

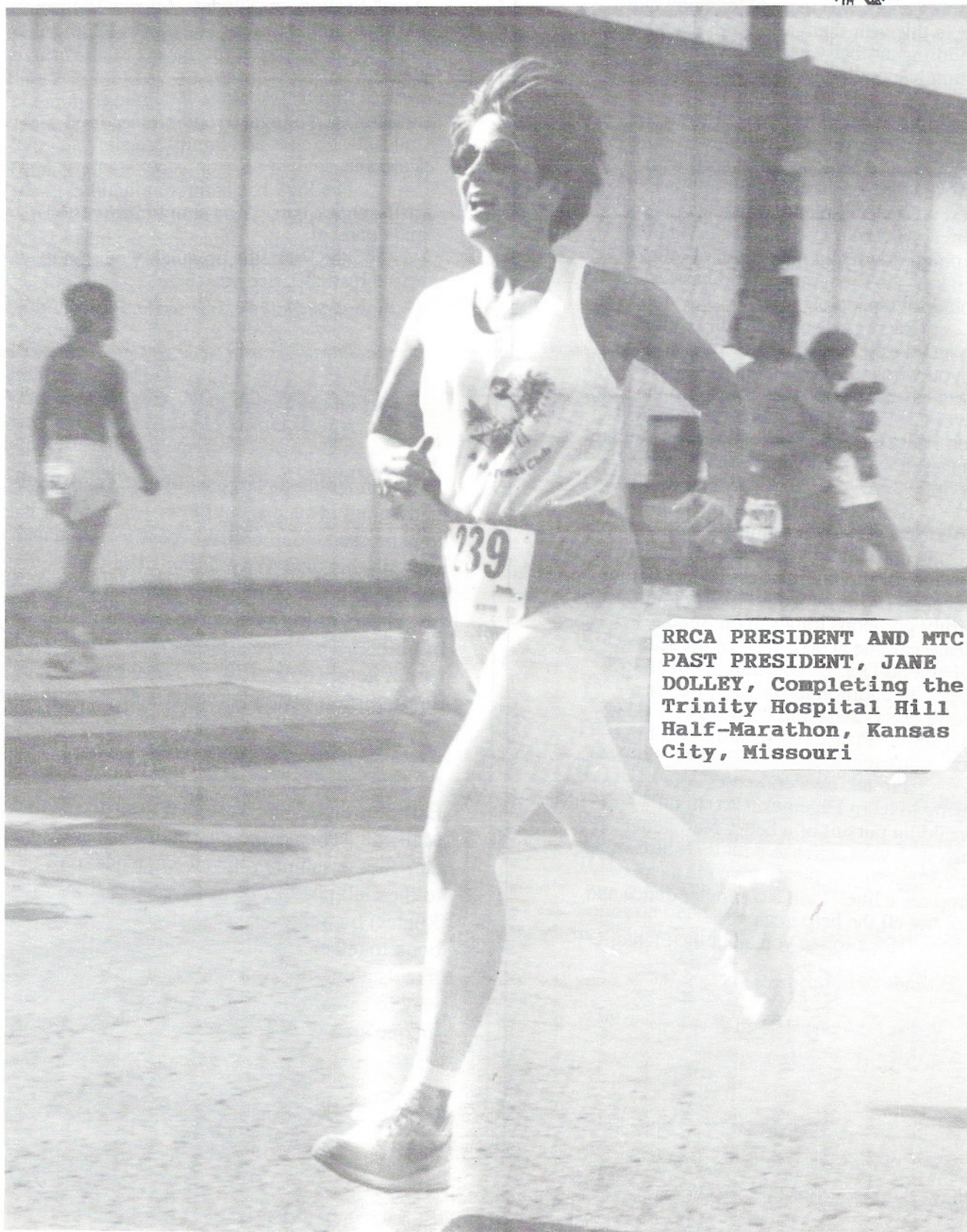


Maine Track Club



Run with a friend...

July August 1991



RRCA PRESIDENT AND MTC
PAST PRESIDENT, JANE
DOLLEY, Completing the
Trinity Hospital Hill
Half-Marathon, Kansas
City, Missouri

FROM THE EDITOR

As is usually the case, summer is flying by, leaving me wondering what it is that I spend my time doing these days. Running camp was incredible; many more people this year than last. Andy is thinking of adding another week next year, it's getting so popular. As you will read in Pat Buckley's article later in this issue, we had a wedding at camp this year. It was the most beautiful, most enjoyable wedding I have ever attended; accomplished with almost no expense, no fighting, lots of good wishes and plenty of tears. I think there should be a law that keeps wedding planning down to a maximum of 7 days. Think of the time, money and hassles this would save people!

Racing season is in full bloom and haven't we all been having a blast? Those of you who survived the heat of Pat's Pizza can only hope that Peaks and the Fore River Challenge offers us better conditions. Don Penta has given us lots of race results this issue with plenty more to follow next month.

Kennebunkport has finally given birth to its very own running group - my dream come true! A small core of us are training for the Marine Corps Marathon in November. If you would like to join us for a truly gorgeous long run on Sundays, please call me at 967-4257 or the Jeanne Richmond/Don Bessey household at 967-5968. In addition to running, we are all world class eaters and we have bonded in that spirit. Please run with us sometime, you won't regret it.

I'm taking a computer course, trying to learn Pagemaker 4.0 in the unending pursuit of a better Newsletter. If anyone has experience with this software or any suggestions, please give me a call or drop me a line. I am a computer dunce and can use all the help I can get.

Hope to see you all at the Picnic!

Candace

AUGUST MEETING MTC PICNIC

The August Meeting will be held at Sebago Lake State Park at the "Grove Area" Section, on Sunday, August 25 from 10:00 am until sunset. The cost is \$2 to enter the park unless you have a State Park Pass.

Join us for a day of running, swimming, volleyball, badminton, food and fun! Friends and family are all welcome.

The Park has bathroom facilities, grills, snack bars. You should bring food and charcoal.

The Park fills up quickly so plan to arrive by 10:30. See you there!

Hospitality

In a club as large as Maine Track Club, many good ideas are out there, just waiting to be expressed. John Gilliss recently approached me with this one: **Why doesn't the Club publish a book of maps of members' favorite running routes for distribution in hotels? That way, guests who run can find a good route without relying on non-running people at the hotel.**

What a *great* idea. What is your favorite route that passes a hotel intown, at Exit 8 of the Maine Turnpike, near the Maine Mall, on Maine Street in South Portland, etc? Please submit your recommendation to the club post office box (ATTN: Hotel Routes) by Sept. 30. We will then put the book together and distribute it to hotels and motels along the courses. What a splendid way to share our running interest and our unique area with guests and fellow runners.

Bill Stuart

PRESIDENT'S PAGE

I hope everyone is having some fun with their running and racing this summer. The Club does not officially meet in July and August, but that doesn't mean we are not busy. As I write these comments, the following events are being worked on by various MTC members: details for a one-day clinic with Roy Benson in August; plans for the summer picnic at Sebago Lake State Park on August 25th; Deering Oaks Track & Field events on July 26th; planning for the annual awards banquet in January; Peaks Island 5 mile run on July 27th; and organizing the Fore River Challenge for September 8.

I want to thank the wonderful volunteers and workers who make the MTC events so enjoyable and successful. I would like to focus on the Fore River Challenge, and state that we plan to hold both the 4 mile race and the Half-Marathon. Although we lost one of our major sponsors from last year, race committee members Charlie Scribner and Bill Stuart have been diligently working out details so that MTC can continue a half-marathon event for the runners in Southern Maine.

Again this year we are working on a short time period as a result of several factors. In order to make this a successful Challenge, we need volunteers to step forward and help in various categories such as: finish line, traffic control, water stops, refreshments, timing and results. Please contact Charlie Scribner at 772-5781, Sumner Weeks at 774-7302 or myself at 829-3669 and let us know that you are willing to assist in some capacity so that we can "Meet the Challenge."

Hope to hear from you,
Enjoy the Summer!!



