



News•Run

Run with a friend ...

June 1997

From the Presidential Suite ...

April 21, Patriots Day, has come and gone and I can not help feeling a bit melancholy about its passing. This was the first time in a number of years that I did not make the annual trek to Boston for the marathon. While my quads are thanking me for sparing them, I feel a void left by the absence of this spring tradition.

For years prior to running Boston, I would listen to the likes of Bob Payne, Carlton Mendell, Bob Coughlin and Russ Connors share epic accounts of this most difficult race. I would listen with awe as they told of the crowds in Wellesley, of Heartbreak Hill and of Commonwealth Ave (or the graveyard as Bob Coughlin refers to it). When I was fortunate enough to qualify for the race, thanks to the lowering of BAA standards, I ran it every year thereafter. I have never been disappointed with the experience.

The 100th running of Boston was to be my swansong as far as marathons, and if you have to bow out, there was no better race to do it at. As a result of an old sports injury and years of running two to three marathons a year, I have developed chronic arthritis in my right knee. It is this ailment that has prompted my retirement from that distance. While I am happy to be still running, I will always miss the marathon, and in

(Continued on page 2)

June MTC Meeting and Cookout

Wednesday, June 11, 1997, 6 p.m.
9 Hazeltine Drive, Cumberland

Join your fellow MTC members on Wednesday, June 11 for an evening of food, bocce and socializing at the home of club presidents Mike Reali and Terry Sutton. There will be a short fun run and a brief meeting prior to the cookout (make sure you bring something to throw on the grill).

Directions

From the turnpike: take Exit 10 (Cumberland/W. Falmouth) thru the tolls, take a left onto Rt.100/26 North. Go thru one flashing yellow light, take a right at the second flashing yellow (Falmouth Rd.) and bear left at the fork (onto Winn Rd.). Follow Winn Rd, for 2.5 miles (past the Falmouth Country Club) and make a left onto Hazeltine Dr. We are the first house on the right.

From 295: take Exit 10 (Bucknam Rd.) and head right off the ramp. Come to an intersection at Page's Store and take a right onto Rt. 9, bear left at the split and follow Rt. 9 toward Cumberland. After approximately 4 miles you'll see a Mobil Station on the left. You want to take the left just prior to the Mobil (it's Winn Rd.) and go approx. .75 miles (you'll pass Sunshine Acres farm ...with sheep grazing on the right hand side of the road) and take a right onto Hazeltine Dr. We're the first house on the right.

If you get lost, call Mike/Terry at 829-2014.

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News•Run Notes

MTC in need of new secretary and clothing manager

Two positions have opened up on the MTC's board of directors, so now is a good time to volunteer to help out your club. Mary Ann Doss has resigned as secretary, and Howard Spear is stepping down as clothing manager. If you're interested in either position, please call Mike Reali or Terry Sutton at 829-2014.

Camp scholarships available

Camp scholarships are available for high school students who would like to attend a running camp this summer. If you know of a candidate for a scholarship, please write to the MTC at P.O. Box 8008, Portland, ME 04104, or contact Mike Reali at 829-2014.

Pat's Pizza volunteers sought

Volunteers are needed for the Pat's Pizza Clam Festival Classic on July 19 in Yarmouth. If you'd like to lend a hand, please call Marge Parsons at 829-5079.

We're going to the Dogs

Don't forget that spaces are still available for the MTC's day at the ballpark on Sunday, July 6. The cost is \$15 per person and will include admission to the Sea Dogs game against the Norwich Navigators, plus a barbecue of hamburgers, hot dogs, side dishes, watermelon, and lemonade. Contact John Gale at 775-5017 to reserve a space. Checks, made payable to the MTC, should be mailed no later than two weeks before the game to: John Gale, 121 Bay Street Ext. # 8, Portland, ME 04103

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Several Maine Track Club members made the trip to Woodstock, Vt., on May 11 for the Covered Bridges Half Marathon. Jaime Jackson led the pack of MTC runners with a time of 1:20:59, good enough for 29th place of 1,651 finishers. Other MTC runners and their times: Gerard Conley, 1:29:31; Ann McGovern, 1:31:19; Ann Stairs, 1:33:24; Jeanne Hackett, 1:34:58; Mike Brooks, 1:46:09; Russ Bradley, 1:52:09.

□□□

The hip injury that kept Maureen Sproul from competing in this year's Boston Marathon hasn't gone away, so Maureen has been forced to put aside her running shoes for a while. She hopes a month away from running will allow her to heal and get back into training.

We need your input

News•Run Notes features news of interest about fellow MTC members. If you have some news to share about yourself or someone else in the club, please pass along the information by calling Marge Parsons at 829-5079, sending e-mail to Bob Aube at 74270.2276@compuserve.com, or by mail to: Maine Track Club, Newsletter, P.O. Box 8008, Portland, ME 04104. The deadline for each issue is the 15th of the preceding month.

(Continued from page 1)

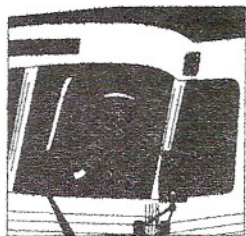
particular, Boston. All things change, and I am sure I will adjust as time goes by.

This year, I had the pleasure of helping Howard Spear on the Portland Boys Club Race. This event is nearly as old as Boston and certainly has a rich tradition. This is one of the larger races of the year and one of the more difficult to direct. Howard did an exemplary job and should be commended for his efforts. This race was well-attended by MTC members, both running and volunteering, which I was happy to see. The Boys Club race is a rite of spring for most runners, and is almost like going to a homecoming of sorts. I saw many faces I have not seen in a while, some whose only race all year is this one. This race is a true community event for Portland, and I am proud the track club is part of it.

Now that spring is here (at least that is what the calendar says) the racing season is fully underway. As you plan your racing season, don't forget to leave space to volunteer for a few events throughout the season. This is rewarding and fun. Working with Howard on Patriots Day was great fun and helped lessen my lament of Boston's passing. I also hope to see a large contingency from the club at my house for the June meeting, as the Rat Pack and I teach you all the finer art of bocce. We may even find time for a run!

