



## From the Presidential Suite . .

"Only in America"

For those of you old enough to remember Harry Golden, you knew him as an author (Only in America and For Two Cents Plain), as a newspaper publisher, and as a great storyteller. This article is being written as I sit in the lobby of the Herbert Hotel in Kingfield during the Sugarloaf weekend. I was reflecting on some of Harry Golden's writings about how lucky we are to be living in this country of ours. Where else could we have the opportunity to belong to a club that offers us so much and asks so little? We can run races any weekend if we desire. Where else can we have excellent speakers and unmatched meeting halls? Our club does a lot of good things for others in the community; we organize and manage races so that Special Olympics participants can benefit. We have races to benefit various crisis shelters, the Ronald McDonald House, and many other worthy causes. We have two races that provide summer camp scholarships to our youth. Sitting here provided a different perspective for me. Where else could we partake in fun events, trips, socials, and parties? We get something else that cannot be measured: a place to make lifelong friends, friends that are caring and provide support to us.

Next time you have a few spare moments, think about your club, and make it a goal to contribute something back. Volunteer for a race or committee, attend a meeting or a club event, write an article or a letter to the editor, or perhaps send in a favorite recipe to the *NEWS-RUN*.

--continued on Page 2--

## June MTC Club Meeting

Wednesday, June 8, 1994

6:30 p.m.

Blue Cross and Blue Shield of Maine

Gannett Road

South Portland, Maine

### **Featured Speaker:**

*Thom Gilligan*

*President of Marathon Tours*

*"International Marathon Trends"*

Thom will share highlights of his unique experiences at marathons from around the globe. His program will also feature a soon to be released video of a French marathon that features a course through 50 vineyards and a stop for oysters at the 20 mile mark. This race will be featured in an upcoming issue of Runner's World. Thom believes running races should be fun! His talk will include a few of his more humorous experiences with international marathons.

**Don't Miss This Event!**

## In This Issue . . .

You Can Make a Difference

Marathon Key Positions

Coach's Corner

Race Schedules

New Members



## From the Editor . . .

With this issue, we have a new volunteer working with the newsletter. Ann Witkower of Berry, Dunn, McNeil & Parker has agreed to help us put together a first-rate newsletter for the MTC membership. I ask for your patience as we make this transition . . . we are trying to get on a schedule that will make it easier for all of us!

Along these lines . . . let me indicate that the deadline for submission of articles/items for **NEWS-RUN** is the 15th of each month (see About News-Run in this issue). This allows us time to edit articles, put them into the newsletter format, print the copies, and mail them in time for the monthly membership meeting. While I haven't been a strict enforcer of this deadline, in the interest of all of the volunteers, I need to begin to do so . . . so I will. (this will be difficult for me--it is antithetical to my Myers-Briggs type!)

On another note--with the racing season underway--please accept my best wishes for a great season! Keep those cards and letters coming!

Susan - Editor

## Presidential Suite . . . *continued*

It is always sad to say bon voyage to friends. We will be wishing Dave and Sandra Shennan much luck and good fortune as they prepare to move to Naples, Florida to start a new home and business. I remember the night I was sitting at a membership meeting and President Bastow announced that Dave and Sandra would be the directors of the revitalized marathon to be called the Maine Marathon. The Shennans brought the Maine Marathon to a level that could not have been anticipated. It has brought the MTC recognition, P.R. and a reputation for organizing and running a first class event that cannot be purchased for any amount of money. Thank you Sandra and Dave!

Only in America . . .

Mel - President

## Summer Fun . . . Mark Your Calendars!

The July meeting of the MTC will feature the ever-popular Outdoor Barbecue Social held on the campus of the University of New England in Biddeford on July 13. Please mark your calendars for this opportunity to socialize and share your summer "PRs" with other MTC members. Remember to bring your families. Details are forthcoming.

## Races, Races, Races . . .

Our race season is going full blast -- Sugarloaf and the Oakhurst Milk Run 1994 and many other races have been run since the last **NEWS-RUN**. Thanks to a lot of people they have been great.

