



News • Run

Run with a friend . . .

June 1995

From the Presidential Suite ...

It's about 85 degrees with bearable humidity and I've just finished an evening run at 8 p.m. in the small farming community of Yale, Virginia. Runners are truly an oddity here. Farmers generally don't have time to run. This area is so rural that I can only use northern Aroostook County or Washington County in Maine for comparison.

The purpose of my visit here is to assist on the farm where my wife grew up while my father-in-law recovers from his second heart bypass surgery. During his three-month hospitalization, he experienced four post-surgery heart attacks and is alive today only due to miracles and modern technology.

As a farmer, the worked from sunrise til sunset during planting and harvesting seasons — hard work and sweat that is required of any farmer. Unfortunately for my father-in-law, his family history of heart disease caught up with him seven years ago, resulting in his first bypass surgery. Now the short trip from the kitchen to the living room is a slow shuffle.

I'm sharing this because as I return from my run I'm reminded of how fortunate we are as runners to have the physical ability to run. We should not take this for granted, as I often do.

As a result of our good fortune, I believe we should also be responsible for sharing this, as we often do, by supporting causes that benefit those who do not share our good fortune. The Ronald McDonald House and Maine Cancer Research Foundation are two benefactors of Maine Track Club races.

Above and beyond this, we should pause now and then to appreciate our good health, and more importantly, to stop and offer a kind word or outstretched hand to someone not as fortunate as ourselves.

*Run safely,
Ron Pelton*

June MTC Meeting

**Wednesday, June 14, 6:30 p.m.
Southern Maine Technical College
Fort Road, South Portland**

**Topic: Training Schedules
Guest Speaker, Steve Fluet**

Maine Track Club coach Steve Fluet will discuss the key components of setting up training schedules for upcoming races. Special focus will be given to making preparations for the Maine Marathon and Half Marathon, so if you're planning to run either of those races, you won't want to miss this meeting.

What's inside ...

**MTC organizing club trip to
Newburyport races**

Pages 2-3

Race results and schedule

Pages 5-6, 9

New members galore

Pages 7-8

MTC organizing club trip to Yankee Homecoming races

Join your fellow Maine Track Club members for a trip to the Yankee Homecoming Ten Mile Road Race & 5K Race on Tuesday, August 1 at Newburyport, Mass. The MTC has reserved a bus to transport runners and their families to this fun event, which serves as the NEAC 10 Mile Championship. This is an opportunity for the MTC to compete against other running clubs from throughout New England.

Approximately 2,000 runners are expected to compete in the two races, so don't miss all the fun. If you'd like to attend, please complete the bus transportation form below. Cost for the bus ride is \$10 per person. See the next page for a race flyer.



Bus Transportation Form

Name _____ Number attending _____

Address _____ City _____ Zip _____

Telephone Number Day _____ Evening _____

News•Run Sponsors

The Maine Track Club gratefully acknowledges the generosity and support of those members listed below. If you would like to become an individual *News•Run* sponsor, please send \$10 to Maine Track Club, P.O. Box 8008, Portland, ME 04104.

To become a corporate sponsor, please mail your \$25 donation to the same address. Prime sponsorships in the amount of \$50 will reserve you advertising space in *News•Run*.

Sponsor

Rute Stuffletoe

36th ANNUAL YANKEE HOMECOMING TEN MILE ROAD RACE & 5K RACE

Newburyport High School, Newburyport, Massachusetts

Tuesday, August 1, 1995

6:40 PM-10 Mile Race & 6:30-5K Race

1995 NEAC 10M CHAMPIONSHIP RACE
\$6,200 IN PRIZE MONEY

- USATF Certified
- T-Shirts To First 1000 Runners (First 500 in 5K)
- Water Stations
- Shower & Changing Facilities
- Digital Clock Finish Display
- Splits At Every Mile
- Certified 10 Mile & 5K Course
- Refreshments
- Prizes To Top 10 Men & Women Overall



NOTE: Race number, map of course, race details sent to all entries ^{AFTER} May 31, 1995

Yankee Homecoming Race, PO Box 366, Newburyport, MA 01950

Official entry Form: NEWBURYPORT 10 MILER • AUGUST 1, 1995-6:30 P.M.

