

Maine Track Club

Run with a friend...



JULY/AUGUST 1992



FROM THE EDITOR

For almost as long as I have been a member of the Maine Track Club, I have been the Editor of this Newsletter. I wandered into a meeting in November of 1989 and before I knew it, Bill Stuart had made me really believe it would be a piece of cake. And frankly, it has been wonderful. In writing the newsletter, I have gotten to know the people who make the MTC such a great organization. It has truly been a labor of love.

But I am working more now than I have had to in the past and my children are at ages where I must be actively involved in their lives. (Roughly translated, this means they need me to drive them about 8 different places every day.) It is with enormous regret that I must resign as Editor at the end of October.

What this means more than anything is that the Club needs someone to step forward to take over this very important job. It requires time and effort but is a wonderfully rewarding endeavor. I will be happy to help your new Editor in any way possible.

Thank you all for the help you have given me over the years. I hope I can do the same for you.

NEXT MTC MEETING

Sunday Aug. 23

From 1 PM to whenever

Join us at Fort Williams on Shore Road in Cape Elizabeth for our Annual MTC Picnic. Bring whatever you need to run, bike, swim, EAT, drink and be merry. All family members and guests are welcome!

MAINE TRACK CLUB RACING CLINIC MILE TIME TRIAL

After three weeks of Wednesday night track workouts, the following club members ran a mile time trial at the Portland Expo Track. Almost everyone came very close or beat their pre-race goal. Great effort by everyone!

Bob Winn	4:24
Ted Hutch	5:05
Wanda Binnett	5:11
Jeanne Hackett	5:39
Rick Meinking	5:42
Bob Hazzard	5:48
Russ Connors	5:53
Nancy Lund	5:55
Carrie Croft	6:01
John Leroy	6:01
Betty Barber	6:02
Steve Assante	6:02
Carol Hogan	6:04
Susan Houser	6:23
Dianne Laskey	6:40
Susan Davenney	7:47
Ruth Hefflefinger	9:19

Brian Gillespie

PAYSON PARK GROUP TRAINING RUNS

These Sunday morning group runs from Payson Park in Portland will follow parts of the Maine Marathon course. Water stops provided. Call Mike Reali for more information at 767-5218.

COVER: That Hunka' Hunka' Burnin' Love, Malcolm Washburn gets ready for this month's Maine Track Club Picnic at Fort Williams in Cape Elizabeth.

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NOTICE

TRAINING SESSIONS ON WORKING THE CHUTE & TIMERS

AUGUST 19, 1992 6 PM

&

SEPTEMBER 23, 1992 6 PM

PORTLAND TRACK
(THE FINISH FOR THE MARATHON!)

I AM LOOKING FOR PEOPLE WHO WANT TO LEARN AND EXPERIENCE WORKING THE CHUTE DURING A RACE. EVERY MEMBER SHOULD KNOW HOW THE FINISH LINE WORKS! THIS WILL BE A GOOD CHANCE TO PRACTICE AND HAVE FUN AT THE SAME TIME!

I ALSO NEED ABOUT 20 PEOPLE WILLING TO RUN (AND RACE TO THE FINISH) PLEASE COME WELL RESTED, WE'LL GIVE YOU A GOOD WORK OUT.

IF YOU'RE INTERESTED IN THE TRAINING SESSION OR BEING A RUNNER

PLEASE CALL: SANDY UTTERSTROM
797-4710

PLEASE SPECIFY: THE TRAINING SESSION OR RUNNER

PC TRAINING

WANT TO LEARN THE MAINE TRACK CLUB COMPUTER PROGRAM
FOR RESULTS!!!

SEPTEMBER 2, 1992 6 PM

NEW ENGLAND TELEPHONE COMPANY

SPACE IS LIMITED (BECAUSE OF COMPUTERS) CALL TO RESERVE
A SPACE.

