todd McGraw | 27 | 26:16 |
| 9 Allan Muir | 37 | 26:19 |
| 10 Rob Spaulding | 36 | 26:23 |
| 12 Ron Newbury | 42 | 26:41 |
| 13 Jeremy Howard | 15 | 27:11 |
| 22 Tina Mesarve | 25 | 28:03* |
| 40 Veronica Knight | 24 | 29:28* |
| 70 Wanda Binette | 25 | 30:54* |
| 93 Robin Emery-Rappa | 45 | 31:32* |
| 98 Jeanne Hackett (MTC) | 33 | 31:41* |
| 125 Carol Weeks (MTC) | 43 | 32:25* |
| 136 Kathy Jenkins | 32 | 32:34* |
| 140 Leslie Krichko | 33 | 32:38* |
| 159 Elisabeth Gendron (MTC) | 29 | 32:56* |
| 164 Jane Rau | 42 | 33:00* |

Other Top Divisional Finishers:

| | | |
|-----------------------------|----|--------|
| 16 George Towle (MTC) 40-49 | 41 | 27:30 |
| 21 Patrick Sullivan 30-39 | 30 | 27:53 |
| 33 Michael Rice 15-16 | 16 | 29:09 |
| 81 Doug Ludewig 50-59 | 52 | 31:14 |
| 95 Matthew Lane 13-14 | 14 | 31:34 |
| 141 Hap Hazzard (MTC) 60-69 | 60 | 32:39 |
| 168 Sheila Hodges 30-39 | 37 | 33:06* |
| 222 Carol Hogan 40-49 | 41 | 34:13* |
| 250 Jennifer Sawyer 15-16 | 16 | 34:40* |
| 396 Jessica Plourde 13-14 | 14 | 37:16* |
| 569 Marcy McGuire 50-59 | 52 | 40:34* |
| 726 Sally Amory 60-69 | 66 | 44:50* |
| 740 Stanley Harmon 70&over | 70 | 45:43 |

Other Maine Track Club Finishers:

| | | |
|-----------------------------|----|--------|
| 23 Stephen Fluet 2,30-39 | 33 | 28:13 |
| 27 Brian McCreia | 32 | 28:46 |
| 32 Robert Hoover | 37 | 29:08 |
| 41 Dennis A. Smith | 42 | 29:29 |
| 42 Thomas Menendez | 38 | 29:33 |
| 49 Kurt Nielsen | 37 | 30:01 |
| 57 Ronald Deprez | 47 | 30:26 |
| 91 Ed Doughty | 43 | 31:29 |
| 96 Terry Clark | 47 | 31:36 |
| 100 Bradford Davis | 37 | 31:42 |
| 105 Muzzy Barton | 40 | 31:51 |
| 107 Carlos Philbrick | 39 | 31:53 |
| 115 Peter Bastow 2,50-59 | 55 | 32:08 |
| 124 Rocco Corsetti | 44 | 32:23 |
| 128 Mike Towle | 44 | 32:27 |
| 131 Kevin Gordon | 37 | 32:31 |
| 134 Ray Shevenell 3,50-59 | 51 | 32:33 |
| 135 Tom Kirby | 35 | 32:33 |
| 149 Lloyd LaFountain | 29 | 32:50 |
| 162 Yun Chong | 31 | 32:59 |
| 167 Paul LaVangie | 34 | 33:04 |
| 174 Mike Ingalls | 15 | 33:12 |
| 183 John Brennan | 16 | 33:24 |
| 187 Les Berry | 44 | 33:31 |
| 194 Dan D'Entremont | 41 | 33:40 |
| 199 Harley Lee | 38 | 33:48 |
| 206 Dick Lajoie | 51 | 33:55 |
| 210 Peter DeTroy | 43 | 34:01 |
| 217 Mark Giroux | 23 | 34:07 |
| 228 Dale Rines | 39 | 34:10 |
| 238 Brigitte Edquid 3,40-49 | 44 | 34:31* |
| 248 James Boisvert | 35 | 34:38 |
| 263 Nancy Kneeland | 37 | 34:55* |
| 271 David Haskell | 46 | 35:05 |
| 273 Larry Mead | 39 | 35:06 |
| 279 Neil B. Martin | 49 | 35:11 |
| 280 Joan Lee | 38 | 35:12* |
| 282 Stephen DiPalma | 36 | 35:13 |
| 285 Rich Robinov | 32 | 35:18 |
| 309 Ken Sylvester | 47 | 35:45 |
| 313 James DiVirgilio | 34 | 35:47 |
| 353 Wendy Bean | 31 | 36:24* |
| 354 Russ Bradley 2,60-69 | 68 | 36:26 |
| 358 Dick Campbell | 40 | 36:36 |
| 359 Michael Cavanaugh | 41 | 36:38 |
| 367 Orlando Delogu | 55 | 36:49 |
| 406 Tom Atchison | 43 | 37:28 |
| 422 Paul Alpert | 57 | 37:52 |
| 425 Peter Sutcliffe | 41 | 38:00 |
| 426 Mary Peck | 33 | 38:04* |
| 428 Diane Daley | 36 | 38:06* |
| 441 Cynthia Vokey | 34 | 38:20* |
| 445 Marilyn Champagne | 33 | 38:23* |
| 461 Carol Gillis | 33 | 38:47* |