Until then....

Michael Reali



MTC Returns to YANKEE HOMECOMING 10 Mile Championship and 3 Mile Races



Dear Members,

This will be our third annual trip to the Yankee Homecoming Races in Newburyport, Massachusetts. This years date is Tuesday **July 29, 1997**. Don't miss it!!!

Since it's inception in 1995, this trip has been one of the Maine Track Club's top social events of the year.

Keep in mind that there are two races, a 10 miler and a 3 miler. The 3 miler begins at 6:30 PM followed by the 10 miler at 6:40 PM. There are more than 3,000 participants in both races combined. The 10 miler is the USATF-NE Championship. The festival atmosphere surrounding the races with the spectators lined five deep along the picturesque courses has earned this race its' reputation as one of the best in New England. Add to this a plentiful supply of post race food and refreshments, and you have a great event.

It will be fun to travel to this race again as a group!!

A 47 passenger bus has been reserved for Maine Track Club Members and their families to join us for this evening trip. If the bus capacity is exceeded, we will make additional arrangements for transportation. Runners and non-runners are welcome so **Sign up early** to reserve your seat on the bus.

The bus will leave the Mainline Tours Bus Terminal at 184 Main Street (Route #1) South Portland on Tuesday, July 29, 1997 at **4:00 PM Sharp** in order to arrive in Newburyport by 5:30 PM. The cost of the bus ride is \$12.00 per person. There is plenty of parking at the South Portland Bus Terminal. We plan to arrive back in South Portland by 10:00 PM.

To participate please follow these instructions:

1. Complete the enclosed Race Application with a signed release.
2. Indicate your intent to ride the bus by completing the enclosed form with your name, address and phone numbers.
3. Make **ONE** check for the bus and race fees made payable to the MAINE TRACK CLUB including \$12.00 per person for the bus and the appropriate race entry fee(s) - \$12.00 for the 10 Miler and \$7.00 for the 3 Miler.
4. Mail race application, bus form and **ONE** check to:

Russ Bradley
4 Westfield Road
Cape Elizabeth, Maine 04107-2604

5. Arrive at the Mainline Bus Terminal by **4:00 PM** on July 29, 1997 to join the **FUN!** Race Numbers - which assure you of a T-shirt - will be distributed to pre registered runners as you board the bus.

The deadline for returning your check and application is **July 1, 1997. NO REFUNDS** will be given for bus transportation or race entry fees.

For more information contact one of the following:

Russ Bradley 799-3864 Everett Moulton 799-2894 Mike Reali 829-2014

Upcoming Races

June 7

Nubble Light Runaway 10K, York. Contact: 363-1040.

June 8

Oakhurst-Shaw's Milk Run 4-Miler, Portland, 9 a.m. Contact: 775-5227 or 781-5887.

Woody Allen Memorial 5K, Norway, 10:30 a.m. Contact: 743-2281.

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

June 15

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

June 18

Habitat for Humanity 4-Miler, Portland. Contact: 781-7223.

June 20

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

June 21

Cancer Research Foundation 5K, Portland, 9 a.m. Contact: Jayne Soles 773-2533.

New Sharon Bicentennial 5K, 9:30 a.m. Contact: Ed Ferriera 778-9235.

June 28

Tour DuLac 10-Miler, Bucksport, 8:30 a.m. Contact: Fred or Joan Merriam 469-2019.

Strawberry Festival Run and Walk (5 miles and 2.5 miles), South Berwick. Contact: 698-5817.

June 29

Literacy Volunteers 5K, Falmouth, 9 a.m. Contact: Jim McCorkle 781-3134.

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

July 4

Four on the 4th, Bridgton, 8 a.m. Contact: Jay or Loraine Spenciner 647-3347.

L.L. Bean 10K, Freeport, 8 a.m. Contact: Lili Hall 892-4761, ext. 2356.

Walter Hunt Memorial 3K, Brewer, 10:45 a.m. Contact: Dave Torrey 942-1988.

4 on the Fourth, York. Contact: 363-1040.

July 9

Summer Fun Run Series (half-mile, mile and 5K), Falmouth, 6:30 p.m. Contact: Jim McCorkle 781-3134 or Roland Thibault 854-5168.

July 12

Pottle Hill 10K (and 1-mile fun run). Contact: 345-3511.

Penobscot Job Corp 5K, Bangor, 8:30 a.m. Contact: 990-3000, ext. 602.

July 13

Kennebunk Beach Improvement Association 5K, Kennebunkport. Contact: Lorraine Sacco 593-3762.

July 19

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

Note: MTC races are in bold

For the latest race schedules and information, call the MTC hotline at 781-5887 or visit the Sub5 web site at <http://www.finishlynx.com/sub5>

News•Run Sponsors

If you would like to become an individual **News•Run** 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 give you advertising space in **News•Run**.

Sponsor

The Nielsen family

Race Results

Submitted by Don Penta

The Portland Boys & Girls Club And the Maine Track Club
Present the 68th Annual Patriots Day 5 Mile Road Race
602 Finishers (141 Female & 461 Male)
Certified Loop Course From 277 Cumberland Avenue, Portland
12 Noon, Patriots Day, Monday, April 21st, 1997

USAT&F = Runner qualifies for national ranking according
to standards established by the National Running Data Center
of USA Track & Field

