

# More Race Results

(Continued from page 7)

292 Marge Parsons .....	45	38:21*	9:35
293 C R Davis .....	50	38:38	9:40
296 Sally Paterson.....	54	38:56*	9:44
297 Lynn Simmons .....	40	39:13*	9:48
301 Linda Metzger.....		39:46*	9:57
305 Mark Clinch race walker .....	40	40:07	10:02
306 Maggie Soule.....	54	40:24*	10:06

Many thanks to Jim McCorkle for complete results!

**16th Annual Rocky Coast 10K Road Race**  
**115 Finishers (37 Female & 78 Male)**  
**Boothbay Region YMCA, Boothbay Harbor, Maine**  
**10 AM, Saturday, May 4th 1996**

Place/Name .....	Age	Time
1 Todd Coffin 1,overall .....	34	32:46
2 Tom Thibeau 2,overall .....	38	33:49
3 Justin Freeman 3,overall .....	19	34:11
4 Kim Wettlaufer 4,overall .....	39	35:27
5 Bruce Nicholson 5,overall .....	34	35:33
6 Steve Reed 6,overall .....	48	35:35
7 Bill Desrosier (MTC) 7,overall.....	33	35:49
8 Matthew Carter 8,overall .....	23	36:01
9 Ludo Bruyere 1,19-29 .....	27	36:05
10 Sean Keough (MTC) 1,40-49 .....	40	36:58
11 Guy Segars 1,30-39 .....	36	37:15
14 Ken Flanders (MTC) .....	44	38:00
15 Tom Menendez (MTC) .....	42	38:35
18 Ruth Hall 1,overall .....	38	39:21*
20 Bob Coughlin 1,50-59 .....	57	40:22
26 William Sproul (MTC).....	38	41:37
27 Nancy Kneeland (MTC) 2,overall.....	41	41:42*
29 Maureen Sproul (MTC) 3,overall .....	40	41:51*PR
30 Melissa Leier 4,overall .....	20	42:02*
31 Carol Manley 5,overall .....	41	42:14*
33 Chris Strout 1,13-18.....	14	42:27
40 Rosalyn Randall (MTC) 6,overall.....	46	44:17*
42 Mary Poulin 7,overall .....	36	44:25*



**Women's winner Ruth Hall, left, and runner-up Nancy Kneeland at the Rocky Coast 10K.**

43 Clyde Coolodge (MTC) .....	57	44:27
44 Bryn Doiron 8,overall .....	34	44:33*
45 Tom Harlow (MTC) .....	50	44:41
46 Deb (Hewson) Merrill 1,40-49 .....	40	44:50*
54 Evelyn (Hewson) King 1,30-39 .....	38	46:57*
58 Faye Gagnon 1,50-59 .....	51	47:14*
64 Bob Aube (MTC).....	30	48:22
66 Mary Beth Coolidge (MTC) 1,19-29 .....	28	48:43*
67 Louisa Dunlap 2,50-59.....	55	48:47*
70 Milton Dudley (MTC) .....	44	49:00
74 Carlton Mendell (MTC) 1,60+ USAT&F .....	74	49:38
75 Denny Morrill (MTC) .....	56	49:48
112 Wayne Olson (MTC) .....	39	67:05
114 Julius Marzul (MTC) .....	69	69:08

Many thanks to Neal Verge and the Boothbay Region YMCA for complete results!

## Notice about race flyers

Anyone who wishes to have their race 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. The fee applies only to races not run by the MTC, so if a race fee is already being paid to the club, there is no charge for race flyers.