| | | |
|----------------------------|----|-------|
| 472 David Shevenell | 30 | 39:01 |
| 479 David McMahon | 34 | 39:06 |
| 482 Gary Giffard | 33 | 39:07 |
| 485 Greg Parker | 34 | 39:09 |
| 493 Eric Ellis | 39 | 39:16 |
| 499 Karol Call | 28 | 39:24 |
| 506 Betty Barber | 35 | 39:28 |
| 512 Donald Johnson 3,60-69 | 61 | 39:36 |
| 514 Frank Morong | 57 | 39:37 |
| 525 Sue Inches | 37 | 39:44 |
| 534 Adam DeTroy | 25 | 39:49 |
| 561 Phil Bartlett | 44 | 40:25 |
| 500 Mark Clinch | 36 | 41:11 |
| 505 Susan Roberts | 38 | 41:14 |
| 516 Stoddard Chaplin | 52 | 41:26 |
| 518 Joey Pearson | 12 | 41:31 |
| 526 Arabella Eldredge | 38 | 41:38 |
| 542 Warren Wilson | 58 | 41:52 |
| 551 Patty Medina | 34 | 42:05 |
| 560 L. Richards | 29 | 42:18 |
| 561 Jane McCrodden | 38 | 42:19 |
| 564 Susan Giffard | 34 | 42:21 |
| 671 Dan Sobel | 44 | 42:33 |
| 578 Larry Dyer | 48 | 42:49 |
| 723 John LaFlamme | 64 | 44:29 |
| 725 Beverly Doughty | 40 | 44:48 |
| 735 Dennis Morrill | 52 | 45:18 |
| 759 Sally Paterson | 50 | 46:26 |
| 769 Raymond Neveu | 53 | 46:49 |
| 779 Judy Grassi | 33 | 47:25 |
| 807 Nora Stetson 2,60-69 | 64 | 50:23 |
| 811 Donald Penta | 45 | 52:15 |
| 817 James Carroll | 82 | 57:29 |

TAC Qualifiers for National Ranking in
8km / 5mi Races in the Portland Patriots
Day 5 Miler are below:

| NAME: | AGE CATEGORY: | QUAL. STANd |
|-------------------|---------------|-------------|
| Tom Dann | 35-39 | 26:00 |
| Kim Wettlaufer | 35-39 | 26:00 |
| Jeremy Howard | Age 15 | 28:30 |
| Robin Emery-Rappa | 45-49 | 34:30 |
| Hap Hazzard | 60-64 | 33:30 |
| Russ Bradley | 65-69 | 36:30 |
| Sally Amory | 65-69 | 51:30 |
| James Carroll | 80-84 | 60:00 |

Many thanks to the Portland Boys & Girls Club for complete results.



Eric Tableman, representing the youth of the MTC at the April Amble.

MAINE TRACK CLUB MEETING
May 13, 1992

OUR PROGRAM: Mr. Calvin Dunwoody from Kennebunk, a true "Late Blommer", spoke to us of his accomplishments over the past ten years, since he began running. From his first race at age 60, he has escalated to triathalons and even mountain climbing. Included in the program were some beautiful slides from Calvins climb up Mt. McKinley in Alaska at age 68!

FIRST TIME ATTENDEES: Shirley Chamberlain, Pat Kelly, Terry Clark, and Trina Clinch.

PRESIDENT'S REPORT: After welcoming the largest turn-out of the year, Carol touched on many April races. Volunteers and runners of each race were acknowledged. Each event was well represented in both capacities by the MTC. Special mention was made of Carlton Mendell and his running of the Ottawa Marathon. Michelle Hallet spoke briefly to the membership pertaining to her search for homes for foreign students during a three week period in August. Sumner made mention of the Boys Club funds for scholarship. Also mentioned was the Board's decision to donate \$200.00 to MTC member Tammy Wheeler of Westbrook High School who has been invited to attend the 1992 European Track Games this summer! The need of a member-at-large to fill the vacancy was again addressed. Greg Parker from North Waterboro stepped forward and was unanimously elected. The fall auction will take place as planned. Anyone interested in serving on a committee, please contact Presidents Weeks or Reggie Sargent. V.P. Tom Dann gave us some details on the UNE Running Camp. Applications are available for both the camp and the race. After a year of unfailing dedication and fine performance, Diana Laskey and the Brunswick group have decided to take a break. The stuffing, sorting, and mailing of Newsletters will now be done in Kennebunk.