CALL: MARLA KEEFE
655-7350

NEW MEMBERS

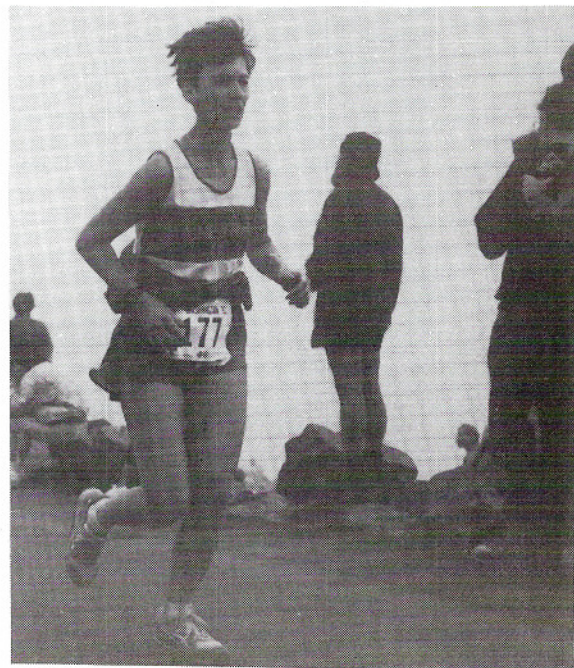
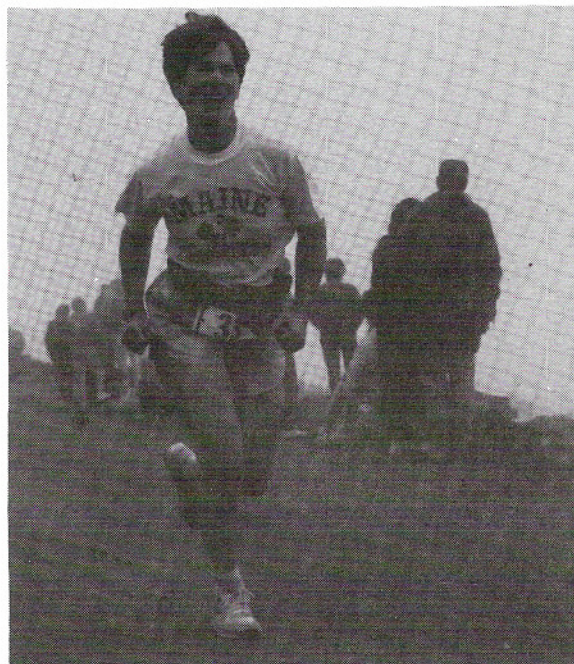
NAME & ADDRESS	TELEPHONE	OCCUPATION	AGE
Wanda & Scott Binette 54 Rear Broadway South Portland, ME 04106	H799-0898		26 27
Bruce Chituck 9583 Shore Dr. #165 Norfolk, VA 23518	H804-496- 2768	Teacher	38
Gretchen Hill 22 West Street #3 Biddeford, ME 04005	H282-9156	Filene's Basement	27
Carol Hogan 101 Brentwood St. Portland, ME 04103	H772-2102 W774-2500	Paralegal - Thompson & Bowie	41
Paul Kenison RR2, 11 Haskell Rd. Gray, ME 04039	H829-5251 W693-6115	Canvas Products - Self	49
Bob Merrill P.O.Box 6680 Scarborough, ME 04070	H883-8051 Same	Sales Representative Research Institute of America	52
Sherry Missig RR1, Box 290B Yarmouth, ME 04096	H846-3386	Flight Attendant - TWA	41
Tom O'Connor 52 Summit Circle Westbrook, ME 04092	H854-3627 W856-0428	Chemist - IDEXX Corp.	41
Gary Powers 25 Deering Road Gorham, ME 04038	W871-8549	Engineer - U.S. Postal Service	31
Slobhan Sheehan 393 Center Street #45-B Auburn, ME 04210	H783-0359 W784-8587	Orthodontist - Dr. Raymond Bedette	29
William York 15 Woodland Road South Portland, ME 04107	H767-0883 W729-0921	Sales Engineer Rodgers/Associates	50



ABOVE: New members at the May meeting were (L to R) Shirley Chamberlain, Terry Clark, and Trina Clinch.

RIGHT: Three of the MTC women at Mt. Washington who did us proud. (Top to Bottom) Barbara Coughlin, Jane Dolley and Joan Lavin.

cf



PRESIDENTS' PAGE

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One of our untapped resources in the Maine running scene is the area of children's running. Across the country there are clubs that have taken this area of interest and they have incorporated running programs for children and youth into their clubs.