Top Overall Finishers

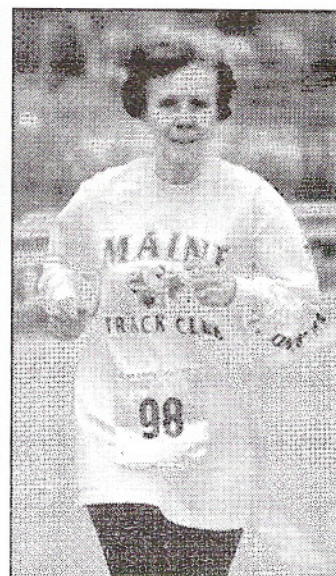
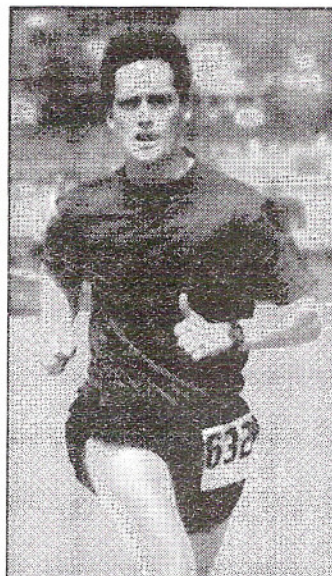
PLACE/NAME	AGE	TIME	PACE
1 Byrne Decker.....	30	25:13	5:03
2 Kevin Way.....	28	25:40	5:08
3 Justin Valliere.....	24	25:40	5:08
4 Scott Brown.....	38	26:53	5:23
5 Stu Hogan.....	35	26:58	5:24
21 Christine Snow-Reaser.....	31	28:40*	5:44
31 Kristin Pierce.....	23	29:48*	5:58
40 Denise Harlow.....	26	30:26*	6:05
47 Gayla Underkoffler.....	35	30:53*	6:11
55 Marjorie Graff.....	29	31:28*	6:18

Other Top Divisional Finishers

6 Guy Segars 30-39.....	37	27:04	5:25
7 Danny Paul 40-49.....	43	27:12	5:12
9 Paul Johnson 19-29.....	19	27:19	5:28
10 George Towle (MTC) 2,40-49 USAT&F....	46	27:21	5:28
22 Guy Berthiaume 50-59 USAT&F.....	51	28:44	5:45
56 Patrick Tarpey 13-14.....	14	31:37	6:19
57 Lloyd Sloecum 60-69 USAT&F.....	64	31:38	6:20
65 Josh Rogers 17-18.....	18	31:59	6:24
74 Jeanne Hackett (MTC) 30-39.....	38	32:21*	6:28
75 Samuel Carlo 15-16.....	15	32:24	6:29
93 Carrie McCusker-Brady 19-29.....	27	33:07*	6:37
101 Carol Hogan (MTC) 40-49 USAT&F....	46	33:25*	6:41
255 Patricia Seymour 17-18.....	18	37:47*	7:33
265 Melissa Montejunas 13-14.....	14	37:57*	7:35
275 Faye Gagnon 50-59.....	52	38:09*	7:38
335 Hadley Drake 15-16.....	15	39:43*	7:59
473 Polly Kenniston 60-69 USAT&F.....	60	43:38*	8:44
539 Sally Amory (MTC) 70&+ USAT&F....	71	47:24*	9:29
575 Nelson Soule (MTC) 70&over.....	76	50:48	10:10

Other Maine Track Club Finishers

8 Michael Payson 2,30-39.....	33	27:16	5:27
29 Jim Toulouse.....	48	29:40	5:56
35 Michael Boucher.....	39	30:02	6:00
36 Paul Aceto.....	31	30:04	6:01
38 Will Lund.....	41	30:21	6:04
41 Ross Cameron.....	30	30:36	6:07
45 Thomas Menendez.....	43	30:50	6:10
58 John Carpenter.....	39	31:41	6:20
61 Gerard Conley.....	43	31:51	6:22



Michael Payson and Ruth Hefflefinger

photos by Don Penta

69 Mark Olsen.....	29	32:06	6:25
72 Bob Payne 2,50-59.....	58	32:15	6:27
76 Jody King 2,30-39.....	36	32:26*	6:29
83 Tim Clement.....	36	32:40	6:32
86 Ann McGovern 3,30-39.....	33	32:53*	6:35
104 Dennis A. Smith.....	47	33:27	6:41
107 Les Berry.....	49	33:32	6:42
115 Ed Doughty, Jr.....	48	33:50	6:46
133 Daniel Hutchins.....	36	34:19	6:52
134 Kevin Conley.....	28	34:21	6:52
149 Don Duncanson.....	48	34:42	6:56
157 Daniel Hogan.....	46	34:58	7:00
160 Neil Martin.....	54	35:08	7:02
163 Jim Estes.....	47	35:14	7:03
165 Sarah Parrott.....	38	35:16*	7:03
184 Colleen Redmond.....	32	35:42*	7:08
189 Dale Rines.....	44	35:50	7:10
203 Michael Doyle.....	32	36:14	7:15
206 John LeRoy 2,60-69.....	60	36:19	7:16
219 Lisa Belisle.....	26	36:45*	7:21
223 Derry Rundlett.....	51	36:50	7:22
225 Evan Hennessey.....	17	36:52	7:22
233 Mike Brooks.....	51	37:05	7:25
239 Robert Green.....	49	37:17	7:27

(Continued on page 6)

Notice about race fliers

Anyone who wishes to have their race fliers included in the Maine Track Club newsletter must submit the fliers and a payment of \$40 by the 15th of the month. Fliers 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 fliers.

More Race Results

(Continued from page 5)

