

# Maine Track Club

July/August 1990

Run with a friend...



**He's Back! Charlie Scribner at Doc's Tavern. His First Race in Three Years. Look Out, World!**



## FROM THE EDITOR

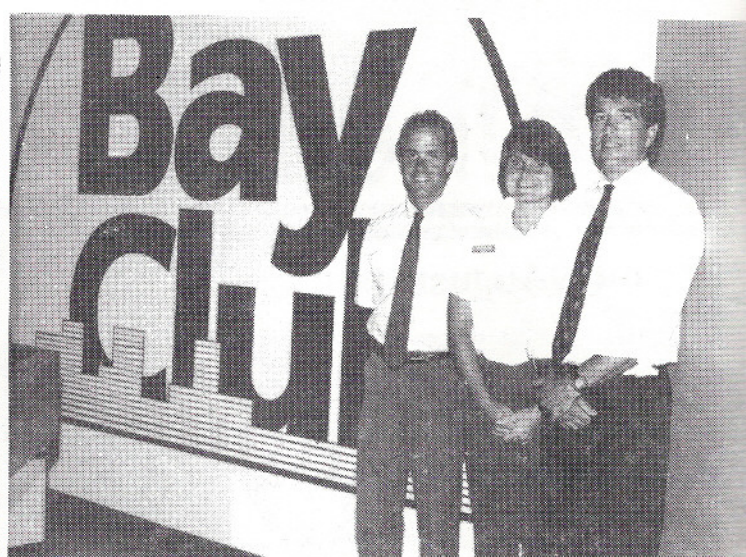
Did you go to camp as a kid? I didn't, so I didn't really know what to expect when I went to running camp. From what I hear, my experience was not substantially different from millions of kids across the country. Lots of fun, lots of running, beautiful scenery, crowded bathrooms, new friends, new activities and horrible food. It was, all told, a wonderful experience. Hopefully, Everett Moulton will tell us all about it in next month's newsletter.

An update on the "Name That Newsletter" contest...The RRCA publication FootNotes will invite runners from around the country to submit their suggestions for our name. If we get anything great, we will use it. If not, it's back to the drawing board.

Coach Brian "Ziggy" Gillespie has been coaching the Run to Win womens team with much success. The women on his team have had a wonderful season and continue to improve. We wish them all the best of luck in their upcoming races and hope to hear from Ziggy in the coming months about his team.

I would like to welcome our first official MTC Advertiser, The Bay Club, the ultimate health and fitness center, located at One City Center in Portland. In addition to advertising in our Newsletter, The Bay Club is a founding sponsor of the upcoming half-marathon in South Portland. (See Bill Stuart's column for further details.) If you haven't yet seen the Bay Club, you should: it's fitness paradise!

Finally, our next issue will be devoted to Women Runners in honor of the Sonesta 5K. If you have anything you would like to contribute to that issue, please make sure you get it to me by the third Thursday (August 16) to make the deadline.



### PRESIDENT'S CLUB PATRON

THE BAY CLUB  
ONE CITY CENTER  
PORTLAND, ME

Left to right: Jim Bunnell, General Manager  
Carol Hooper, Director of Fitness, and Dennis  
Tetreault, Asst. General Manager

# Big Deal

## JOIN BAY CLUB TODAY!

For a limited time only, BAY CLUB, Portland's finest health and fitness center is offering you an incredible savings!

Join now and pay  
**NO INITIATION FEE.**

And... if you join before August 31st, you could be eligible to pay monthly dues of only \$49.00/month\* (regularly \$57.00/month)

So, call today, 772-5444 to schedule a tour.  
Do it now - Before Bay Club's Big Deal becomes no deal at all!

"Bay Club has provided me with programs and services that have helped me come back from injury and pregnancy"

*Joan Berait-Samuelson*



Bay Club is located at One City Center, Portland, ME 04101

**772-5444**

\* \$49.00/month dues are based on a 12-month annual membership.

\* Offer ends 8/31/90





# 1990 Officers and Committee Chairpersons

Bill Stuart	President	799-5961
Peter Bastow	Vice President	829-3669
Susan Davenney	Secretary	772-1787
Rob Laskey	Treasurer	729-4104
Charlie Scribner	Race Committee	772-5781
Candace Karu	Newsletter Editor	967-4257
Barbara Coughlin	Member at Large	799-0463
Carleton Mendell	Member at Large	797-7806

John Leroy	Course Certification	725-8680
Loren Lathrop	Course Certification	772-8356
Ruth Hefflefinger	Membership	797-4625
Herb Strom	Past President	799-7705
Melvin Fineberg	Clothing	774-8868
Don Penta	Statistician	892-4526
Rick Strout	Member at Large	829-3216

Maine Track Club, Box 8008, Portland, Maine 04104 \* A non-profit organization

## WANTED: NEWSLETTER SPONSORS!

MTC gratefully acknowledges the generosity and support of those members listed at right. If you would like to become an individual sponsor, please send \$10 to the Maine Track Club, Box 8008, Portland 04104.

To become a corporate sponsor, your donation of \$25 should be mailed to the same address. Prime sponsorships in the amount of \$50 will reserve you advertising space in the newsletter. For details, contact the Editor at the number listed above.

All donations are gratefully accepted!

### PRIME SPONSORS

John Davis  
Carol Pierce

### SPONSORS

Mel Fineberg  
Maggie Soule  
Richard & Nancy Lemieux  
Malcolm & Adrienne Kidd  
Robert Perkins  
Claire Edwards  
John Woods



## Maine Track Club

P.O. Box 8008, Portland, Maine 04104  
...Run with a friend...

### TREASURERS REPORT May 3, 1990

Funds on deposit April 7, 1990 \$ 4,933.75

#### Receipts:

Membership	\$ 358.00
Newsletter contribution	\$ 300.00
Race management fee	
Boys Club Race	\$ 300.00
Clothing	\$ 181.50
Return check reimburse	\$ 14.00
Newsletter Sponsor	\$ 10.00
Interest	\$ 22.65

\$ 1186.15

\$ 6119.90

#### Disbursements:

*Ruth Hefflefinger Postage Newsletter	\$ 75.00
*Loren Lathrop Expenses	\$ 5.00
*Big Red Q Printing Newsletter	\$ 175.50
*D.P. Trophy World Donor Plaques	\$ 40.59
*Dale Rand Printing Bruce Ellis Fund copy	\$ 53.55
*Coastal Silkscreen Sweatshirt Lynn Jennings	\$ 19.85
*Dale Rand Printing Membership lists	\$ 60.90
*Big Red Q Printing Newsletter	\$ 172.45
*Check Returned Insufficient funds	\$ 14.00

\$ 616.84

Funds on Deposit May 3, 1990 \$ 5,503.06

Bruce Ellis Fund Contained within funds on deposit \$ 1,134.48

Robert M. Laskey  
Robert M. Laskey  
Treasurer



## Maine Track Club

P.O. Box 8008, Portland, Maine 04104  
...Run with a friend...

### TREASURERS REPORT June 2, 1990

Funds on Deposit May 3, 1990 \$ 5,503.06

#### Receipts:

Membership	\$ 227.00
RRCA reimbursement (convention shirts)	\$ 119.00
Fats Pizza race management fee 1989	\$ 943.53
April Amble race management fee	\$ 300.00
Interest	\$ 26.46

\$ 1,615.99

\$ 7,119.05

#### Disbursements:

*Ruth Hefflefinger newsletter postage	\$ 75.00
*USPS-Oakhurst postage	\$ 50.00
*D.P. Trophy World Officer Friendly	\$ 36.50
*Dale Rand-Envelopes	\$ 35.70
*Nancy Stedman-photos Boys Club	\$ 37.61
*Coastal Silkscreen Officer Friendly	\$ 162.75
*Elek-Tek - Printer	\$ 196.50
*Gregg Nelson - Course Certifications: Womens 5k Measured Mile Oakhurst	\$ 30.00
*Marla Keefe - Exceed	\$ 210.00
*Bill Stuart - race # s Family Crises Race	\$ 120.00
*Dale Rand - copies Bruce Ellis Fund apps.	\$ 8.40
*Ruth Hefflefinger postage newsletter, members packets	\$ 120.00
*Alpha Graphics-copies membership packets	\$ 4.73

\$ 1,087.19

Funds on Deposit June 2, 1990 \$ 6,031.86

Bruce Ellis Fund Contained within funds on Deposit \$ 1,227.93

Robert M. Laskey  
Robert M. Laskey

Maine Track Club is a non profit organization.





# PRESIDENT'S PAGE

After what had been a pretty mild training season through the first half of the year, July was a real shocker. Let's hope that the gods of couch potatoes have had their fun and will return the atmosphere to the comfort zone of the active!

