

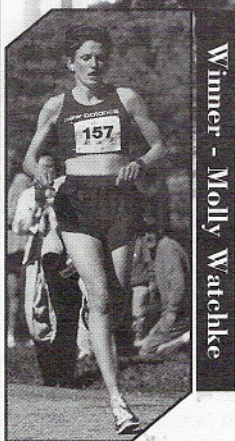


Run with a friend...

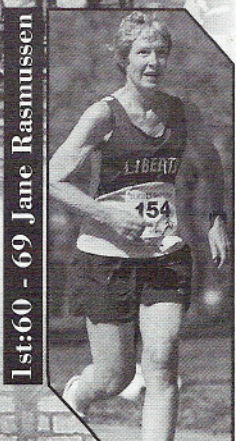
June 1999

3rd Tufts Health Plan 5K For Women

more photos on page 11



Winner - Molly Watchke



1st:60 - 69 Jane Rasmussen

JOAN SAMUELSON & THE TOP TEN WOMEN FINISHERS



Harvard Pilgrim Health Care to be primary local race sponsor for the MTC Women's 5K race sponsored nationally by Avon, RRCA and Runner's World Magazine.

Ron Deprez, Race Director, announced this week that The Maine Track Club has been awarded \$5,000 by Harvard Pilgrim Health Care again this year for the Women's 5K race in Maine sponsored nationally by Avon, RRCA and Runner's World Magazine. The 5k race and one-mile fitness walk will to be held on September 19, 1999 in Portland starting from the Eastland Radisson Hotel. Harvard Pilgrim Health Care, a managed care organization located in Portland with headquarters in Massachusetts, was the primary local sponsor for the last three years. Their primary sponsorship of this race continues their commitment to health care prevention activities in Maine, Deprez said "We deeply appreciate their commitment and look forward to working with them in putting on a premier running and fitness event for women".

The Women's 5K Series race is more than a race and fitness walk; it is also an opportunity for women, particularly those who have not taken up running or racing or fitness walking to obtain group training on running, racing and exercise fitness. Britt Wolfe, MTC member and Track Coach at Old Orchard Beach High School also agreed to coordinate the training sessions for women who will participate in this road race. Kris Caterina, Coach at Catherine McAuley High School, Chris Axelson and Dave Dowling, coaches at Greeley High School will assist in the coaching duties with Mr. Wolfe. These sessions will begin at the Back Cove Parking Lot opposite Shop n' Save in Portland starting on July 14th at 6:30 PM. They will continue weekly until race week. The sessions are free to women who sign up for the race.

Last year the race attracted almost 400 participants, many of whom were first time racers. We welcome women of all running abilities, ranging from accomplished professional women athletes to first time runners/racers/walkers.

Presidential Message

Dear Fellow Runners,

The weather has allowed us to get in a few extra miles each week as we have taken advantage of the sunny days and cooler temperatures. The sun is setting later each evening so that has allowed those of us who wait until the end of the day to prolong our daily runs just a bit each week.

The race schedule is crowded so I urge you to pick a few races to volunteer at before the season has ended. It is the volunteers who make a race successful. We need to show them our appreciation as we take water from the water stop, are lead to the proper turns, and come through the chute. Once you have volunteered at a race you will understand that running the miles of the race is the easy part!

We have several fun activities planned for this month. Thank you to Ziggy Gillespie who gave us guidelines to prepare for the Beach to Beacon Race. Several outdoor events have been planned to take advantage of the fabulous Maine summer weather. On June 19th, we will be traveling to the gorgeous Mount Washington Valley to witness the unique run to the top, a mere 7.6 miles and only one hill!

Later in the month we will enjoy a day at the ballpark watching the Portland Sea Dogs take on the Bowie Bay Sox. The MTC has reserved the picnic area in right field and food is included in the cost of the ticket. You will not want to miss this fun afternoon. Tickets are

WANT

Waterstop Co-Coordinator

The Casco Bay Half Marathon will be my order for the smoothest transition to Track Club members to work with me way, I can show the steps leading up itself. It is a very manageable role for the help of the individual water stop (their locations). If two Co-ordinators that much easier. Interested Maine members or email me at rays@maine.rr.com.

Ray Shevenell

Even the most proficient runner. Please mark your calendars on the third Tuesday of the month for the MTC meetings which will begin in September with a slide presentation by Chris Axelson, a runner, coach, Peak Performance owner, and enthusiastic promoter of running. Also in September, Pat Buckley will be leading a hike on moderate terrain so that all levels of hikers will be able to enjoy the outdoors.

In October, Christine Snow-Reaser has agreed to share some of her running secrets with us! That should help all of our running times. In November, we will have our election of officers for next year and enjoy a pot luck supper prepared by some of the greatest cooks in the running community. In December, the Jingle Bell Run will take place by the lights on the Western Prom. The Annual Banquet will be held in January, celebrating 20 years of the MTC's existence.

The planning committee is hard at work to represent the historical aspects in a special way. You will not want to miss any of these offerings. Please make every effort to become or remain an active part of the Maine Track Club!

