



News•Run

Run with a friend ...

June 1996

From the Presidential Suite ...

The past month took us to Knoxville, Tenn., for the 39th Annual RRCA National Convention. Other MTC members joined us there, including Everett and Donna Moulton, Sandy and Al Utterstrom, Charlie Scribner and Jane Dolley. It was a learning experience for us; we found out that we do many things right in our club but there are several improvements that could be made. For example, many clubs are having trouble attracting new leadership into their clubs as well as new (younger) members; officer turnover is too infrequent; and, because younger runners are not joining, the average age of membership is getting older.

The MTC has experienced a healthy turnover in leadership due in part to the way we select officers. While the average age of our membership is aging and we have trouble attracting younger members, the club has taken several steps to counter this. The coaching program, improvements in the newsletter, reduced race fees for members, the clothing and equipment discounts at local stores, should bring in new (and younger) members. There are several steps that still need to be taken. A direct mail new member solicitation will begin this month. Social events which attract younger runners (hashes, evening runs followed by a social hour at a local establishment) and other similar activities have been successful with other clubs and are worth pursuing.

A renewed emphasis on the club's mission might be helpful as well. Our mission is to promote fitness and running. Exercise and nutrition are the two keys to improvements in the quality of life and prevention of disease. The MTC should always be developing activities which make it easier for people to exercise and eat right. Our primary objectives as your presidents are to make improvements which increase these benefits to current members while encouraging

(Continued on page 4)

June MTC Meeting

Wednesday, June 12, 6:30 p.m.
Southern Maine Technical College
Machine Tool Auditorium
Fort Road, South Portland

Guest Speaker: Tom Barbeau
Topic: Cross Training

The Maine Track Club is pleased to announce that Tom Barbeau, exercise physiologist and head coach of the Waterville Valley Ski Team, will speak at the June meeting. Mr. Barbeau has developed training programs used by world class skiers, runners, and swimmers as well as weekend athletes. He will demonstrate techniques aimed at increasing your capacity to race faster through efficient cross training techniques. This is a program for runners and other athletes who want to improve their fitness levels with more efficient workouts.

The Maine Track Club meets monthly, the second Wednesday of each month, in South Portland at SMTC, Machine Room Auditorium @ 6:30 p.m.

What's inside ...

Coach's Corner	Page 2
MTC race trip announcement	Page 3
Race results	Pages 5-8
New members	Pages 9-10
Race schedule	Page 15

Coach's Corner

The racing season is approaching; have you set your goals yet?

As summer draws near, we all start to think about the racing season at hand. With this topic, the usual concerns come to mind: Which races should I run? How many races should I enter? Can I establish new PR's all season? These questions, and many more come to a runner's mind.

All runners should plan for the season ahead by choosing 2-to-3 goal races to aim for. The racing season should center around these goal races. By doing this, you will be able to focus all your training on these races. The mistake that many runners make is trying to set a PR at every race. This is impossible to achieve for many reasons. The season is too long; too much racing sacrifices your training, you put yourself at a greater risk of injury, and you can just get stale!

The best approach is to label your races A, B or C. Your A races are the key races of the season. Your goal will be to set PR's at these races. All your training is geared toward your A races, and a quality taper should precede the race.

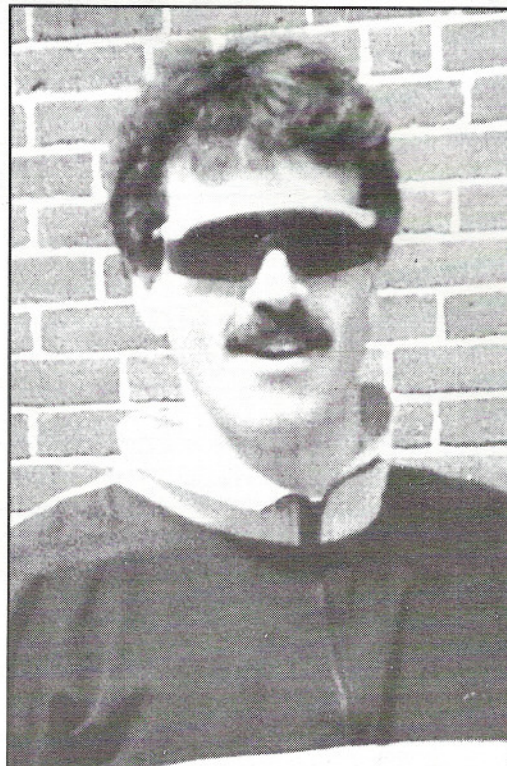
B races are designed to be a test or dry run to prepare you for the A race. There is no taper or major change in your training. The only adjustment required is to back off your training quality and volume for about three days before your race. The B race should be run to the best of your ability with the fatigue from training considered.