RACE PROCEEDS TO BENEFIT EYE RESEARCH

<input type="text"/>															<input type="text"/>															<input type="text"/>		<input type="text"/>							
LAST NAME															FIRST NAME															AGE ON RACE DAY		SEX							
<input type="text"/>																														<input type="text"/>									
STREET																														CITY									
<input type="text"/>					<input type="text"/>					RACEWALKERS <input type="checkbox"/>										<input type="checkbox"/>																			
STATE					ZIP CODE					ENTER ME IN THE 10 MILE RACE <input type="checkbox"/>										<input type="checkbox"/>																			
										ENTER ME IN THE 5K RACE <input type="checkbox"/>										<input type="checkbox"/>																			

Entry Fee
10 MILE RACE: PRE \$12 - POST \$15
5K RACE: Pre \$6 - Post \$8

Make checks payable to:
NEWBURYPORT LIONS CLUB
Mail to: NEWBURYPORT LIONS CLUB
P.O. Box 366, Newburyport, MA 01950
(S.A.S.E. must be enclosed)

Estimate your 10 mile time _____
Have you run this race before? Yes ☐ No ☐

TEAM _____
USATF No. _____
Corporate team ☐ Yes ☐ No

PLEASE READ THE FOLLOWING STATEMENT AND SIGN BELOW BEFORE SUBMITTING ENTRY.

In consideration of your acceptance of this entry, I am intending to be legally bound, hereby, for myself, my heirs, executors and administrators waive and release Newburyport Lions Club and any and all sponsors and their representatives, from any and all rights and claims for damages I may have arising out of any injuries and illnesses suffered by me in this event. I assert and verify that I am physically fit and have sufficiently trained for the competition of this event.

I have read the entry information provided and certify my compliance by my signature below. I also understand entry fees I pay are non-refundable.

SIGNATURE _____

PARENT/GUARDIAN _____

If applicant is under 18 years of age, form must be co-signed by parent or guardian.

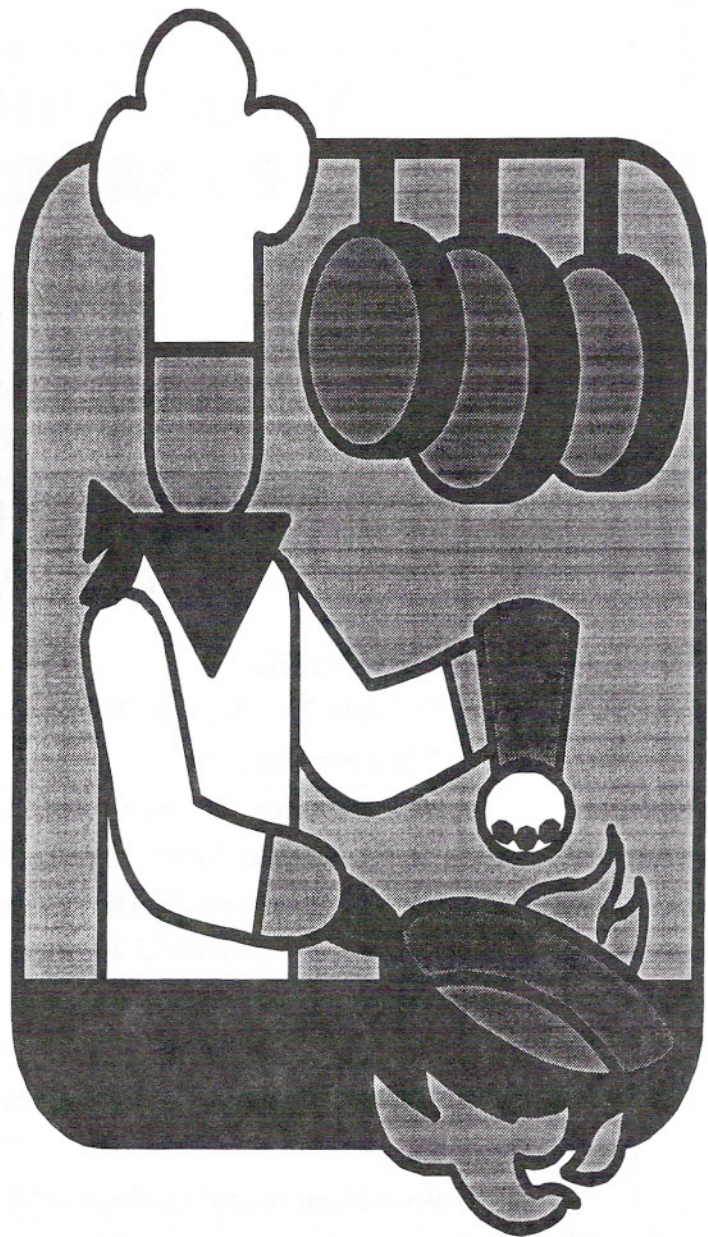
Want to improve your running? Try the weekly MTC track sessions