Happy Running!

Marge



WANT

Maine Marathon Fluid/Waterstop

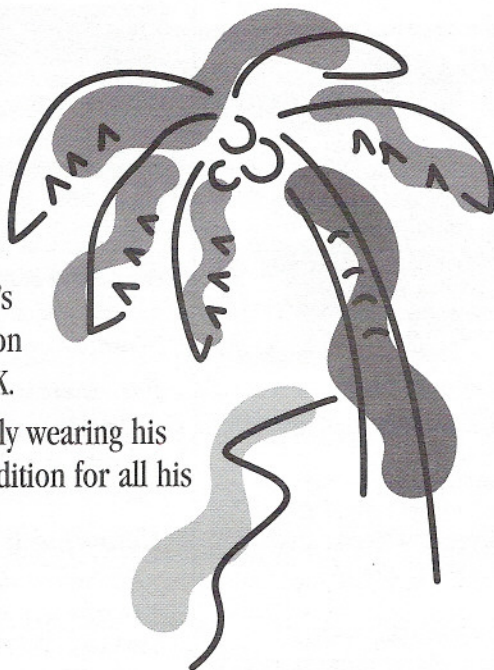
The 1999 version of the Maine Marathon and last as Coordinator for the Fluid/Waterstops. In take place, I am looking for one or two Maine as Co-ordinators for this year's events. This to race day as well as the activities on race day one person, primarily because of the enthusiastic leaders (who recruit most of the volunteers for Coordinators come on board, things would be Track Club members can call me at 799-4556

Aloha

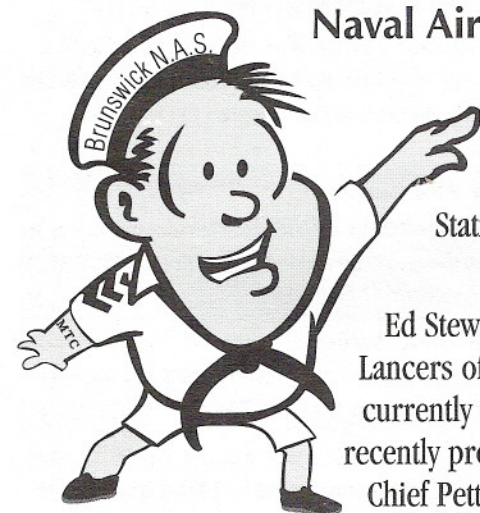
News from the May 3rd,
Honolulu Advertiser

Tom Peterson, a Maine native and member of the Maine Track Club for 20 years, was the top male master's finisher in the 40-44 age division of the Hawaii Cinco de Mayo 5K.

Tom finished in 18:26, proudly wearing his Maine Track Club Singlet, a tradition for all his races.



News from MTC members Stationed at the Naval Air Station in Brunswick



Rita Moulen was recently named the 1998 Female Athlete of the Year for the Naval Air Station in Brunswick

Ed Stewart, a member of the Red Lancers of Patrol Squadron Ten and currently stationed in Sigonella Sicily, was recently promoted to the rank of Senior Chief Petty Officer.

Congratulations to the following Maine Track Club members who completed the 1999 Boston Marathon:

Name	Chip Time	Name	Time	Name	Time
Paul Aceto	3:25:02	Eileen Dunfey	3:45:54	Rosalyn Randall	4:09:50
Vicki Bryant	3:40:25	Gary Giffard	4:02:09	Tom Shorty	3:19:51
James Carroll	3:26:28	Dick Graves	3:07:38	Daniel Sobel	5:01:15
Gerard Conley	3:14:49	Jeanne Hackett	3:25:15	William Sproul	3:11:55
Ken Cotton	3:05:11	Carol Hogan	3:33:31	Carlene Sproul	3:56:00
Bob Coughlin	3:37:02	Carlton Mendell	Time unavailable	Jim Toulouse	3:07:02
Ronald Deprez	3:24:10	Michael Musca	3:35:38	Verne Weisberg	4:08:59
Sheila Donahue	3:35:56	Craig Nelson	3:05:52	Kimberly White	3:38:52
		Philip Pierce	3:38:38	John Whitman	3:53:13

1999 MTC RACE SCHEDULE

July 17

Pat's Pizza Glam Festival Classic (5 miles), Yarmouth, 8 a.m. Contact: Maine Track Club 741-2084 or Ron Pelton 865-6919.

August 13

St. Peter's Road Race (4 miles), Portland, 7 p.m. Contact: Maine Track Club 741-2084 or Mike Real 829-2014.

September 3

Maine Running Hall of Fame 5K, Portland, 6:45 p.m. Contact: Maine Track Club 741-2084.

September 19

RRCA Harvard Pilgrim Women's Fitness 5K, Portland, 8 a.m. Contact: Maine Track Club 741-2084.

October 3

Aetna Maine Marathon and Casco Bay Half Marathon, Portland, 8 a.m. Contact: Maine Track Club 741-2084.