TREASURER'S REPORT

Funds on deposit
as of 5/8/91 \$8,957.13

INCOME:

Clothing	\$381.50
Membership	182.00
Newsletter Ad	50.00
Newsletter Sponsor	20.00
50/50 raffle	15.00
Reimb. Ret. Check	12.00
<u>Interest</u>	<u>43.50</u>
TOTAL	\$ 704.00

DISBURSEMENTS:

Sporting Trophy	
Officer Friendly	\$ 38.13
SMT C Scholarship	500.00
Nancy Stedman:film	31.10
Postage	1.00
S. Davenny:Postage	14.50
LSSU:E. Nedeau	
Fyalka Scholarship	250.00
R. Hefflefinger:	
Postage	52.00
R. Laskey:	
Officer Friendly Exp.	15.45
SMT C gym rental	
Oakhurst race	246.00
Party World: tables	
Oakhurst race	40.00
R. Hefflefinger	
Software	5.00
Postmaster Portland.	
<u>Bulk mail fee</u>	<u>50.00</u>
TOTAL	\$1,243.18

Funds on deposit
as of June 5, 1991 \$8,417.95

Respectfully submitted,

Robert M. Laskey
Treasurer, MTC

31ST ANNUAL MOUNT WASHINGTON ROAD RACE

On the morning of Saturday, June 15 22 MTC members joined nearly 1000 runners as they looked at a sign at the base of Mt. Washington which published conditions at the summit - 43°, 50 mph winds, 17° wind chill, minimal visibility, and intermittent rain (that would feel like hail when driven down the mountain into one's face) were what we were promised. WELCOME TO MT. WASHINGTON AND A TYPICAL DAY ON THE ROCK PILE!

Despite the adverse conditions, MTC runners fared better than most. The club took a fifth place plaque in the team event with a time of 6:29:11 for the first five finishers! Our arch rivals from Central Maine Striders edged us out for fourth place with a time of 6:23:30. In the Ladies Division, a gutsy performance by Gail Turner gave her 6th place woman overall.

While all will agree that this is gut-wrenching work, I think all will be back. Many of this year's MTC participants have done Mt. Washington 5 to 10 times and look forward to it every year. This is an event so popular that while 1000 are admitted, three or four thousand more are turned away every year. Yes, New England has a lot of crazy runners!

19th	Paul Merrill	1:11:26
45th	Gordon Scannel	1:16:52
58th	George Towle	1:18:28
79th	Harry Nelson	1:20:19
94th	Mike Reali	1:22:06
95th	Rick Mulhern	1:22:13
124th	William Emerson	1:24:15
127th	Ron Johnston	1:24:54
168th	Phil Coffin	1:27:19
6thF.	Gail Turner	1:27:19
179th	Bob Coughlin	1:27:50
208th	Al Butler	1:29:16
17thF.	Eileen Dunfey	1:33:10
310th	Ron Cedrone	1:35:57
386th	Wayne Clark	1:40:02
404th	Yun Chong	1:41:30
430th	Mike Frost	1:42:37
509th	Rick Robinov	1:46:50
534th	Carleton Mendell	1:48:11
537th	John Gale	1:48:17

570th	Herb Strom	1:50:46
582nd	Chas. Iselborn	1:51:51
593rd	John Kim	1:52:06
646th	Dennis Connelly	1:58:48

Many thanks to the group of MTC volunteers who helped out including Charlie Scribner, Richard Scribner, Mark Clinch, and Ralph McLellan; and to Sue Davenny for organizational work.

Recovered from the Mt. Washington Flu, your reporter - Ron Cedrone



BACK FROM MT WASHINGTON

First MTC Finisher, Paul Merrill (center), with MTC volunteers, Richard Scribner (left), and Mark Clinch

The Fun Runners at the UNE Events Night



AN AFTERNOON WITH COACH ROY BENSON

Coach Roy Benson, a nationally-recognized running coach will present a clinic for interested runners in Southern Maine during the afternoon of Saturday August 17. The session, which will last approximately six hours, will include the following elements:

- Analysis of running style
- Different running for different types of events
- Proper stretching exercises
- Drills to improve form and speed
- Videotape analysis of running form
- Training programs for 5K to

Marathon

The program will include both general instruction and tips and drills that will allow you to improve your personal running performance. It is designed for any runner, elite or average, who wants to improve his or her performance.

Coach Benson will be available to us from approximately noon until 7 pm on August 17 at the Boys Club in Portland. (Final details are pending and will be sent to registrants well in advance of the session.

SPACE IS LIMITED. BE SURE TO SIGN UP TODAY.

ROY BENSON CLINIC REGISTRATION FORM

Yes, I want to attend the clinic conducted by Coach Benson. Please enroll me and send me additional information as soon as details are finalized. I have enclosed my Payment.

☐ \$20 MTC member
☐ \$25 Non-member

Name _____

Address _____

Town _____

State _____ Zip _____

Return this form to:
MTC, PO Box 8008, Portland, ME 04104



Top: Race Director Kathy MacDonald at the Berwick DARE race
Bottom: The starting Line of the Berwick DARE race

MAINE TRACK CLUB MEMBERSHIP MEETING June 12, 1991

The speaker for the evening was Dr. James Carter on Monitoring Methods for Scientific Training.

New members and guests included Gary Giffard, Pat Clark, Mark Clinch, Beth Scherpf, and Elisabeth Gendron.

Those members who had run or volunteered at a race in the last month were recognized.

President's Report: a meeting was held with the Sports Editor of the Portland Newspapers. Complete MTC race results will be printed as much as possible.

Vice-Presidents' Report: July meeting at UNE, run, pool, video of Boston Marathon & desert. Four Bruce Ellis Camperships to be awarded this year. A note was read from Nancy Ellis. Pictures and information will be sent to the newspaper.

Dennis Smith will not be at the track workouts on July 3 and 10.

Secretary's Report: The minutes were approved as printed in the newsletter. A letter was read from Wayne Ross, President of SMTTC, thanking MTC for our donation of \$500. Sugarloaf winners and team members were recognized and a photo taken.

Treasurer's Report: Balance as of 4/4/91 was \$8957.13. Rick Strout has agreed to fill the treasurer's position when Rob leaves for an internship in Washington.

Race Committee Report: Thanks to volunteers for all the May races. There will be another timing workshop soon. Race directors are needed for the Half-Marathon. A marathon and half-marathon may be planned for the fall of '92 on the Casco Bay Course. John LeRoy suggested that the Maine Coast course would draw more runners.

RRCA Convention: Bill Stuart and Marla Keefe are working on our bid for the '93 convention. Bill presented a list of the various committee heads needed.

Rock E. Green spoke about his 24 hour run, September 21, to raise money for two AIDS resource centers.

John LeRoy outlined plans for meeting the **Peace Run**, July 8th, in South Berwick.

Mel Fineberg reported on his search for club clothing. Concerns were expressed about ordering from out of state suppliers and about changing the colors. Use of black along with the green and gold had been suggested.

Newsletter deadline: July 20th.

Steve and Kathy Jacobsen invited everyone to their **Doc's Tavern Bring Your Whatever Party**.

Sandy Utterstrom will host a party for the **Deering Oaks Family Festival Track Meet volunteers**. Directions will be given when you show up at the track meet.

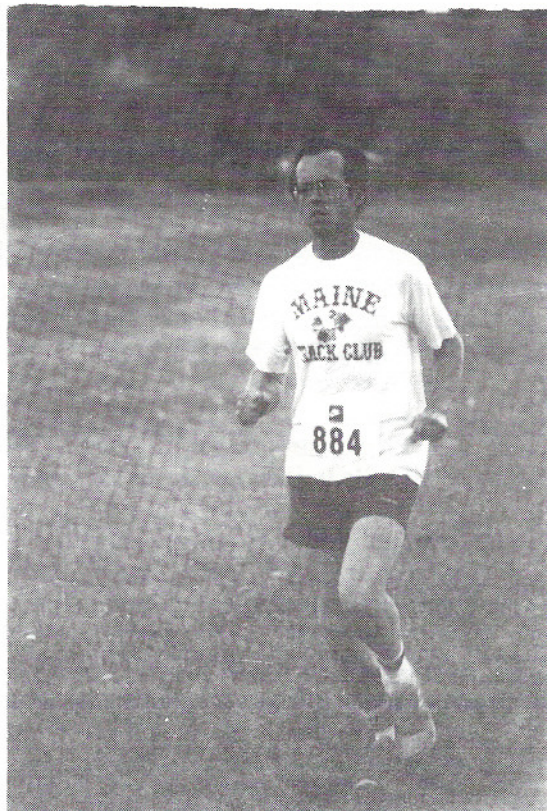
Bill Stuart made a plea to anyone having **MTC Race Equipment** to return it immediately. We are missing water containers and flags among other things.