We will hopefully soon have the computer database ready of all members who have volunteered for races. The names of members who have worked three races to date this year will be published in the next issue.

Is it time for you to volunteer for a race?? Only you can determine that. Remember, to make sure we are able to continue to organize races, your input is needed and expected.

Important note for race directors: Please complete the volunteer sheet sent to you by the Membership Committee ASAP. Thanks.

**Interested in advertising in  
NEWS-RUN? Contact the editor  
for special introductory rates!**



## You Can Make A Difference! .

Organizing, planning, and conducting a major event such as a marathon weekend is similar to planning, preparing, and running a marathon:

Long-range plans are made; a sense of tingling anticipation and excitement are present as strategies for weekly running goals are mapped out; you endure the ups and downs of increasing mileage and workouts as the big race draws nearer; the camaraderie of others is enjoyed as you share ideas and plans with others on the long runs; the ever-increasing anxiety the week before FINALLY bursts as the gun goes off, and you savor the wonderful feeling of getting into stride and setting out on the journey for which you are well-prepared. And then--the finish line is in sight and the self-satisfaction you feel as well as the happiness shared with others is really beyond description. All the work and preparation were worth it as you share experiences with others that keep you on a "runner's high" for several days.

Those of you who have run a long race, or have worked on a planning committee for a major event, can appreciate the similarities.

It is now time to get the "journey" started and to get in on the fun and excitement of organizing, planning, and conducting the 3rd Maine Marathon Weekend of October 1 and 2, 1994. **DON'T BE LEFT OUT!** Each of the key positions listed in this issue of *NEWS-RUN* will need assistance and helpers.

If you are running either the full or half marathon, there are plenty of ways to help out before the race weekend. The Maine Track Club is responsible for managing these races. Your assistance and suggestions are critical for their success, and you will find that it can be enjoyable and rewarding.

We cannot afford to "hit the wall" because we were not well-prepared--Sign up and have some fun!

Contact Peter Bastow (829-3669) or Don Kent (871-7870), Co-Directors, for information on how you can get involved.

## October 1 & 2, 1994 Maine Marathon/Half Marathon List of Key Positions

Achilles Club and Wheelchair Coordinator	Kathleen Tarbox (New England Rehab Hospital)
Advertising Awards Photography & Video Co-Directors	Carol Hooper (Bay Club) Peter Bastow/Don Kent Jim McCorkle
Communications Community Relations Course Certification Expert Pasta Dinner and USM Coordinator	John Gillis Patty Medina
Director of Environmental & Recycling Equipment/Materials Coordinator	Mel Fineberg
Festival/Expo Finance Finish Line Graphic Designer Half-Marathon Registration Marathon Registration Marketing	Jim McCorkle Steve Assante Charlie Scribner Nancy Lund Maryanne Champeon Ruth Hefflefinger
Med. Director/Medical Tent Mile Marker Sponsors Packet Stuffing Police & Parks/Recreation Coordinator	Jack Perry Pat Buckley
Pre and Post Race Refreshments Public Address Announcer Race booklet Registration (On-Site)	Bernadine Small Steve Jacobsen Patti Tableman and Eric Ortman Sue Davenney
Results/Timing (set-up) Start Line Coordinator Statistics/US Track & Field Coordinator Timing & Splits Traffic & Safety	Don Penta Charlie Scribner George Liming, Dir. Don Bessey and Dick Scribner, Ass't Dirs.
Volunteer Coordinator Water Wrap-Up Coordinator	Sandy & Al Utterstrom

**DON'T BE LEFT OUT! YOU can make a difference!** We need to "fill in the blanks." If you can think of people who would be a good match or fit, please encourage them to volunteer, or contact Peter Bastow (829-3669) or Don Kent (871-7870) with your ideas.



## Getting the Word Out . . .

Would you like to tell us about a favorite upcoming race that you run every year? Do you know of a club or group that would like to have their race included in our *NEWS-RUN* newsletter? An article may be submitted or an application included in our *NEWS-RUN* packet at no charge. The article or application must be approved by the editor and a minimum of 400 flyers is required to stuff in the newsletter.