October 16

MTC 50-Miler, Brunswick, 6:30 a.m. Contact: Maine Track Club 741-2084 or Al and Sandy Utterstrom 797-4710.

October 17

Physical Therapy 8K, Brunswick, 9 a.m. Contact: Maine Track Club 741-2084 or Roger and Dorothy Fenn 725-1487.

November 21

Shop 'n Save Turkey Trot (5K), Cape Elizabeth, 9 a.m. Contact: Maine Track Club 741-2084 or Mel Fineberg 774-8868.

November 25

Thanksgiving Day 4-Miler, Portland, 9 a.m. Contact: George Towle 780-5595.

"Please call any of the phone numbers listed above to volunteer for any of these races."

THE COACHES CORNER

Weekly Training Schedule

Monday.....	Recovery Day
Tuesday.....	Recovery Day
Wednesday.....	Quality Day! (Race Simulation) Warmup/Workout/Warmdown
Thursday.....	Off Bike/Swim/Weights/Walk
Friday.....	Distance Base – Hill Course
Saturday.....	Off
Sunday.....	Race or Distance Base



The best training schedule for you is the one that meets your particular needs and available time. This applies to beginners as well as to world class runners. All of us have strengths, weaknesses, and limitations which need to be considered in setting up your monthly training schedule. Be realistic, consider rest needs and current levels of performance.

Running slow in order to run fast, recovery day running is a very important element in your schedule. Steady, relaxed running over several months is not only enjoyable, but cuts down on injuries and is the best base for competitive running.

Not only can you run slow in order to run fast, but by organizing your recovery days properly, you will race faster than ever before.

Your schedule has all your running needs: Rest, Quality, Uphill-Downhill, and Distance Base. Racing success will soon follow!

Brian T. Gillespie

Men's & Women's Run To Win Teams

Ron Cedrone
Ken Cotton
Bob Coughlin
John Gale
Robert Giroux
D. Scott Hamilton
Matt Lunt
Julius Marzul
Carlton Mendell
Richard Mulhern
Mike Reali
Rich Robinov
Howard Spear
Maureen Sproul
Willie Sproul
Ellie Tucker



Good Luck, and may the force be with you!

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 *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 & Save on Saturday mornings at 9 a.m. Contact Jim Estes (761-

If you're interested in weekly morning runs and weekly early afternoon runs, contact Guy Roy (284-8036)

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

Notice About Race Fliers

Anyone who wishes to have their race fliers included in the Maine Track Club newsletter must submit the flier 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 race run by the MTC, so if the race fee is already being paid to the club, there is no charge for race fliers. Please call or e-mail Mike Doyle to arrange for flier inclusion.

1999 RACE SCHEDULE

Race dates and times may be subject to change. Please check with Race Director for accuracy