Maine Track Club members have the opportunity to receive coaching again this year under the guidance of Steve Fluet, who has been contracted to serve as the club's coach for the full season. Steve will conduct weekly track sessions each Tuesday evening at Portland's Fitzpatrick Stadium. These sessions begin at 5:30 p.m., so members should arrive early to allow time for a warmup. Sessions will continue through the end of September. Join fellow track club members in an effort to improve your running skills and peak in time for the Maine Marathon and Half Marathon in October.

Share your recipes

Please share your recipes with your hungry fellow runners. Just send a favorite recipe or two to:

Newsletter
P.O. Box 8008
Portland, ME, 04104



We need your input

In order to make *News•Run* the best it can be, we need your ideas, stories and other items of interest to your fellow track club members.

If you have a story or a news item that you think belongs in *News•Run*, please bring it to our attention. Send your story or other article or announcement you'd like submitted to:

Maine Track Club
Attention: *News•Run*
P.O. Box 8008
Portland, ME 04104

If you have something to share for *News•Run* but don't feel like writing it, contact Pat Buckley (775-4817) or Larry Dyer (892-2508) and we'll be glad to help you put it together.

Race Results

Submitted by Don Penta

1995 Shop N' Save Turkey Trot 5K Road Race
127 Finishers (49 Female & 78 Male)
November 20th, 1994
Cape Elizabeth High School

USAT&F = Equals Or Beats National Standards

Top Overall Finishers Women

Place	Name	Age	Time
1	Bethany Morse 1,overall	30	18:02
2	Connie Hallett 2,overall	35	20:46
3	Carrie Croft 3,overall	34	20:49
4	Ann Strohm (MTC) 1,30-39	30	21:02
5	Christy Peters 1,20-29	23	21:04

Men

Place	Name	Age	Time
1	Roland Thibault 1,overall	26	16:14
2	Allan Muir 2,overall	39	16:18
3	Graydon Stevens 3,overall	42	16:37
4	Seth Harrow 1,20-29	23	16:37
5	Paul Thibodeau 1,30-39	31	16:46

Other Top Divisional Finishers Women

Place	Name	Age	Time
7	Carissa Rowbottom 15-19	17	21:53
8	Kitty Kelley (MTC) 40-49	47	22:14
27	Dierdre Hennessey (MTC) 14&under	12	25:46
42	Ruth Hefflefinger (MTC) 60-69	65	31:55
44	Kasmiero Hughes USAT&F	7	32:26

Men

Place	Name	Age	Time
9	Alexander Ernst 15-19	17	17:55
14	Ronald Deprez (MTC) 50-59	50	18:36
31	Brian MacLaughlin 14&under	14	20:45
47	Russ Bradley (MTC) USAT&F	71	23:37

59 Warren Wilson (MTC) 60-69 61 26:44 8:37

Other Maine Track Club Finishers Women

Place	Name	Age	Time	Pace
10	Sarah Parrott	36	22:20	7:12
15	Renee Lathrop	16	23:16	7:30
17	Maureen Sproul	38	24:05	7:46
21	Marguerite Lawler	39	24:23	7:52
22	Arabella Eldredge	40	24:26	7:53
23	Jeanne Richmond	36	25:07	8:06
25	Brenda Tanguay	32	25:35	8:15
31	Donna Dumont	31	27:10	8:46
33	Gerry Shanahan	42	27:48	8:58
46	Donna Moulton	45	33:06	10:41
49	Lisa Barker	8	37:05	11:58

Men

Place	Name	Age	Time	Pace
5:14	16 Eric Ortman	35	19:01	6:08
5:15	24 Will Terrill	23	19:54	6:25
5:22	27 Loren Lathrop	45	20:16	6:32
5:22	28 Gary Johnson	43	20:22	6:34
5:25	29 Jeff Thaler	41	20:29	6:36
	30 Evan Hennessey	15	20:41	6:40
	33 Neil Martin 2,50-59	51	21:00	6:46
	40 Don Bessey	49	21:50	7:03
7:04	41 Brian Lathrop	14	22:18	7:12
7:10	42 Bob Hefflefinger	37	22:18	7:12
8:19	45 Don Burnham	53	22:49	7:22
10:18	64 Daniel Salvo	10	27:24	8:50
10:28	65 Gerard Salvo	39	27:25	8:51
	67 Stanley Simpson	47	27:46	8:57
	68 Bill Lovett	53	27:51	8:59
	70 Patrick Hennessey	13	29:42	9:35
5:47	72 Chris Conly	13	29:52	9:38
6:00	73 Thomas Hennessey	44	30:32	9:51

Many thanks to Sue Davenny for complete results!