Rob Laskey announced that more members are needed on **Maine TAC Long Distance Running Committee**. June 22-Maine TAC Championships, Fitzpatrick Stadium; June 29 NEAC Championships in Dedham at Northeastern.

Next Board Meeting: June 26 at Peter's house.

Respectfully submitted,

Susan Davenny
Susan Davenny
Secretary



Top: Richard Scribner
Bottom: Deb Merrill

"GOING TO KANSAS CITY" WAS GREAT!

The 1300 member Mid-America Running Association put on a first-class convention in Kansas City, the city second to Paris in the number of boulevards it has and second only to Rome in number of fountains. When President, Peter Bastow, and Race Committee Chair and RRCA State Rep, Charlie Scribner, could not attend this convention, I became the MTC delegate. The Board also approved some funding for Ruth Hefflefinger, Membership Chairwoman, to attend the Computer Workshop conducted by Alan Jones, author of RunningScore and Running Score II, and Alan Avery, RRCA Computer Consultant.

We arrived on Wednesday, May 29th, and were greeted with an invitation to run Thursday morning with the President, Executive Director and Administrative Assistant of the RRCA. How about that! Somehow, during this run, we volunteered to stuff delegates' shopping bags with goodies and information materials for check-in.

That afternoon, we were invited with delegates of other clubs considering 1993 bids to observe as the RRCA Board heard a bid by the Badgerland Striders to host 1992 in Milwaukee. This will prove extremely helpful as we now plan to present a bid for 1994.

In the evening, Ruth earned the honor of being the lead-off runner in the 5K "MOO" Run, a fun run with an age/sex graded handicap start. The entry fee for this race was one clean, unique t-shirt for a swap after the run. The Barbecue that followed was excellent and everyone was in good humor for the auction conducted by RRCA "personalities", Jeff Darman and Phil Stewart. They drew several "moos" of approval from the crowd. We were hoping to bring home the "Run with Lynn Jennings" but we were a little short of the final bid. A private trip to the "Mister Guy" Warehouse drew Thursday in KC to a close.

Friday, we hit the workshops. "Club Ideas" was moderated by Jane Dolley. She did such an excellent job moderating and interjected MTC ideas that we were "speechless." (She noticed and commented upon this.) I then went to "Multi-Distance Events," a growing trend to draw more competitors and most efficiently use resources. Ruth went to "Children's Running", something we want to develop in our area. We both attended "Women's Running" and witnessed a moving account by a woman who had been sexually assaulted during

an early morning run.

During the "Computer Workshop" we tried to set up something for the different scoring system we needed for the Regional Corporate Championship 5K's, got the latest update on the program and, most important of all, Ruth made personal contact with the people she needs to call when she has a problem or question. In between the workshops, we searched the exhibits for club clothing, finish line structure and timing equipment ideas. We were also the fortunate recipients of "Rude Rat" tyvek jackets. Rat Pack, eat your heart out!

Friday night we took off our t-shirts and put on our dresses for the Banquet. Don Kardong gave a delightful speech, including a twist to the stories our parents used to tell about their long walks to school. Don will be telling his children he used to run 10 miles to school every day with a loaded backpack. Steve Spence, (future winner of the LL Bean 10K) was there to accept the RRCA Male Road Runner of the Year Award.

Saturday morning, Jane presided gracefully at the RRCA Business Meeting. We can all be very proud of Jane, at ease dealing with and being one of the powerful people in the world of organized road running.

A nomination from the floor for Southern Director created suspense during the elections. The dues increase drew debate, especially on the minimum for small clubs. Guidelines for headphones in races were swiftly accepted. Milwaukee's Badgerland Striders were awarded the 1992 convention and the new procedure for awarding convention bids 2 years ahead was announced.

After all the business was done, Jane put on her new socks, a gift from husband Ken, and took the trolley with us out to Country Club Plaza for lunch. Saturday we carbo loaded and listened to Steve Spence, Jane Wetzel and Dr. George Sheehan. By Sunday morning, we were ready to observe the Trinity Hospital Hill Half-Marathon and 7.7 Mile Race. The side-by-side finish lines were masterpieces of clocks, timers computers, and multiple chutes. Jane looked fresh as a daisy as I snapped the cover photo.

Our MTC shirts drew warm comments about the '86 convention in Maine, during our whole stay. It was the first convention that the Utica Road Runners attended. This year they raised \$1900 and brought 19 members to Kansas City. If you would like to be one of more MTC members to attend the national convention, just talk to any one of our officers. There are ways to do this. It's a great way to spend a vacation, see new cities, run with new friends from all over the country and be active in the sport we all love.

Susan Davenny

JUST A REMINDER

The Newsletter deadline is the 20th of each month. Pictures must be received no later than the 15th of the month. Stories, announcements and classifieds are always welcome!

Herd on the street

L to R: Henley Gible, Jane Dolley,
Peggy Velasquez, Sue Davenny

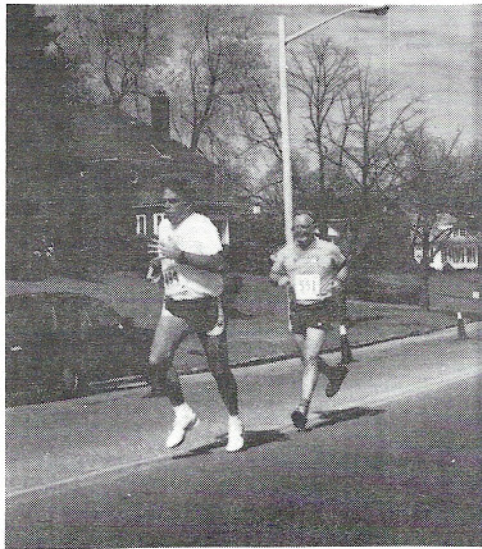


STEPHEN B. THORNTON/Special to The Star

Under the nose of a towering cow, local and visiting runners started the 5K Moo Run on Thursday at Penn Valley Park. The run, sponsored by the Road Runners Club of America, was part of the club's annual convention at the Westin Crown Center hotel. The convention wraps up Sunday with the Trinity Hospital Hill Run, which features a 13.1-mile half-marathon and 7.7-mile run. Related story, Page D-2.



Above: Rick Meinking
Right: Janet Sparkovich



RACE RESULTS

Above: Don Penta (Left and Dennis Morrill at the Family Crisis 4 miler.

62nd Annual Portland Patriots Day 5M
Portland, Me - 15 April '91 - 914 Fin.

Top Overall Finishers:

1 Paul Hammond	31	24:35
2 Bob Winn	31	24:47
3 Myron Whipkey	33	24:57
4 Frank Ritchie 1,30-39	34	25:07
5 Todd Coffin 1,20-29	29	25:41
46 Romalda Clark	23	28:24
52 Sally Perkins	28	28:36
67 Tina Meserve	24	29:33
84 Veronica Knight 1,20-29	23	30:06
96 Gail Turner (MTC) 1,30-39	31	30:27

Other top Division Finishers:

7 Steve Podgajny 40-49	40	25:47
41 Jeremy Howard 15&16	15	28:17
77 Frank Brume 50-59	50	29:56
143 Robin Emery Rappa 40-49	44	31:43
145 Mike Calazzo 13&14	14	31:44
284 Peter Scontras 60-69	62	34:21
329 Karen Hopper 15&16	16	34:51
472 Margie Van Orden 13&14	13	37:26
767 Sally Amory 60-69	65	43:09
820 Lynne Zimmerman 50-59	52	45:09
899 James Carroll (MTC) 70&+	81	54:59

Other (105!) Maine Track Club Finishers

16 Jim Toulouse 2,40-49	42	26:28
28 Stephen Fluet	32	27:20
32 George Towle	40	27:39
54 Charles Snekvik	48	28:47
55 Brian McCrea	31	28:56
62 Jim Bunnell	33	29:14
66 Kurt Nielsen	36	29:31
72 Dennis Smith	41	29:46
76 Philip Coffin	35	29:55
86 Lock Kiermaier	38	30:13
112 Howard Lewis	47	31:04
115 Clyde Coolidge 3,50-59	52	31:10
118 Richard Scribner	39	31:13
127 Joe Richards	47	31:25
130 Carl Fogg	43	31:27
138 Jeffrey Dyer	16	31:37
139 Les Berry	43	31:39
158 Paul LaVangie	33	31:58