- June 6** Women's Fitness Studio 5K, Brunswick, 9 a.m. Contact: Jim McCorkle 781-3134/FiveKSport@aol.com.
Woody Allen Memorial 5K, Norway, Call For Times Contact: 743-2281.
- June 12** MDI YMCA Spring 5K (10 a.m.) & 1-mile fun run (9:15 a.m.), Bar Harbor. Contact: Sharyn Kingma 244-5308.
Ram's 5K, Stevens Ave. Portland, 10 a.m. Contact: Robin Weste 772-1535.
Joseph's 5K, Bruce Bickford Open Mile & Bruce Ellis Masters Mile, Fairfield, 8 a.m. Contact: David Benn 873-0363.
- June 13** 1st Annual Deering 4 Mile Ram Run, Deering High School, 9:00 a.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
Back Cove Family Fun Day, Kids 1/2 Mile & Mile, Portland, 1:00 p.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
- June 18** Doc's Tavern 3-Miler, 7 p.m. Biddeford. Contact: Split Time Race Management 781-RACE.
- June 19** New Sharon Bicentennial 5K, 9:30 a.m. Contact: Ed Ferriera 778-9235.
Mt Washington Road Race, N.H.
- June 20** Hampden 8.5 Miler, 8:30 a.m. Contact: Skip Howard 223-4715.
- June 23** Habitat for Humanity 4-Miler, Portland, 6:00 p.m. Contact: 5K Sports 781-3134.
- June 26** Tour Du Lac 10-Miler, Bucksport, 8:30 a.m. Contact: Fred or Joan Merriam 469-2019.
Raymond Founders Day Run For Fun, Raymond 5K (7:30 a.m.) & 1 Mile (8:30 a.m.), Raymond, Contact: Phil Meech 1-800-642-9901 ext 296.
Hollis Recreation Dept 4-Miler. 9:00 a.m. Contact: Charlie Scribner 781-RACE.
YMCA Camden Area 5K, Camden, 9:00 a.m. Contact: Jason Wood 236-3375.
18th Annual Pottlehill 10K(9:15), 5K (9:a.m.) & One Mile Run, mechanic Falls, Contact: Pottleworks 345-3511.
- June 27** Literacy Volunteers 5K, Falmouth, 9 a.m. Contact: Split Time Race Management 781-RACE.
Gardiner 5-Miler, 8 a.m. Contact: John Schwerdel 623-8086.
- July 4** L.L. Bean 10K, Freeport, 7:30 a.m. Contact: Jim McCorkle 781-3134/FiveKSport@aol.com.
Walter Hunt Memorial 3K, Brewer, 10:45 a.m. Contact: Dave Torrey 942-1988.
Bridgton 4 on the Fourth, 8 a.m. Contact: Lorraine or Jay Spenciner 647-3347.
Four on the 4th Road Race, York. Contact: 363-1040
- July 5** Houlton 8K, 9 a.m. Contact: Houlton Rec Dept 532-1310.
- July 7** Summer Fun Run Series (5K/1-mile/.5-mile) Falmouth, 6:30 p.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
- July 10** Oxford Hills 4-Miler, 1-mile walk & 1/2-mile fun run, 8:00 a.m. Contact: 5K Sports 781-3134.
Moxie Day 5K, Lisbon Falls, 9:30 a.m. Contact: Split Time Race Management 781-RACE.
- July 11** Kennebunk Beach Improvement Association 5K, 9 a.m. Contact: Lorraine Sacco 617-593-3762.
4For Alec, 4 Mile Run/2.5 Mile Walk, Saco, 10 a.m. Contact: Jim McCorkle 5K Sports 781-3134.
- July 14** Summer Fun Run Series (5K/1-mile/.5-mile) Falmouth, 6:30 p.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
- July 17** Pat's Pizza Clam Festival Classic (5 miles), Yarmouth, 8 a.m. Contact: Maine Track Club 741-2084 or Ron Pelton 865-6919.
Hermon Fun Days 10K, 8 a.m. Contact: Steve Tuckerman 848-3485(w) or 848-5447(h).
Loon Call 5K, Smithfield, 8 a.m. Contact: Fawn or John Paradis 362-5121.
- July 21** Summer Fun Run Series (5K/1-mile/.5-mile) Falmouth, 6:30 p.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
- July 24** Hancock Lobster Classic 10-Miler, 9 a.m. Contact: Andrew Beardsley 667-7128 (5-9 p.m.).
Casco Days 4-Miler. Contact: Carrie Scribner 627-7631.
- July 25** Fort Knox Bay Festival Family 5K, Bucksport, 9 a.m. Contact: Bucksport Bay Area Chamber of Commerce 469-6818.
Save the Observatory 3-Miler, Portland, 8:30 a.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
- July 28** Summer Fun Run Series (5K/1-mile/.5-mile) Falmouth, 6:30 p.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
Roland Dyer Memorial 5K, Winslow, 6:30 p.m. Contact: Gene Roy 465-7296.
- July 31** Peaks Island 5-Miler, 10 a.m. Contact: Jim McCorkle 781-3134/FiveKSport@aol.com.
- August 7** Beach to Beacon 10K, Cape Elizabeth, 8 a.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com or Split Time Race Management 781-RACE.
Wilton Blueberry Festival 10K, Wilton, 9 a.m. Contact: Kelley Cullenburg 778-4971.
- August 11** Falmouth Education Foundation 5K, 5:45 p.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
- August 13** St. Peter's Road Race (4 miles), Portland, 7 p.m. Contact: Maine Track Club 741-2084 or Mike Reali 829-2014.

1999 RACE SCHEDULE (contu.) Race dates and times may be subject to change. Please check with Race Director for accuracy

- August 15** Spring Point Festival 4-Miler, South Portland, 8:30 a.m. *Contact: 5K Sports 781-3134/FiveKSport@aol.com.*
Alvin Sproul Samoset 10K, Bristol, 9:15 a.m. *Contact: Carlene Sproul 677-2586.*
Bowdoin & Back 10 Miler, Bowdoin College, 8:00 a.m. *Contact: 5k Sports 781-3134.*
- August 21** Machias Blueberry Run 5-Miler, 9 a.m. *Contact: Sunrise Opportunity 255-8596.*
O.O.B. Breakaway 5K (9 a.m.) & Kids 1 Mile Run (8:30 a.m.), Old Orchard Beach Square, *Contact: Jim McCorkle 5K Sports 781-3134.*
Gorham Family Fair 5K & Kids Fun Run, 5K 8:30 a.m./Kids Fun Run 8:00 a.m. *Contact: Gorham Rec. Dept 839-8000.*
Houlton Potato Feast 5K & 1.5-mile walk, 9 a.m. *Contact: Ann Joy 532-9471 ext. 628.*
Northeast Harbor Road Race (5 miles), 9:30 a.m. *Contact: Albert Hamor 276-3646.*
- August 29** Rotary Waterfront/Bridge 4-Miler, South Portland, 9 a.m. *Contact: Split Time Race Management 781-RACE.*
- September 3** Maine Running Hall of Fame 5K, Portland, 6:45 p.m. *Contact: Maine Track Club 741-2084.*
- September 5** 5K Sports Women's 5K Walk/Run, Falmouth, 9:00 a.m. *Contact: 5k Sports 781-3134.*
- September 6** Bangor Labor Day Road Race (5 miles), 9 a.m. *Contact: Bangor Parks & Recreation 947-1018.*
Caribou Labor Day 5-Miler (10 a.m.) & Viking Run (9 a.m.). *Contact: Marrayly Welch 498-3756.*
- September 11** No. Yarmouth Fun Day 1 Miler & 1/2 Mile, Kids Run, 8:30 a.m., 9:00 (Adult Race) *Contact: 5K Sports 781-3134.*
- September 12** Terry Fox 5K, Bangor, 11:30 a.m. *Contact: 862-3737.*
- September 18** Bar Harbor Half-Marathon, 8:30 a.m. *Contact: MDI YMCA 288-3511/ebartlett@mdiymca.org.*
- September 19** RRCA Harvard Pilgrim Women's Fitness 5K, Portland, 8 a.m. *Contact: Maine Track Club 741-2084.*
Help Can't Wait 10K, Brunswick. *Contact: Charlie Scribner 781-RACE.*