The Maine Track Club presently encourages youth running through the Bruce Ellis Scholarship Fund and through special scholarships and financial gifts for youth athletes. For the third year, the MTC awarded four scholarship to young athletes who have shown interest and dedication to the sport of running. This year the four scholarship winners attended the University of New England Running Camp.

Several MTC races offer youth fun runs which are usually a mile in length. The joy of running is seen on the faces of children as they cross the finish line with their parents proudly cheering them on. This seems like a very natural way to include children in our events.

Encouraging children to run from an early age, for fun and fitness, is

a sensible approach. Promoting rigorous competition at too early an age teaches nothing about lifelong health and fitness. Children love to run in their play and including them in our sport should be done with care. We have all read or heard the stories of young athletes who burn out as a result of too much competition and stress.

At our July Board meeting, this topic was discussed. Charlie Scribner and Greg Parker have volunteered to spearhead a children's running program for the Maine Track Club. As is the case with any of our successful programs, more volunteers are needed to work on this project. If you are interested in working on this program or if you have some ideas to share, please contact Charlie or Greg.

As we plan our races, consider adding an event for children. It is a great way to build self esteem and to encourage one of our most precious assets - our youth.

Carol & Sumner Weeks

MAINE COAST RUNNING CAMP AND 5K ROAD RACE

The first Maine Coast Running Camp and 5K Road Race was held from June 22nd through June 27th at the University of New England in Biddeford. The camp was supported by the Maine Track Club and is the first time that the club has offered this type of program.

The running camp was the brainchild of Michael Beaudoin, Dean of the Continuing Education for UNE. Michael contacted Carol Weeks to discuss plans for the



LEFT: Suelene Houser at the Berwick Dare Race.

camp. During the beginning planning stages, Tom Dann expressed strong interest in directing the camp and became actively involved in the planning.

The Camp was structured as a half day camp, with the mornings divided into segments. Each day there were two presentations on various aspects of running. The presentations were separated by a morning run and snack break. Topics included the history of running, stretching, sport psychology, running biomechanics, training strategies, aqua-jogging, nutrition, running injuries, race day preparation and weight training. The speakers were well qualified and were very interesting.

The culminating event for the camp was the 5K Road Race. Although the field was small (65), the course was scenic and flat. A panel discussion followed the race which included Bob Winn, Sally Perkins, Joel Croteau, Tom Dann and others.

The camp attracted a wide age group which spanned from the ages of 13 to 65. Plans for 1993's camp are already underway. Carol and Tom met recently with Michael Beaudoin to discuss future directions for the camp. With the support of the MTC it is our hope to see this camp expand and continue to grow in the years ahead.

Carol A. Weeks

**BUD LIGHT 5K
VOLUNTEERS
September 20, 1992**

We need to know exactly how many volunteers will be staying for the Awards Breakfast at the

Sonesta, so please complete this and send to Ruth Hefflefinger, 20 Curtis Road, Portland ME 04103 by September 13th.

Name _____
Phone _____

☐ Will volunteer but not stay for breakfast.

☐ Will volunteer; breakfast already paid with runner's application.

☐ Will volunteer and have enclosed \$5.75 per person for breakfast.

Checks should be made out to Bud Light 5K. Tickets will be given out at Volunteer Check-In.

PACE CALCULATOR

Now its easy to calculate your pace, especially for those unusual distances.

Just align your time and distance on the inner and outer scales and read your pace in the window. Works for both miles and kilometers, converts miles to K, and calculates percent effort from your best time.

(a 5 inch laminated plastic rule that travels to races well)

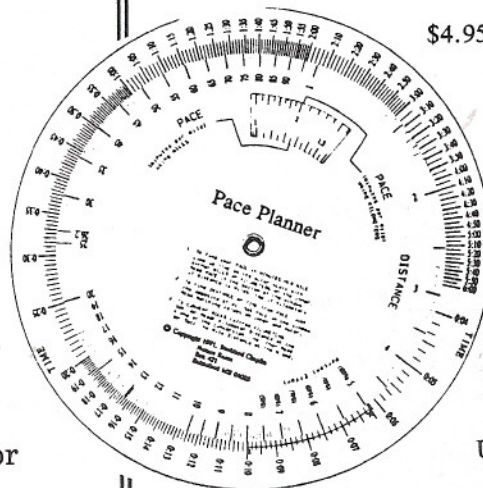
\$4.95 + .30 ME sales tax

Stoddard Chaplin
Nature Rules
PO Box 421
Biddeford ME. 04005

Advertised in
RunnersWorld

Quantity Discounts

Unique Award or Gift



RACE RESULTS

16th Annual April Amble 4 Miler - 266 F.
Westbrook College, Portland -- 4/25/1992