## STRONG TURNOUT

We continue to enjoy strong turnout at our races. Participation at every one of our races was up in 1989 over 1988. That trend is continuing this year. It was terrific seeing more than 100 runners turn out on a hot, humid day in early June to run the Mark Hoffmaster Memorial, a "low-key" race that usually attracts much smaller crowds. Although it was not technically our race, the YMCA race at which MTC helped was overwhelmed with race-day applicants. And as I write, two days before the Pat's Pizza Clam Festival Classic, we have 460 pre-registered runners (and expect close to 700 registered runners). If the sport of running is on the decline, you would not know it from the figures at our races. The strength of our races is, I believe, a tribute to the amount of effort that we put into organizing our events. Runners have come to expect a quality event--good, well-monitored courses, high-quality T-shirts, well-manned water stations and accurate results--from Maine Track Club. The attendance figures indicate that we are delivering!

## HALF MARATHON UPDATE

Loren Lathrop has been named race director of the Fore River Challenge '90 Half Marathon and Four Miler. His wife Jane will assist him. We have been busy planning this event and are looking forward to a terrific, festive day on Sept. 9.

Activities will include the half marathon, run along the old Elks course, and a four miler along the Shaw's Thanksgiving Day course. The races will end in and around Fitzpatrick Stadium. We plan to have entertainment at the stadium. The awards will be presented at the Elks Club. We are grateful to the Bay Club of Portland, the health club that has been a consistent supporter of Maine Track Club, and Elks 188 in Portland for their generous co-sponsorship of this event. The Portland Parks and Recreation Department also will be co-sponsoring the two races. Stay tuned for more information. We need runners and volunteers!

## SARA HOBSON LEAVES

Sara Hobson and her family have moved to Cincinnati, where Geoff has accepted a job covering the Cincinnati Bengals for the Cincinnati Post. Sara has done much to promote running in Maine through her weekly running column in the Maine Sunday Telegram. We will miss Sara as a writer, a Track Club member, a runner and a person. Best of luck to the Hobsons in their new environment. (We have not seen the last of them, however; Sara promises to return for a few summer races in the future!)

## ODDS AND ENDS

Thanks to Rea and Phil Pierce for opening their home to us for the annual MTC picnic. Everyone had a great time of hashing, eating and meeting new friends and old. It's always terrific to see lots of new faces at the annual picnic. Kudos to vice president Peter Bastow (with an assist from wife Jan) for organizing the picnic and coming up with the idea of a hash, a popular event indeed!...If you are interested in weekend long training runs in preparation for a fall marathon, the Morning Running Group is organizing them. Contact Bill and Sue Davenney (772-1787) or me (799-5961) for more information...We are looking for a few good people to help organize our November buffet dinner and January annual banquet. If you are interested in lending a hand (a perfect way to volunteer without interfering with a race), please contact me... Volunteers are the backbone of the club. It's great to see new officers like treasurer Rob Laskey, Peter Bastow and newsletter editor Candace Karu make such important contributions to the club during their first years as officers. Of course, Sue Davenney continues to do a superb job as secretary. Ruth Hefflefinger, Charlie Scribner, Barbara Coughlin, Carlton Mendell and Don Penta also are making important contributions as officers. And other volunteers like Bill and Bambi Lovett (refreshments), Dale Rines (distributing applications at races), Mel Fineberg (clothing), Maureen Sproul (photography) and Ted Cunningham (timing, results and now librarian) are keeping the club going with their hard work and dedication.

Bill



*Goodbye and good luck to Sara Hobson and her family. We will all miss you!*



## ROCKY COAST 10K BOOTHBAY HARBOR, ME.

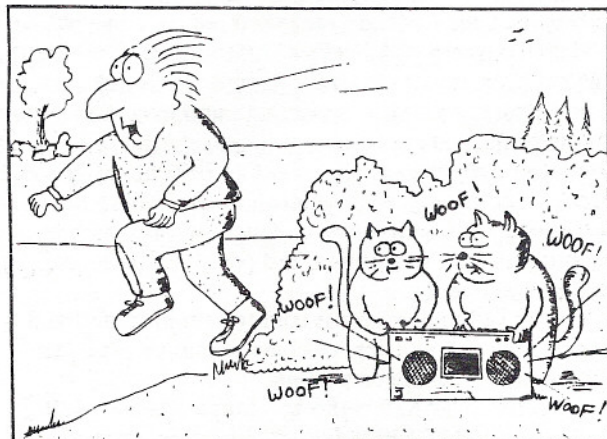
After 10 years, I finally made it to the Rocky Coast 10K at Boothbay Harbor and it sure was worth the trip. I had the pleasure of traveling to this outstanding event with Russ Bradley and Carlton Mendell, those two amazing veterans. The race was directed by Rick Krause's brother, held at the YMCA and sponsored by Kidder Peabody & Co. It was dedicated to the memory of Bruce Ellis, because, along with The Schoodic Point 15K and Sugarloaf, it was one of his favorite races.

There was a change in the course due to construction on part of the old, relatively flat course. Runners were told they could get a refund if they didn't want to run the new more hilly and challenging course. For you folks who aren't into hills, they'll be back on the original course next year. We ran into a strong headwind, heavy rain and wicked hills on the way out. After a short loop at the end, we had the pleasure of running back down over those same hills with a strong tailwind pushing our fannies along. Afterward, when Nancy Ellis went up to receive her award for 1st in the 30-39 age group, she indicated that Bruce would have loved to have been there, since he loved hills and rain. Great to see my old buddy Ros Randall, 2nd (40-49), who turned 40 in December. You masters who have been winning better not look back, because Ros may dust you off. Also great to see Chuck Snedvick, who I over-looked as one of the runners at the April Monthly Fun Run.

Following the race there was great Corn Chowder along with yogurt and coffee. The awards presentation was done with a lot of class. This race is definitely a must for next year. So mark you calendars accordingly for a memorable experience.

See you at the track,

*Herb Strom*



See Maxwell, didn't I tell you this barking doberman tape was great!

## MTC HABERDASHERY Mel Fineberg, Prop.

Buy Now and Save \$\$\$

Our suppliers have sent us their Summer/Fall price lists. As of July 1, most items have increase at least \$1.00 to \$1.50. We will be selling our current inventory at the old prices while supplies last. Clothes will be sold at our monthly meetings and at some races. Give me a call at 774-8868 for information and purchase.

Remember, save money now and help your club at the same time. As you may know, we do not make a profit on our clothing but must buy in large quantities to get the best prices for you. To quote an old Stuardian economic theory: "If you buy in large quantities, then you must sell in large quantities."



*Chairman and CEO of MTC Haberdashery Mel Fineberg demonstrates the posture that strikes fear in the hearts of business rivals like Donald Trump and Henry Kravis.*

## SPECIAL SUMMER SALE

Tank Tops - All Sizes - White or Gold  
2 for \$10 or \$5.50 each  
Mix and Match

Green Baseball Caps - MTC Logo  
Great for Summer Wear!  
\$5.00 - What a Deal!

**HURRY! GET YOURS WHILE SUPPLIES LAST!**



# MEMBERSHIP MEETING

MAINE TRACK CLUB MEMBERSHIP MEETING JUNE 13, 1990  
SMTc 7:00pm

**President** Bill Stuart opened the meeting. The clothing table was open for business. Please wear your MTC clothing at the races.

**Speakers** were Steve Mooney and Jeff McAvoy on Sea Kayaking in Baja, Mexico; whitewater kayaking in Chile; and Project Raft in Siberia. Kayaks and canoes from Saco River Outfitters in Portland were on display.

**New members** present included Dave Shennan, Tammy Wheeler, and Jeanne Hackett. Welcome!

**Welcome back** to Andy MacLean. **Congratulations** to Carlton on his appearance in Sports Illustrated Magazine.

**Vice-President**, Peter Bastow announced the picnic at Phil and Rae Pierce's home. Phil may share some stories about his successful Old Dominion 100 mile race experience at the picnic or at the fall supper. August program will be the Roy Benson clinic.

**Dennis Smith** will provide coaching to MTC members at Wednesday night workouts. Sign up with Dennis.

**Secretary's report** was approved as printed in the newsletter.

**Treasurer's report** showed a balance as of May 3, 1990 of \$5503.06. The loss of the WCSH race will affect the budget. Rob is TAC LDR co-chair.

**Races** Charlie thanked the **Oakhurst** volunteers. Kathi Foye spoke about the **Deering Oaks Festival Track Meet**. Picnic for volunteers at Sandy Utterstrom's camp, Aug 5. **Peaks Island** has a limit of 300 runners. A coordinator is needed for **Bowdoin and Back** volunteers, Aug 19th. Funding has been obtained for a **half-marathon** from the Bay Club and the Elks Club.