Riverfest 3-Mile Road Race, Old Town, 8:30 a.m. *Contact: 827-3961.*
Kingfield 10K & Kids 1K, 10 a.m. *Contact: Glenn Eddy 237-2000.*

and, 9:30 & 10 a.m. *Contact: 5K Sports 781-3134/FiveKSport@aol.com.*
Half Marathon, Portland, 8 a.m. *Contact: Maine Track Club 741-2084.*
m. *Contact: 5K Sports/Jim McCorkle 781-3134/FiveKSport@aol.com.*
Silent Hills 5K, Hinckley, 9 a.m. *Contact: Mike Gordon 453-7368.*
mecoming 4-Miler, 10:00 a.m. *Contact: Charlie Scribner 781-RACE.*
ake 5K, 9 a.m. *Contact: Sandra Gordon or Hugh McLean 338-1724.*
C 50-Miler, Brunswick, 6:30 a.m. *Contact: Maine Track Club 741-2084*
ct: *Maine Track Club 741-2084 or Roger or Dorothy Fenn 725-1487.*
mpkin Race (10K), Saco, 9:30 a.m. *Contact: Bob Lanigra 883-8662.*
alloween Classic (3K), Portland. *Contact: Brian Gillespie 797-7261.*

Capital City 5K, Augusta, 9:30 a.m. *Contact: Tom Wells 685-3332.*
ey Ocean Run (10K), Freeport. *Contact: Charlie Scribner 781-RACE.*
a.m. *Contact: Maine Track Club 741-2084 or Mel Fineberg 774-8868.*
Brewer Turkey Trot 5K, 1 p.m. *Contact: Dave Jeffrey 825-3403.*
giving Day 4-Miler, Portland, 9 a.m. *Contact: George Towle 780-5595.*
rkey Two-Miler, Augusta, 10 a.m. *Contact: John Schwerdel 623-8086.*
Turkey Trot 5K, Caribou, 10 a.m. *Contact: Dan Harrigan 498-3226.*

meetings 5.5-Miler, Madison, 11 a.m. *Contact: Ron Paquette 437-9237.*
a.m. *Contact: 5K Sports/Jim McCorkle 81-3134/FiveKSport@aol.com.*

October 2 Lifeline 5K/Kids' Fun Run, Portland
October 3 Aetna Maine Marathon and Casco Bay F
October 9 2nd Edition 5K Road Race/Walk, Kennebunk, 10 a.

October 10 Windham Ho
October 16 Belfast Pan
October 17 MT
October 17 Physical Therapy 8K, Brunswick, 9 a.m. *Conta*
October 24 Great Pu
H

November 6
November 13 Great Ospre
November 21 Shop 'n Save Turkey Trot (5K), Cape Elizabeth, 9

November 25 Thanks
Gaspin Gobbler 10K/Tu

November 27
December 4 Season's Gr
December 19 Bob Marley's Toys For Tots 5K, Portland, 10

RACE RESULTS

CONVENTURES PRESENTS

THE 3RD TUFTS HEALTH PLAN 5K SERIES

FOR WOMEN: PORTLAND

246 FEMALE FINISHERS

SCENIC CERTIFIED LOOP COURSE FROM PORTLAND'S
DEERING OAKS

9:00 A.M., SUNDAY, MAY 16TH, 1999

WEATHER: SUNNY, LOW 60's, BEAUTIFUL!