25th Annual Shop N' Save Turkey Trot 10K Road Race
106 Finishers (20 Female & 86 Male)
November 20th, 1994
Cape Elizabeth High School

USAT&F = Equals Or Beats National Standards

Top Overall Finishers Women

Place	Name	Age	Time
1	Kelly Rodrigue 1,overall	30	39:47
2	Rhonda Benner 2,overall	22	41:15
3	Ashley Werhner (MTC) 3,overall	23	44:35
4	Cecile Collin Fontaine (MTC)	43	47:49
5	Cora Seamen 1,20-29	23	48:31

Men

Place	Name	Age	Time
1	Pete Bottomley (MTC) 1,overall	33	33:29
2	Steve Sarkozy 2,overall	26	33:59
3	David Roberts 3,overall	39	34:50
4	Graydon Stevens 1,40-49	42	35:19
5	Mike Payson 1,30-39	31	35:40

Other Top Divisional Finishers Women

Place	Name	Age	Time
9	Polly Kenniston 1,50-59	57	53:21
15	Joyce Goodie 1,60-69	61	57:04

Men

Place	Name	Age	Time
6	Ben Lewis 15-19	16	36:23
8	Tom Tero (MTC) 20-29	29	36:43
39	Mike Marino 50-59	50	42:49
57	John Chandler 60-69	67	45:49

70 Carlton Mendell (MTC) USAT&F 73 49:02 7:55

Other Maine Track Club Finishers Women

Place	Name	Age	Time	Pace
8	Joan Tremberth 2,40-49	49	51:07	8:15
11	Sally Paterson 2,50-59	53	54:21	8:46
16	Elizabeth Dubois	32	58:26	9:25
17	Migs Handcock	44	58:33	9:27
20	Tina Marzul	31	62:32	10:05

Men

Place	Name	Age	Time	Pace
15	Tom Clemence	37	38:40	6:14
20	Carlos Philbrick	42	39:50	6:25
21	Album Butler	41	40:01	6:27
22	Rex Holtan	42	40:31	6:32
23	Charles Iselborn	37	40:47	6:35
5:24	25 Dan Hutchins	34	41:00	6:37
5:29	29 Bob McCormack	43	41:40	6:43
5:37	30 Keith Malone	37	41:47	6:44
5:42	31 James McCorkle	39	41:50	6:45
5:45	35 William Sproul	36	42:13	6:49
	40 Clyde Coolidge 2,50-59	55	42:58	6:56
	41 Paul Lessard	37	43:05	6:57
	49 Loren Lathrop	45	43:47	7:04
	50 Michael Cavanaugh	43	43:57	7:05
8:36	58 Brent Graham	25	45:51	7:24
9:12	65 Walter Webber 2,60-69	64	47:04	7:35
	72 Andrew Coffin	27	49:22	7:58
	79 Bob McArtor	55	52:17	8:26
	80 Tim Strohm	31	52:53	8:32
5:52	85 Robert Marzul	33	62:33	10:05
5:55	86 Julius Marzul	68	70:45	11:25

Many thanks to Ruth Hefflefinger for complete results!

More Race Results

13th Annual Thanksgiving Day 4 Mile Road Race
418 Finishers (132 Female & 286 Male)
November 24th, 1994
One City Center, Portland, Maine

Top Overall Finishers Women

Place	Name	Age	Time
1	Marjorie Haney (MTC) overall	27	25:00
2	Gretchen Read (MTC) master over.	52	25:22
3	Carol Hogan (MTC) 1,40-44	44	25:47
4	Deb Raszmann (MTC) 2,40-44	41	26:00
5	Alison Kisch (MTC) 1,25-29	28	26:43

Men

Place	Name	Age	Time
1	Sam Wilbur overall	22	19:56
2	Bruce Bridgham 1,30-34	34	20:14
3	Kevin Way 1,25-29	25	20:46
4	Eric Goodwin 1,19&under	19	20:49
5	Pete Bottomley (MTC) 2,30-34	33	20:59