**Timing and computer training** will be next week at Bill Stuart's house.

**Bruce Ellis Camperships** have been decided. Watch Sara's column for the announcement.

**Newsletter** deadline for the August issue is July 23. RRCA Footnotes will include an invitation to enter our Name the Newsletter Contest in their September issue.

**Ted Cunningham** will be club librarian. Bring books, magazines you are willing to share to him.

**Auction chairperson** needed for the November Pot Luck Supper. See Bill Stuart or Sue Davenny.

A suggestion was made on **entry fees** for children under 18. Half the usual amount might help family participation.

**Masters runners** interested in team competitions need a coordinator. Let an officer know if you are interested.

**Announcements**  
Run & Brunch at the Hefflefingers', June 16th  
No July Board Meeting  
Hash, June 20th at Gritty's

Respectfully submitted,

*Susan Davenny*  
Susan Davenny  
Secretary

## OFFICER FRIENDLY YOUTH RUNS

The Officer Friendly Youth runs were held on Saturday May 19th. Forty-two youngsters participated in the one-mile run which was for children ages 6-11. Fourteen ran in the two-mile fun run which was for those aged 12-16. An increase in attendance over last year combined with the presence of South Portland's Officer Friendly, and McGruff the Crime Dog made for a successful event. These runs were followed by the DARE four mile road race. The combination of these two events is particularly appropriate as the proceeds of DARE race go towards drug awareness programs in South Portland's schools.

My sincere thanks to the following volunteers.

Carlene Anderson  
Tom Atchison  
Russ Bradley  
Yun Chong  
Ted Cunningham  
Bob Cushman  
Ron Deprez  
Warren Foye  
John Gillis  
Jenny Kim  
Diana Laskey



Loren Lathrop  
Paul Merrill  
Donna Moulton  
Everett Moulton  
Don Penta  
David Rand  
Dale Rines  
Dick Scribner  
Maureen Sproul  
Bill Stuart  
Sandy Utterstrom  
John Wadson

Rob Laskey  
Race Director

## The Chebeague Island Track Club Southern Maine's Window to the Junior Olympics Competition

More than 10 years ago, Jim Stone, former American Athletic Union coach and resident of Chebeague Island, founded The Chebeague Island Track Club. Ever since, the club has been training young Portland area cross country runners and sending most of them to State and New England regional competitions. Each year team members that qualify in the regional competition have the opportunity to compete nationally and to travel to places like San Francisco, Reno, and Lafayette, Indiana.

The Chebeague Island Track Club is a member of The Athletic Congress of America (TAC USA). It is run by the parents of its members, and competes in five age groups: 10 and under, 11 and 12, 13 and 14, 15 and 16, and 17 and 18. Competition starts in October and ends with the National competition during the first week in December. The club offers a unique approach to teaching athletic excellence.

We are committed to helping young people achieve recognition for the abilities, and positive relationships with family and friends.

If your child enjoys cross country running, and you want to get involved, you are welcome to join us. You can contact us by calling or writing:

Don Belanger 829-6486 w Steve Maloney 829-3908  
829-6477 h (after 5 pm)

Post Office Box 503  
Cumberland, ME.



## 8th Annual Race Director's Meeting

Road Race Management, a newsletter for road race directors, will conduct its eighth annual Race Director's Meeting and Trade Show November 9-11 in Washington, D.C. Two hundred and fifty race directors, race officials, corporate sponsors, advertising and public relations executives, and others interested in road running are expected to attend what has become a major fall gathering for the sport. In addition, the weekend will offer the usual informal "networking" opportunities, which many attendees find a valuable complement to the formal sessions. Race officials will also get a chance to shop for all their equipment and service needs at the Trade Exhibit, held in conjunction with the show which attracts over 30 exhibitors annually.

For more details and a complete program and registration form, send a SASE to Road Race Management Race Directors Meeting, 2101 Wilson Blvd., Suite 437, Arlington, Va. 22201.



## Maine Track Club

P.O. Box 8008, Portland, Maine 04104  
...Run with a friend... June 2, 1990

### Bruce Ellis Fund

<b>Receipts:</b>	
Donations	\$ 573.67
Mid Winter Classic	
Net profit	\$ 614.36
	<u>\$ 1,188.03</u>
<b>Disbursements:</b>	
*Dale Rand Printing	\$ 53.55
Copies	
	<u>\$ 53.55</u>
Bruce Ellis Memorial Scholarship Fund	\$ 1,134.48

Robert M. Laskey  
Treasurer

## Do It! Even if You Have Only 20 Minutes!

by Jeff Galloway

**R**esearch has shown that even low levels of "household exercise" can give a modest level of fitness. If sweeping the floor or dusting furniture can help—a run or brisk walk can do even more, and be more fun! The key to fitness is regularity. If you exercise every other day, you can maintain or improve fitness, depending on the intensity of each session. You can still improve even with a day or two off between workouts. With more rest days than that, though, you'll struggle to regain fitness each session.

If you enjoy your exercise, you'll want to do it again. Make your sessions come alive with simple motivational tools: scenic courses, companions, or music. Food rewards are great if they keep you going, but find nutritious snacks. If you load up on fatty foods after a good workout, you'll be giving your body conflicting signals about fat loss and long-term health care.

Even competitors can benefit from

rest days. One of my runners dropped two running days each week and improved his 10K time from the low 36s to the high 34s. If you run every other day, you can afford to run harder on each run because you have non-pounding days in between to allow for recovery. Hundreds of regular runners have only 30 minutes, three days a week for training. Many have run marathons by including a long run every two weeks. Others have improved 10K and 5K times by intelligently planning their workouts instead of just piling on miles.

Some elite runners have run impressive performances after cutting mileage 50% or more. For example, when Tony Sandoval was in medical school he could run only 30 to 40 minutes, three or four days a week. By running fairly hard each run, he became fit enough to run 2:14 at Boston one year.

A successful three-day running week should include one day of faster running, one long-run day, and a fun day. Fast running should never be all-out. Even beginners can benefit from short

accelerations slightly faster than normal pace. Take as much time as you need to recover from these bursts. Your long day will usually be during the weekend, and should be run one-and-a-half to two minutes a mile slower than your 10K race pace. You can still run fast on a fun day if you want to, as long as you have a good time—and can look forward to your next session.

If you are building or maintaining fitness, regular exercise is the key. If you want to improve times or distances, do it only by increasing your intensity and cut down on your workout days. If you don't think you're having fun, remember—you could be sweeping the floor!

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*AR&FA Advisor Jeff Galloway works individually with runners of all levels at his summer running camps (write P.O. Box 76843, Atlanta, GA 30358 for information), and Galloway's Book On Running is the nation's current best-selling book about running.*

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Wanted: One man's or woman's mountain bike.  
Good condition. Call Stephanie at 646-4833.

### LOST AND FOUND

A John Deere hat left at the Club Picnic.  
Call Sue Davenny 772-1787.



# RACE RESULTS

By Don Penta

1990 Mark Hoffmaster Memorial - 93 Fin.  
Westbrook, Me - 5 Miles - 3 June 1990

## Top Finishers Overall:

1	Robert Ashby open	21	26:37
2	Larry Greer 1,30-39	35	27:04
3	Roland Thibault 1,19-29	22	27:12
4	Steve Podgajny 2,30-39	39	27:54
5	Bob Kahn 1,40-49	40	28:10
26	Jennifer Rolfe open	20	31:23*
36	Jody King (MTC) 1,20-29	29	33:45*
41	Marjorie Podgajny 2,30-39	37	34:12*
42	Carol Weeks (MTC) 1,40-49	41	34:16*
47	Maureen Sproul (MTC)	34	35:55*

## Other Top Divisions:

16	Bob Coughlin 50&over	51	30:06
22	Alec Randall 14-18	16	30:53
90	Dee Nicely 50&over	50	50:21*

## Other MTC Finishers:

6	Gordan Scannell	37	28:16
7	Stephen McGrath	35	28:47
8	Glen Roy 2,19-29	29	28:49
10	Jim Bunnell	32	29:10
15	Joel Titcomb	31	30:05
18	Joe Richards	46	30:32
19	Steve Wilson	28	30:34
21	Tom Clemence	33	30:42
25	Ron Deprez	45	31:18
27	Russ Connors 2,50-59	57	31:27
29	Erich Reitenbach	39	31:40
33	Rick Strout	51	32:56
34	Loren Lathrop	41	33:17
35	Lee Allen	35	33:36
37	Yun Chong	29	33:46
40	Sumner Weeks	41	34:00
43	Carey Trimble	56	34:39
52	William Davenney	45	36:41
57	Carol Pierce 2,40-49	43	37:48*
58	Joan Tremberth	45	37:51*
60	Eric Ellis	37	38:56
62	Marla Keefe	36	39:29*
63	Sandy Utterstrom	46	39:48*
64	Aletha DeVos	47	39:53*
65	Shawn Carll	27	39:59
70	Wayne Newland	52	40:49
71	Patricia Titcomb	32	40:51*
72	"Rute Stuffletoe"	50	41:27
75	Dick Downs	44	42:42
76	Adrienne McGuigan	31	42:43*
77	Beth Thompson	30	42:58*
78	Don Penta	44	42:59
79	Maggie Soule	48	43:21*
80	Linda Hunt	43	45:30*
82	Susan Davenney	41	45:55*
86	Sara Hobson	29	47:12*
87	Linda Richards	27	47:30*
92	Ruth Hefflefinger	61	54:13*
93	Mark Pelletier	41	55:29