TOP OVERALL FINISHERS

Place/Name	Age	Time	Pace
1 Molly Watchke	28	17:05	5:30
2 Jenna Rogers	23	17:12	5:33
3 Zofia Weiciorkowska USAT&F	36	17:20	5:35
4 Christine Snow Reaser	33	17:44	5:43
5 Susannah Landreth	31	17:53	5:46
6 Rose Prest-Morrison	36	18:16	5:53
7 Sharon Mitchell	29	19:29	6:16
8 Mary Meehan	33	19:48	6:23
9 Cheryl Van Wie	38	19:53	6:24
10 Ann McGovern (MTC)	35	19:59	6:26

TOP DIVISIONAL FINISHERS

11 Melinda Harder 40-49	44	20:16	6:32
13 Merrily Welch 30-39	33	20:38	6:39
15 Elisabeth Wyman 16-23	18	20:59	6:45
16 Catherine "Catie" Dean 24-29	29	21:04	6:47
23 Joan Lavin (MTC) 50-59	51	21:32	6:56
42 Elise Moody-Roberts 15&under USAT&F	10	22:27	7:14
199 Elizabeth Irwin (MTC) 70&+ USAT&F	72	31:48	10:14
200 Jane Rasmussen 60-69	62	32:00	10:18

OTHER MAINE TRACK CLUB FINISHERS

24 Joan Lee	45	21:35	6:57
25 Michelle Ouillette	25	21:37	6:58
34 Deborah Cassidy	42	22:10	7:08
38 Wendy Williams	45	22:18	7:11
82 Cathy Burnie	50	25:12	8:07
107 Annette Elowitch	56	25:53	8:20
121 Karen Connolly	40	26:17	8:28
128 Beth Wilson	43	26:41	8:36
136 Kelsey Barrett	16	27:21	8:48
137 Betsy Barrett	48	27:21	8:48
141 Carlene Anderson	49	27:45	8:56
163 Susan Snow	34	28:51	9:18
164 Kathleen Harris	36	28:51	9:18
165 Cheryl McCall	32	28:53	9:18
189 Beth Quinlan	40	30:46	9:55
206 Virginia Cross	56	33:09	10:40
215 Terri Morris 2,70&over	70	34:41	11:10
217 Deborah Howe race walker	53	35:45	11:31

Many thanks to GRANITE STATE RACE SERVICES
for complete results!

THE BOOTHBAY REGION YMCA PRESENTS

THE 19TH ANNUAL ROCKY COAST 10K ROAD RACE

128 FINISHERS (39 FEMALE & 89 MALE)

CERTIFIED LOOP COURSE THROUGH SCENIC
BOOTHBAY HARBOR

10:00 A.M., SATURDAY, MAY 1ST, 1999

TOP OVERALL FINISHERS

Place/Name	Age	Time
1 George Luke	33	32:03
2 Matt Carter	27	34:50
3 Joan Benoit Samuelson (Hon.MTC)	41	36:01*
4 Steve Reed (MTC)	51	36:45
5 Kenneth Bettis	19	38:00
6 Andre Benoit	47	38:11
30 Melinda Browne	27	43:29*
31 Evelyn King (MTC)	41	43:34*
38 Mary Poulin	39	44:47*
40 Anne Marie Davee	42	44:54*

TOP DIVISIONAL FINISHERS

7 Jonathan Ives 19-29	29	38:15
8 Randy Bartlett 40-49	43	38:41
9 Evan Daignault 13-18	15	38:45
17 Jeff Mallett 30-39	35	40:57
20 David Polito 50-59	50	41:51
35 Fred Zuleger,III 60-69	66	43:57
44 Hannah Hall 13-18	17	45:00*
50 Holly Decker 40-49	41	45:52*
54 Wendy Dombrowski 30-39	36	46:23*
59 Lorraine Mohan 19-29	24	47:06*
72 Joan Tremberth (MTC) 50-59	54	48:53*
111 Carlton Mendell (MTC) 70&over	77	57:22

OTHER MAINE TRACK CLUB FINISHERS

16 Alan Reilly 5,40-49	45	40:41
47 Terry Clark 5,50-59	54	45:22
48 Roger Fenn	52	45:38
55 John Morse	53	46:34
58 John LeRoy 2,60-69	62	46:51
66 Milt Dudley	47	48:26
84 Anastazy Moran	21	50:58*
93 Denny Morrill	55	53:16
97 Samantha Paterson	22	53:50*
98 Diana Connell	43	54:05*
127 Julius Marzul	72	80:39
128 Don Penta	52	80:40

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

**WAYNFLETE SCHOOL AND SPLIT-TIME RACE
MANAGEMENT PRESENT**

**THE SECOND ANNUAL FLETE FEET
4-MILE ROAD RACE**

**70 FINISHERS (25 FEMALE & 45 MALE)
CERTIFIED DOUBLE LOOP COURSE THROUGH
PORTLAND'S SCENIC WEST END
8:00 A.M., SATURDAY, MAY 8TH, 1999**

TOP OVERALL FINISHERS

Place/Name	Age	Time	Pace
1 Kyle Rhoads 1,overall	29	21:46	5:27
2 Allan Muir 2,overall	44	22:36	5:39
3 Roland Thibault 3,overall	31	22:47	5:40

Hike Details to follow

SEPTEMBER 21

6 P.M. Falmouth Library

Chris Axelson Slide Presentation on Adventure Running

OCTOBER 12

6 P.M. Board Meeting, Cumberland Library

OCTOBER 19

"Sharing My Running Secrets"

6 P.M. Falmouth Library, Christine Snow-Reaser

NOVEMBER 9

Board Meeting

6 P.M. Cumberland Library

NOVEMBER 16

Pot Luck Supper

6 P.M. - site to be announced

DECEMBER 14

Board Meeting

6 P.M. Cumberland Library

DECEMBER 21

Jingle Bell Fun Run

6 P.M. Eastern Prom by the Holiday Lights

JANUARY

Banquet

6 P.M. Val Halla, Cumberland

1999 UPCOMING EVENTS

JUNE 1

June Membership Meeting

Falmouth Library 7P.M.