We are looking for interesting or unusual races or events. WE hope this will make for interesting reading!

## Fun! Fun! Fun! MTC 3-Mile Pie Run!!!

Where: Payson Park  
Time: 6 p.m. walkers/6:30 p.m. runners  
Date: Friday, July 8, 1994  
Entry Fee: One Cream Pie!  
Awards: To first male and female finisher  
Rules: Each runner/walker must carry a pie! The pie must be made with food! (No shaving cream and no top crust!)

If there is pie left after you have carried it 3 miles - we may eat it! If you feel you can't run the 3 miles . . . deals can be made! We are working to organize a cookout after the run.

Just to make this more fun after the run---For \$5.00 you may put the pie in the Director's face!!!

What a Deal!! This money will go to the Computer Fund.

Contact Race Director: Sandy Utterstrom (797-4710)  
(P.S. Sandy likes lemon!)

## Recipes for the Road . . .

Award Winning Recipe for June--submitted by Maureen Sproul.

### Venison Stew

- 1 hunter, marriage eligible
- Veggies to taste

Directions for Preparing:

1. Find yourself a hunter, then marry him/her.
2. Send your hunter into the woods with instructions not to come back without a deer carcass.
3. Spend a day's pay to hire a butcher because hunter/spouse can't stand the sight of blood.
4. Add veggies to taste.
5. Voila!--Venison Stew.

And Now . . . the REAL winning recipe!

This winning recipe was submitted by Paul Alpert

### **Sun Dried Tomato Pesto**

1/4 Cup	Almonds, chopped
4-6 oz	Sun Dried Tomatoes
1/2 Cup	Olive Oil
1/4 Cup	Grated Parmesan Cheese
1 TB	Garlic, minced
1 TB	Onion, minced
1/2 Tsp	Basil
1/4 Tsp	Thyme
Dash	Red Pepper Flakes
2 TBS	Lemon Juice

Put all in food processor, then toss with pasta! Enjoy!

## Run One, Run All!

On Friday, June 24th, at 6:30 in the evening, there will be a 5-mile group run in Kennebunkport, starting in front of Federal Jack's Restaurant (in the Dock Square area). After the run there will be a quest for burgers and beverages. If you need more information, call Nancy Kneeland at 985-8100.



## June Race Schedule. *Maggie Soule*

- 5 **Woody Allen Memorial 5K** - Norway - 12:30 p.m. (1 mi. at noon) - Contact: Oxford Hills YMCA - 743-7184.
- 5 **Camden 10K** - 9 a.m. (1 mi for kids) - Contact: Maine Sport - 236-7120.
- 11 **Bar Harbor Spring 5K** - 10:30 a.m. - Contact: 288-3511.
- 11 **Nubble Light Runaway 10K** - York - 9 a.m. - Contact: York Recreation Dept., 363-1040.
- 12 **Camp Fire 5K Run** - Scarborough - 9 a.m. - Contact: 883-8977.
- 12 **Country Kitchen 10K** - Auburn - 10 a.m. - Contact: Jim Lawler, 795-4025.
- 15 **Habitat for Humanity 4-miler** - Portland - 7 p.m. - Contact: 772-2151.
- 17 **Doc's Tavern 3-miler** - Biddeford - 7 p.m.
- 18 **24-hour Relay for Easter Seals** - South Portland - 20-person teams - Contact: Andrea Dacko, 1-800-244-3792.
- 19 **Wells Week 10K** - 9 a.m. - Contact: Chamber of Commerce, 646-2451.
- 23 **Pottle Hill 10K** - Mechanic Falls - 6:30 p.m. (1 mi at 6 p.m.) - Contact: Bill McCoy, 345-3511.
- 25 **Tour Du Lac 10-Miler** - Bucksport - 8:30 a.m. - Contact: Fred Merriam, 469-2019.
- 25 **Gardiner Common 5-miler** - 8 a.m. - Contact: John Schwerdel, 622-4507.
- 25 **Quietside 10K** - Southwest Harbor - 8 a.m. - Contact: 244-3713.