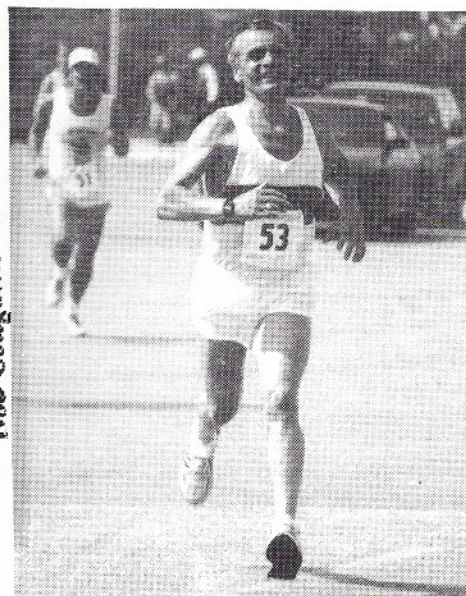
Tom Clemence



Aletha DeVos



Bob Coughlin



Mark Hoffmaster Memorial



1990 L.L. Bean 4th of July 10K - 464 Ft.  
Freeport, Me - 4 July 1990

Top Finishers Overall:

1	Todd McGraw	25	32:55
2	Danny Paul	36	33:29
3	Peter Hall	28	34:02
4	Tom Thibau 1,30-39	32	34:04
5	Bryne Decker 1,20-29	23	34:21
6	Joan Samuelson (H.MTC)	33	34:28*
80	Kelly Cullenberg	29	40:06*
95	Carolyn Court	35	40:47*
98	Linda Larue-Keniston 30-39	36	40:55*
103	Donna Hubert (MTC) 1,20-29	23	41:01*

Other Top Divisions:

7	Scott Loomis 19&under	18	34:38
8	George Towle (MTC) 40-49	40	34:58
36	Bob Coughlin 50-59	51	37:51
137	Marjorie Adams 40-49	40	42:34*
220	Russ Bradley (MTC) 60&+	66	45:37
221	Jill Decker 19&under	19	45:38*
354	Donna LaPierre 50-59	50	51:15*
433	Sally Amory 60&over	65	57:56*

Other MTC Finishers:

18	Richard Mulhern	36	36:36
20	James Bunnell	32	36:47
28	Malcolm Kidd	34	37:24
37	Dennis Smith	40	38:01
45	Charles Snekvik	47	38:35
54	Ron Deprez	46	39:01
67	Michael Reali	36	39:29
70	Thomas Allen	34	39:38
71	Roy Morejon	47	39:43
94	Robert Jolicoeur	53	40:44
100	Paul LaVangie	32	40:58
102	Rick Strout	51	41:03
112	Philip Pierce	48	41:23
113	Jack Ireton-Hewitt	52	41:24
115	Loren Lathrop	41	41:35
124	Tom Menendez	36	41:51
127	Lloyd LaFountain	28	42:06
128	William Davenny	45	42:09

4th Annual Blood, Sweat, & Cheers 5K  
Fairfield, Me - 17 June 1990 - 86 Fin.

1	Peter Lessard open	28	15:14
2	Gordon Hartwell	32	16:11
3	Rusty Taylor	38	16:46
5	Don Drozo	40	17:15
11	Edie Dubord (MTC) open CR	32	17:48*
16	Steve Dubord (MTC)	45	18:05
31	Jim Sullivan (MTC)	43	19:25
44	Clint Merrill (MTC)	41	20:16
58	Rachel Sullivan (MTC)	15	23:01*

L.L. Bean, continued:

130	Jeanne Lamontagne 3,20-29	27	42:19*
134	Michael Cowell	52	42:29
140	Joan Lavin 2,40-49	42	42:44*
143	George Liming	39	42:52
145	Bob Hazzard	58	42:53
156	Bob Lyman	46	43:13
157	John LeRoy	53	43:15
159	Rosalyn Randall 3,40-49	40	43:23*
160	Dale Rines	37	43:24
162	Stephanie Fischer	22	43:26*
163	Steven Jacobsen	40	43:27
186	Jonathan Stuart	22	44:20
205	Robert Green	42	44:49
213	Katherine Tolford	35	45:04*
218	Stephen DiPalma	34	45:20
231	Orlando Delogu	53	46:04
236	Richard Cavanaugh	57	46:20
246	Eileen Harris	38	46:45*
253	Patti Tableman	31	47:02*
263	Nancy Lovetere	46	47:36*
278	Carol Gillis	31	48:23*
282	Candace Karu	37	48:36*
283	Barbara Coughlin	47	48:39*
286	Dave Shennan	39	48:41
289	Edward St.John	50	48:44
293	John Kim	54	48:55
312	Bob Cushman	52	49:43
322	Wayne Newland	52	50:05
326	Jeri Lyn Schroeder	43	50:08*
365	Robert Wyman	53	51:37
372	Arthur Gingold	51	51:57
374	Craig Cunningham	31	52:07
376	Roger Dionne	37	52:15
384	Allen Pusch	56	52:46
392	Susan Davenny	41	53:23*
399	Marlene Russell	48	53:56*
412	Margaret Soule	48	55:48*
413	Widgery Thomas 3,60&over	65	55:51
415	Carol Thorne-Lyman	38	56:14*
419	Geoff Hobson	31	56:20
430	Ingrid Snekvik	15	57:44*
436	Christine DeTroy 2,60&+	61	58:16*
442	Sally Paterson	48	58:53*
444	Mel Fineberg	54	59:22
457	Bill Stuart	32	62:40
458	Ruth Hefflefinger 3,60&+	61	62:49*
460	Jenny Kim	49	63:21*

990 Peter Ott's 10K Road Race - 109 Ft.  
Camden, Me - 3 June 1990

1	Bob Winn	31	30:57
2	Tom Dann	33	32:48
3	Lance Guliani	31	33:31
7	Rick Lane	43	36:03
10	Richard Mulhern (MTC)	36	36:56
12	Alan Reilly (MTC)	37	37:31
24	Carolyn Court	35	40:39*
44	Jane Rau	40	43:04*



1990 Oakhurst Milk Run 4 Miler - 498 F.  
So. Portland, Me - 27 May 1990

Top Finishers Overall:

1	George Bochus, Jr.	23	20:54
2	Michael Grigware	25	21:03
3	Ed Kinnaly	25	21:19
4	Roland Thibault	22	21:20
5	Kevin McDonald 1,40-44	40	21:33
58	Christine Bracer	27	24:38*
65	Deanna Hodgkin (MTC)	23	25:04*
70	Kelly Rodrigue	26	25:16*
76	Erika Maddaleni	24	25:25*
80	Jennifer Allen 1,19&-	19	25:35*

Other Top Divisions:

6	Robert Jones (MTC) 19&-	17	21:46
7	Dan Barker 35-39	36	21:56
13	Bill Skerritt 30-34	30	22:23
14	Joel Croteau 45-49	46	22:31
60	Russ Connors (MTC) 55-59	57	24:55
85	Sara Jones 30-34	33	25:47*
124	Marjorie Podgajny 35-39	37	26:36*
134	Joan Lavin (MTC) 40-44	42	26:47*
135	John LeRoy (MTC) 50-54	53	26:53
163	Peter Scontras 60-64	61	27:29
211	Russell Bradley 65-69(MTC)	66	28:46
390	Leona Clapper 60-64	60	34:10*
396	Marianne Gagne (MTC) 45-49	49	34:36*
397	Joe Bennett 70&over	70	34:41
450	Pauline Kenniston 50-54	53	37:40*
489	Frances McKnight 65-69	68	49:00*
493	Martha Chandler 55-59	59	53:14*

Other MTC Finishers:

11	Glen Roy	29	22:13
12	Alan Reilly 3,35-39	36	22:18
15	James Bunnell 2,30-34	32	22:40
17	Bill Bristol 3,30-34	33	22:46
28	Ron Cedrone	41	23:45
29	Stephen Wilson	28	23:45
37	Mike Towle	42	24:06
40	Joe Richards	46	24:12
43	Dick McPaul	45	24:19
48	Brian Milliken	37	24:29
68	Ed Doughty, Jr.	41	25:11
74	David Brink	27	25:22
79	Frank Ferland	41	25:29
82	Dale Rines	37	25:40
86	Les Berry	42	25:47
87	David Dowling	36	25:48
92	Thomas Carll 1, Oakhurst	45	25:56
93	Steven Robertson	30	25:57
112	Dick Trafton	41	26:17
116	Neil Martin	47	26:27
117	Jeanne Hackett 2,30-34	31	26:28*
121	David Houser	39	26:34
123	Jon Stuart	21	26:35
129	Gayle Nappi 2,35-39	38	26:43*
138	Craig Robinson	44	26:51
150	Dr. David Haskell	44	27:05
158	Loren Lathrop	41	27:22
160	David Hutchinson 2,50-54	51	27:28
164	Stephanie Fischer	22	27:30*
172	Robert Laux	34	27:35
177	Stephen DiPalma	34	27:43
188	Michele Ohman	23	28:07*
200	Richard Littlefield	41	28:24
203	Gail Romanoff	35	28:27*
204	Nancy Lund	38	28:31*
206	Peter Allen	46	28:35
207	Patti Tableman 3,30-34	31	28:37*

210	Pat Ianni	31	28:45*
214	Kyle Milliken	11	28:48
232	Carol Gillis	31	29:22*
254	Tom Atchison	41	29:54
256	Richard Downs	44	29:55
261	Elizabeth Olivier	33	29:58*
268	Ed St. John	50	30:05
272	Sheila McDonough	18	30:10*
274	Larry Zellers	36	30:11
279	Diane LaVangie	31	30:22*
283	Brigitte Edquid 2,40-44	42	30:25*
284	Dennis Morrill	50	30:26
287	Craig Cunningham	30	30:27
289	Bob Cushman	52	30:30
292	Phil Bartlett	42	30:37
300	Kate Shorey	33	30:50*
302	Jeri Lyn Schroeder 3,40-44	42	30:52*
306	Marla Keefe	36	31:07*
307	Dana Seguin	36	31:09
315	Steve Putnam	46	31:20
318	Adrienne McGuigan	31	31:22*
328	Beth Thompson	30	31:46*
329	Dave Shennan	39	31:47
332	Henry Giddinge	57	31:51
339	Barbara Trafton	41	32:07*
343	Don Penta	43	32:22
345	Gene Gendron	67	32:26
348	Robert Wyman	53	32:31
350	Stephanie Lugg	34	32:34*
376	Bill Lovett	48	33:37
378	Everett Moulton	44	33:42
392	Meghan McDonough	14	34:16*
394	Kimberly Monaghan	31	34:23*
399	Sherry Carll	43	34:44*
400	Marlene Russell 2,45-49	47	34:45*
404	Christine DeTroy 2,60-64	61	34:58*
410	Claire Jordan	44	35:14*
414	Stephen Monaghan	63	35:25
422	Linda Richards	27	35:40*
423	Maggie Soule 3,45-49	48	35:41*
433	Marty Weiss	33	36:50
436	Ben Trafton	12	37:01
441	Philip Meyers	45	37:14
444	Mary McAleney	45	37:21*
446	Bonnie Black	35	37:26*
458	Delores Billings 3,60-64	60	37:57*
464	Ruth Hefflefinger	61	38:35*
465	James Carroll 2,70&over	80	38:41
469	Michelle Mondor	42	39:32*
471	Linda Hunt	43	39:36*
474	Donna Moulton	41	40:03*
478	Sam Trafton	10	40:20
482	Mark Pelletier	41	41:00



Joan Lavin



# Oakhurst Milk Run 4 Miler



Ron Cedrone

8th Annual "Celebrate Gorham" 3 Miler  
Gorham, Me - 105 F - 14 July 1990

1	Kim Wettlaufer	14:51
2	John Strout	14:55
3	Roland Thibault	15:11
4	Gino Valeriani	15:51
5	Bill Skerritt	15:57
7	Peter Dubé (MTC)	16:09
9	Wayne Clark 40-49	16:17
10	Joel Titcomb (MTC)	16:18
11	Dennis Smith (MTC)	16:20
15	Joe Richards (MTC)	16:47
18	Richard Scribner (MTC)	16:56
19	Lisa Wakem	17:01*
20	Erich Reitenbach (MTC)	17:05
23	Gary Salamone (MTC)	17:15
29	Rick Strout (MTC)	17:41
32	Erika Maddaleni	17:51*
36	Les Berry (MTC)	18:02
39	Peter Bastow (MTC)	18:14
41	Craig Robinson (MTC)	18:26
46	Eric Ellis (MTC)	19:04
52	Tom Atchison (MTC)	19:44
54	Kathy Jenkins	19:45*
55	Carol Pierce (MTC) 40-49	19:53*
59	Patty Medina	20:14*
62	Peter Allen (MTC)	20:24
67	Philip Bartlett, II (MTC)	21:10
76	Susan Davenny (MTC)	21:54*
77	Wayne Newland (MTC)	22:11
78	Warren Foye (MTC)	22:12
81	Patricia Titcomb (MTC)	23:00*
82	Donald Penta (MTC)	23:08
90	Linda Richards (MTC)	24:31*
91	Philip Meyers (MTC)	24:50
94	Ray Hefflefinger (MTC)	25:24
95	Sara Hobson (MTC)	26:09*
98	Phil Bartlett, Sr.	26:36
100	Michelle Mondor (MTC)	26:56*
102	Ruth Hefflefinger (MTC)	27:25*
103	Jim Carroll (MTC)	28:09

1.5 Mile Children's Run (24 Finishers):		
1	Megan Berry	8:25*
2	Jamie Brewster	8:41
3	Mike Mason	8:52
4	Tony Cuffori	8:57
5	Jaclyn Ouillette	9:02*
6	Leah Ouillette	9:11*
11	Chris Salamone (MTC)	10:08
18	Jennifer Labrecque (MTC)	11:23*



Dennis Smith

Celebrate Gorham 3 Miler



# YMCA Back Bay 5K

1990 YMCA Back Bay 5K - 231 Finishers  
Portland, Me - 8 June 1990

## Top Finishers Overall:

1 Stan Bickford	15:35
2 Robert Ashby	15:39
3 Myron Whipkey	15:59
4 Larry Greer	16:09
5 Kenneth Flanders	16:46
34 Christine Braceras	18:53*
37 Deanna Hodgkin (MTC)	18:58*
43 Donna Hubert (MTC)	19:08*
62 Andrea Gordon	19:57*
64 Christie Hendrich	20:04*

## Other MTC Finishers:

10 James Bunnell	17:09
12 Joel Titcomb	17:17
20 Steve Wilson	17:55
24 Dennis Smith	18:17
30 Brian Milliken	18:34
33 Yun Chong	18:46
38 Steve Robertson	18:59
40 Frank Ferland	19:03
42 Tom Menendez	19:07
49 Paul LaVangie	19:22
54 Dale Rines	19:29
58 Loren Lathrop	19:49
60 Thomas Carll	19:52
63 Eric Ellis	19:59
65 Robert Jolicoeur	20:05
67 Neil Martin	20:10
69 John LeRoy	20:11
74 David Houser	20:25
97 Gail Waitkun-Romanoff	21:17*
98 Diane Flanders	21:18*
100 Carlton Mendell	21:26
101 Maureen Sproul	21:36*
103 Sheila McDonough	21:44*
108 Nancy Lund	21:50*
118 Richard Downs	22:09
120 Patti Tableman	22:16*
131 Beth Thompson	23:02*
132 Diane LaVangie	23:10*
133 Adrienne McGuigan	23:12*
134 Wayne Newland	23:13
136 Patricia Titcomb	23:15*
143 Larry Zellers	23:26
152 Harry Giddinge	24:14
153 Diane Laskey	24:15*
159 Sandy Utterstrom	24:41*
160 Robert Wyman	24:41
163 Stephanie Lugg	24:54*
165 John Maxell	25:01
168 Eric Tableman	25:09
173 Linda Hunt	25:19*
176 Sherry Carll	25:44*
178 Sara Hobson	25:50*
181 Maggie Soule	26:04*
185 Claire Jordan	26:15*
186 Gail Browning	26:16*
191 Linda Richards	26:33*
192 Marlene Russell	26:37*
197 Geoff Hobson	26:58
200 Bonnie Black	27:17*
214 Brenda Cushman	29:02*
216 Donna Moulton	29:03*
217 Ruth Hefflefinger	29:20*
220 Michelle Mondor	29:58*



Maureen Sproul



Dale Rines (396)



Tom Atchison



Sandy Utterstrom and Bob Wyman



## Doc's Tavern

14th Annual Bridgton 4 on the 4th Race  
Bridgton, Me - 4 July 1990 - 776 Fin.