## New members

Brian McGrath  
2 Oak Street, Box 2797  
Kennebunkport, ME 04046-2797  
207-967-8060  
Self Employed

Lucie Couture  
6 Fayette Street  
Portland, ME 04103-5508  
Office Manager, Diver Down

Larry Wold  
2 Scotch Pine Drive  
Freeport, ME 04032-9801  
865-6252  
Banker, Peoples Heritage

Chris Melino  
15 Pleasant Street  
Portland, ME 04101-3958  
Sales Engineer, Riley Medical

Rachel Piper  
85 College Street  
Lewiston, ME 04240-6807  
782-3762  
International CS, LL Bean

Todd Dennis  
273 Maine Avenue  
Portland, ME 04103-3907  
878-0702  
Lyman Moore Middle School

Debra McKenna  
20 Inverness Road  
Falmouth, ME 04105  
878-2545  
Assistant Manager, Cole Haan

Patty Puiia  
7 Pine Ledge Terrace  
Portland, ME 04103  
874-9745  
Cust. Service Rep., Blue Cross/Blue Shield

Joe Teno  
8 Woodland Drive  
Yarmouth, ME 04096  
846-0639  
HR Manager, LL Bean

Dan & Amy Gray and Family  
63 Cumberland Road  
North Yarmouth, ME 04097

Don Duncanson  
13 Wildwood Circle  
Portland, ME 04103-2778  
Supervisory Special Agent, US  
Immigration

John Littlefield  
P.O. Box 6464  
Scarborough, ME 04070-6464  
883-3935  
Engineer Manager, National  
Semiconductor

Welcome Back!!

Kathryn Harris  
15 Andrews Ave.  
Falmouth, ME 04105  
Department Head--Maine Medical  
Center

Bob Coughlin  
14 Rand Road  
Cape Elizabeth, ME 04107  
767-0926  
Teacher, South Portland

### MTC telephone line

The Maine Track Club now has telephone hotline for latest club news. An answering machine has been set up at 5K Sports in Falmouth so that interested parties can get information about upcoming races and other club events. The phone number is 781-5887.



### Make a new friend

The most commonly asked question by new members is "how can I get connected with a group for training runs?" If you run with a group or are looking for a running partner, please give a new member a call.

### Group run info sought

If you know of a group run, please contact either Bob Aube or Larry Dyer to let us know where, when, how far, approximate pace per mile and contact person for inclusion in the monthly newsletter.



## Notes from our newest members

I would like to join the Maine Track Club for a couple of reasons.

I have been a recreational runner for the past 5 years...and run in the Portland 5 Mile Patriots day race every year. I have improved my time every year; and have that the more I run the more enjoyment I get out of it. Right now I tend to run about 8-minute miles, and I am interested in seeing how much more I can improve. I am sure that becoming a member of the Maine Track Club will help with that goal.

Secondly, I have come to realize that I generally enjoy the company of those folks that I know that are also runners, and this seems like a great way to get to know more.

— John Littlefield

I am joining the club to receive race information around the state and to be involved with a group of people who run together. I currently run alone. I have never run a race before but have always wanted to. My goal is to better my 5K time which is 25 minutes. I began running in October, 1995, and run 3-4 times a week either on a treadmill, track or neighborhood. I'm looking forward to receiving your information. Thank you!!

—Rachel Piper

I am interested in joining because I am a new runner and would like to be more motivated and believe that I can get more out of running if I can be with a competitive runner.

— Deb McKenna

I am joining MTC to get some pointers on how to improve my running. I currently run about 30 miles a week.

—Patty Puia

I started running again in August, 1994, after almost a 30-year layoff. Have run the last 2 Thanksgiving Day 4 milers and Boys Club 5 milers. Also ran yesterday's April Amble. I was encouraged to join MTC by Nancy Cooper. If my body and enthusiasm hold up, I would like to run a sub 20-minute 5K in '96. I'm also a avid golfer and am working to get my handicap in single digits.

—Don Duncanson

## Mid-Winter Classic volunteer list

Mid-Winter Classic race directors Don Penta, Ray Shevenell and Jeanne Hackett would like to thank the following volunteers who helped make this year's race a success.