## Coach's Corner . . . *Brian Gillespie*



Each year at this time, I stress to my athletes three important elements needed for successful summertime training and racing: 1) Routine, 2) Recovery, and 3) Hydrating.

Your body thrives on routine, and summertime activities can greatly change your routine. Do the best you can to

maintain a regular cycle of eating and sleeping. Remember, this also regulates your body temperature, heart rate, oxygen consumption and flexibility. If you can maintain a regular schedule of eating, sleeping, and training, you will have an enjoyable summer of running.

As you know by now, I believe very strongly in the process of recovery days related to training and racing. It's even more important during the summer because of higher body temperatures due to heat and humidity. If you take enough rest between each hard day, you should be able to recover fully in two or three days. Listen to your body--if your legs feel heavy, take an extra day or two of easy running. Remember, the recovery process is as important as the quality workout--the two must come together for you to become stronger and to stay injury-free.


Train smarter this summer by hydrating your body properly. Sounds simple, but very few runners do so. Make sure you drink adequately before, during, and after your runs. The more water you drink on a regular basis, the more you increase your chances of overall health and success in your training and racing.

**Watch your step!!!**  
**The MTC Coach is coming!**



# June 1994

## MAINE TRACK CLUB EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																	
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<b>5</b> 9:00 AM PETER OTT'S 10K CAMDEN	<b>6</b>	<b>7</b>	<b>8</b>  6:30 PM MTC MEMBERSHIP MEETING BCBS	<b>9</b>	<b>10</b>	<b>11</b> 9:00 AM MKT SQUARE 10K PORTSMOUTH 9:00 AM NUBBLE LIGHT 10K YORK																																																	
<b>12</b>  MTC, BOSTON TRIP FOR FUN	<b>13</b>	<b>14</b>	<b>15</b> HABITAT FOR HUMANITY 4 MI	<b>16</b>	<b>17</b> DOC'S TARVEN 3 MILER	<b>18</b> 10:00 AM MT WASHINGTON RACE REGIONALS CORP TRACK																																																	
<b>19</b> MAINE RUNNING CAMP BAR HARBOR SPORTS SHOE WELLS WEEK 10K 646-2451	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b> 6:30 PM POTTLE HILL 10K 345-3511	<b>24</b> KENNEBUNK FUN FUN RUN 985-8100	<b>25</b> GARDINER 5 MILER 622-4507 TOUR DU LAC 10 MI 467-2019																																																	
<b>26</b> LADIES RUNNING CAMP WESTBROOK COLLEGE	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<div> <div>July</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table> </div>		S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						
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# July 1994

## MAINE TRACK CLUB EVENTS

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3	4 4 ON THE 4TH BRIDGTON LL BEAN 10K FREEPORT	5	6  BOARD MEETING	7	8  6:00 PM PIE RUN PAYSON PARK	9																																																																																				
10 8:00 AM MT CRANMORE 3 MILE HILL CLIMB	11	12	13  UNE PICNIC & FUN RUN	14	15	16  PAT'S PIZZA 5 MILER																																																																																				
17 CORP TRACK NATIONALS WATERVILLE	18	19	20	21	22  5:00 PM DEER- ING OAKS TRACK MEET	23 SO WOOD- STOCK, VT. 100 MILER																																																																																				
24	25	26	27	28	29	30 10:00 AM PEAKS ISLAND 5 MI 24 HR RUN NY CASCO DAYS 4 MI																																																																																				
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## The Great MTC Computer Fund 50/50 Lottery

Previous balance . . . . . \$16.00

Revenues received 5/11/94 . \$26.00

50% disbursed to Jan Bastow \$13.00

**Congratulations, Jan!!!!!!!!!!!!!!!!!!!!!!**

Current balance in  
Computer Fund . . . . . \$29.00

## Welcome New Members . . .

Susan Chamberlain H: 637-2808  
Boothby Road B: 885-2284  
Limington, ME 04049

Thomas Hennessey H: 772-0588  
Evan Hennessey B: 773-8111  
Deirdre Hennessey  
83 Murray Street  
Portland, ME 04103

Pamela McCarthy H: 767-8004  
Justin Kane  
P.O. Box 2594  
S. Portland, ME 04106

## Congratulations . . . Pat Buckley

Congratulations to the following MTC members for special personal, professional, and running accomplishments!