### Top Finishers Overall:

1	Gerry Clapper	29	19:31
2	Colin Peddie	27	19:44
3	Fernando Braz	29	19:53
4	Jeff Young	20	20:15
5	Rick Garcia	25	20:32
45	Edie Dubord (MTC) 1,30-39	32	23:29*
56	Lorraine Butterfield	27	24:21*
75	Mary Ann Doss 2,30-39	30	25:02*
99	Sara Sundberg 1,40-49	40	25:52*
101	Cathy Livingston	24	25:54*

### Other Top Divisions:

10	Henry Finch 40-49	41	21:22
11	Bart Wardyga 30-39	30	21:29
26	Tim Livingston 14-18	16	22:47
36	Bob Payne (MTC) 50-59	52	23:14
166	Rayna DeNiord 11-13	12	27:32*
206	Graham Suorsa 11-13	11	28:28
215	Robert Shelton 60-69	60	28:41
278	Bob Hawkes wheelchair	NA	30:22
299	Kim Fallen 14-18	17	30:56*
336	Maggie Solomon 50-59	56	31:56*
390	Jason Collins 10&under	9	33:21
534	Alison Brandt 10&under	9	37:34*
634	Frank C. Long 70&over	72	42:31
670	Bobbie McLean 60-69	60	45:33*
710	Margaret M. Sawyer 70&+	76	51:04*

### Other MTC Finishers:

14	Glen R. Roy	29	21:35
24	Paul S. Merrill	36	22:35
43	Ronald E. Johnson	38	23:25
107	Sean Kerwin	17	26:05
120	Thomas Carll	46	26:28
124	Sumner C. Weeks	41	26:34
142	Neil B. Martin	47	26:55
145	Eric R. Ellis	37	27:02
149	Carol A. Weeks 2,40-49	41	27:07*
154	Andy MacLean	28	27:18
162	David Houser	40	27:29
172	Paul R. Alpert	55	27:39
193	G. Paul Waterhouse	47	28:07
204	Gail Waitkun-Romanoff	35	28:24*
214	Michele Ohman	24	28:38*
219	Carlton E. Mendell 2,60&+	68	28:54
236	Dana Sequin	36	29:18
246	Tom Atchison	41	29:30
257	Erin MacLean	27	29:47*
264	Oscar H. Cloutier	55	30:00
279	Marla Keefe	36	30:22*
289	Bill Kerwin	55	30:42
297	Philip L. Bartlett	42	30:51
305	Brigitte Edquid	42	31:01*
327	Sandy Utterstrom	46	31:45*
374	Donald P. Penta	44	32:55
384	Jean M. Thomas 2,50-59	54	33:13*
443	Donald E. Johnson	59	34:47
477	Claire Jordan	44	35:32*
509	Linda W. Hunt	43	36:41*
613	Donna Moulton	41	40:51*



LtoR: Carol Weeks, Sumner Weeks and  
Ruth Hefflefinger.



LtoR: Dennis Smith, Bill Davenny  
Yun Chong and Rick O'Brien.



Kathy and Steve Jacobsen





*Intervals are less painful when you run them with friends! LtoR: Jenny Kim, Pat Buckley and Michelle Mondor.*

**WEDNESDAY NIGHT WORKOUTS with MTC COACH DENNIS SMITH**

Scarboro High School Track 5:00 - 6:00pm  
Call Dennis at 839-4026 for information.



*Coach Dennis Smith gives Carol Pierce a few pointers.*

**RUN WITH A FRIEND**

**Portland Area**

Early Morning Group, USM, Portland, Gym Lobby. No showers unless you have a Lifeline membership. Parking in USM lots by sticker. Start time (5:15-6:00am) and mileage (4-10 miles) varies each day. Call Bill Davenney 772-1787 or Bill Stuart 799-5961. Pace: 8-10 min. per mile. Long runs on weekends from homes, Sat/Sun. Call for location.

The Rat Pack, call Al Butler at 772-6463 or John Gale at 775-5017. Pace: 7:00-7:30 min. per mile. Call for location.

The Portland Hash House Harriers, watch the newsletter and Sara's column.

**Brunswick**

Call John LeRoy at 725-8680. Sunday runs at 9:00am from Brunswick Junior High School, 4-8 miles. Also Saturday long runs and intervals. Call John for time and location.

**Saco, Biddeford, Kennebunkport, Kennebunk?**

We have a large number of members in these towns. Want to start a training group? Send a name and number to the newsletter editor for this column.

**Maine Track Club Members**

**20% OFF**

**Your first sports massage session**

**Deb Merrill, M.T.**

**Sports Massage Therapy**

■ American and Russian  
Sports Massage Therapy  
for active people.  
AMTA certified

729-6498 By appointment only.  
Brunswick, ME

**Quote of the Month**

"Too bad they don't put champion road runners out to stud. Maybe some of us would train harder."

Runnings Shorts, Permian Basin Road Runners





***VIRGINS NO LONGER! First-time  
bashers at the MTC Picnic.***

**MTC PICNIC A GREAT SUCCESS**

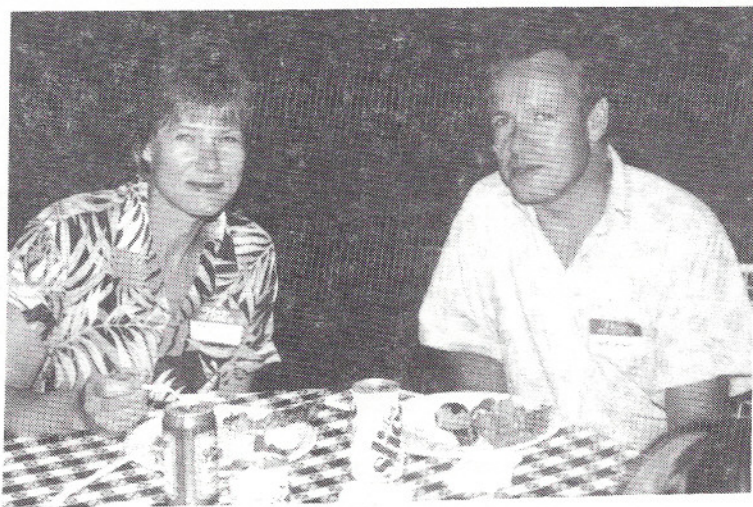
Thanks to Hosts: Phil and Rae Pierce,  
Organizers: Peter Bastow and Committee  
Hares: Erin "Electrolux" McLean and Bill  
"Big Foot" Davenny

Over 70 people attended. Approximately  
35 (including 20+ "virgins") ran the hash.

Sara Hobson presented a silver bowl from  
Sports Illustrated to Carlton Mendell in recog-  
nition of his running achievements. Carlton  
was featured in "Faces in the Crowd" in a recent  
Sports Illustrated.

We said good-bye and good luck to Sara  
Hobson as she and Geoff prepare to move to  
Cincinnati and the Cincinnati Post. Thank  
you for all the great work, Sara.

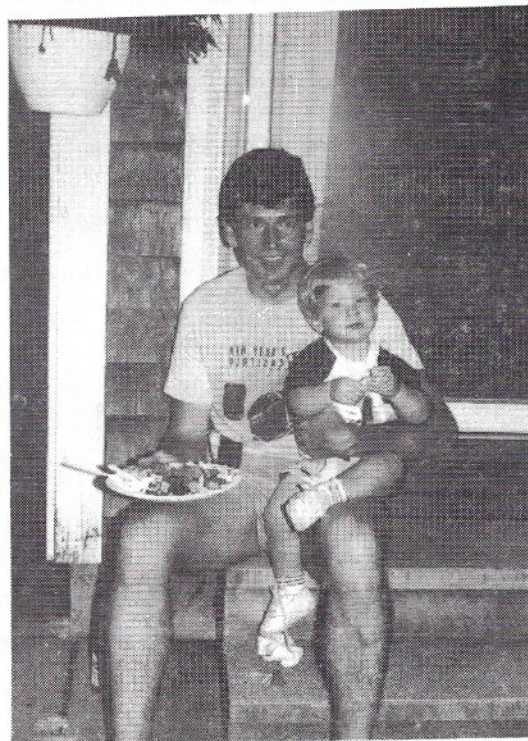
Sue Davenny



***Brigitte Edquid and Dana Seguin.***



***MTC members Mr. & Mrs. Bob Antoniuc  
of Flint, Michigan.***



***Tom & Andrew Clemence enjoy food, friends  
and mosquitoes.***



## UPCOMING EVENTS CALENDAR

### August

- 8 **No MTC Meeting**
- 11 **Bruce Ellis Memorial 5K**, 9:00am, Exeter, NH  
Sharon Anderson 603-772-4427
- 11 **Blueberry Festival 10K**, Wilton, Bill Yates  
645-4623
- 11 **Schoodic Point 15K**, 8:30 am, Winter Harbor,  
Al Groh 963-7428
- 11 **Casco Northern 5 Miler**, Presque Isle, Dave  
Maxcy 764-0222
- 12 **St. Peter's Bazaar Race**, Portland, Mike  
Reali 767-5218
- 12 **Samoset 10K**, Fun Run 8:30, 10K 9:00am, Bris-  
tol Consolidated School, Bristol, Alan Reil-  
ly 677-3617
- 18 **Pine Tree Triathlon**, Waterville, Janice Ack-  
endorf 873-YMCA
- 18 **Roy Benson Clinic**, Space Almost Gone! Bill  
Stuart 799-5961
- 18 **Wild 5M Blueberry Run**, 9:00am, Machias,  
Bruce Frost 255-6621 or 255-4237
- 19 **Bowdoin and Back 10 Mile Run**, 8:00am, Bow-  
doin Track, Brunswick, Barry O'Neil 729-  
1800
- 22 **Kennebec 10,000**, 6:00pm, Madison Jr. High,  
Madison, Bob Hagopian 696-3088
- 26 **Angie Abraham Scholarship Run**, 4 miles,  
9:00am, Deering HS, Johnathan Kosnow 883-  
1186