C races are basically "fun runs". You use these races to experiment with pace, strategy or negative splitting. There are no changes made to your training during the week. You complete your full training load and include the C race. The C race would take the place of a quality workout. Don't worry about your time or place. Race just for the workout. Remember, you can't set a PR in every race you run. You would need a taper to be at your best. If you were to taper for every race you ran, you would lose fitness throughout the season. You can only peak for about 3-4 weeks at a time.

This method does require discipline and thorough planning. It requires determination and discipline to stay with the A, B and C race plan, but it will produce results. The bottom line is that we all want to run faster. This method is part of the process to become a faster runner. It can also be used in other endurance sports where racing occurs frequently.

I hope to see many of you at the weekly Maine Track Club workouts. If you have any questions about the workouts, please call me at 829-4164. Happy training and racing.

Maine Track Club coach Steve Fluet conducts weekly workouts at Portland's Fitzpatrick Stadium. His column will appear monthly in the MTC newsletter.



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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*.

Race Results

Submitted by Don Penta

67th Annual Patriots Day 5 Miler
618 Finishers (150 Female, 468 Male)
Portland Boys & Girls Club
Noon, Monday, April 15th, 1996

USAT&F qualifiers meet or beat new 1996 standards for national ranking.

*** indicates a female finisher

Top Overall Finishers

Place/Name	Age	Time	Pace
1 Julia Kirtland 1,overall	31	28:04*	5:37
2 Christine Snow Reaser 2,overall	30	29:26*	5:53
3 Denise Harlow 3,overall	25	30:58*	6:12
4 Nancy Weis 4,overall	35	32:22*	6:28
5 Gretchen Read (MTC) 5,ov. USAT&F	53	32:46*	6:33
6 Nancy Kneeland (MTC) 6,overall	41	32:53*	6:35
7 Sheila Hodges 7,overall	41	33:11*	6:38
8 Carol Hogan (MTC) 8,over USAT&F	45	33:34*	6:43
9 Katie Reed 9,overall	20	33:39*	6:44
10 Jan Veinot 10,overall	37	33:44*	6:45
1 Bob Winn 1,overall USAT&F	37	25:08	5:02
2 Kevin Way 2,overall	26	26:18	5:16
3 Danny Paul 3,overall	42	26:37	5:17
4 Tom Thibeau 4,overall	38	27:08	5:26
5 Bill Desrosier (MTC) 5,overall	33	27:56	5:35
6 Zac Laidley (MTC) 6,overall	23	28:00	5:36
7 George Towle 7,overall	45	28:08	5:38
8 David Drew 8,overall	31	28:13	5:39



Carol Hogan, left, and third-place finisher Dan Paul.

photos by Don Penta

9 Bruce Nicholson 9,overall	34	28:24	5:41
10 Bruce Freme 10,overall	39	28:28	5:42

Other Top Divisional Finishers

13 Jeanne Hackett (MTC) 30-39	37	33:53*	6:47
16 Nancy Cooper 40-49	41	34:25*	6:53
51 Megan Greenleaf 13-14	14	39:45*	7:57
52 Karen Frost 15-16	15	39:46*	7:57
61 Patricia Constant 70&+? USAT&F	90!	41:03*	8:13
67 Polly Kenniston 50-59	59	42:23*	8:29
147 Nancy Wilson 60-69	61	55:38*	11:08

11 Todd Murphy 11,overall	29	28:47	5:45
12 Paul Greene (MTC) 12,overall	24	28:53	5:47
13 Rolf Westphal 13,overall	31	28:56	5:47
14 John Gleason 14,overall	38	28:58	5:48
15 Rob Diaz 15,overall	28	28:59	5:48
19 Kenneth Flanders (MTC) 40-49	44	29:28	5:54
39 Russ Pickering 50-59	56	31:16	6:15
41 Patrick Tarpy 13-14 USAT&F	13	31:28	6:18
44 Daniel Jackman 15-16	16	31:39	6:20
252 John Howe 60-69	61	38:07	7:37