- **Maureen Sproul**, for her recent promotion to Assistant Branch Manager of the Motor Vehicle Registry in Portland.

- **Ann and Tim Strohm**, who are expecting their first child in September. Ann's parents are MTC member Terry McGovern and his wife, Mary.

- **Jan Bastow and Ellen Assante** for finishing the Oakhurst Milk Run on May 22. Both new racers had respectable times, and Jan was second in her age-group division. We're accustomed to seeing their husbands, veteran racers Peter Bastow and Steve Assante, and now it's a pleasure to welcome Jan and Ellen to the finish line!

Send items for "Congratulations" to **NEWS-RUN**, P.O. Box 8008, Portland, ME 04104 or call Pat Buckley, 775-4807.

## NOTICE:

Race results will not appear in this issue due to difficulties in converting the data as we change over to a new computer system. Look for results in next month's issue.

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The time to relax is when you don't have time for it.

Sydney Harris

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## **MAINE TRACK CLUB Race Committee Meeting Tuesday, May 3, 1994**

A race committee meeting was held at Everett and Donna Moulton's residence after a joint training run with the South Portland Tuesday Night Running Group. Those in attendance were: Mel Fineberg, Charlie Scribner, Don Penta, Sandy and Al Utterstrom, Ruth and Ray Hefflefinger, Kathy and Steve Jacobsen, Kitty Kelly, Marge Parsons, Sue Davenny, Malcolm Washburn, and Howard Spear.

It was discussed that race directors should receive a check-off list to show who is responsible for what facet of a race, i.e., Traffic Control, Insurance, Numbers, Flyer Printing, Awards, etc. This form would also assist in showing items charged to the club and disbursements of funds to help the treasurer. This can also be used to bill the race management fees. All Race Directors are also reminded that to keep within the RRCA Guidelines, we must prepare a statement categorizing the revenues and expenses of the race and make this available to the public within a reasonable time following the race.

Any Race Director not having an MTC Race Directors Notebook, please contact me for one. We are having some printed up and need to know how many are needed. I will be periodically getting new policy page inserts to you to keep your books up to date.

The new USA Track and Field Logo can be used on our flyers providing we put "Member Club #111" above the logo.

A committee to look into the insurance coverage for our events will be comprised of Mel Fineberg, Steve Jacobsen, Charlie Scribner, and me.

It was decided that the race management fees would remain the same as last year with a couple of exceptions. The Family Crisis Center will pay \$150.00 plus the cost of Numbers, Pins, or any other club-incurred expenses. It was also discussed that the \$250.00 plus \$2.00 for each runner over 100

was quite steep for the Marathon and Half Marathon, so a cap of \$1,000.00 was requested by Charlie Scribner. I will bring this item up to the Membership at the next meeting for approval or denial.

I would appreciate it if each race director would forward 15-20 applications to me as soon as they get them printed, as I am receiving letters of request from other Running Clubs and individuals in the mail at the club's box.

Ron Pelton is thinking of Co-Directing the Pat's Pizza 5 Miler. If you know of anyone willing to help him, please contact Ron, Don Kent, or me. We do still need a Director or two Co-Directors to take over the MidWinter Classic 10 Miler in Cape Elizabeth. This is a well-established yet low-key race that has always been good for the club and the running community. It is a good race on which to become a Director for the first time.

Race Directors will be getting a notice from Rick Krause shortly. Rick is our area Correspondent to *New England Runner* and he is trying to give us more coverage in the magazine if we can get the proper info to him at the proper time.