Other Top Divisional Finishers Women

Place	Name	Age	Time
6	True McCannell 19&under	19	27:01
7	Angela Small (MTC) 20-24	24	27:14
12	Brigitte Edquid (MTC) 45-49	46	28:03
79	Polly Kenniston 55-59	57	34:08
127	Ruth Hefflefinger (MTC) 60-69	65	41:59

Men

Place	Name	Age	Time
11	Graydon Stevens 40-44	42	22:02
14	Thomas Bennett 35-39	37	22:23
26	Joel Croteau 50-54	50	23:24
50	Bob Payne (MTC) 55-59	56	25:16
64	Don Barton 45-49	46	25:56
179	Russ Bradley (MTC) 70&over	71	30:29
191	Richard Cavanaugh (MTC) 60-69	61	30:49

Other Maine Track Club Finishers Women

Place	Name	Age	Time
13	Kathryn Tolford	40	28:16
15	Joan Lee	40	28:23
16	Maryann Knight Ekberg	31	28:23
17	Cindy (Vokey) DiPalma	36	28:24
21	Cindy (Tiff) Aiken	40	28:54
24	Kitty Kelley	47	29:09
26	Betty Rines	37	29:12
28	Deb Merrill	38	29:26
29	Diane Lavangie	36	29:33
34	Cecile Fontaine	43	30:17
39	Alexis Rog	23	30:37

Place	Name	Age	Time
40	Patty Medina	36	30:40
41	Ingrid Snekvik	19	30:43
48	Sharon Small	48	31:42
66	Marguerite Lawler	39	33:34
73	Stephanie Paterson	23	33:58
80	Kim Monaghan	35	34:09
85	Judy Bastow	30	34:24
86	Beverly Doughty	43	34:32
6:15	88 Paulette Holtan	36	34:35
6:21	90 Sally Paterson	53	35:01
6:27	96 Carol Hooper	35	35:39
6:30	105 Marlene Handcock	44	36:30
6:41			9:08

Men

Place	Name	Age	Time
29	John Eldredge	40	23:58
4:59	30 Ron Deprez 2,50-54	50	24:00
5:04	32 Harry Nelson	40	24:09
5:12	34 Richard Scribner	43	24:13
5:12	35 Terry Clark	50	24:22
5:15	42 Carlos Philbrick	42	24:42
	55 Kirk Jurgelevich	41	25:32
	70 Ed Doughty, Jr.	45	26:10
	79 Larry Barker	45	26:25
	91 Peter Bastow 2,55-59	58	26:48
6:45	96 Stephen Coolidge	22	27:06
6:49	98 Clyde Coolidge	55	27:11
7:01	104 Gary Johnson	43	27:21
8:32	105 Neil Martin	51	27:22
10:30	109 Evan Hennessey	15	27:34
	114 John LeRoy	57	27:42
	115 Steve DiPalma	39	27:44
	117 John Rolfe	40	27:44
5:31	122 Michael Cavanaugh	43	27:55
5:36	141 Howard Spear	44	28:51
5:51	149 Sean Coolidge	27	29:07
6:19	153 Paul Lavangie	36	29:22
6:29	156 Dana Seguin	41	29:33
7:37	176 Jim Hooper	36	30:25
7:42	184 John Pearson	32	30:38
	188 Chuck Snekvik	51	30:44
	192 Joe O'Donnell	43	30:50
	193 Dave Conley	54	30:59
	198 John Watson	50	31:27
7:04	216 Ronald Read	52	32:49
7:06	251 John Flaherty	43	35:12
7:06	261 Bill Lovett	53	36:27
7:06	267 Jarryd Holtan	9	37:24
7:14	268 Rex Holtan	42	37:47
7:17	271 Mark Clinch race walker	37	38:19
7:18	273 Stephen Monaghan 2,60-69	67	38:46
7:22	278 Julius Marzul	68	41:52
7:23	282 Don Penta	48	43:30
7:34			10:28
7:39			10:53

Many thanks to Sandy Utterstrom for complete results!

Notice about race flyers

An organization sponsoring a road race that wishes to have their flyers included in the Maine Track Club newsletter must submit the flyers and a payment of \$40 by the 15th of the month. Flyers will not be included in any mailing if not accompanied by the \$40 service fee.



Maine Marathon Times



"All the Maine Marathon & Casco Bay Half Marathon News That's Fit To Print"

June 1995

Volume 1 Issue 3

Ronald McDonald House Opens on May 26, 1995

The new Ronald McDonald House of Portland, Maine opened officially over the early part of the Memorial Day Weekend. Marathon Race Director Don Kent attended the special donors reception on behalf of the Maine Track Club and Marathon Sponsors. The house is located on the corner of Brackett and Carlton streets in Portland and is only a few blocks away from the Maine Medical Center.