Other Maine Track Club Finishers

23 Betty Rines 3,30-39	39	35:54*	7:11
24 Julia Drinker	35	36:00*	7:12
28 Sarah Parrott	37	36:45*	7:21
30 Betsy Barrett	45	37:23*	7:29
31 Joan Lee	42	37:23*	7:29
33 Judith Smith	38	37:53*	7:35
53 Jennifer Kinney	26	40:02*	8:00
54 Lisa Belisle	25	40:12*	8:02
78 Diane Covell	42	43:02*	8:36
90 Annette Elowitch 3,50-59	53	43:58*	8:48
104 Ellen Della-Torre	31	45:13*	9:03
121 Nancy Hewett	49	46:27*	9:17
124 Elizabeth Hoermann	36	46:36*	9:19
127 Cathy Siebold	45	46:50*	9:22
143 Maggie Soule	54	51:37*	10:19

36 Tom Menendez	42	30:57	6:11
43 Terry Clark 2,50-59	51	31:38	6:20
53 Charles Foehl	31	32:09	6:26
63 Stephen Murphy 3,50-59	52	32:18	6:28
64 Sumner Weeks	47	32:20	6:28
72 Joe Richards	52	32:39	6:32
73 Gerard Conley	42	32:39	6:32
75 Charles Iselborn	40	32:44	6:33
88 Andrew MacLean	34	33:05	6:37
91 Bob McCormack	44	33:13	6:39
101 James Boisvert	39	33:40	6:44
102 Carlos Philbrick	43	33:42	6:44
109 Les Berry	48	33:55	6:47
119 Dennis Smith	46	34:23	6:53

(Continued on page 6)

More Race Results

(Continued from page 5)

138 Harley Lee	42	35:06	7:01	344 Orlando Delogu	59	41:03	8:13
147 Neil Martin	53	35:24	7:05	366 Ronald Read	54	42:11	8:26
149 Jim Estes	46	35:26	7:05	368 Bob McArtor	56	42:13	8:27
169 Dale Rines	43	36:01	7:12	429 Phil Bartlett	48	45:55	9:11
178 Stephen DiPalma	40	36:10	7:14	437 Donald Johnson	65	46:33	9:19
191 Evan Hennessey	16	36:33	7:19	457 Wayne Newland	58	49:58	10:00
205 Dick Lajoie	55	36:58	7:24	461 Robert Rodman	53	52:20	10:28
234 Gary Giffard	37	37:45	7:33	467 Julius Marzul	69	56:54	11:23
239 Richard Davis Hart	49	37:50	7:34	Query: Why are fewer than 25% of the finishers of the Portland Patriots Day 5 Miler women? Could the cause be that women have fewer overall awards than men in this race?			
244 Milt Dudley	44	37:53	7:35				
249 Ralph Butts	35	38:01	7:36				
256 Dennis Morrill	56	38:11	7:38	Many thanks to Ruth Hefflefinger for providing complete results to the Portland Patriots Day 5 Miler!			
269 Rodney Sparkowich	35	38:34	7:43				
274 Jeff Nixon	46	38:45	7:45				

17th Annual Killarney's 10K 120 Finishers (27 Female & 93 Male) Holiday Inn, Waterville, Maine 10 AM, March 17, 1996