VICE PRESIDENT'S REPORT: The long awaited "Shoe Meeting" is scheduled for June! There will be an Asics representative to discuss virtually any aspect of the running shoe, so bring your old and your new. July's meeting will again this year be held at UNE with a group run planned for about 5:30 P.M. with cook-out to follow! The Health and Fitness Center facilities will also be available.

SECRETARY'S REPORT: The section of the April Secretary's Report pertaining to the Treasurers Report was ammended to read: "Due to the absence of the Treasurer, ".

TREASURER'S REPORT: After submitting the May report, Treasurer Rob Laskey submitted his resignation.

RACE COMMITTEE REPORT: Committee chairman Charlie Scribner made mention of upcoming May races. Maine Marathon update: Buttons are available, applications are out at many races, but there is still a need to get these spread throughout New England. The June 20 So. Portland Dare Race still needs volunteers.

NEW BUSINESS: Tom Dann noted that the UNE scholarships were available. New member Phil Goodrum is looking for members interested in "Fribee Workouts" at Payson Park.

50/50 RAFFLE WINNER: Peter Bastow

Respectfully Submitted,

Reggie Sargent
Reggie Sargent

MAINE TRACK CLUB

RACING CLINIC

JUNE 1992

Dear Club Member:

Any club member is welcome to this program during the month of June. The program includes both a clinic and a workout. Those members who have sent me the information concerning their training will receive individual attention. The clinic each week will also include printed material on a pertinent subject matter. My goal for the month is to have each participant better prepared for his or her intended July 4th race (both body and mind).

- June 3 - Portland Expo Track - 5:45 clinic: training schedule
6:00 practice: 20mins/3 x 880/ 20 mins
- June 10 - Portland Expo Track - 5:45 clinic: race day warm-up
6:00 practice: 20 mins/ 3 x 880/ 20 mins
- June 17 - Portland Expo Track - 5:45 clinic: avoiding injuries
6:00 practice: 20 mins/ 3 x 880/ 20 mins
- June 24 - Portland Expo Track 5:45 clinic: understanding intervals
6:00 practice: 20 mins/ mile race/ 20 mins
(race to be filmed)
- July 1 - Portland Expo Track - 5:45 clinic: race discipline/toughness
6:00 practice: 20 mins/ 2 x 880/ 20 mins

The Sunday distance workouts will be held at Cape Elizabeth at 8 a.m. Your training distance will depend on your level of fitness. One group will run the mid-winter classic 10 mile course, another group a six mile course. Both courses contain many hills which is critical to your training.

I am looking forward to working with you....



Brian T. Gillespie

Alex Dann following in his father's
footsteps at the April Amble.

Race Schedule

This schedule includes the most current information at the time of publication. Contact race directors to confirm details and receive additional information. Races boxed are Maine Track Club events. Races denoted CMS are Central Maine Striders events; applications are available from CMS, PO Box 1177, Waterville ME 04901.

June 6 **Nubble Light Runaway 10K.** York. 10:30 am. \$7 pre/\$8 post. Also 5K run at 9 am. York Parks and Rec. Dept., PO Box 9, York ME 03909.

June 7 **Old Port Children's Museum.** Portland (Boothby Square on Fore Street in Old Port). 3M adult run at 9 am. \$7 pre/\$8 post. 1/2 mile kids run (6-12 years). Monster dash (less than 6 years old). Children's Museum of Maine, 746 Stevens Ave., Portland ME 04103 797-5483.

June 7 **Peter Ott's Maine Sport 10K.** Camden. 9 am. CMS. \$8 pre/\$10 post. Also kids 1M, \$5. Camden 10K, Maine Sport, Box 956, Rockport 04856. 236-7120.

June 7 **Country Kitchen 10K for the YMCA.** Auburn. 9 am. \$7 pre/\$8 post. YMCA, 62 Turner St., Auburn ME 04210.

June 13 **Market Square 10K.** Portsmouth. 9:15 am. Lisa Dennison 603-431-5388.