More Maine Track Club Finishers:

165 Yun Chong	30	32:09
167 Loren Lathrop	42	32:13
170 Ron Cedrone	42	32:17
177 Jeanne Hackett 3,30-39	32	32:23*
181 Ray Shevenell	50	32:27
188 Dick Lajoie	50	32:36
200 Sumner Weeks, Jr.	43	32:50
203 Bob Hazzard	59	32:51
207 David Smith	49	32:53
209 Carol Weeks 2,40-49	42	32:56*
211 Dale Rines	38	32:57
215 Deb Merrill	35	33:03*
217 Michael Cowell	53	33:04
230 Rocco Corsetti	43	33:18
236 Mark Giroux	22	33:23
239 Richard Robinov	31	33:27
244 Thomas Menendez	37	33:30
248 Neil Martin	48	33:42
261 David Houser	40	34:01
285 Brigitte Edquid 3,40-49	43	34:22*
286 Dana Seguin	37	34:22
293 Dominic Reali	48	34:28
295 John Brennan	15	34:28
296 Dr. David Haskell	45	34:29
298 Charles Iselborn	34	34:30
299 Carol Pierce	44	34:30*
300 James Divirgilio	33	34:31
302 Tom Kirby	34	34:33
309 Stephanie Fischer	23	34:37*
310 Dave Berrang	31	34:37
312 Michael Cavanaugh	40	34:38
330 Kevin Carley	36	34:52
331 Rick Meinking	30	34:53
341 Tammy Wheeler 2,15&16	16	34:59*
360 David Rand	24	35:14
364 Gerard Salvo	36	35:16
365 Thomas Easley	26	35:17
398 Orlando Delogu	54	36:13
403 Herb Strom 2,60-69	61	36:17
404 Tom Atchison	42	36:18
406 Eric Ellis	38	36:21
409 Russ Bradley 3,60-69	67	36:24
414 Stephen DiPalma	35	36:28
423 David Englund	17	36:33
435 Joan Tremberth	46	36:50*
446 Roger Dutton	47	36:55
462 Henry Wolstat	57	37:12



Above: Rick Strout at the Officer Friendly race.

More Maine Track Club Finishers:

478 Carol Gillis	32	37:32*
482 Sheila McDonough	18	37:34*
491 Don Stanhope	48	37:45
511 Patty Medina	32	38:06*
523 Warren Wilson	57	38:14
526 Craig Cunningham	31	38:16
531 Frank Morong	57	38:19
549 Jeri Schroeder	43	38:34
569 Marla Keefe	37	38:58*
586 Bob Cushman	53	39:09
590 Phil Bartlett	43	39:17
600 Daniel Sobel	43	39:24
613 Janet Sparkowich	33	39:36*
616 Stoddard Chaplin	52	39:39
618 Larry Dyer	46	39:43
638 Clara Broadhead	41	40:01*
649 David Shevenell	29	40:12
673 Jane McCrodden	37	40:56*
676 Bob Perkins	48	40:59
699 Dennis Morrill	51	41:31
709 Linda Richards	28	41:46*
725 Brenda Keene	37	42:21*
730 Paul D'Amboise	61	42:24
737 Wendy Hall	25	42:29*
753 Robert Wyman	54	42:57
760 Harvey Rohde	48	43:01
762 Mike Robb	50	43:02
774 Allen Pusch	56	43:17
785 Donald Johnson	60	43:39
818 Judy Grassi	32	45:00*
823 Ingrid Snekvik	16	45:21*
827 John Gilliss	37	45:48
831 Deborah Poore	41	46:01*
867 Mark Clinch	35	48:33
882 Christine DeTroy 3,60-69	62	49:37*
883 Wilber Holmes	50	49:53
902 Donna Moulton	42	53:21*
905 Ruth Hefflefinger	62	53:23*
910 Sue Stanhope	49	54:59*

Many Thanks to John LeRoy for complete results, and to the Portland Boys and Girls Club and Maine Track Club for officiating this classic race.



Above: Bob Wyman at Bruno's

9th Annual Sugarloaf Marathon - 220 Fin.
Kingfield, Maine - May 19th, 1991

Top Overall Finishers:

(Total: 31 Women/ 189 Men)

Eileen Dunfey(MTC)1,30-39	35	3:04:12*
Debby Dorsett 2,30-39	34	3:17:44*
Cathy Col 3,30-39	35	3:19:49*
Nona Cerveney 1,40-49	42	3:23:08*
Vicky Vendrell 2,40-49	41	3:23:47*
Jim Toulouse (MTC)1,40-49	42	2:32:30
Giles Norton 1,30-39	35	2:33:28
Lance Giuliani 2,30-39	32	2:35:29
Rick Stark 2,40-49	41	2:35:41
Danny Paul 3,30-39	37	2:36:46

Other Top Age Division Finishers:

7 Althea Schmid 29&under	19	3:27:52*
9 Louisa Dunlap 50-59	50	3:30:10*
6 David Audet 29&under	26	2:38:54
49 Bob Coughlin 50-59	52	3:01:15
106 Carlton Mendell(MTC)60&+	69	3:24:04

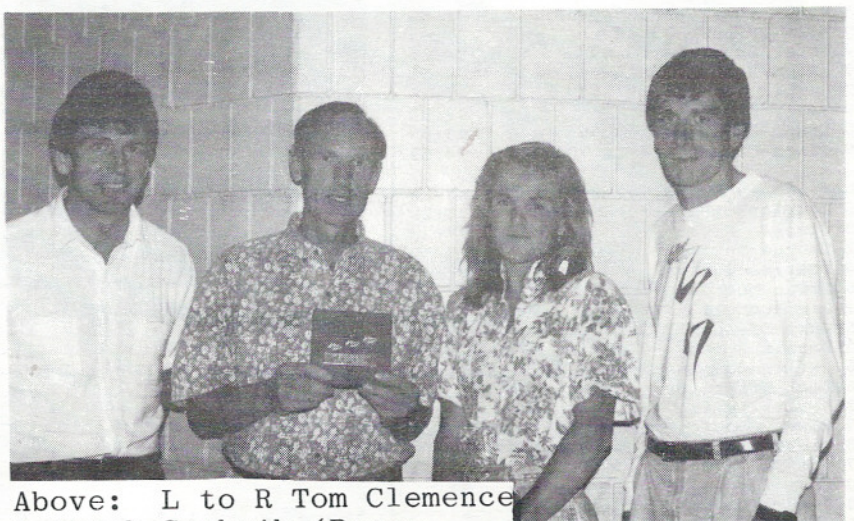
Other Maine Track Club Finishers:

19 Jean Thomas 2,50-59	55	3:43:39*
23 Patti Tableman	32	3:55:01*
24 Carol Gillis PR	32	3:57:19*
27 Sandy Utterstrom	47	4:06:12*
8 Gordon Scannell	38	2:41:45
20 Charles Snekvik PR	48	2:52:11
29 Thomas Clemence	34	2:55:41
37 Alburn Butler	37	2:57:25
43 Carl Fogg	43	2:59:17
44 Sam Merrill	40	2:59:37
45 Michael Reali	37	3:00:14
69 Malcolm Washburn	37	3:09:21
77 Philip Pierce	49	3:12:45
83 Richard McFaul	46	3:14:33
90 Edison Doughty	42	3:18:55
91 Bill Davenney	46	3:19:08
104 Yun Chong	30	3:23:30
112 Loren B. Lathrop	42	3:25:37
114 Rich. Cavanaugh 3,50-59	58	3:26:09
118 Thomas Carll	46	3:28:01
121 Steven Jacobsen	41	3:28:36
140 Orlando Delogu	54	3:34:22
148 Thomas Easley	27	3:39:53
154 Rick Meinking	30	3:43:51
158 Richard Robinov	31	3:46:00
175 Edward Saint John	51	4:01:00

Top: The Start of the
Sugarloaf Marathon.
Right: Ed St. John (135)
(Photos courtesy of Al
Farris)



Above: Patti Tableman
finishes the Sugarloaf
Marathon.