PLACE/NAME	AGE	RESIDENCE	TIME		
1 Bob Winn 1,30-39	37	Ogunquit	32:18	63 Jane Rau (CMS) 2,40-49	46
2 Scott Brown 2,30-39	37	Lewiston	33:29	64 Peter Bastow (MTC)	59
3 Jeffrey Banger 3,30-39	34	Bath	34:28	65 Bruce Bell (CMS)	56
4 Patrick Sullivan	34	Bangor	34:35	68 Dale Rines (MTC)	43
5 Steve Podgajny 1,40-49	45	Brunswick	34:54	71 Jeff Preble (CMS)	42
6 Bill Desrosier (MTC)	33	Falmouth	35:41	72 Betty Rines (MTC)	39
7 Ludo Bruyere 1,20-29	27	Augusta	35:55	73 Steve Razidlo (CMS)	34
9 Guy Berthiaume (CMS) 1,50-59	50	Augusta	36:31	76 David Atwood (CMS)	44
11 Julia Kirtland 1,30-39	31	S.Harps'll	37:26*	77 Hap Hazzard (MTC) 1,60-69	64
12 T.J. Hesler (CMS) 2,20-29	27	Augusta	37:48	79 Jim Moore (CMS)	52
13 Rose Prest-Morrison 2,30-39	33	Limerick	38:10*	81 Nancy Lagin (CMS) 3,40-49	46
14 Steve Peterson (CMS) 3,40-49	46	Camden	38:11	83 Richard Scribner (MTC)	44
17 Ngia Huynh 1,19&under	18	Portland	38:34	86 Julia Drinker (MTC)	35
19 Chris Snow-Reaser 3,30-39	30	Augusta	39:12*	88 John Schwerdel (CMS)	50
25 Laurel Valley (MTC)	33	Hiram	39:43*	91 David Benn (CMS)	50
26 Ken Flanders (MTC)	44	Portland	39:54	92 Louisa Dunlap (CMS) 1,50-59	55
27 Terry Clark (MTC) 2,50-59	51	Windham	40:09	93 Judy Harris (CMS)	41
31 Kevin Burke (MTC)	31	NewCastle	40:43	95 Milt Dudley (MTC)	44
32 Fred Karter (CMS)	46	Waterville	40:46	96 Ed Atlee (CMS)	56
37 Will Sproul (MTC)	38	N'Glou'ter	41:23	97 Mark Daiute (CMS)	42
38 Janet Shagoury (CMS)	31	Windsor	41:32*	98 Keith Curtis (CMS) 2,60-69	66
39 Chris Pickett (CMS)	45	Cambridge	41:36	101 Neil Chivingtin (MTC)	48
41 Julie Lagin-Nasse (CMS) 18&-	16	Starks	42:01*	103 Keith Holland (CMS)	40
42 Julie McGee (CMS)	36	Waterville	42:02*	104 John LeRoy (MTC)	59
45 Nancy Kneeland(MTC) 1,40-49	41	Kennebunk	42:21*	108 R. Davis Hart (MTC)	49
46 Jessica Andrews 1,20-29	20	Litchfield	42:22*	110 Donna Donald (CMS)	46
48 Tony Hess (CMS)	48	Oakland	42:49	115 Moe Fortin (CMS)	49
50 Ann Marie Strohm (MTC)	31	Gorham	43:20*	116 Polly Kenniston 2,50-59	59
51 Gerard Conley (MTC)	42	Portland	43:21	117 Dick Lancaster (MTC)	38
52 Bob Gillespie (CMS)	55	Benton	43:35	119 Denny Morrill (MTC)	56
55 Dale Dickie (CMS)	53	B'villeJct.	44:18	120 Mark Clinch (MTC) race w.	40
57 Maureen Sproul (MTC)	39	N'Glou'ter	44:29*	*** indicates female finisher. "(CMS)" indicates Central Maine Strider. "(MTC)" indicates Maine Track Club member.	
59 Bob Brosius (CMS)	43	Winthrop	44:43		

Many thanks to the Central Maine Striders *INTERVALand MAINE RUNNING & FITNESS* for complete results!

More Race Results

20th Annual April Amble 4 Mile Road Race
316 Finishers (105 Female & 211 Male)
Westbrook College, Portland, Maine
10 AM, Saturday, April 27th, 1996

Top Overall Finishers

Place/Name	Age	Time	Pace
1 Scott Brown 1,overall	37	20:26	5:07
2 Kevin Way 2,overall	27	20:39	5:10
3 Pete Bottomley (MTC) 3,overall	34	21:28	5:22
4 Kim Wettlaufer 4,overall	39	21:51	5:28
5 Allan Muir 5,overall	41	21:52	5:28
22 Denise Harlow 1,overall	25	24:31*	6:08
25 Katie Payson 2,overall	31	24:42*	6:11
27 Laurel Valley (MTC) 3,overall	33	24:53*	6:13
30 Nancy Weis 4,overall	35	24:56*	6:14
51 Kerry Corcoran 5,overall	37	20:26*	6:31