Ziggy Gillespie "Getting Ready for the Beach to Beacon Clinic"

JUNE 15

June Board Meeting

Cumberland Library 6-8 P.M. Open to everyone.

JUNE 19

Mount Washington Race and Picnic

(open to all runners, volunteers, families) Volunteers still needed!

JUNE 27

Baseball Game

Portland Seadogs tickets \$15.00 limited number so purchase yours early

Call Bob Aube at 829-5079

53	Jack Nyhan 65-69	68	35:57	8:59
55	Elizabeth McWilliams 19-24	24	36:36*	9:09
63	Kim Warde 18&under	15	39:47*	9:57
64	Elizabeth Irwin (MTC) 70&over	71	42:45*	10:41
68	Debbie Howe 50-54 race walker	53	46:15*	11:34
69	Dr. Fran Dyro 55-59	57	46:47*	11:42

OTHER MAINE TRACK CLUB FINISHERS

13	John Whitman 2,50-54	54	26:07	6:32
14	Ogden Williams 3,40-44	43	26:50	6:43
22	Bill Spirer	17	27:33	6:53
37	John Howe 2,60-64	64	31:23	7:51
41	Chuck Burnie	45	32:20	8:05
43	Denny Morrill 2,55-59	59	32:37	8:09
57	Kenneth Spirer	56	37:12	9:18
60	Rita S. Moulin	40	37:42*	9:26
70	Don Penta	52	47:10	11:48

**VERY SPECIAL THANKS TO CHARLES SCRIBNER AND
SPLIT-TIME RACE MANAGEMENT
FOR COMPLETE RESULTS!**

NEW MEMBERS

Ned Ayers (49)

Falmouth

Restaurant Manager, Capital Pizza Huts

Mike Detscher (40)

Freeport

Diane Dusini (36)

Portland

Lawyer, Dusini & Livingston, P.A.

"I have seen your club's members at many road races and thought it was time to join. I am training for my first marathon (Marine Corps 10/99) after never running more than 5 miles. I can use all the advice I can get! P.S. If anyone is looking for a very slow training partner for a marathon, I'd love to hear from them. I'm hoping to finish in 4:30."

Robert Gardner (58)

Brunswick

Demographer, self-employed

John Laney (31)

Portland

Pharmaceutical Sales, Smith Kline Beecham

"I'm looking to improve speed for short and middle distance triathlons; to enter some 10K races, and hopefully the Casco Bay half marathon; and to socialize."

Gil Moreno (37)

Portland

Substance Abuse Counselor, Discovery House

Curtis Moulton (36)

Sanford

Machinist, CYRO Industries

Jonathan Rundell (39)

Scarborough

Computer Programmer, self-employed

UPCOMING MTC BIRTHDAYS

JUNE

- 12: Beth Lunt
- 14: Steven Bremner
- 15: Michael Boucher
- 16: Neil Chivington, Alex Nelson
- 17: Susan Snow
- 18: John Howe
- 19: Daniela Daggy, Gore Flynn, Doreen Morrow, Ryan Salvo
- 20: Kara Conly
- 21: George Liming, Michelle R. Babin-Nelson
- 22: Terry Keough, Jody King
- 23: Robert M. Johnson, Al Utterstrom
- 24: Erin Leighton, Alton Libby, Kate Meyers, Rebecca Sproul
- 25: Jill Szopinski
- 27: Terry Clark, Russ Connors
- 28: Ken Cotton
- 29: Harry White
- 30: Michael Dubois, Dana Peterson, Richard Scribner

JULY

- 3: William Dexter, Ward Grossman, Bob Payne, Dale Rines
- 4: Katherine Williams
- 5: Eve Harrison
- 6: Debby Lavender
- 7: Nicole Spear

NEXT MTC MEETING

June 15, 1999, at 6-8 p.m.

**Board Meeting
Cumberland Library**

"OPEN TO EVERYONE"

1999 Membership Information

Send check or money order to:

Maine Track Club

P.O. Box 8008

Portland, Maine 04104

or call Maggie Soule (846-3631) for more information

Individual or Family=\$20.00 • Student=\$12.00

We Need Your Input

NEWS•RUN 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 Mike Doyle at 871-0051, sending e-mail to mduoye@mainecul.org, or by mail to:

Maine Track Club

Newsletter

P.O. Box 8008

Portland, Maine 04104

The deadline for each issue is the 15th of the preceding month.