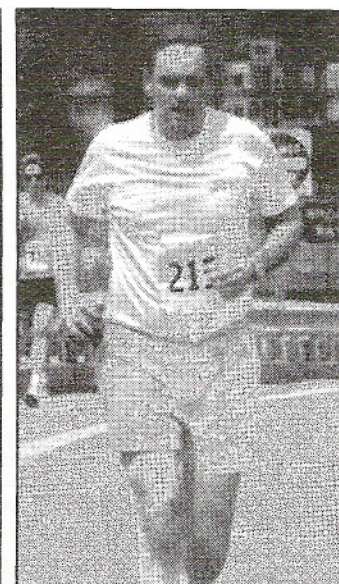
247 Maryellen Fitzpatrick.....	36	37:32*	7:30
248 Betsy Barrett.....	46	37:36*	7:31
289 R. Davis Hart.....	50	38:26	7:41
298 Dick Lajoie.....	56	38:37	7:43
315 Ralph Butts.....	36	39:07	7:49
318 John Littlefield.....	41	39:12	7:50
320 Richard Cavanaugh.....	64	39:16	7:51
330 Carol Nale.....	46	39:31*	7:54
343 George Conly.....	49	39:52	7:58
356 Mick McCall.....	43	40:08	8:02
363 Jeffrey Nixon.....	47	40:18	8:04
389 Dianne Kazilionis.....	37	40:51*	8:10
394 Don Russell.....	59	41:02	8:12
400 Bob McArtor.....	57	41:11	8:14
403 Orlando Delogu.....	60	41:21	8:16
406 Dennis Morrill.....	57	41:25	8:17
408 Howard Green, Jr.....	47	41:26	8:17
431 Ed Haley.....	40	42:11	8:26
444 Lisa Kelley.....	32	42:35*	8:31
459 Richard Scribner.....	45	43:09	8:38
460 Karen Baker.....	43	43:11*	8:38
475 Scott W. Cook.....	36	43:46	8:45
503 Beverly Doughty.....	45	44:57*	8:59
525 Loren Lathrop.....	48	46:38	9:20
526 Annette Elowitch 3,50-59.....	54	46:39*	9:20
533 Donald Johnson.....	66	47:09	9:26
536 Liz Hoermann.....	38	47:17*	9:27
537 Nancy Hewett.....	50	47:17*	9:27
542 Betty Rines.....	40	47:30*	9:30
543 Brigitte Edquid.....	49	47:31*	9:30
553 Phil Bartlett.....	49	48:12	9:38
559 Sally Paterson.....	55	48:44*	9:45
566 John Holmes.....	45	49:27	9:53
592 Mark Clinch race walker.....	41	54:58	11:00
597 Julius Marzul 2,70&over.....	70	58:27	11:41
601 Ruth Hefflefinger.....	68	63:39*	12:44

Many thanks to MTC Technical Race Committee Chair Everett Moulton for complete results!

**The Central Maine Striders Present
The 18th Annual Killarney's 10K Road Race
63 Finishers (18 Female & 45 Male)
From the Waterville, Maine, Holiday Inn
9:00 a.m., Sunday, March 16th, 1997**

"*" following time indicates a female finisher

PLACE/NAME	AGE	TIME
1 Justin Valliere.....	24	34:30
2 Ludo Bruyere.....	28	37:04
3 Barrett Smith.....	25	37:09
4 Guy Berthiaume.....	51	37:14
5 Paul Fagan.....	44	38:10
8 Mary Fagan.....	21	40:25*
11 Gerard Conley (MTC).....	43	41:52
15 Julie Millard.....	33	43:29*
18 Ann Stairs (MTC).....	28	44:09*
19 Jane Rau.....	47	44:45*
20 Kevin Conley (MTC).....	28	44:50
21 Julianna Lugin-Nasse.....	17	45:10*
22 Gregg Wood (MTC).....	38	45:26
24 Susan Brooks.....	37	45:46*
26 Rudy Boudewijn (MTC).....	50	46:59



Beverly Doughty and John Holmes

photos by Don Penta

32 Roger Fenn (MTC).....	50	47:12
34 Ken Cotton (MTC).....	47	47:45
42 Louisa Dunlap.....	56	51:06*
45 Russ Bradley (MTC).....	73	52:37
55 Denny Morrill (MTC).....	57	55:37
63 Shirley Fenlason.....	61	75:39*

**The Central Maine Striders Present
The 1997 Boston Primer 15 Miler
43 Finishers (12 Female & 31 Male)
Around Lake Maranacook from
Readfield Community School
11:00 a.m., Sunday, March 23rd, 1997**

PLACE/NAME	AGE	HOME	TIME
1 Robert Ashby.....	28	Brunswick	1:29:19
2 George Towle (MTC).....	46	Portland	1:30:52
3 Mike Payson (MTC).....	33	Falmouth	1:31:36
4 Judson Esty-Kendall.....	47	Glenburn	1:32:55
5 Jonathan Aretakis.....	38	Pembroke	1:34:58
7 Lawrence Mogor.....	16	Minot	1:38:31
8 David Chamberlain (MTC).....	35	Falmouth	1:39:58
13 Chris Atlee (MTC).....	26	Portland	1:42:10
14 Willie Sproul (MTC).....	39	N. Gloucester	1:44:50
15 Katrina Bisheimer.....	31	Bangor	1:45:19*
17 Craig Wilson (MTC).....	47	Kittery Point	1:46:22
19 Gerry Conley (MTC).....	43	Portland	1:47:13
22 Kelley Cullenberg.....	35	Farmington	1:48:01*
24 Tom McGuire.....	50	Oakland	1:50:54
25 Jeanne Hackett (MTC).....	38	Peaks Island	1:51:41*
28 Phil Pierce (MTC).....	55	Falmouth Fsd.	1:57:20
29 Susan Vogt Brooks.....	37	Waterville	1:57:43*
32 Ann Stairs (MTC).....	28	Cape Elizabeth	2:01:45*
33 Kevin Conley (MTC).....	27	Portland	2:06:19
34 Joan Merriam.....	48	Bucksport	2:07:33*
36 Louisa Dunlap.....	56	Belfast	2:07:52*

Many thanks to the *PINE TREE RUNNING JOURNAL* for complete results to the Killarney's 10K & Boston Primer 15 Miler!