### September

- 3 **Bangor Labor Day 5M**, 9:00am, Bangor, Parks  
& Recreation 947-1018
- 9 **Bay Club/Elks 188 Fore River Challenge '90**,  
**Half Marathon & 4 Miler**, 8:00am, Fitzpatrick  
Stadium, Portland, Loren Lathrop 772-8356
- 12 **Maine Track Club Meeting**, SMTC Machine &  
Tool Auditorium, 7:00pm
- 15 **Bar Harbor Half Marathon**, 10:00am, Mt.  
Desert Island, Michael Reisman 288-3511
- 16 **Sentinel 10K**, 9:00am, Castonguay Square,  
Waterville, Jerry Saint Amand 873-6753
- 22 **Kingfield 10K/Kids K**, 10:00am, Kingfield,  
Chip Carey 237-2000 or 265-2273
- 23 **Sugarloaf Uphill Climb**, 11:00am, Carabasset  
Valley, Chip Carey 237-200 or 265-2273
- 30 **Bud Light Women's Distance Festival 5K**,  
8:30am, Sonesta Hotel, Portland, Susan Da-  
venny 772-1787 or Ruth Hefflefinger 797-  
4625

Always verify race information with race direct-  
ors.

### WANT TO BE A RACE VOLUNTEER?

- August 19 **Bowdoin and Back** Call Sue Davenny  
772-1787
- Sept. 9 **Bay Club/Elks 188 Fore River Chal-**  
**lenge** Call Loren Lathrop 772-8356
- Sept 30 **Bud Light Women's Distance Festival**  
Call Sue Davenny 772-1787 or Ruth  
Hefflefinger 797-4625. Sorry, no  
free breakfast this year.
- Oct. 21 **Central Maine Striders Pine Tree**  
**Marathon** Call Sue Davenny 772-1787

## New England Marathons

September 23 **Clarence Demar**, Keene, NH, Rich-  
ard Lecuyer, 188 Pearl St., Keene 03431, 603-  
357-1215.

September 30 **East Lyme Marathon**, Conn., Way  
Hedding, 67 Laurelwood Dr., Niantic, CT 06357,  
203-739-2864.

October 13 **Green Mountain Marathon**, S. Hero,  
Vermont, Howie Atherton, RD #1 Box 530, Hunt-  
ington, VT 05462, 802-434-3228.

October 14 **Lifetime Marathon**, Lowell, MA,  
Greater Lowell Roadrunners, PO Box 864, Lowell  
01853, 508-452-9426

October 15 **Stamford Classic**, Conn., Steve Lob-  
dell, 880 Canal Street, Stamford, CT 203-359-  
1248.

October 21 **Pine Tree Marathon**, Waterville, ME  
Jerry Saint Amand, PO Box 1177, Waterville  
04901, 207-873-6753.

October 28 **Cape Cod Marathon**, Falmouth, MA.  
PO Box 699, West Falmouth, MA 02574, Courtney  
Bird 508-548-0348.

November 4 **Delta Dental of Rhode Island**, New-  
port, RI, Kevin Pilkington, 591 Angell St, Pro-  
vidence 02906 401-273-0615,

March 2 **Hyannis Marathon**, East Harwich, MA,  
Jack Glennan, Cape Cod AC, PO Box 1678, Hyannis,  
MA 508-778-6965.

## FIRST ANNUAL BRUCE ELLIS MEMORIAL CAMPERSHIPS AWARDED

Tiffany Tobiassen of Portland and Jonathan  
Kunz of Hampden received the first full tuition  
camperships to Colby College Cross Country  
Camp, July 29-August 3. Tiffany is 17 and at-  
tends Deering High School. Jonathan is 15  
and will be attending high school in Hampden.

The Bruce Ellis Memorial Fund was estab-  
lished with group and individual contributions  
following Bruce's death in 1989 and will be re-  
plenished each year with proceeds from the Mid-  
winter 10 Mile Classic.

Applicants had to provide personal ac-  
counts of why they run, their running goals,  
their other interests and their life goals.  
Tiffany and Jonathan provided impressive ans-  
wers to all these questions, as did the other  
four applicants. We look forward to being able  
to offer this opportunity to other deserving  
young athletes each year.

Sue Davenny

## SAMOSSET 10K, AUGUST 12th

New MTC member, Alan Reilly is directing  
this race for the first time. It is not an  
MTC race but Alan would be thankful for any  
help. Call him at 677-3617. There is a Kids  
Run at 8:30. The 10K is at 9:00am. Bristol  
Consolidated School, Bristol, ME.





## THANK YOU, VOLUNTEERS!

There have been so many races in the past months and each one took the concerted efforts of many volunteers to be as successful as they were. Volunteers are the heart and soul of the races put on by the Maine Track Club. Because of the enormous numbers of volunteers for these races, it would take a triple issue to list them all by name. Thank you all so much for your time and effort. It was worth every second you put in.



**MTC Volunteers at the Oakhurst Race.**  
*Above Lto R: Loren Lathrop, Carol Gillis and Geoff Clarke.*  
*Below LtoR: Pat Buckley, Jeri Schroeder and Roger Dutton.*

### CAN'T VOLUNTEER? PUT YOUR MONEY WHERE YOUR FEET ARE

We rely on volunteers to work the races which earn income for the club. If you are unable to be a race volunteer or just want to do more for the club, consider the following ways:

#### Newsletter Sponsor

- \$10 Individual is listed in each newsletter for the year
- \$25 Corporate Level is also listed in each newsletter for the year

#### Obtain Newsletter Advertising

- 1/4 page \$25 a month \$125 for 6 months \$250 for 12 months
- 1/2 page \$50 a month \$250 for 6 months \$500 for 12 months
- Full pg. \$75 a month \$375 for 6 months \$750 for 12 months

#### Be or Obtain a Club Patron

- \$65 Contributor receives an MTC SS T-shirt or a Contributor's Plaque
- \$75 Benefactor receives an MTC LS T-shirt or a Benefactor's Plaque
- \$100 President's Club Patron receives an MTC Sweatshirt or a President's Club Plaque

For each \$100 in advertising or patron donations you will receive 1 credit towards 3 needed for a volunteer T-shirt or free membership for the following year. Send all checks and information to the PO Box labeled with the appropriate category.

### HELP WANTED POSITIONS

**Bowdoin and Back Volunteer Coordinator** Call Sue Davenny 772-1787

**Course Certification Trainees** Call John LeRoy at 725-8680 or Loren Lathrop at 772-8356

**Race Committee Members** Call Charles Scribner at 772-5781

**Auction Chairperson for November Pot Luck Supper** Call Bill Stuart 799-5961

**Turkey Trot Co-Director** Call Dru Jones 878-3881

**50 Miler Sponsors** Total needed: \$300-\$400. Call Bill & Bambi Lovett 797-3531

**MTC Masters Team Coordinator** Call Bill Stuart 799-5961.

**Newsletter Advertising Manager** Call Candace at 967-4257



## Next MTC Meeting There is Nonelll

It's August, it's hot, people are on vacation, kids are bored, pets are restless, the last thing in the world you want to do is sit inside an auditorium for a couple of hours when you could be sitting on your porch with a cold one contemplating the poetry of the three day work week. OK, it's a run-on sentence, but, hey, it's a run-on world. Just remember...NO MEETING IN AUGUST! Stay tuned for details of September's meeting.