Several new ideas were mentioned for upcoming Fun Run possibilities and will be discussed at the next meeting, which will be published at a later date. I hope to have a meeting the first week of June (before vacations start). If anyone would like to host the meeting, I'm open to suggestions.

I was very happy to see the Race Directors in attendance at the Committee Meeting, and I truly feel we are off to a good start in opening the communication lines.

Happy running!

Everett 799-2894

.....

Running is an unnatural act,  
except from enemies and to the  
bathroom.

Anonymous



# Membership Mania

## Be a part of the first annual Maine Track Club Membership Drive...and have a chance to win some terrific prizes!!

The Maine Track Club is sponsoring its first membership drive. Designed to become an annual event, this membership drive is to help identify new members and provide current members with an opportunity to help the club grow. The time is short--only memberships received between 5/1/94 and 6/30/94 will be considered when determining prize winners.

### The rules are simple!

- Memberships received between 5/1/94 and 6/30/94 will be part of this drive and contest. Each type of membership will be counted the same way -- as one. (Sorry, it seemed unfair to count each person who is part of a family membership separately.)
- Be sure to have the members you recruit put your name somewhere on the application form as sponsor. We want to make sure you get the credit you deserve! If you really want to make sure--collect the membership and send them to us yourself!
- Use membership applications that are included in the newsletter or contact Mary Ann Champeon (799-0456) for a copy of the MTC brochure.
- Have memberships forwarded to: MTC Membership Drive, Maine Track Club, P.O. Box 8008, Portland, ME 04104.

### The Prizes are Great!

- |                        |   |
|------------------------|---|
| <b>First Prize:</b>    | A Bill Rodgers Wind Suit in the new MTC colors (a \$75.00 value)  |
| <b>Second Prize:</b>   | A Singlet and Short Set--also in the new MTC colors (a \$24.00 value)   |
| <b>Third Prize:</b>    | A Long-Sleeved MTC T-Shirt (a \$9.00 value)   |
| <b>General Prizes:</b> | All members participating in this membership drive will receive a \$5.00 gift certificate to the Village Cafe in Portland |

**EVERYONE WINS!** And best of all--the membership of the Maine Track Club becomes stronger--remember--more members means more involvement and more healthful activities for Club members.

**Help Us Help the MTC Grow to Reach its Potential! Join the Membership Drive Today!**



# ANNOUNCEMENTS AND REMINDERS . . .

## Maine Track Club Discounts

The following area sporting good stores have agreed to give MTC Members a discount on running shoes (non-sale items). It is necessary that you show your 1994 Club I.D. card when requesting a discount:

<b>Levinsky's (10%)</b>	Freeport - U.S. Route 1 Portland - 275 Congress St. Windham - Windham Mall
<b>Olympia Sporting Goods (10%)</b>	South Portland - Maine Mall
<b>Yankee Sports (10%)</b>	South Portland - 35 Foden Rd
<b>Coastal Athletics (10%)</b>	Portland - 502 Woodford St. (ASIC shoes exclusively- discounts according to model)
<b>Goldsmith's Sporting Goods (15%)</b>	Auburn - 120 Center St. Scarborough - 581 Rt. 1 (Dunstan Corner)

## New Race...New Race...!!!

MTC member Kevin Burke announces the 1st Annual New Castle Road Race. The setting is scenic New Castle Island in New Hampshire. This 5K race will start and finish at the Ocean in the New Castle Commons in New Hampshire. The date is set - **Sunday, October 9, 1994**. The race course promises to be scenic--there will be fabulous food -- the race will be professionally timed--and T-shirts will be available! Don't miss out on this one! Contact Kevin at (603-433-7264) for more information

## Community Bulletin Board

### T-Shirts and Running Shoes Wanted

Friends of the Maine Youth Center are looking for donations of T-shirts and running shoes to include in the Clothing Room of the Maine Youth Center. Residents of the Youth Center (both male and female) would really enjoy wearing some of the clothing we collect at the many races we run. Please donate to this important collection. Al Butler will gladly take any donations you would like to make to the Center--just bring them to the May MTC meeting on May 11. If you have any questions about what the Center might need, please feel free to contact Karen Packhem at 883-8351.