Above: L to R Tom Clemence
& Chuck Snekvik (Bruce
Ellis Team Award Winners)
and Eileen Dunfey & Jim
Toulouse Marathon Winners.

6th Annual Sugarloaf 15K - 164 Finish.
Kingfield, Maine - May 19th, 1991

Top Overall Finishers:

Total: 58 Women / 106 Men

Veronica Knight 1,29&-	23	55:46*
Rhonda Prime (MTC) 2,29&-	26	59:38*
Jennifer Allen 3,29&-	24	1:01:24*
Anne T. Melvin	28	1:02:09*
Sheila Hodges 1,30-39	36	1:02:18*
Todd Coffin 1,29&under	29	47:36
Todd McGraw 2,29&under	26	48:08
Rob Spaulding 1,30-39	35	49:00
Charles Violette 3,29&-	20	50:29
Ron Newbury 1,40-49	41	50:32

Other Top Division Finishers:

6 Connie McLellan 40-49	40	1:02:25*
30 Connie Towne 50-59	52	1:13:18*
48 Leona Clapper 60&over	62	1:28:58*
17 Bob A. Payne (MTC) 50-59		55:35
67 Russ Bradley (MTC) 60&+	67	1:06:20

Other Maine Track Club Finishers:

7 Jeanne Lamontagne	28	1:02:27*
8 Carol Weeks 2,40-49	42	1:03:09*
12 Brigitte Edquid 3,40-49	43	1:05:07*
13 Kathryn Tolford	36	1:05:14*
14 Erin C. MacLean	28	1:05:35*
22 Barbara Coughlin	48	1:10:20*
43 Linda J. Richards	28	1:17:59*
44 Beverly Strout	39	1:18:00*
45 Judith E. Grassi	32	1:19:50*
53 Donna M. Moulton	42	1:36:45*
8 Stephen Fluet	32	52:19
9 George F. Towle 2,40-49	41	52:37
14 Brian McCrea	31	54:35
19 Ronald Deprez	46	57:42
20 Joe A. Richards	47	57:42
30 Paul E. LaVangie	33	1:00:56
33 Roy E. Morejon	48	1:01:07
36 Michael Cowell 2,50-59	53	1:01:35
37 Bob L. Lyman	46	1:01:36
85 Dennis J. Connolly	42	1:13:54
89 Warren Wilson	57	1:14:47
93 David Shennan	40	1:16:46
95 Bob Cushman	53	1:19:59
96 Warren E. Foye	43	1:22:01
101 Everett Moulton	44	1:26:31

Special thanks to Chip Carey & Shelley Blood for complete results to the Sugarloaf Marathon & 15K.



Shellie Lathrop at Officer Friendly

3rd Annual Portland YMCA Back Bay 5K
Portland, Me - 190 Fin. - 31 May '91

Top Overall Finishers:

1 Mike Lyons 1,20-29	20	14:58
2 Todd Coffin 1,30-39	30	15:11
3 Myron Whipkey 2,30-39	33	15:16
4 Andy Palmer 3,30-39	37	15:19
5 Steve Podgajny 1,40-49	40	15:54
12 Michelle Hallett-Braz	27	16:55*
18 Edie Dubord 1,30-39	33	17:49*
46 Jayne Chase 2,20-29	29	19:28*
52 Jody King 2,30-39	30	19:33*
53 Deanna Hodgkin 3,20-29	24	19:34*

Other Top Age Divisions:

10 Mark Burgess 18&under	18	16:42
81 Philip Soule 50-59	50	20:44
113 Carlton Mendell (MTC) 60&+ 69		22:05
121 Renee Collins 40-49	49	22:31*
133 Jean Thomas (MTC) 50-59	56	23:39*
169 Talya Corsetti (MTC) 18&- 18		27:03*

Other Maine Track Club Finishers:

11 Sean Keough	35	16:44
16 Joel Titcomb	36	17:28
21 Harry Nelson	37	18:03
25 Dennis Smith	41	18:21
37 Joe Richards	47	18:56
40 Dale Rines	37	19:10
41 Bradford Davis	36	19:11
44 Tom Menendez	37	19:23
58 Rocco Corsetti	43	19:51
62 Eric Ellis	38	20:05
66 David Paul	46	20:12
68 Neil Martin	48	20:16
75 Elisabeth Gendron	29	20:36*
78 David Houser	40	20:39
90 Tom Atchison	42	20:57
98 David Shevenell	29	21:05
101 Kathryn Tolford	36	21:17*
107 Janet Sparkowich	33	21:39*
108 Gail Waitkun	36	21:45*
112 Bob Cushman	53	22:03
118 John Kazilionis	43	22:26
122 Larry Dyer	47	22:37
137 Sue Inches	36	24:02*
142 Kathleer Duddy 2,40-49	40	24:27*
147 Eric Tableman	11	25:15
148 Judy Grassi	32	25:20*
150 Linda Richards	28	25:22*
151 Patti Tableman	32	25:23*
152 Robert Wyman	54	25:32
160 Donald Penta	45	26:10
163 Carlene Anderson	41	26:28*
171 Everett Moulton	45	27:21
172 Rick Meinking	30	27:22
173 Ricky Meinking	8	27:45
176 Marianne Gagne	50	27:55*
181 Albert Farris	43	31:08
186 Michelle Mondor	43	32:27*
189 Jenny Menendez 2,18&-	10	N.T.*
190 Esme Deprez	7	N.T.*

Many thanks to Bob Payne and Marla Keefe for complete results.

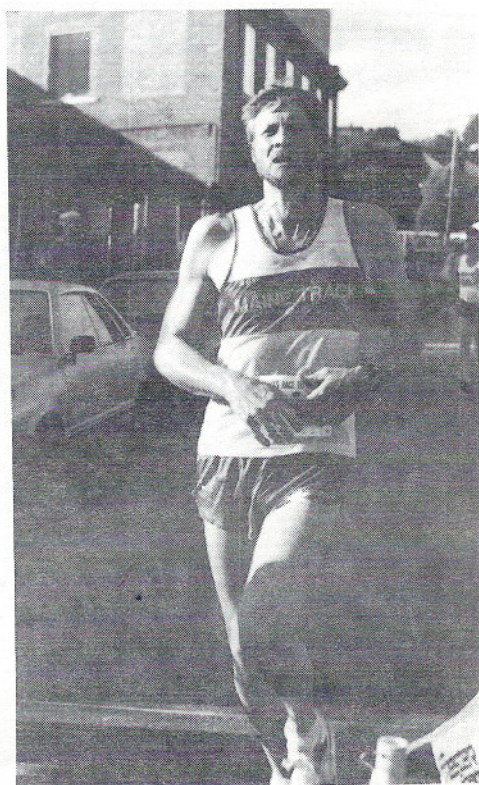
Inaugural 5 Mile Route I Run - 95 Fin.
Freeport, Maine - June 29th, 1991

1 Casey Carroll 1,open	19	28:19
2 Gordon Scannell (MTC)	38	28:29
3 Joan Samuelson (H.MTC)	33	28:33*
4 Bill Cataldo 1,under21	18	30:07
5 Bill Devou 1,41-50	42	30:12
6 Joe Mangone 1,31-40	34	30:20
8 Alan Quinlan (MTC)	35	30:27
15 Carl Fogg (MTC)	43	31:46
16 William Catalucci 1,51-60 59		31:58
21 Tom Menendez (MTC)	38	32:16
24 Mark Finnerty (MTC)	32	32:54
31 David Houser (MTC)	41	34:25
36 Abigail Falk 2,open	30	34:56*
41 Ginger Rober 1,20-30	23	35:13*
44 Joan Lavin (MTC) 1,41-50 43		35:36*
46 Cary Hollinshead 1,under20 17		35:49*
47 John Chandler 1,61&over	64	35:56
64 Nancy Lovetere (MTC)	47	39:48*
69 Patricia Clark (MTC)	31	41:33*
72 "Bubba" Wyman (MTC)	54	41:43
74 Paul D'Amboise (MTC)	61	42:30
77 Beth Scherpt (MTC)	30	43:10*
88 Judy Grassi (MTC)	32	45:36*

Many thanks to John LeRoy for complete results.