Virginia Cross (MTC)



Deborah Cassidy



Deborah Howe (MTC)



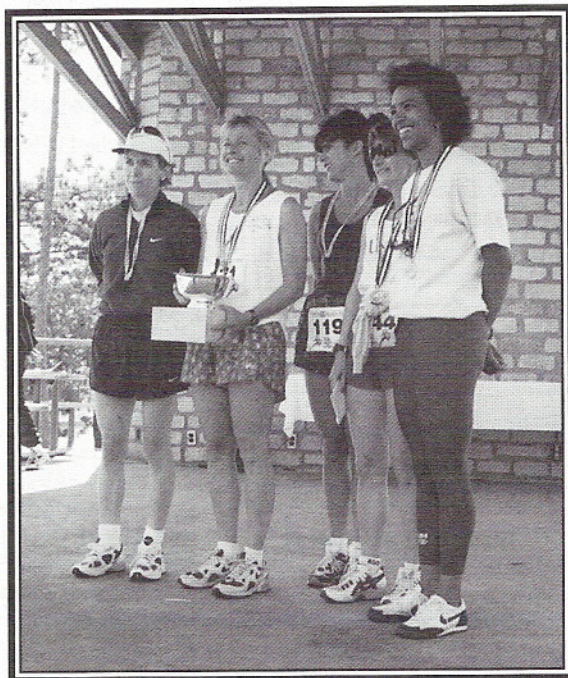
Dot & Mary Meehan



Elizabeth Irwin (MTC)



Wendy Williams (MTC)



Corporate Team Winner UNUM

Winners Left to Right:

Joan Lee (MTC), Deborah Cassidy (MTC)

Joan Lavin (MTC), Cheryl Van Wie



*Elizabeth Wyman
1st: 16-23*



*Zofia Weiciorkowska
3rd, USAT&F Qualifier*



Mary Meeham



*Melinda Harder 11th
First Time Tufts Runner*



Joan Lee & Michelle Ouillette (MTC)



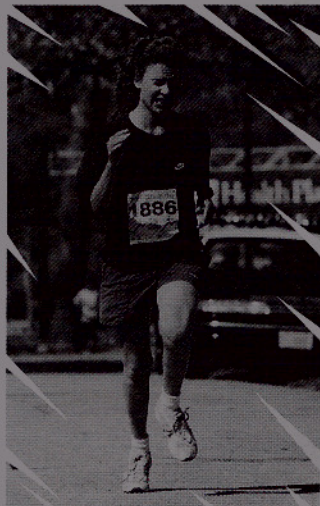
*Joan Lavin
1st: 50-59*

USA Track & Field

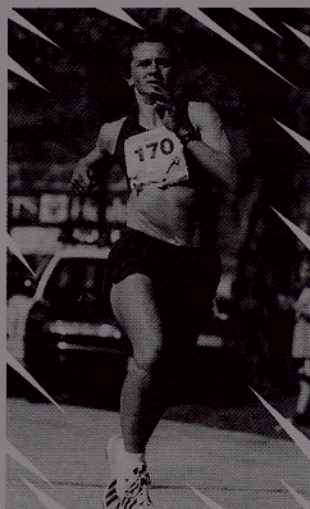


Bob Aube	Race Committee	829-5079
Rodger Smith	At-Large	883-3041
Howard Spear	At-Large	856-6496
Maureen Sproul	At-Large	926-4681
Sandy Utterstrom	At-Large	797-4710
Steve Fox	Clothing	799-8840
Bill Devoe	Equipment	761-0602
Don Penta	Statistician and Photography	892-4526
Dale Rines	Course Certification	854-2481
Mike Doyle	Newsletter	871-0051
Colleen Redmond	Newsletter	871-0051

3RD TUFTS HEALTH PLAN 5K SERIES FOR WOMAN



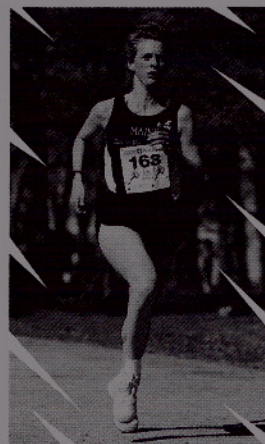
Catherine Dean 1st 24-29



*Christine Snow-Reaser
1st from Maine*



*Cheryl Van Wie
9th Place*



Ann McGovern (MTC)



Carlene Anders



Cheryl McCall (MTC)



*Linda Gretta
Post Race Exercises*



Terri Morris (MTC)



*Cathy Burnie #120 (MTC)
Heidi Anne Loughlin #153
Jennifer Webster #1776*

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. Or, if you would like to have your business card included in News•Run, you can do so for just \$5 per month.

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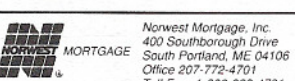
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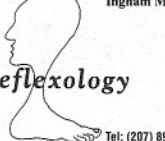
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The following area sporting goods stores have agreed to give MTC members discounts on running shoes and running clothing. It is necessary that you show your 1999 club ID card when requesting discounts.

Peak Performance Sports

59 Middle St., Portland

15% ON ALL PURCHASES

Olympia Sporting Goods

Maine Mall, S. Portland

10% ON SHOES ONLY

Coastal Athletics

84 Cove St, Portland

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