*New members Marilyn Champagne and Lou at the MTC Picnic.*



*New members at the June meeting: LtoR  
Tammy Wheeler, Dave Shennan and  
Jeanne Hackett.*

## NEW MEMBERS

Name & Address	Phone	Occupation	Age
Pamela Birmingham 29 Newhall Rd.#12 Windham, ME 04062	H892-7304	MMC - RN	37
John-Scott Brennan 12 Loraine St. Portland, ME 04103	H773-5078	Student - Cheverus	14
Clara & Stephen Broadhead 132 Greeley Road Cumberland Ctr. ME 04021	H829-6212	Homemaker	40 41
Ethan Crain 89 Varney Mill Rd. Windham, ME 04062	H892-7113	Student - Windham High	17
Richard Downs 1272 Washington Ave. Portland, ME 04103	H797-8460 W873-6917	Carman - STRR	44
Brigitte Edquid Dana Seguin 177 Pine St. Portland, ME 04102	H773-3299		42 36
Jeanne Hackett 7 Pearl St. #26 Scarborough, ME 04074	H883-7890 W761-2200	Therapist - Jackson Brook	31
Jim Hazzard 33 Morning Street Portland, ME 04101	H774-4123	Supervisor, Carbur's Restaurant	29
Linda Hovencamp 106 Woodford St.#2 Portland, ME 04103	H773-1534 W879-3594	Dietetic Technician Mercy Hospital	24
Jane Hunter 85 Washington St. So. Portland, ME 04106	W773-6128	Executive Director Portland Symphony	39
Olin Hysom P.O. Box 1457 Portland, ME 04104	H979-0982 W874-1111	Merchant Marine YMCA - Reception Membership	36
Donald & Michelle Main RR#1, Box 4920 Lisbon, ME 04250	W725-1170-D W783-4372-M	ADT Security Systems Owner, Cote's Ice Cream	30 25
Mary McAleney 41 Cottage Road So. Portland, ME 04106	H799-4306 W774-1990	Campaign Manager - Brennan	45
Sheila McDonough RDI, Box 799 Limerick, ME 04048	H793-2518	Student - Tufts University	18
Linda McPhee 60 Falmouth Road Windham, ME 04062	H892-3491	Admissions Coordinator Jackson Brook	39
Steve Putnam 5 Rand Road Yarmouth, E 04096	H846-3710 W846-5535	Teacher - Yarmouth High School	47
Jeanne Richmond RFD#2, Box 164 Kennebunkport, ME 04046	H967-5968 W883-2911	Administrative Assistant Hannaford Bros.	31
Gary Salamone 195 Harriet St. So. Portland, ME 04106	H799-7464 W775-1240	Courier - Federal Express	32
Gordon Scannell 2 Hawthorne Road No. Yarmouth, ME 04096	H846-1480 W774-4000	Attorney - Verrell & Dana	37
Linda & Kris Sorensen 41 Hillside Ave. Cumberland, ME 04021	H829-3810 W773-3821-K	Consultant - Self-L Manager-Shearson Lehman Hutton	34 38
Jonathan Stuart 92 Elsmere Ave. So. Portland, ME 04106	H799-5961		22
Richard & Barbara Trafton Ben, Sam Maggie 10 Dillingham Hill Rd. Auburn, ME 04210	H784-2893 W784-4531	Attorney - Trafton & Matzen	41 41 12, 10, 4



## MEMBER PROFILE

### WANDA HANEY BINETTE

Wanda is our Maine Track Club 1989 Outstanding Runner (female, open). It was a long road for her. She thinks all of us in MTC deserve some of the credit. Although Brian Gillespie and Carol Weeks stand out, Bob Jolicoueur, Jane Dolley and Don Penta especially helped her. But we all did, she says. We are "like a family." We were "nice people to cheer you on." And in the early years she needed that.

When Wanda was 13 she lost her mother and went through a pretty rough period. She reports being "always in trouble" with teachers and the like. Then, in 6th grade, she went out for the track team and became serious about it in Junior High School. This is when Brian Gillespie entered the scene as coach, confident and inspirational. At about the same time, Carol Weeks (our top 40+ runner herself) took Wanda under her wing, giving her confidence. In addition, she "helped a lot with attitude and ability to talk to people."

Wanda found that "running was my thing, it went really great." In her senior year in High School she was undefeated in Cross Country and won the State 800 (2:20) and the mile (5:20).

After graduation Wanda was free to run in MTC races which she "won every now and then." She always wanted to win the Boys Club race and one of the high points to her was when she did exactly that this year in 30:15. She was also very excited about her 22:37 PR at our 4 mile Turkey Trot.

Not long ago, Adrian Wadsworth, President of the Maine Association of The Athletics Congress, conceived the idea of a Maine TAC racing team. They were entered in the Frieheffers Run for Women on May 5, 1990 in Albany, New York. This race was certified as the National 5K Road Racing Championship, which attracted some of the best

female runners in the country. A team consisted of seven runners with the top three scoring for the team. Due to injuries, only Edie Dubord, Tina Meserve and Wanda toed the starting line. They placed third of 27 teams from all over the country, just seven seconds out of second place. Wanda won \$100 and the women voted that Wanda should keep the crystal bowl.

Wanda married Scott Binette and very soon thereafter they had to set up temporary quarters in Orono while he finished graduate school in engineering. His new job caused them to move recently to Plainsboro, New Jersey. A 400 runner in school, Scott has now started running with Wanda on some of her training runs. Meanwhile, she is working in a New Jersey supermarket. This means lots of weekend hours, which restricts her ability to run as many local races as she would like.

Wanda's goal is to someday be the best female runner in Maine. Her dream is to qualify for the Olympic Trials. Coach Gillespie says "why not"? All the women who are faster than Wanda are older than she. Besides, Wanda has been brought along slowly, which doubtless accounts for her lack of injuries. She has been training for distances in the 5000 area and has started working with weights. "This program of slow progression requires time to change the body." At age 24, she has not reached her potential and Coach Gillespie would not be surprised by a significant improvement.

So, while Wanda is effusive about what we have done for her, perhaps it could be mentioned that she has done a lot for all of us. Her achievements bring us all credit. After all, we are "family."

*John Woods*

### TEAM MERRILL

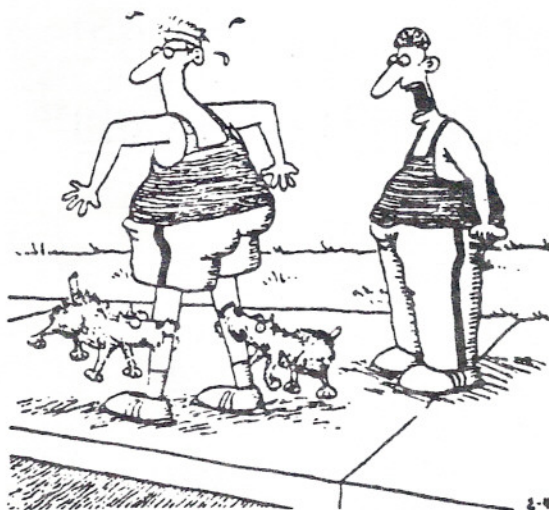
*proudly welcomes the addition of*

## PARKER HALSEY MERRILL

Recruited by: Deb and Clint Merrill

Early acceptance based on his strong genetic background and a promising powerful kick.

Nine months of developmental training led up to an exciting first event appearance on June 2, 1990 at 7:50 pm. Parker weighed in at 7 lbs. 14 oz. and appears to be thoroughly enjoying his "Eat to Win" diet.



"Cramps? Those aren't cramps, Hank. You've got schnauzers."



# MAINE TRACK CLUB MEMBERSHIP FORM

## MEMBERSHIP APPLICATION

I hereby make application to the Maine Track Club as follows: (Check 1)

☐ Individual (\$12.00)

☐ Family (\$15.00)

☐ Student (\$5.00) (18 yrs. old maximum)

TODAY'S DATE \_\_\_\_\_

LAST NAME _____	FIRST NAME _____	SEX (M/F) _____	D.O.B. _____
LAST NAME _____	FIRST NAME _____	SEX (M/F) _____	D.O.B. _____
LAST NAME _____	FIRST NAME _____	SEX (M/F) _____	D.O.B. _____
LAST NAME _____	FIRST NAME _____	SEX (M/F) _____	D.O.B. _____

ADDRESS \_\_\_\_\_, HOME PHONE \_\_\_\_\_

CITY \_\_\_\_\_, STATE \_\_\_\_\_, ZIP CODE \_\_\_\_\_

EMPLOYER _____,	OCCUPATION _____,	PHONE _____
EMPLOYER _____,	OCCUPATION _____,	PHONE _____
IF STUDENT: SCHOOL _____,	YEAR OF GRADUATION _____	
IF STUDENT: SCHOOL _____,	YEAR OF GRADUATION _____	

SEND TO: Membership c/o Maine Track Club, P.O. Box 8008, Portland, Maine 04104



### Maine Track Club

P.O. Box 8008  
Portland, Maine  
04104



First Class Mail