More Race Results

The University of New England Westbrook College Campus
Presents the 21st Annual April Ambler 4 Mile Race
264 Finishers (93 Female & 171 Male)
Certified Loop Course from 772 Stevens Avenue, Portland
10:00 a.m., Saturday, April 26th, 1997

Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Christine Snow-Reaser	31	22:41	5:41
2 Kristin Pierce	23	22:44	5:41
3 Catherine Payson	31	24:08	6:02
4 Gayla Underkoffler	35	24:17	6:05
5 Laurel Valley (MTC)	34	25:12	6:18
1 Byrne Decker	30	19:59	5:00
2 Kevin Way	28	20:11	5:03
3 Todd Coffin	35	20:35	5:09
4 David Weatherbie	29	20:56	5:14
5 Allan Muir	42	21:34	5:24

Other Top Divisional Finishers

6 Jeanne Hackett (MTC) 35-39	38	25:19	6:20
7 Carol Hogan (MTC) 45-49	46	26:12	6:33
8 Nancy Krum 30-34	34	26:53	6:44
9 Julianna Lagin-Nasse 18&under	17	27:08	6:47
12 Nancy Cooper 40-44	42	27:33	6:54
13 Leigh Minor 25-29	27	27:33	6:54
14 Jessica McLain 19-24	20	27:35	6:54
39 Sherry Carl (MTC) 50-54	50	32:34	8:09
69 Sally Paterson (MTC) 55-59	55	37:15	9:19
88 Marlene Manooogian (MTC) 65-69	65	43:15	10:49
6 Kyle Rhoads 25-29	27	21:40	5:25
7 George Towle (MTC) 45-49	46	21:43	5:26
9 Paul Johnson 19-24	19	22:08	5:32
10 Chuck Jepson 35-39	37	22:18	5:35
13 Bob Poirer 40-44	41	22:57	5:45
28 Lloyd Slocum 60-64	64	25:00	6:15
33 Raymond Mills 18&under	17	25:23	6:21
36 Chase Pray 50-54	53	25:30	6:23
39 Ryan Stoorza 19-24	19	25:56	6:29
98 Michael Cowell 55-59	59	30:37	7:40
144 Russ Bradley (MTC) 70&over	73	33:43	8:26
163 Mel Uchenick 65-69	66	38:10	9:33

Other Maine Track Club Finishers

11 Ann McGovern	33	27:32	6:53
18 Carol Weeks 2,45-49	48	28:17	7:04
19 Julia Drinker 2,35-39	36	28:19	7:05
22 Lisa Belisle	26	29:02	7:16
29 Bridget Ramsdell	38	30:25	7:37
33 Wendy Williams	43	31:14	7:49
48 Lisa M. Kelley	32	34:05	8:31
50 Brooke Libby	33	34:18	8:35
62 Nancy Hewett 2,50-54	50	36:15	9:04
65 Brenda Tanguay	34	36:21	9:05
70 Annette Elowitch	54	37:21	9:20



Bridget Ramsdell and Michael Lyden

photos by Don Penta

71 Linda Metzger	54	37:22	9:21
72 Elizabeth Hoermann	38	37:36	9:22
78 Cheryl McCall	40	38:08	9:32
84 Marge Parsons	46	40:55	10:14
93 Ruth Hefflefinger 2,65-69	68	45:44	11:26
14 Robert Ashley 2,40-44	40	23:03	5:46
21 Will Lund	41	24:08	6:02
52 Jim Estes	47	27:55	6:59
73 Dale Rines	44	28:34	7:09
74 Frank Knight 2,50-54	51	28:38	7:10
80 Derry Rundlett	51	29:18	7:20
83 Albert Tanguay	35	29:35	7:24
85 Mike Brooks	51	29:47	7:27
87 Mick McCall	43	29:57	7:29
96 Robert Green	49	30:31	7:38
104 Michael Lyden	35	30:55	7:44
108 George Conly	49	30:58	7:45
109 Ralph Butts	36	31:00	7:45
111 Daniel McKeown	30	31:03	7:46
114 Don Russell	60	31:08	7:47
118 Larry White	54	31:18	7:50
131 Thomas Carl	52	32:09	8:02
138 Joseph O'Donnell	46	32:50	8:13
139 Denny Morrill	57	32:55	8:14
154 Carlton Mendell 2,70&over	75	35:23	8:51
157 Michael Dubois	47	36:17	9:04
159 John Holmes	45	36:52	9:13
162 Nelson Soule	76	37:59	9:33
168 Mark Clinch race walker	41	43:32	10:53
170 Julius Marzul	70	44:58	11:15

Many thanks to *Granite State Race Services* for complete results!

Thanks to Boys Club and YMCA volunteers

Race directors Howard Spear and Sally Gore wish to thank all the volunteers who helped with this year's Boys and Girls Club 5-Miler or the YMCA Back Bay 5K. Needless to say, both races could not have been done if it weren't for the volunteers. See you next year.

Howard Spear and Sally Gore

38th Annual YANKEE HOMECOMING 10 MILE & 3 MILE ROAD RACES

Tuesday July 29, 1997 Newburyport High School, Newburyport, MA.
3 mile race 6:30 PM - 10 mile USATF-NE Championship race 6:40 PM
\$6,300 in PRIZE MONEY - 70 Medals Awarded - over 3,000 runners

- > USATF Certified
 - > T-shirts to first 1200 Runners (600 in 3 mile)
 - > 5 Water Stations on course
 - > Shower and changing facilities
 - > Digital Clocks at miles 1, 5 and finish
 - > Splits at every mile
 - > Certified 10 mile & 3 mile courses
 - > Refreshments

Official Entry Form. (Photocopies Accepted) Yankee Homecoming Roadrace.

Number of
years you have
run this race _____

LAST NAME FIRST NAME AGE on race day SEX

STREET CITY STATE ZIP CODE

USATF-NE team name Team # USATF#

In consideration of my acceptance of this entry, I intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release the USATF-NE and all its' officers, Newburyport Lions Club, the City of Newburyport, all sponsors, race workers, the Newburyport High School and all Lions Clubs from all rights and claims for damage, injury and illness I may have from this event. I attest that I have trained for this race and am physically fit. I realize the race course is not shut down to traffic. I certify my compliance with my signature.