Rob Laskey starts Officer Friendly



Rick O'Brien at Bruno's

5th Annual Oakhurst Milk Run 4 Miler
S. Portland, Maine - 394 Fin. - 5/26/'91

Top Overall Finishers:

1	Ralph Moore open	28	19:51
2	Tom Dann (MTC) 1,30-34	34	20:00
3	George Bochus 2,20-29	24	20:30
4	Michael Grigware 3,20-29	26	20:42
5	David Libby	25	20:44
11	Joan Samuelson (H.MTC) open	33	21:39
18	Sally Perkins 1,20-29	28	22:31
23	Kathy Tracy 2,20-29	28	22:57
33	Eddie Dubord 2,30-34	32	23:43
49	Christine Bracerias	28	24:41

Other Top Division Finishers:

6	Rob Spaulding 35-39	35	20:51
20	Joel Croteau 45-49	47	22:40
34	Eric Funk 19&under	16	23:51
35	Philip Stuart 40-44	43	23:52
38	Mike Kimball 50-54	50	24:09
48	Russ Connors (MTC) 55-59	58	24:40
78	Deb Merrill (MTC) 35-39	35	25:50
80	Molly Dinan 19&under	15	25:53
108	Joan Lavin (MTC) 40-44	43	26:54
146	Peter Scontras 60-64	62	27:52
175	Russ Bradley (MTC) 65-69	67	28:41
310	Sally Amory 65-69	65	33:48
319	Joseph Bennett 70&over	71	34:36
329	Sally Patterson (MTC) 45-49	49	35:06
339	Polly Kenniston	54	36:24
369	Nora Stetson (MTC) 60-64	63	41:06

Other Maine Track Club Finishers:

64	Coreen Corsetti	26	25:11
67	Ron Cedrone	42	25:16
68	Dale Rines	38	25:21
75	Dick Lajoie 2,50-54	51	25:42
83	Michael Cowell	53	25:55
85	Bob Hazzard 2,55-59	59	25:57
86	Clint Merrill	42	25:58
87	Charles Iselborn	34	25:58
88	Jeanne Hackett 3,30-34	32	26:04
98	Rocco Corsetti	43	26:36
100	Don Bessey	45	26:41
101	Neil Martin	48	26:45
104	Elisabeth Gendron	28	26:48

More Maine Track Club Finishers:

105	Thomas Carll	46	26:51
106	Steve Robertson	31	26:51
107	Linda Hovencamp	25	26:52*
111	Dominic Reali	48	27:03
114	James Divirgilio	34	27:10
115	Stephen DiPalma	35	27:14
117	Michael Cavanaugh	40	27:16
118	David Haskell	45	27:19
119	David Rand	24	27:22
122	Katheryn Tolford 2,35-39	36	27:26*
129	Jim Hazzard	29	27:32
133	Nancy Kneeland	36	27:35*
134	Dana Seguin	37	27:36
138	Tom Atchison	42	27:43
139	Nancy Lund	39	27:44*
148	Gerard Salvo	36	27:53
158	Janet Sparkowich	33	28:05*
159	Craig Robinson	45	28:16*
165	David Shennan	29	28:16
178	Ed Doughty	42	28:46
183	Richard Holleman	54	29:01
186	Jeri Schroeder 2,40-44	43	29:05*
203	Jeanne Clemence	42	29:34*
205	Henry Wolstat	57	29:38
206	Bob Cushman	53	29:40
213	Marc Lusignan	38	29:51
230	Diane LaVangie	32	30:15*
237	Suelene Houser	27	30:30*
258	Larry Dyer	47	31:27
260	Craig Cunningham	31	31:31
280	Candace Karu	38	32:22*
298	Kimberly Monaghan	32	33:18*
300	Robert Wyman	54	33:19
302	Judy Grassi	32	33:23*
307	John Gilliss	37	33:35
309	Linda Richards	28	33:45*
312	Harry Giddinge	58	34:06
317	Beverly Strout	39	34:24*
322	Brenda Keene	37	34:56*
327	John Kendall	40	35:03
333	Donald Penta	44	35:34
338	Carol Gillis	32	36:13*
343	Paul LaVangie	33	37:02
344	Deborah Poore	41	37:08*
349	Stephen Monaghan	64	37:18
351	Marianne Gagne 2,50-54	50	37:32*
360	Donna Moulton	42	39:22*
370	Ralph Stetson	36	41:13

Many thanks to Ruth Hefflefinger for complete results.



Top: Sally Patterson

Race Results are carefully compiled and edited by Don Penta each month.



Above: Female Winner Joan Benoit-Samuelson
Right: First MTC finisher and second overall finisher Tom Dann



Tom Atchison

NOT ALL WINNERS HAVE TROPHIES

Being a novice and recreational runner, I attended the Maine Running Camp in scenic Bar Harbor this summer to learn more about running while I was on my vacation. I arrived Sunday to check in with such well-known people as Olympic quality runner Andy Palmer, author and runner John Parker, coaches Diane Whitcomb and Ron Johnston, teacher and ultra marathoner Dave Barker, nurses Donna Moulton, Pat Buckley and Bryn Diorean and meat cutter Ray Quessey. There were 57 runners from all over Maine, the US, Australia and even two world travelers working for AT&T in Florida.

Our first afternoon started with a five mile Get Acquainted run where the five minute milers took off leaving us eight-, nine-, and ten-minute milers still socializing as we started our workout with excitement and joy.

The tidbits of information exchanged while making new friendships will always be treasured by all 57 of us. The atmosphere the entire week was one of excitement, relaxation and enjoyment as we did everything from body fat composition checks to a track workout, gentle nightly walks for ice cream, pizza or other goodies to "power shopping" trips instead of power lifting workouts. There were no competitive runs or regimented training sessions, but rather good wholesome exchanges of information at friendly and sometimes hilarious group get-togethers, or private talks, while being taught to run better, hike, bike, kayak, eat, sleep and even relax in better ways.

I could not get over the attitude that everyone present was considered equally important regardless of their running abilities.

The many memories and lasting friendships we made are more impressive than any trophy sitting on a shelf collecting dust. I wish that everyone could have a week to get back to the basics of what really is important to us. At the

end of the week we had a camp awards ceremony (joke awards) that made us realize that finding ourselves, who we really are and what our ability level is now and what it can be in the future with some consistent and planned training makes us all winners and not just trophy holders.

I am now in the mental state of mind to loose those extra pounds and train to successfully complete the Marine Corps Marathon on November 3, 1991. If anyone wishes for a wonderful vacation in Maine with beautiful scenery and good ole running folks, I strongly suggest the Maine Running Camp.

Everett Moulton





UPCOMING EVENTS

Saturdays:

Fresh Pond Runs (2½ & 5M); 10AM;
Cambridge, Ma, (617)391-1899.

August:

- 4 9th Maine Lobster Festival 10K & 1M Kids Run; 8:30AM; Public Landing, Rockland; Ken Sylvester, 594-7035.
- 9th York Day 5K Road Race; 9AM; York H.S.; \$7/ \$8 post; Mike Sullivan, 363-2723.
- Summer Biathlon Series (5K run & shoot); 9:30AM (clinic), 10:30AM (start); Gould Academy, Bethel; Kirk Siegel, 824-2196.
- 10th Green Mountain R.R.(10K); 10AM; Summit Lodge, Killington, Vt.; Bill Bauer, (802)422-3535.
- 10 9th Blueberry Festival 10K; 8:30AM; Wilton; Bill Yates, 645-4623.
- 11 5th St. Peter's Italian Festival 4M; 4PM; St. Peter's Church, Portland; St. Peter's Church Run for Fun; 72 Federal Street, Portland, ME 04101; 773-0748.
- 2nd Samoset 10K; 8:30AM; Bristol (Me) Consolidated School; Central Maine Striders, P.O.Box 1177, Waterville, ME 04901 or Alan Reilly, 677-3617.
- Mattanawcook Triathlon (R:10K;Canoe: 6M;B:20M); 9AM; Lincoln; Teams & Individuals; Paul Smith, 794-6638.
- 15 15th Saunders at Rye Harbor 10K; 6PM; Saunders Restaurant, Rye, NH; Doug Zechel, (603)964-6466.