Top Overall Finishers:

1 Scott Brown 1,open	33	20:00
2 Kim Wettlauffer 2,open	35	20:15
3 Pete Bottomley 3,open	30	20:21
4 Allan Muir 1,30-39	37	20:27
5 David Libby 1,19-29	26	20:43
20 Christine Braceras 1,open 29	22:01	
40 Wanda Binette (MTC) 2,open 25	23:53	
51 Jeanne Hackett (MTC) 3,open 33	24:22	
59 Rebecca McGovern 1,19-29 29	24:48	
72 Kathy Jenkins 1,30-39 32	25:25	

Other Top Divisional Finishers:

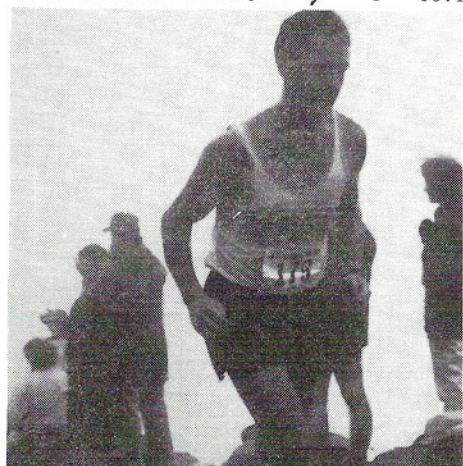
8 George Towle (MTC) 40-49	41	21:19
26 Shawn Sweatt 18&under	17	23:13
57 Peter Bastow (MTC) 50-59	55	24:45
105 Nancy Lund (MTC) 40-49	40	27:11
186 Ralph Baxter 60&over	60	31:05
196 Stephanie LeBlanc 18&under 16	31:34	
237 Terri Morris 60&over	63	35:08

Other Maine Track Club Finishers:

17 Dennis Smith	42	22:40
19 John Eldredge	37	22:46
24 Ronald Deprez	47	23:08
35 Terry Clark	47	23:47
50 Joe Richards	48	24:22
54 Larry Barker	43	24:30
60 Peter Coughlin	24	24:51
62 Carlos Philbrick	39	24:57
64 Ed Doughty	43	25:01
65 Ray Shevenell 2,50-59	51	25:02
66 Lee Allen	37	25:05
68 George Liming	40	25:08
73 Sumner Weeks	43	25:26
82 David Paul	46	25:51
85 Dale Rines	39	26:06
86 Don Bessey	46	26:13
87 Ken Thompson	46	26:16
88 Dick Lajoie	51	26:17
90 Scott Strout	29	26:21
92 Mark Giroux	23	26:23
94 John Rolfe	37	26:25
95 James Boisvert	35	26:28
99 Joan Lee	38	26:46
120 Marc Lusignan	39	27:59
127 Eric Ellis	39	28:40
133 Malcolm Washburn	38	28:52
135 Diane Daley	36	28:55
136 Greg Parker	34	28:59
146 Don Rameau	34	29:17
149 Karol Call	28	29:27
152 David Shevenell	30	29:33
180 Nancy Lovetere	48	30:45
184 Reggie Sargent	46	30:58
192 Patti Tableman	33	31:25
203 Linda Richards	29	31:48
205 Donald Johnson 2,60&over	61	31:56
207 Lawrence Perkins	47	31:59
213 Beverly Doughty	40	32:50
219 Paul D'Amboise	62	33:45
220 Candace Karu	39	33:50
222 Migs Handcock	41	33:59
223 Carol Gillis	33	34:20
241 Raymond Neveu	53	35:33
243 Tonya Shevenell	25	35:45
250 Sherry Carll	45	36:33
260 Liz Dubois	29	38:17
261 Wilbur Holmes	52	38:27
262 Ruth Hefflefinger	63	41:13
264 Susan Davenny	43	42:46
266 Jeanne Richmond	33	43:17