SIGNATURE: PHONE()

Race Entered (Check one)
10 Mile _____ 3 Mile _____
\$12.00 entry fee (10 mile) _____
\$7.00 entry fee (3 mile) _____
TOTAL Enclosed _____

SIGNATURE of guardian if under 18 _____

BUS TRANSPORTATION FORM

NAME Number Attending

ADDRESS CITY ZIP

TELEPHONE NUMBER DAY EVENING

Cost \$12.00 per person

More Race Results

**The Boothbay Region YMCA Presents
The 16th Annual Rocky Coast 10K Road Race
133 Finishers (42 Female & 91 Male)
Certified Loop Course in Boothbay Harbor, Maine
10:00 a.m., Saturday, May 3rd, 1997**

Top Overall Finishers

PLACE/NAME	AGE
1 Bernd Trommer	25
2 Mike Payson (MTC)	33
3 Allan Muir	42
4 Tom Thibeau	39
5 Joan Benoit-Samuelson USAT&F	39
6 Matthew Carter	25
7 Jeffrey Banger	35
8 Ludo Bruyere	28
9 Guy Berthiaume	51
10 Katie Payson	32
34 Jane Rau	47
36 Leigh Minor	27
37 Celine Mainville	31
41 Cindy Cheney	35
42 Catie Dean	27
44 Deb Merrill	41

Other Top Divisional Finishers

11 Marcio Munch 30-39	30
13 Andy Benoit 40-49	45
15 Harold F. King 19-29	19
18 R.J. Harper 50-59	50
21 John Nale (MTC) 13-18	17
45 Mary Poulin 35-39	37
65 Jennifer Maxim 19-29	22
60 John LeRoy (MTC) 60&over	60
66 Faye Gagnon 50-59	52
74 Louisa Dunlap 2,50-59 USAT&F	56
76 Ellen Spring 40-49	44
106 Carlton Mendell (MTC) USAT&F	75
121 Jane Rasmussen 60&over	60

Other Maine Track Club Finishers

28 Al Sproul 3,50-59	59
38 Don Foshay	38
49 Tom Harlow	51
51 Phil Pierce	55
53 Dale Rines	44
54 Roger Fenn	50
77 Ken Cotton	48
94 Richard Cavanaugh 2,60&over	60
103 Denny Morrill	57
119 Judy Cotton	48
132 Julius Marzul	70
133 Don Penta	50

1 Kyle Rhoads 1,overall	27	16:43	5:23
2 Barry Fifield 2,overall	40	17:06	5:30
3 Dave Howard 1,30-39	30	17:39	5:41
4 Don Hebert 2,30-39	32	17:47	5:43
5 David Drew	32	17:53	5:45

Other Top Divisional Finishers

6 Joanne Cole 40-49	41	21:57	7:04
16 Yvette Knight (MTC) 50-59	51	27:41	8:55
20 Alison Wood 19&under	13	31:31	10:09
22 Ruth Hefflefinger (MTC) 60&over	68	33:13	10:41
7 Brian Moynahan 20-29	29	18:23	5:55
8 Thomas Menendez (MTC) 40-49	44	18:36	5:59
15 Ray Mills 19&under	17	19:14	6:11
16 Lloyd Slocum 60&over	64	19:26	6:15
23 Frank Knight (MTC) 50-59	51	21:14	6:50

Other Maine Track Club Finishers

7 Kate Meyers	36	22:26	7:13
12 Beverly Doughty	45	26:28	8:31
18 Liz Hoermann	38	28:41	9:14
21 Pat Buckley 2,50-59	59	31:44	10:13
11 Erich Reitenbach 2,40-49	46	18:51	6:04
18 Ed Doughty, Jr.	48	20:17	6:32
30 Willie Sproul	39	22:38	7:17
31 Ralph Butts	36	22:40	7:18
34 Mike Brooks 2,50-59	51	23:08	7:27
36 Daniel McKeown	30	23:11	7:28
37 Harry White	54	23:35	7:35
45 Raurc Hoermann	14	28:13	9:05
47 Don Penta	50	33:47	10:52

MTC Members in Boston Marathon

Name	Town	Time
916 David Chamberlain	Falmouth	3:01:55
1580 Dick Graves	Portland	3:09:30
2085 Stafford Soule	South Freeport	3:16:22
2754 William Sproul	New Gloucester	3:21:18
3196 Alison Kisch	Falmouth	3:25:31
3485 Al Sproul	Chamberlain	3:28:03
3651 Ken Cotton	Bristol	3:29:50
3890 Philip Pierce	Falmouth	3:32:44
4060 John Rolfe	Portland	3:32:53
4135 Christopher Atlee	Portland	3:34:44
7457 Carlton Mendell	Portland	4:12:56

Many thanks to Neal Verge & the Race Committee for complete results!

National Nurses' Week 5K Run For Your Life Presque Isle, May 3rd, 1997

Age-group winners

Name	Time
P.J. Gorneault (19-under male)	16:41
Nanci-Ruth Poudrier (19-under female)	23:52
Jamie Good (20-29 male)	17:39
Angela Edgecomb (20-29 female)	19:58
Chris Smith (30-39 male)	19:31
Merrily Welch (30-39 female)	22:32
Frank McElwain (40-49 male)	17:51
Julie Freeman (40-49 female)	24:07
Larry Tonzi (MTC) (50-59 male)	19:06
Ruth Hare (50-59 female)	33:47
David Maxey (60-over male)	20:56

2nd Annual Patriots Pride 5K Road Race

**69 Finishers (22 Female & 47 Male)
Gray-New Gloucester High School, Gray, Maine
10:00 a.m., Sunday, May 4th, 1997**

Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Veronica (Knight) Haskell 1,ov	29	18:11	5:51
2 Laurel Valley (MTC) 2,overall	34	19:09	6:10
3 Jody King (MTC) 1,30-39	36	20:16	6:31
4 Monica(Knight)MacDonald 2,30-39	30	20:25	6:34
5 Tanya Horne (MTC) 1,20-29	28	21:16	6:51

Welcome to our newest members

Patricia Burdo (31)
33 Congress Street
Portland, ME 04101
Tel: 780-1672
Advertising

Owens McCullough (35)
RR #3, Box 925
Limerick, ME 04048
Tel: 637-3370
Civil Engineer