COMPUTER Bob Aube Susan Campbell Sue Davenny Michelle Poulin	Gary Plante	Buzz Cook Carrie Croft Will Lund Donna Moulton Deb Raszmann Linda Ruman Alyce Schultz Michael Stack Al Utterstrom Sandy Utterstrom	Dan Hogan Rex Holtan Dick Joseph Brian Lathrop Lois Martin Wyndee Mocchiola Don Russell Richard Scribner Ray Shevenell Bob Small Sherron Small Ann Stairs	Bev Doughty Mel Fineberg Becky Sproul
TIMING Kelly Andrews Brian Gillespie Dale Rines Charlie Scribner Dana Seguin Chute Carol Hogan Lois Martin Wyndee Mocchiola	REGISTRATION Daniela Daggy Lois Martin Wyndee Mocchiola Marge Parsons Carol Pierce Gary Plante Ann Strohm	SAFETY FLAGGERS Peter Bottomley Mel Fineberg Austin Hardy Carol Hogan	LEAD BICYCLE Peter Grosso	SWEeper CAR Pat Buckley
	WATER STOPS Amy Boucher Brian Boucher Neal Chivington Andrew Coffin		REFRESHMENTS Pam Barker Mary Anne Champeon	EQUIPMENT Howard Spear
			PUBLIC RELATIONS Jim McCorkle George Towle	



## They ran Boston, too

Michael Cavanaugh's name was inadvertently left off the list of MTC members who competed in the Boston Marathon and Mid-Winter Clasic. Mike ran a very respectable 3:47:44 at Boston.

Eric Reitenbach of North Waterboro also was left off the list of finishers because of the "toe chip" problem. Eric, who has a PR of 2:57 from the 1991 Sugarloaf Marathon, finished in 3:09:31. Eric has also completed the British Columbia ironman triathlon in 10:46. Congratulations, Mike and Eric, on a job well done.

## More about Herb

After reading his profile in the May issue of the newsletter, Herb Strom pointed out that there were a couple of mistakes. First, his long-time training partner is Russ Connors, not Russ Bradley (though he now runs with the *other* Russ as well).

Herb also says he ran his first marathon in 1979, recording an impressive PR of 2:42 at the Montreal Marathon. Among is 10 Boston Marathons, his best time is a 3:04:02.

## Help the club; be a volunteer

Now that the racing season is upon us, please think about volunteering to work a race or two this year. Without volunteers, there is no racing season. Hopefully, all of you will help at least once, whether you're an elite runner on a back-of-the-packer. There is no excuse for not helping sometime this season.

## MTC Discounts

The following area sporting goods stores have agreed to give MTC members discounts on running shoes and running clothing. It is necessary that you show your 1996 club ID card when requesting discounts.

**5K SPORTS,**  
190 US Route 1, Falmouth  
15% on Shoes; 20% on Clothing

**OLYMPIA SPORTING GOODS,**  
Maine Mall, South Portland  
10% on Shoes Only

**YANKEE SPORTS,**  
35 Foden Road, South Portland  
10% on Shoes Only

**GOLDSMITH'S SPORTING GOODS,**  
120 Center St., Auburn; 581 Rt 1,  
Scarborough (Dunstan Corner)  
15% on Running Shoes and Running  
Clothing

**COASTAL ATHLETICS,**  
502 Woodford, Portland  
ASIC Shoes Exclusively...  
discounts according to model  
Call ahead for Ron Kelley 772-4530

**GEORGE AND PHILLIPS, INC.,** Rt. 1,  
Kittery; 295 Water St., Exeter, NH  
These are Nike Outlet Stores featuring  
slightly defective or blemished shoes at  
reduced prices. All top quality regularly  
prices shoes 20% off.