June 13 **Bar Harbor Spring 5K.** 10:30 am. \$7 pre/\$8 post. Also 1M fun run for kids 12 and under at 9:45 am (\$5 pre/\$6 post). MDI YMCA, 23 Mt. Desert St., Bar Harbor ME 04609.

June 19 **Doc's Tavern 3M.** Biddeford. 7 pm. \$6. Ken Dion, 45 Old Salt Rd. #10, Old Orchard Beach ME 04064. 775-6395 days.

June 20 **Mount Washington Climb.** Lottery closed.

June 20 **Officer Friendly Youth Runs (1/4M and 1M)** So. Portland High School. 9 am. New courses! \$3 entry. Runners may purchase a shirt for \$5 or receive one through pledge sheet. Information: Donna Moulton at 799-2894 or Suelene Houser at 956 Highland Ave., So. Portland ME 04106.

June 20 **DARE 4M.** So. Portland High School. 10 am. \$7. Proceeds donated to DARE, an anti-drug course targeted to school-age children. Contact Everett Moulton at 799-2894 or 39 Bonnybank Terr., So. Portland ME 04106.

June-Aug 1992

June 21 **Tour du Lac 10 Miler.** Bucksport High School. 8:30 am. CMS. \$5. Fred and Joan Merriam, PO Box 745, Bucksport ME 04416. 469-2019.

June 25 **Pottle Hill 10K.** Mechanic Falls. 6:30 pm. Bill McCoy 345-3511.

June 27 **Maine Coast Running Camp 5K.** University of New England, Biddeford. 9 am. \$7. 5K road race, Continuing Education, University of New England, 11 Hills Beach Rd., Biddeford ME 04005. 283-0171 Ext. 256.

June 27 **Gardiner Common 5M.** Gardiner. 8 am. John Schwerdel 622-4507

July 4 **L.L. Bean 10K.** Freeport. 7:30 \$5 pre/\$6 post. Also 1M fun run at 9 am. L.L. Bean Road Race, Freeport ME 04033. Lili Hall 865-4761, Ext. 2356.

July 4 **Bridgton Four on the Fourth.** Bridgton. 8 am. \$7 pre/\$8 post. Jay and Loraine Spenciner, RFD 3, Box 1002, Bridgton ME 04009.

July 18 **Pat's Pizza Clam Festival Classic 5M.** Yarmouth. 8 am. \$8.50 pre/\$10 post. Maine Track Club, PO Box 8008, Portland ME 04104. Bill Stuart 799-5961.

July 24 **Deering Oaks Family Festival Track Meet.** Deering Oaks Park, Portland. Various track and field events for all ages. Sandy Utterstrom 797-4710 or Kathi and Warren Foye 854-9804.

Aug. 1 **Peaks Island 5M.** 10 am. Peaks Island.

Aug. 15 **JB I Spring Point Festival 4M.** So. Portland.

Aug. 16 **Bowdoin and Back.** Brunswick. 10 am.

Kids Races

See Children's Museum (June 7), Peter Ott's (June 7), Bar Harbor (June 13), Officer Friendly (June 20), L.L. Bean (July 4) and Deering Oaks Family Festival (July 24). Also Olympia Sports 1M in conjunction with Yarmouth Clam Festival (Yarmouth Chamber of Commerce, PO Box 419, Yarmouth ME 04096).

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)

Note: Applications received after Sept. 30 are good through the following year.

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 _____ 9-Digit Zip Code* _____

Employer _____ Occupation _____ Phone _____
 Employer _____ Occupation _____ Phone _____

If Student: School _____ Year of Graduation _____
 If Student: School _____ Year of Graduation _____

Please include 9-digit zip code to ensure newsletter delivery. If you do not know your zip, please consult a utility bill.

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

1992 OFFICERS AND COMMITTEE CHAIRPERSONS

Carol Weeks and

Sumner Weeks

Tom Dann

Reggie Sargent

Rob Laskey

Candace Karu

Russ Connors

Carlton Mendell

Charles Scribner

Presidents 774-7302

Vice Pres. 985-2727

Secretary 967-5629

Treasurer 729-4104

Newsletter 967-4257

At Large 799-8240

At Large 797-7806

Race Comm 772-5781

John Gilliss

Dale Rines

Maureen Sproul

Ruth Hefflefinger

Peter Bastow

Rick Meinking

Mel Fineberg

Don Penta

Course Cert. 879-0222

Course Cert. 854-2486

Photography 926-4681

Membership 797-4625

Past Pres. 829-3669

Equipment 772-8301

Clothing 774-8868

Statistician 892-4526

Maine Track Club, PO Box 8008, Portland ME 04104-8008

Run with a Friend

WANTED: NEWSLETTER SPONSORS!

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

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