Lynn Hughes (40)
41 Second Street
South Portland, ME 04106
761-2683 (W)
Banker, Atlantic Bank

Ralph Wilkins (52)
P.O. Box 451
Scarborough, ME 04070-0451
Tel: 883-2680(H)
E-Mail: Ralph-Wilkins@worldnet.att.net
Computer Technician, Mercy Hospital

Beth & David Stuart (35 & 36)
Dylan (son, 5 1/2)
Shannon (daughter, 4)
16 Oak Ridge Drive
Standish, ME 04084-6019
Tel: 642-4807
Beth: homemaker; David: manager, Unum

Beth writes: "I have been running since June of '96. I've run about a dozen races since then, mostly 5K's (25:30 PR) with a couple of 5-milers and one 4-mile (April Amble). I run every other day (8 miles) with one long run a week (12 miles). I think I may try a half marathon in the fall. I run mostly alone and would like to join the Track Club for the camaraderie of a group. My husband runs also (Unum track club) and our young kids have fun at races with us too! Working at races as a family appeals to us also."

Marlin Conrad (father, 45)
Galina (daughter, 11)
Elliot (son, 13)
Claton (son, 15)
25 Cumberland Road
North Yarmouth, ME 04097
Tel: 829-5199
Claims Processor, Blue Cross & Blue Shield
Marlin, a former member of the University of Mainz Track Club in Germany, has a marathon PR of 2:29 and has run Boston, London and Rotterdam.

Karen Baker (46)
2 Barnswallow Court
Scarborough, ME 04074-8374
Tel: 883-3231
RN, Maine Medical Center

Writes Karen: "I would like to be more involved in running. I have run 5K mostly. I ran the Casco Bay Half Marathon two years ago. I am currently training to hopefully run the New York Marathon."

Run With More Friends!

Nearly 100 of you responded to the special renewal reminders we sent out in April. We now have over 350 individual and family memberships, and renewals and new applications continue to flow in. John Eldredge and I, with the help of graphic designer Heather Gilchist, have put together a brand new application form. We plan to distribute these at as many races as possible during the next few months. We would also like to attract new members via a special mailing. Do you know someone who might be interested in joining the club? Or someone who used to belong who might be persuaded to return to the MTC? If each of you submitted just ONE name and address, we would have well over the minimum of 200 needed to send the applications bulk mail. Please write, phone, E-mail or fax me with your candidates!

On a related note, we'd like to collect e-mail addresses (if you have one) for current members so that we can contact you directly when timely matters pop up in between newsletters. If you have e-mail, please send a message to me so that I can get your address.

Thanks greatly,

Maggie Soule, 142 Portland Street, Yarmouth, ME 04096

Phone: 846-3631, Fax: 846-5369

E-mail: MWSOULE@worldnet.att.net

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 1997 club ID card when requesting discounts.

5K Sports

190 U.S. Route 1, Falmouth
15% on shoes

Olympia Sporting Goods
Maine Mall, South Portland
10% on shoes only

Yankee Sports
35 Foden Road, South Portland
10% on shoes only

Coastal Athletics
502 Woodford, Portland
Asics shoes exclusively
Discounts according to model
Call ahead for Ron Kelley 772-4530

George and Phillips, Inc.,
Route 1, Kittery;
295 Water St., Exeter, N.H.
These are Nike Outlet Stores featuring
slightly defective or blemished shoes at
reduced prices. All top quality regularly.
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
10% on non-sale running shoes and clothing

Famous Footware
330 Clarks Pond Pkwy., South Portland
Also Auburn and Kittery
10% on running shoes

Group runs

The Maine Track Club includes all kinds of runners doing many different distances and paces ... from the weekend jogger to the daily 20-minute runner to the serious road racer.

Whatever your pleasure may be (social, speed, long distance), we probably have a running/training group near your area. For more information, contact any of the following:

Brunswick

Long runs on weekends and track and tempo workouts during the week. Times vary, so it's best to call. Contact John LeRoy (725-8680).

Kennebunk

The Kennebunk Road Warriors run weeknights in Kennebunk. Contact Steve Jacobsen (985-4107) or Nancy Kneeland (985-8100).

Portland

The USM Morning Group runs at 5:45 a.m. daily from the USM gym. Contact Mel Fineberg (774-8868) or Ruth Hefflefinger (797-4625).

The Rat Pack runs Sunday mornings at 7 a.m. from Payson Park. Contact Ron Deprez (772-4312) or Mike Reali (829-2014).

YMCA Noon Runs from the YMCA on Forest Ave. Contact Marla Keefe (775-9620) or Mike Pratico (874-1111).

The Maine Front Runners, a gay and lesbian running club, runs from Back Cove across from Shop 'n Save on Saturday mornings at 9 a.m. Contact Jim Estes (761-2059).

South Portland








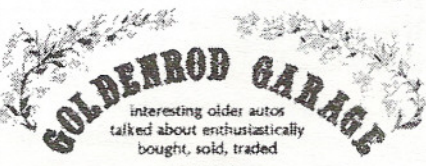

South Portland Road Runners run Thursday nights at 5:30 p.m. from the high school. Contact Russ Bradley (799-3864) or Donna Moulton (799-2894).

If you know of a group run that isn't listed above, please contact either Bob Aube (946-7681) or Marge Parsons (829-5079) to let us know where, when and a contact person for inclusion in the monthly newsletter.

The right stuff

Each month, Pat Buckley co-ordinates the newsletter mailing process with the help of a group of regular volunteers who gather to insert fliers into the newsletter, stuff them into envelopes and sort them for bulk mailing. Needless to say, the newsletter would never make it out on time without the help of these volunteers, so thanks to all of you who have pitched in during the past several months.