It is a fine brick structure with beautiful rooms and special touches that reflect a sense of home. Each of the guest rooms features hand made quilts which were given by senior groups who crafted them. The upper hallway has a display of hand crafted tiles that were made by children on the pediatric unit at Maine Medical Center. The courtyard outside features bricks in an oval shape that have the names of project donors on them. Our brick features the inscription below. Stop by and look at what your hard work has helped to create.

Maine Track Club
Maine Marathon '95



Are these people preparing for the Maine Marathon to qualify for the 100th Boston Marathon??

Product Donation from Pearl Izumi

Pearl Izumi has generously donated 4 windsuits and 12 caps to the 1995 Maine Marathon and Casco Bay Half Marathon. These donations will be used as prizes for the Master's Winners in both the marathon and half marathon events.

Race Director Jim McCorkle stated: "Naturally we are very pleased with Pearl Izumi's interest in our event and are excited that they are joining the Maine Marathon Weekend this year as a product donor. We look forward to awarding these fine products on race day."



Maine Marathon is a 100th Boston Qualifier

All marathoners this year are focused on a common goal: To run a qualifying time in the marathon to be able to enter the 1996 100th running of the Boston Marathon. The Maine Marathon is a USTAF Certified course and therefore, an acceptable Maine Marathon time can be used as a qualifying time for the 100th Boston Marathon.

Qualifying times for the Boston Marathon are as follow:

Age Group	Men	Women
18-34	3:10	3:40
35-39	3:15	3:45
40-44	3:20	3:50
45-49	3:25	3:55
50-54	3:30	4:00
55-59	3:35	4:05
60-64	3:40	4:10
65-69	3:45	4:15
70+	3:50	4:20

The marathon must be run by December 31, 1995. A one-time lottery for non-qualifiers will be featured for the 100th Boston Marathon. For an application send a SASE with 55 cents postage to: Boston Athletic Association, P.O. Box 1996, Hopkinton, MA. 01748. Good Luck!

Maine Marathon Hotline: (207) 774-5795

Maine Marathon E-Mail: 71744.2076@compuserve.com

Maine Marathon Headquarters (5K Sports) : (207) 781-3134

REGISTRATION WATCH '95

(Count as of 5/29/95, applications to be mailed)

Maine Marathon: 16

Casco Bay Half Marathon: 5

HELP WANTED

The Maine Marathon and Casco Bay Half Marathon needs you! We are currently looking to fill some key positions in our management team which is made up of Maine Track Club members and interested community members. New volunteer leaders are needed to oversee important areas of the race. Those who have performed these tasks over the last 3 years are retiring from these duties and are looking toward others to take over. Please jump in and help us maintain the fine tradition of a Maine fall marathon and help your community in the bargain!!

Current Position Openings:

- * Food and Refreshments
- * Traffic & Safety
- * Health & Fitness Festival
- * Street Fair

Contact:

Don Kent 854-8464 (Days)
Jim McCorkle 781-3134 (Days)
or stop in at Maine Marathon Headquarters at 5K Sports on Route #1, Falmouth, Maine for more information or to sign up!

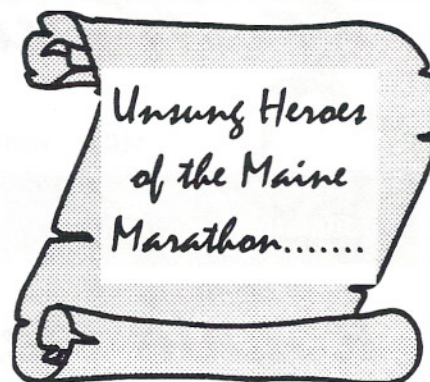


Reminder: There are no planning meetings scheduled for the Sponsor Committee or The Maine Track Club Planning Group for the month of July.

May, 1995 Sponsor's Meeting Highlights.....

The second Sponsor's Meeting was held on May 18, 1995 at 5K Sports in Falmouth, Maine. Primary areas of discussion included a report on registrations, t-shirt design, "Street Fair", Our booth at Vermont Cities Marathon, marketing and publicity plans for the Marathon Weekend and a review of the 1994 and 1995 budget.