### For Sale

**Jogging Stroller** - Excellent condition! Standard features which include large pouch for acrrying items. \$95.00 or best offer. Please call John Keller at 657-4427 (evenings).

*Come listen to Thom Gilligan, President of Marathon Tours share highlights of his unique experiences around the world! Come to the June 8 MTC meeting.*

## About NEWS-RUN . . .

**Editorial Volunteers:** Susan Roberts, editor  
Pat Buckley, special features  
Maggie Soule, race schedule  
Brian Gillespie, coach's corner  
Don Penta, race results  
Ann Witkower, design

### Important News-Run Notes:

Ten (10) issues of **NEWS-RUN** are printed each year. Combined issues are the December/January **NEWS-RUN** and the July/August **NEWS-RUN**. The deadline for submission of materials is the 15th of each month. Every effort will be made to print materials received by that date. Send materials to: Editor, **NEWS-RUN**, Maine Track Club, P.O. Box 8008, Portland, ME 04104.





## Maine Track Club 1994 Officers and Committee Chairs

Mel Fineberg	President	774-8868	Donna Moulton	At Large	799-2894
Ron Pelton	V. President	846-9039	Jeanne Hackett	At Large	879-0678
Eileen Dunfey	Secretary	767-5435	Russ Bradley	At Large	799-3864
Steve Assante	Treasurer	642-4298	Dale Rines	Course Cert.	854-2486
Tom Dann	Past Pres.	985-2727	John Gilliss	Course Cert.	879-0222
Everett Moulton	Race. Comm.		Don Penta	Statistician	892-4526
Mary Anne Champeon	Membership	799-0456	Howard Spear	Equipment Mgr.	856-6496
Susan Roberts	Newsletter	829-6288	Don Kent	Clothing	871-7870
Maureen Sproul	Photography	926-4681			

## Maine Track Club Membership Application

(Please check one) ☐ Individual (\$12) ☐ Family (\$15) ☐ Student — 18 year old maximum (\$5)

Membership is through December of the current year. Dues paid after September 30 are good through December of the following year.

Last name \_\_\_\_\_ First name \_\_\_\_\_ Gender (M or F) \_\_\_\_\_ DOB \_\_\_\_\_

Last name \_\_\_\_\_ First name \_\_\_\_\_ Gender (M or F) \_\_\_\_\_ DOB \_\_\_\_\_

Last name \_\_\_\_\_ First name \_\_\_\_\_ Gender (M or F) \_\_\_\_\_ DOB \_\_\_\_\_

Last name \_\_\_\_\_ First name \_\_\_\_\_ Gender (M or F) \_\_\_\_\_ DOB \_\_\_\_\_

Street address \_\_\_\_\_ Home phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Nine-digit ZIP\* \_\_\_\_\_

\*We need nine-digit ZIP for mailing newsletter. Consult a utility bill for your nine-digit ZIP Code.

Employer \_\_\_\_\_ Occupation \_\_\_\_\_ Bus. phone \_\_\_\_\_

Employer \_\_\_\_\_ Occupation \_\_\_\_\_ Bus. phone \_\_\_\_\_

If student, school \_\_\_\_\_ Yr. of grad. \_\_\_\_\_

If student, school \_\_\_\_\_ Yr. of grad. \_\_\_\_\_

## Volunteer Waiver

To be signed by each new member in the household. Applicants under age 18 require signature of parent.

*I know that volunteering to work and participating in Maine Track Club events is potentially a dangerous activity. I should not participate or volunteer unless I am medically able. I assume all risks associated with participating in or volunteering at Maine Track Club events, including, but not limited to, falls, contact with participants, the effects of the weather, conditions on the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, its representatives and successors from all claims or liabilities of any kind arising out of my participation in Maine Track Club activities, even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver.*

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please mail completed form and check to: Membership, Maine Track Club, PO Box 8008, Portland, ME 04104