Support these MTC members in business

<p>Integrated Physician Services, P.A. Center for Family Psychiatry</p> <p>Psychiatric Care for Children, Adolescents and Adults</p> <p>25 Long Creek Dr., S. Portland, ME 04106 Ph: (207) 775-5527 Fax: (207) 756-8541</p>	<p> The Franklin Life Insurance Company</p> <p>Carlton E. Mendell CLU, ChFC, LUTCF Area Manager</p> <p>★ An American General Company</p> <p>272 Maine Ave. Portland ME 04103 207-791-7806</p>	<p> ARI INSURANCE AGENCY</p> <p>MICHAEL S. REALI CIC</p> <p>19 Commercial Street, P.O. Box 567, Portland, ME 04112-0567 Phone: (207) 780-1677 800-286-5352 Fax: (207) 780-6377</p>
<p>Conroy-Tully funeral homes</p> <p>172 State Street, Portland, Maine 04101 1024 Broadway, South Portland, Maine 04106 (207) 773-6511 / 773-9610</p>	<p> EYE ASSOCIATES</p> <p>Ronald M. Cedron, O.D., F.A.A.O. Steven A. Galambos, O.D. Doctors of Optometry Specializing in Contact Lenses</p> <p>152 Middle Street Portland, Maine 04101 207-773-2020</p>	<p>GERARD P. CONLEY, JR. ATTORNEY AT LAW</p> <p>CLOUTIER, BARRATT, CLOUTIER & CONLEY 22 MONUMENT SQUARE THIRD FLOOR PORTLAND, MAINE 04101 (207) 776-1818</p>
<p> HAIR AFFAIR</p> <p>YOU CAN STOP "RUNNING" The salon you've been looking for. Come and see Al & Tammy Butler: 20 St. George St., Portland, 775-2823</p>	<p> PUBLIC HEALTH RESOURCE GROUP</p> <p>120 Exchange Street Portland, Maine 04101 E-mail: phrg@portland.maine.com Website: http://auburn.maine.com/people/phrg/</p> <p>Community Health Needs Assessment; Insurance Benefits Design; Health Services/Strategic Planning.</p> <p>RONALD D. DEPREZ, Ph.D., MPH PRESIDENT</p>	<p>Telephone (207) 774-0546</p> <p>CHARLES A. ISELBORN, D.D.S. Comprehensive Dental Care</p> <p>149 BRIGHTON AVENUE PORTLAND, MAINE 04103</p>
<p> (207) 283-3980</p> <p>PAUL P. GADBOIS Civil Engineering, Surveying, Land Planning, Structural Engineering, Architectural Engineering</p> <p>Paul P. Gadbois, P.E., P.L.S. P.O. Box 327 Saco, ME 04072</p>	<p>William W. Dexter, M.D. Medical Orthopedist</p> <p> Sports Medicine Center</p> <p>Orthopaedic Associates of Portland, P.A.</p> <p>P.O. Box 1260 33 Sewall Street Portland, Maine 04104-1260 (207) 828-2111 (800) 439-0274 (207) 828-2190 Fax dexterw.famprax@mmc.org</p>	<p>207-865-6269 neil b. martin, prop.</p> <p> GOLDENROD GARAGE interesting older autos talked about enthusiastically bought, sold, traded since 1957</p> <p>route 125 freeport, maine 04032</p>
<p>DON FOSHAYE</p> <p>DISCOUNT TIRE & BATTERY</p> <p>MON - FRI 7:30 - 8:30 SATURDAY 8:00 - 2:00</p> <p>773-0112 282-5192 721-0009 602 Main Street U.S. Route 1 Pleasant Street South Portland Riddelford Brunswick (Stores open Year Round) (Closed on major holidays) (Open 10am - 6pm)</p> <p>SHOCKS * STRUTS * BRAKES * EXHAUST</p>	<p>Dana Seguin Certified Public Accountant</p> <p>Constance E. Grant, CPA 17 Commercial Street Portland, Maine 04101 (207) 772-7722</p>	<p>BROWN & MEYERS COURT REPORTING & TRANSCRIPTION SERVICES</p> <p>KATE MEYERS REGISTERED PROFESSIONAL REPORTER</p> <p>P.O. Box 937, Yarmouth, ME 04096-0937 1-800-785-7505 (207) 846-0420 Fax: (207) 846-0541 E-Mail: kate@brownmeyers.com INTERNET: www.brownmeyers.com</p>
<p>This space for your business card 6 issues, July-Dec., \$30 contact Russ Bradley 799-3864</p>	<p>Mail your card and check payable to the MTC to:</p> <p>Russ Bradley 4 Westfield Rd. Cape Elizabeth, ME 04107</p>	<p>John B. Perry D.F.M. Board Certified American Board of Podiatry Surgery</p> <p>Atlantic Foot & Ankle Center 44 Atlantic Place South Portland, Maine 04106</p> <p> Sport Medicine & Foot Surgery</p>



MTC 1997 Officers and Committee

USA Track & Field



Mike Reali and Terry Sutton	Co-Presidents	829-2014	Ann McGovern	At-Large	839-8332
John Gale	Vice President	775-5017	Howard Spear	At-Large and Clothing	856-6496
Ron and Martha Deprez	Past Presidents	772-4312	Al Butler	Equipment	772-6463
Joe Guimond	Treasurer	797-9463	Don Penta	Statistician and Photography	892-4526
Mary Ann Doss	Secretary	799-0896	Maureen Sproul	Photography	926-4681
Maggie Soule	Membership	846-3631	Dale Rines	Course Certification	854-2481
John Eldredge	Membership	829-4540	Bob Aube	Newsletter	946-7681
Everett Moulton	Race Committee	799-2894	Marge Parsons	Newsletter	829-5079
Russ Bradley	At-Large	799-3864			

Maine Track Club Membership Application

(Please check one) ☐ Individual (\$15) ☐ Family (\$20) ☐ Student — 18-year-old maximum (\$10)

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 _____
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 _____	Business phone _____
Employer _____	Occupation _____	Business phone _____
If student, school _____	Year of graduation _____	
If student, school _____	Year of graduation _____	
If student, school _____	Year of graduation _____	

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 participate 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 _____
Signature _____	Date _____

Please mail form and check to: Membership, Maine Track Club, P.O. Box 8008, Portland ME 04104