Other Top Divisional Finishers

6 Roland Thibault 25-29	28	22:02	5:31
8 Rolf Westphal 30-34	31	22:13	5:33
9 Zac Laidley (MTC) 19-24	23	22:21	5:35
16 Glen Roy 35-39	35	23:37	5:54
17 Ryan Fenton 18&under	14	23:55	5:59
20 Bob Stuart 40-44	41	24:28	6:07
32 Russ Pickering 55-59	56	24:59	6:15
33 Terry Clark (MTC) 50-54	51	25:01	6:15
46 Sumner Weeks (MTC) 45-49	47	25:50	6:28
57 Jessica Andrews 19-24	20	26:20*	6:35
62 Maureen Sproul (MTC) 40-44	40	26:27*PR	6:37
88 Carol Weeks (MTC) 45-49	47	27:26*	6:52
120 Claire Fontaine (MTC) 18&under	15	28:32*	7:08
130 Richard Fedion 60-64	62	28:55	7:14
139 Faye Lowrey 50-54	52	29:20*	7:20
146 Eileen Dunfey 35-39	39	29:33*	7:23
210 Carlton E. Mendell (MTC) 70&+	74	32:32	8:08
233 Polly Kenniston 55-59	59	33:38*	8:25
283 Nelson Soule 2,70&over	75	37:29	9:22
284 Paul Chamberlain 65-69	67	37:32	9:23

Other Maine Track Club Finishers

14 Paul Greene 2,20-24	24	23:10	5:48
37 Paul Lessard	38	25:12	6:18
42 Gerard Conley	42	25:32	6:23
45 Steve Murphy 2,50-54	52	25:43	6:26
49 Dennis A. Smith 2,45-49	46	26:04	6:31
60 Ray Shevenell 2,55-59	55	26:22	6:36
66 Richard Scribner	44	26:30	6:38
67 James Boisvert	39	26:33	6:38
72 Thomas Carll	51	26:48	6:42
79 Jim Estes	46	27:12	6:48
82 Glen Gallupe	36	27:15	6:49
83 Jeanne Hackett 2,35-39	37	27:17*	6:49
85 Ann Strohm	32	27:21*	6:50
89 Kathryn Tolford 2,40-44	41	27:29*	6:52
90 Ann Stairs 2,25-29	27	27:29*	6:52



Mary Beth Coolidge, left, and Brigitte Edquid with Dana Seguin.

93 Peter Bastow	59	27:40	6:55
97 Betsy Barrett 2,45-49	45	27:48*	6:57
101 Teresa Gallupe	34	27:55*	6:59
103 Rosalyn Randall	46	28:01*	7:00
112 Clyde Coolidge	57	28:18	7:05
113 Gary Giffard	37	28:18	7:05
126 Tom Harlow	50	28:37	7:09
129 Dick Lajoie	55	28:49	7:12
131 Joan Lee	42	28:57*	7:14
142 Frank Knight	50	29:28	7:22
153 Cindy Aiken	42	29:44*	7:26
157 Paul McCourt 2,60-64	60	29:54	7:29
158 Dennis Morrill	56	29:55	7:29
161 Mary E. Coolidge	28	30:09*	7:32
163 Lisa Belisle	28	30:16*	7:34
165 Bob Aube	30	30:21	7:35
166 Rodney Sparkowich	35	30:23	7:37
172 Joseph Shinnick	33	30:35	7:39
186 Sherry Carll	49	31:24*	7:51
188 George Liming	44	31:39	7:55
189 Stephen Strand	41	31:40	7:55
190 Neil Chivington	48	31:40	7:55
211 Larry Perkins	51	32:35	8:09
226 Sherron Small	49	33:18*	8:20
244 Jill Shinnick	28	34:30*	8:38
260 Beth Wilsin	40	35:15*	8:49
268 Annette Elowitch 2,50-54	53	35:30*	8:56
271 John LeRoy	59	35:51	8:58
276 Sally Gore	33	36:20*	9:05
280 Constance Barrett-Albert	38	36:59*	9:15
291 Kenneth Spirer	53	38:10	9:33

(Continued on page 8)