(* More Upcoming Events *)



Top: Janet Sparkovich
Bottom: Dick Lajoie
Right: Willie Sproul

(* Upcoming Events, continued *)

- 17 10th Spring Point Festival/ JBI 4M Run; 8:45AM; Southern Maine Technical College, S.Portland; WC "Bud" Burke, 761-2210.
1st Joan Benoit Masters Mile/ Seb Mamo Open Mile/ Colby 4M Classic; 8/8:10/8:30AM; Waterville; Jerry Saint Amand, Central Maine Striders 873-6753.
Maine Wild Blueberry Run 5M; 9AM; Washington County Courthouse, Machias; \$4(\$7 w/shirt), \$5(\$8 w/shirt) post; Bruce Frost, 255-6621 or 255-4237.
- 18 Bowdoin & Back 10M Run to the Coast; 8AM; Bowdoin College Outdoor Track, Brunswick; Barry O'Neil, Topsham Fair Mall, Topsham, ME 04086, 729-1800.
Falmouth Road Race 7M; Woods Hole, Falmouth, Ma; 10AM; Entries closed, '92 entries Available 3/15/92; Rich Sherman/John Carroll, Falmouth RR, (508)540-7000.
Bangor Stride & Ride Biathlon; 8AM; Bangor, Me; R:5M, B:20M; Mike Avery, 942-1110 or Susan Gehrt, 942-9940.
3rd Up & Running 10K; 10AM; Settlers Green, No.Conway, NH; Dot Walker, (603)356-7031.
Washburn Fun Run 2.9M; 9:30AM; Washburn; George Ayooob.
- 21 13th Kennebec 10,000; 6PM; Madison Jr. H.S.; Central Maine Striders (Jerry), 873-6753 or Bob Hagopian, 696-3088.

- 24 Maine Track Club Annual Picnic; Sebago Lake State Park; see details elsewhere in this issue.
Shawnee Peak Great Mountain Chase; 10:15AM; Shawnee Peak at Pleasant Mountain, Bridgton; \$10 entry; 1st of Peak to Peak Alpine Running Series (Maine Ski Assoc., 761-3774); Shawnee Peak, 647-8444.
Houlton Regional 5K; 9AM; Lisa Perfitt.
UMPI X-C (3K, 5K, & 8K); 9:30AM; Presque Isle; Chris Smith.
- 25 3rd Angie Amraham Scholarship Run 4M; 9AM; Deering H.S., Portland; Union Station Fitness Depot, Race Director: Johnathan Kosnow, 222 St. John St, Portland, ME 04102; 871-8995 or 775-4817.
Savoy Mtn. Trail Race 20 Miler; 9AM; Savoy Mtn. State Forest, Florida, Ma.; Francis Mach, (413)743-5124.
- 31 Harrison 5KM Road Race & Fun Run; 9/8:30AM respectively; Crystal Lake Park, Harrison; Roger Foster, P.O. Box 243, Harrison, ME 04040.
Franconia Scramble 10K; 11AM; Franconia Community Church, Franconia, NH; Paula Wolcott, (603)823-8421.

September:

- 1 Camden Tinman Triathlon (S:0.5M, B: 26.5M, R:6.6M); Camden; Maine Sport P.O. Box 956, Rockport, ME 04856; 236-7120.
- 2 29th Bangor Labor Day 5M; 9AM; Bass Park, Bangor; \$6 entry; Craig Orff, Bangor Parks & Rec., 100 Dutton St, Bangor, ME 04401, 947-1018
57th Around Cape Ann 25K; 9AM; O'M-ailey School, Gloucester, Ma.; \$10, \$15 post; Rob Morais, Cape Ann YMCA, 71 Middle Street, Gloucester, MA 01930; (508)283-6470.

Clothing Options Increase

Now is the time to purchase that new MTC singlet you have always wanted. Or, how about treating yourself to a great new hat - either white or green - with a sweat band as a standard feature. It is important to the visibility of the club that you wear your MTC colors whenever you run or volunteer at a race. Not only will you help publicize the race, but you will be easier to spot by MTC photographers!

We now have a good stock of MTC clothing in stock, including short-sleeve T-shirts, singlets, shorts and, for those of you with foresight, gloves and hats. We will announce specials and include an order form in the next MTC Newsletter.

Attention Ladies! We have placed an order for a new running suit (shorts and singlet) from Seark, the official outfitter of the New York City Marathon and many running clubs. Several female board members have worn the shorts and singlet and report that they are cut to fit a woman. You may order directly from me.

Coming in the next MTC Newsletter: News about the new additions to our line: gym bags, Supplex wind suits, Lycra tights and Tyvek jackets!

Mel Fineberg 774-8868

Trek Provides Rich Experiences, Memories

The Trek. Ever since February, when Al Utterstrom told me about the American Lung Association "Trek Across Maine," I had been looking forward to this nearly 200-mile adventure with pedal and spoke.

My anticipation was not without apprehension. The mind has a funny way of flashing back to all the horrors associated with an experience. I remembered my head-on collision on a bicycle with the town dog catcher's vehicle and my pride in denting the front of her van with my helmetless head. I recalled the British driver who decided that I needed a tumble in a meadow and slight concussion. I remembered the tire blowout in France and my friend's laughter as my bicycle went into a ditch and I punched out over the handlebars. Still, I was excited.

Of course, in my running tradition, I trained minimally - probably 60 miles this year. The start at Sunday River was downhill and the first 45 miles were not too difficult, so Al and I were fine. The last 20 miles of the first day, from Jay to Farmington, were a preview of what the afterlife will be like if I do not change my behavior toward my neighbor's cat. The hills were just waiting to bury their victims. I don't know how Al and I escaped their clutches and managed to reach our first-night destination: the UM-Farmington dorms.

For your average crowd, the trip from Farmington to Waterville is a commuter flight. For us, the roundabout course was 55 miles through driving rain at times. Still, the course was not difficult, and most of the 700 cyclists were relaxing in their Colby College dorm rooms by early afternoon. That evening, about 15 of the cyclists, including Al, were awarded Trek jackets for participating in their fifth Trek.

The third and final day was a 66-mile odyssey from Waterville to Rockland. The first 20 miles were pretty uneventful. Then came a

hill that looked like Pike's Peak. As I neared the top, I saw a woman walking her dog. She expressed encouragement to a group of us who were pedaling up the incline. As I reached the top, I suddenly placed the woman: I am sure that she was Mrs. Barnes, my high school debate coach in central Massachusetts, who retired to somewhere in Maine. I was too tired to pedal down to confirm my hunch and then pedal back up the hill.

The rain returned as we headed toward the Samoset. At Lincolnville, Sandy Utterstrom and Ruth Hefflefinger greeted us. They provided encouragement and told us that fellow MTC members Dale Rines and Kurt Nielsen were just ahead. As we pulled into the final rest stop about 10 miles from the finish, I met Kurt for the first time. I reminded him that future generations will remember him as the first cover boy in the MTC era of cover-page photos in the newsletter (May 1990) - unless you include the April 1990 cover in which Marla Maples expressed her love for Bill Davenny.

The final 12 miles were like the final mile of a marathon - need I say more! We pedaled through the rain and made a triumphant dash to the finish at the Samoset - our bodies soaked from the driving rain and our memories filled with the experiences of the last three days.

The 700 trekkers raised \$25,000 for the American Lung Association of Maine. It would be great if more MTC people - particularly those who cross-train on bicycles - sign up for this worthwhile cause and fantastic experience next year. Like running, the Trek is, as I like to say, a good example of "group ex."

Bill Stuart

'THE HONOR OF YOUR PRESENCE IS REQUESTED'

The week in late June I spent at Andy Palmer's Maine Running Camp in Bar Harbor was magical to me from the start. Clouds and rain did not exist. The air was crisp in the early morning with the vivid green of the foliage meeting the deep blue of the ocean, and later the light blue glassy sea beneath the pink and orange layers of the evening sky.

The 52 campers and five staff were as diverse as the places we'd come from. There were a few of us from Maine, some from other New England states, others from New York City, Maryland, Washington, DC, Ohio, Michigan, Missouri, Florida, two people from Canada, and a couple from Alice Springs, Australia! There were teachers and coaches, a couple of people in TV production, a welder, several nurses, a physician, a police officer, two lawyers, college students, and a few retired people, among others. Abilities ranged from Andy himself to new runners working on 5K times. The common denominator was our love of running. It was easy at first to tell the veteran campers from the new ones, but after our first six mile run around Eagle Lake in Acadia National Park, the group began to blend into unit.