**LAMEY WELLEHAN,**  
Maine Mall; Falmouth Shopping Center;  
Cook's Corner; Auburn Mall  
10% on Running Shoes

**MVP SPORTS,** 333 Clarks Pond Pkwy.,  
South Portland 04106  
10% on non-sale Running Shoes and  
Clothing



# Minutes from Board of Directors meeting

Submitted by Mary Ann Doss

- 1) April minutes were read and approved by all board members present.
- 2) Job descriptions of all office and board members will continue to be discussed, reviewed and approved by the board. Austin Hardy will create a web page for the newsletter. A picture of the Maine Track Club trailer will be sent to Austin, along with the 5K race series info created by Everett Moulton.
- Everett Moulton has put together a data base of all race participants who competed in last year's Maine Track Club's sponsored events. This list will be used to mail letters regarding recruiting new track club members.
- Terri Sutton will send out a letter/survey to all club members regarding interest or non-interest in a name change for the club. The plan is to give members four weeks to respond to the survey.
- Martha Deprez is chairing the corporate membership issue. The plan is presently being worked on and thought out by all board members.
- For any interested members out there, Roberts Rules of Order are presently being followed, and have always been followed by the board of the Maine Track Club.
- 3) Tom Barbeau, an exercise physiologist and ski coach at Waterville Valley, will speak at the June 12th club meeting. He will talk about running less mileage, faster running and more cross training to help prevent injuries.
- 4) Ron Deprez stated that a \$3,757 balance is in the club's account as of April 30, 1996.
- 5) Alyce Schultz reported on membership. There are currently 317 members; 15 new members in April. Alyce will send out free newsletters to businesses, etc., who give discounts to Maine Track Club members.
- 6) Everett Moulton reported on the race committee. He will submit a list of races to be discounted to club members and will put a notice in the newsletter. A half-day mandatory workshop is in the makings for all race directors, with consequences for those who do not attend the meeting.
- 7) Larry Dyer will collect group run information for inclusion in the monthly newsletter. He also suggested putting the group runs on the club's phone line. Larry will do a monthly member profile for the newsletter, and he has agreed to come up with an advertisement fee schedule to be voted on at the June board meeting. In addition, he's working on a history of the track club to be printed in the newsletter.
- 8) Maine Track Club coach Steve Fluet held an organizational meeting on May 9 at 5K Sports. Workouts are being held on Thursday evenings. Steve is also writing a year-round coaching column for the newsletter.
- 9) Ron Deprez has agreed to look into Maine Track Club gym bags for club members to purchase. He will also compose a list of all items on sale as an insert to the newsletter, so members will have an idea of what is available to be purchased. (An order list, possibly).
- 10) Ron has purchased 2,000 envelopes with the club logo.
- 11) The next board meeting will take place on Tuesday, June 4 at Mary Ann Doss's house at 6 p.m.

## Martha Deprez is Runner-up Grand Master at RRCA National Championship 5K

Martha Deprez of Portland finished in second place of the Grand Masters Division (50+) at the Road Runners Clubs of America (RRCA) National Championship 5K held in Knoxville, Tenn. on May 11, 1996. Martha was in Knoxville participating in the RRCA National Convention as a delegate from the Maine Track Club; she is co-president for 1996. The News-Sentinel EXPO 5K and 10K races were designated by the RRCA as its National Championship races this year. Over 2,000 runners participated in these events.



## Upcoming races

### June 1

Nubble Light Runaway 10K, York, 9 a.m., certified. Contact: Robin Cogger, York Rec Department 363-1040.

### June 2

Camden 10K, 9 a.m., (kids' race after 10K start). Contact: Sarah Andrus 236-7120.

**South Portland DARE 5K, 10 a.m., (youth runs at 9 a.m.). Contact Everett Moulton 799-2894 or Larry Barker 761-0137.**

### June 7

16th Doc's Tavern 3-Miler, Biddeford, 7 p.m.. Contact: Ken Dion, 934-2242.

### June 8

Lost Valley Rundevous, 5K road race at 9 a.m., 5K cross country race at 10:30 a.m. Contact: American Heart Association 1-800-AHA-USA1.

13th Bar Harbor Spring 5K & Fun Run, 9:45 a.m. (fun run at 10:30 a.m.). Contact: MDI YMCA.

### June 9

17th Woody Allen Memorial Road Race (5K), Norway, 10:30 a.m. (1-mile fun run at 10 a.m.). Contact: Oxford Hills Chamber of Commerce 743-2281.

Sugarloaf Marathon & 15K, Kingfield (marathon at 7 p.m., 15K at 7:30 a.m.). Contact: Chip and Nancy Carey 237-6903.

### June 16

**10th Oakhurst Milk Run (4 miles), Portland, 11 a.m.; (¼-mile fun run at 12:45 p.m.). Contact: Charles Scribner 772-5781 or Steve Assante 642-4298.**

### June 22

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

15th Pottle Hill 10K, Mechanic Falls, 10 a.m., (1-mile fun run at 9:30 a.m.). Contact: 345-3511.