Sue Ellen Roper-McClain detailed our publicity plans and pointed out where our advertising and public relations activities were most effective. Steve Assante reviewed the 1995 Maine Marathon budget with the race committee and answered questions as they arose. Frank Thiboutot updated us regarding TV coverage and is currently researching the prospect of our race becoming a segment in ESPN's Running and Racing Series with Marty Liquori. Additional information will be gathered and a decision will be made at the June 22, 1995 meeting at 5K Sports.



Did you ever wonder how all those great little surprises end up in your race bag on race day? Most of us usually don't give this a lot of thought or give it about the same amount as wondering who invented "fridge" magnets.

Our Unsung Hero of the Maine Marathon this month thinks about race bags year 'round (Just like Santa Claus thinks about Christmas). Pat Buckley has been hard at work on race bags for the Maine Marathon and Casco Bay Half Marathon over the last three years. She searches far and wide for the most interesting "goodies" for our runners and pursues them relentlessly until they end up in our race bags.

Pat also organizes a crack team of race bag technicians (In less classy marathons these are called "stuffers") and oversees the monotonous task of producing over 1,000 finished bags. She always has an enthusiastic group and when I have visited this area they almost sound like they are having fun!! Our runners always comment on how great the race bags are and will probably never see the magic behind how they are created. The next time you see a Maine Marathon or Half Marathon runner smiling at their race bag.....say Thanks Pat!!

New Members

If you have joined MTC in the last four months, please write a brief note letting us know how we can help you become acquainted and involved. Why did you join MTC? Would you like to run with others? When do you like to run? How fast? How far? In what area of the city? Which city? What other activities are you looking forward to? Send your note to: Membership, Maine Track Club, P.O. Box 8008, Portland, ME 04104.

Individuals

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Cape Elizabeth, ME 04107-1702
767-9844
Apprentice at Thomas Moser Cabinetmakers

Pierre Martel
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Cape Elizabeth, ME 04107-1514
799-5809
Rabbi, Congregation Beth Ha'am

Families

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Portland, ME 04102-5332
207-871-5809
Teacher, Cumberland School Dept.; Cook, Inn by the Sea

Mark Simonds & Kathryn Heilig
50 West St.
Portland, ME 04102
207-879-7712
Engineer, Hague International; Manager, BIW

Sally Gore & Lynn Simmons
25 Lower Flying Point Rd
Freeport, ME 04032-6305
865-3441

From our newest members

MEMO FROM THE MEMBERSHIP CHAIR: Okay, group runners....here's your chance to see some new faces among the old and familiar. Help me welcome these new members to our "friendly, family" midst. Please give either or both a call!!

I moved here from Kansas in November of 1994. I recently lost (he passed away) my track coach and friend and I would like to complete a marathon in his honor (he was originally from NH and encouraged me to join MTC). I have run a sub-42 10K and run 5Ks in about 20 minutes. Due to a string of injuries, I am not up to par and desire the "group" experience to help me along. Presently I run from 3-5 miles at about 8-9 minute pace...but I get in shape fairly quickly. I would like to participate in group runs.

*Mary Longhofer (H) 773-9509
(W) 775-7231*

I am very excited about being a new member. Since I have left school I have sincerely missed the comradery and excitement of running with a group of people...I am ready to set new challenges and meet new running partners! On avg. I run 7 miles a day, 6 days a week. Depending on time of day and energy level, my pace varies from 6 1/2 to 8 1/2 minutes per mile. I love long distance but am also beginning to train in more speed workouts. Please let me know of any running groups!!

Ashley Wernher 767-9844



Maine Track Club clothing available

Plenty of Maine Track Club clothing is available to those members who like to show their club spirit whenever they race. Just contact Howard Spear at 856-6496 if you're interested in purchasing MTC singlets, shorts, gymbags or other paraphernalia. Howard also can obtain wind suits by special order. MTC clothing is produced by Bill Rodgers Sportswear, so the quality is very good. Be sure to get some MTC gear of your own and display the club's green and white colors at your next race.

Upcoming Races

June 10

12th Bar Harbor Spring 5K & Fun Run, 9:45 a.m. fun run, 10:30 a.m. 5K race. Contact Mt. Desert Island YMCA, 288-3511.

June 11

16th Woody Allen Memorial Road Race, Norway, 12 noon race, 12:30 p.m. 1-mile fun run. Contact Oxford Hills YMCA, 743-7184.