Mid-week, on Wednesday evening, Hillary Billings (MTC member Dolores' son) surprised us with an announcement that two campers, MTC member Beverly Strout and Eddie Doughty, had decided to hold their long-planned wedding at the camp the following morning and we campers were the invited guests! Moved by the spirit, some started work that evening on large arrangements of garden flowers. A creative camper made crepe paper streamer and flower arrangements on the staircase and around the main house. The porch furniture was arranged outside into diagonal rows, making an outdoor chapel setting next to the sea.

The next morning, except for a brief, nervous run with the group, Beverly and Eddie kept to themselves preparing for what lay ahead; but the campers grew more festive. Someone went to town to get sparklers. Champagne was chilling. The kitchen was commissioned to bake a cake, and an exquisite orange creation decorated with fresh flowers appeared.

As most had packed only running gear, attire choices were limited. Some wore their running shorts and T-shirts to the ceremony. Other guests "dressed up" in blue jeans, and there were a few denim skirts. My roommate and I compromised by wearing clean slacks and shirts and fancy earrings.

Just before 11 am Beverly and Eddie walked out together, beaming. There were preceded by attendants Andy Palmer and Michelle Hallett. In his remarks, JP Hillary Billings reminded those assembled of their responsibility to the couple as witnesses to their union. The couple then exchanged their personal vows, which left nary a dry eye in the gathering.

Then there were hugs all around. Sparklers were lit while champagne was poured and cake cut. Cameras clicked madly. Rice was thrown. A wedding procession to lunch in the dining hall followed, with Candace Karu strewing peony petals from a basket for the bridal couple's path.

For many of us, the rest of the day was something of a dream state, saying things like "wasn't that wuuunderful?" The next day we enjoyed seeing Everett Moulton's video of the event, which afterward the couple received as a wedding gift. A few days later, after camp had ended, I started chatting with someone at a Bar Harbor coffee shop who said, "we heard you folks had a wedding out there the other day." It was clear we had been part of a "first and maybe only" very special happening in a very beautiful place.

Pat Buckley

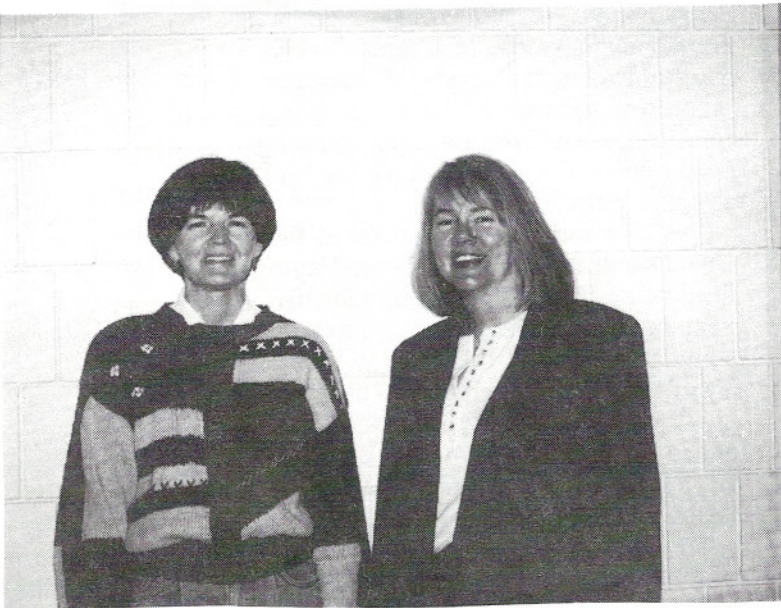
NOTES

NEW MEMBERS



NEW MEMBERS AT THE JUNE MEETING

Standing L to R: Mark Clinch, James Carter, Patricia Coolidge, Clyde Coolidge, Elisabeth Gendron. Seated: Pat Clark & Beth Scherpf



New Members Pat Murphy (left) and Phyllis Bannister

PAYSON PARK GROUP RUNS

Dates: Aug. 4, 11, 24 6:00am start
Sept. 1, 7, 15, 22, 28 7:00am start
Oct. 6, 19, 26 7:00am start

Special: On October 12, we will run 4 mile laps with the 50 Milers in Brunswick, 7:30am.

Note: Some of the runs are on Saturdays in an effort to conflict as little as possible with some of the races. No run scheduled on Aug 17/18.

Distances:	Boulevard	3.6 miles
	Depot Rd	8
	Johnson Rd	12
	Tuttle Rd	16
	Yarmouth Ctr	21

Add ons may be done to achieve other distances.

Water Stops: Pine Grove Cemetery, Johnson Rd & Rte 88, Tuttle Rd-both ends, Yarmouth Cemetery, Yarmouth High School, Woods Rd & Middle Rd, Falmouth Ceramic Store, fire hydrant at the top of the "Crusher." Water & Exceed provided.

Post Run Festivities: Bring juice, bagles, fruit, etc. to share in the Park.

Questions: Call Sue Davenny 772-1787.



PAYSON PARK

Gerard Salvo and Jean Thomas relaxing after an MTC Group Run

20th IAAF World Cross Country Championships



The world is coming to Boston

on America's 500th birthday!!

Franklin Park, Boston, MA
Saturday, March 21, 1992

PLUS:
**International Veteran's
Cross Country Classic**

Friday, March 20, 1992

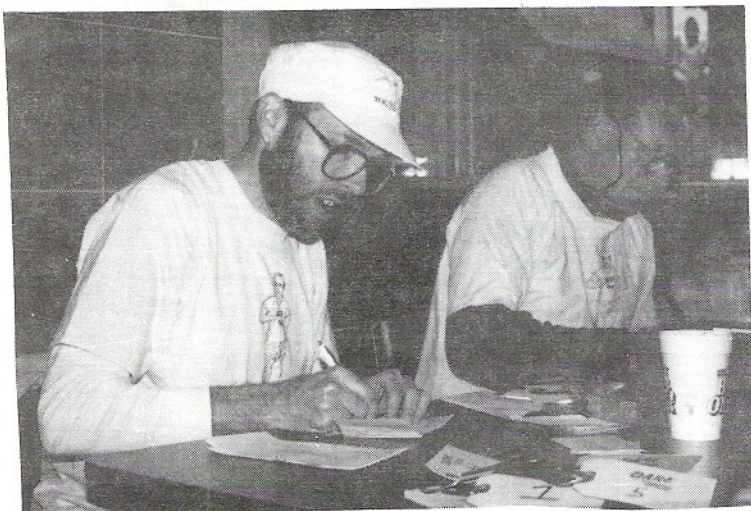
For advance ticket sales or tour
information, please call or write
our official U.S. Tour Operator:

/Fresh Pond Travel

186 Alewife Brook Parkway Cambridge, MA 02138
Phone: 617-661-9200 Fax: 617-661-3354
Toll free inside U.S. & Canada: 1-800-645-0001



In 1991:
**TAC/USA National
Junior, Senior & Masters
Cross Country Championships**
Saturday, November 30, 1991



Bill Davenny (Left) and Ray Hefflinger - the Registration team at Officer Friendly.

THANKS FROM SMTC STUDENT

"On May 9, 1991, I received a scholarship from you at the Southern Maine Technical College Scholarship Awards Assembly. This is just a note of thanks to all of you. In September, I will be going to West Virginia's Alderson-Broadus College to study to be a Physician Assistant. The money that you gave me will be used towards my tuition there. I am very grateful to you all.

Thank you."
Cindy Curit
Portland, ME

CONDOLENCES

A card of sympathy was sent to Don Penta upon the death of his mother in June.

MAINE FINISHERS AT AMISH COUNTRY HALF-MARATHON APRIL 21, 1991

Lawson Noyes, 1st in age group	1:21:19
Joan Lavin, MTC, 2nd in age gr.	1:35:43
Tom Atchison, MTC	1:45:20
Bill Davenny, MTC	1:45:21
Barbara Coughlin, MTC	1:52:44
Ned Vadakin, MTC	1:56:08
Susan Davenny, MTC	2:05:37

Tom Atchison promised us "fun in the sun" but we got heavy rain and wind. Still a beautiful race! Lawson Noyes thought he would be running incognito until he saw the green shirts arriving.

Sue Davenny



Sandy Utterstrom at...where else?
(Photo courtesy of Al F rris)

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

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