10th St. Joseph's 5K, Fairfield, 8:15 a.m., and 6th Bruce Ellis Master's Mile, 8 a.m. Contact: David Benn 873-0363.

### June 29

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

### June 30

Literacy Volunteers 5K, Falmouth. Contact Sandy Mawford 874-8155 (w), 773-6713 (h).

Gardiner 5-Miler, 8 a.m. Contact: John Schwerdel 623-8086.

### July 7

**Kennebunk Beach Improvement Association 5K. Contact: Lorraine Sacco 617-593-3762.**

### July 12

**Deering Oaks Track Meet, Portland, 5 p.m. Contact: Sandy Utterstrom 797-4710 or George Towle 878-8419.**

**Note: Races in bold are MTC events**

## Other MTC events in 1996

Date — Event	Contact
July 13 — Maine Mall Mile, South Portland.....	Kurt Nielsen 767-0677
July 20 — Pat's Pizza 5-Miler, Yarmouth.....	Marge Parsons 829-5079/Ron Pelton 846-9039
August 3 — Peaks Island 5-Miler, Portland.....	John Pearson 774-6540
August 9 — St. Peter's 4-Miler, Portland.....	Mike Reali 829-2014/Jim Nappi 773-7319
August 18 — Sports East 10-Miler, Brunswick.....	Barry O'Neil 729-3980
September 8 — Women's Distance Festival, Portland.....	Jim McCorkle 781-3134
September 15 — Sharing & Caring 5K, South Portland.....	Everett Moulton 799-2894
October 6 — Maine Marathon & Casco Bay Half Marathon, Portland.....	Jim McCorkle 781-3134
October 19 — MTC 50-Mile Ultra Marathon, Brunswick.....	Al and Sandy Utterstrom 797-4710
October ?? — Physical Therapy 8K, Brunswick.....	Sarah Bronson 892-5357/John LeRoy 725-8680
November 19 — Turkey Trot 5K & 10K, Cape Elizabeth.....	Malcolm Washburn 727-5653/Mary Anne Champeon 799-0456
November 28 — Thanksgiving Day 4-Miler, Portland.....	George Towle 878-8419
December 11 — MTC Jingle Bell Fun Run.....	Everett Moulton 799-2894



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## Kenduskeag conquerors

On Saturday, April 20, Dolores Billings and her son Hilary entered the century division of the Kenduskeag Stream Canoe Race. Dolores reports that she being 30 and Hilary, 70, are proud to have finished third with a time of 2:37:54. This was her first canoe race, and she should be proud considering there were over 500 boats. They had to portage twice and negotiated several stretches of white water. Congratulations from your Maine Track Club friends.

Dolores was also gracious enough to host five Maine Track Club Boston Marathoners after their run. The wives of the runners shared a cup of coffee while watching the race on TV in the warmth of Dolores' home. Bev Doughty and Dolores got into the spirit of things by taking a brisk jaunt around the Charles. Thank you, Dolores.

## 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.





# MTC 1996 Officers and Committee Chairs

USA Track & Field



Ron and Martha Deprez	Co-President	772-4312	Clyde Coolidge	At Large	603-742-9405
Mike Reali and Terry Sutton	Co-Vice Pres.	829-2014	Don Penta	Statistician	892-4526
Ron Pelton	Past President	846-9039	Maureen Sproul	Photography	926-4681
Andrew Coffin	Treasurer	777-3740	Howard Spear	Clothing	856-6496
Mary Ann Doss	Secretary	799-0896	Dale Rines	Course Certification	854-2481
Alyce Schultz	Membership	780-9805	John Gillis	Course Certification	879-0222
Everett Moulton	Race Committee	799-2894	Bob Aube	Newsletter	946-7681
Donna Moulton	At Large	799-2894	Larry Dyer	Newsletter	725-6962
Russ Bradley	At Large	799-3864			

## 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 Sept. 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 form and check to: Membership, Maine Track Club, PO Box 8008, Portland, ME 04104