Camp Fire 5K Race/Walk & Youth Fun Run, Scarborough, 9 a.m. fun run, 9:30 a.m. 5K race. Contact: Pat Sicard, Camp Fire Hitinowa Council, 883-8977.

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

9th Joseph's 5K, Fairfield, 8:15 a.m. Contact: David Benn, 873-0363.

5th Bruce Ellis Master's Mile, Fairfield, 8 a.m. Contact: David Benn, 873-0363.

June 14

Maine Corporate Track Association meet, 5:30 p.m. Contact: Susan Olson, South Portland High School, 770-2516.

June 16

Doc's Tavern 3-Miler, Biddeford, 7 p.m. Contact: Ken Dion, 934-2242.

June 17

Moving Against Domestic Violence 5K, Presque Isle, also 1-mile walk, 10 a.m. Contact: Walmart.

Mt. Washington Road Race, 7.6 miles: Entries closed.

June 17-18

24-Hour Relay for Easter Seals, South Portland. Contact: 1-800-244-3792.

USA Track & Field State Junior Olympic Championship (15-18 year olds) & Region I Qualifier. Contact: Ron Kelly, 883-2747.

June 18

20th Hampden 8.5-Miler, 8:30 a.m. Contact: Skip Howard, 223-4715.

June 21

3rd habitat for Humanity 4-Mile Old Port Road race, Portland, 7 p.m. Contact: Habitat for Humanity, P.O. Box 10505, Portland, ME 04104.

June 22

Pottle Hill Road Run 10K, Mechanic Falls, 10K run 6:30 p.m., 1-mile fun run 6 p.m. Contact: Kathleen Caron, 345-3511.

June 24

Maine Cancer Research & Education Foundation 5K Run/Walk, Portland 9 a.m. Contact: Jayne Soles, 773-2533.

20th Tour du Lac, 10 Miles, Bucksport, 8:30 a.m. Contact: Joan Merriam, 469-2019.

Mapleton Daze Dash, 6K, Mapleton, 9 a.m. Contact: Community Center.

Quietside 10K & Kids Fun Run, Southwest Harbor, 8 a.m. fun run, 8:45 a.m. 10K race. Contact: Harbor House, 244-3713 or Rick Cegelis, 244-9968.

June 25

Budlight-Belgrade Sprint Triathlon, Belgrade Lakes, 9:30 a.m. 0.25-mile swim, 13-mile bike, 3-mile run, 8:45 a.m. mini-triathlon. Contact: Waterville Boys & Girls Club, 873-0684.

Gardiner 5-Miler, 8 a.m. Contact: John Schwedel, 622-4507.

3rd Literacy Volunteers 5K Road Race, Falmouth, 9 a.m. Contact: Judy Moore, 878-3907.

June 28

Maine Corporate Track Association meet, 5:30 p.m. Contact: Susan Olson, South Portland High School, 770-2516.

July 22

Clam Festival 5 Miler, Yarmouth, 8 a.m. Contact: Ron Pelton 846-9039 or Marge Parsons 829-5079.

July 28

Deering Oaks Track Meet, Portland, 5 p.m. Contact: Sandy Utterstrom 797-4710.

July 29

Peaks Island 5 Miler, 10:15 p.m. Contact: John Pearson 774-6540.

August 11

St. Peters 4 Miler, Portland, 7 p.m.; fun run at 6:30 p.m. Contact: Michael Reali 767-5218 or Jim Nappi 773-7319.

August 20

Sports East 10 Miler, Brunswick, 8 a.m. Contact: Barry O'Neil 729-3980.



Maine Track Club 1995 Officers and Committee Chairs



Ron Pelton	President	846-9039	Don Penta	Statistician	892-4526
Ron Deprez	Vice President	772-4312	Maureen Sproul	Photography	926-4681
Mel Fineberg	Past President	774-8868	Howard Spear	Equipment/Clothing	856-6496
Larry Barker	Treasurer	761-0137	Dale Rines	Course Certification	854-2481
Mary Ann Doss	Secretary	799-0896	John Gillis	Course Certification	879-0222
Alyce Schultz	Membership	780-9805	Bob Aube	Newsletter	946-7681
Everett Moulton	Race Committee	799-2894	Ann Blanchard	Newsletter	883-6905
Donna Moulton	At Large	799-2894	Pat Buckley	Newsletter	775-4817
Russ Bradley	At Large	799-3864	Larry Dyer	Newsletter	892-2508
Clyde Coolidge	At Large	603-742-9405	Susan Roberts	Newsletter	829-6288

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 _____

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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. _____

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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