April Amble Kids 1 Mile -- 49 Finishers

1 Ribert Hodsdon	14	6:01
2 Ethan Mitchell	12	6:14
3 Alex Dann (MTC)	11	6:22
4 Derek Foster		6:33
5 Sarah Panipiano	11	6:34
6 Adam Bowden	11	6:39
7 Chris Salamone	12	6:41
8 Meghan Barry	12	6:47
10 Bobby Hunt	9	6:54
12 Jaclyn Ouillette	13	7:04
13 Eric Tableman (MTC)	12	7:09
14 Sarah Nielsen (MTC)	11	7:15
17 Mandy Bowden	7	7:42
18 Jennifer Alpern (MTC)	9	7:49
21 Giana Corsetti (MTC)	10	8:12
26 Marisa Corsetti (MTC)	9	8:46
27 Samantha Bowden	6	8:54
31 Jessica Parker (MTC)	9	9:18
32 Todd Liming (MTC)	7	9:21
33 Sasha Corsetti (MTC)	12	9:23
37 Jonathan Alpern (MTC)	7	9:49
38 Rebecca Sproul (MTC)	6	9:49
40 Katie Donnelly	5	10:02
43 Cimitra Corsetti (MTC)	5	10:18



8th Annual Bud Light Sugarloaf Marathon
Kingfield, Me - 189 F. -5/17/92

Top Overall Finishers:

1 Paul Merrill (MTC) overall	37	2:35:45
2 Giles Norton 2,35-39	36	2:39:56
3 Richard Menard 1,40-49	41	2:41:33
4 Stephen Reed 2,40-49	44	2:47:24
5 Gary Allen	35	2:47:55
42 Heidi Russell overall	30	3:12:42*
43 Mary Meehan 1,open	26	3:12:48*
60 Deborah Gariepy 2,open	28	3:17:25*
63 Jo Marchetti 1,40-49 TAC	49	3:18:57*
74 Jane Rau 2,40-49	42	3:25:19*

Other Top Divisional Finishers:

9 John Gagnon open	25	2:53:14
11 Clement Pelletier 50-59	50	2:53:41
12 Steven Hartford (MTC) 30-34	31	2:55:12
112 Carlton Mendell 60&+ TAC	70	3:37:59
115 Felice Worcester 35-39	39	3:38:26
127 Louisa Dunlap 50-59	51	3:44:53*

Other Maine Track Club Finishers:

22 Thomas Clemence		3:00:46
41 Philip Pierce	50	3:12:32
85 Bradford Davis	37	3:28:51
93 Scott Fone	32	3:30:17
96 Malcolm Washburn, Jr.	38	3:31:06
98 Larry Barker	43	3:32:02
108 Dan D'Entremont	41	3:37:10
122 Kathryn Tolford 2,35-39	37	3:42:34*
125 Rocco Corsetti	44	3:44:23
129 Bill Davenny	47	3:45:33
131 Gerard Salvo	37	3:45:42
137 Carol Pierce	45	3:50:24*
146 Diana Laskey	31	3:55:24*
161 Joan Tremberth	47	4:04:54*
164 Rick Meinking	31	4:05:07
167 Stephen Assante	40	4:07:47
170 Jean Thomas 2,50-59	56	4:10:25*
173 Kathleen Duddy	40	4:21:53*
184 Youngdahl Kim	55	4:41:12

Many thanks to Chip Carey for complete results!

7th Annual Sugarloaf 15K - 174 Fin.
Kingfield, Maine - May 17th, 1992

Top Overall Finishers:

1 Peter Lessard 1,open		49:30
2 Michael Gaige 1,35-39	39	52:23
3 Richard Holisington 2,A.C.	37	52:50
4 Shaun Keenan 1,30-34	30	53:18
5 Ronald E. Johnston (MTC)	39	55:10
42 Sheila M. Hodges 1,35-39	37	1:02:51*
45 Rhonda McCrea (MTC) 1,open	27	1:03:06*
53 Bryn H. Doiron 2,30-34	30	1:03:53*
62 Coleen Jackson 3,30-34	31	1:04:59
63 Sarah L. Andrus 2,35-39	37	1:05:03

Other Top Divisional Finishers:

13 Bob A. Payne, Sr. (MTC)	53	57:43
22 Terry Clark (MTC) 40-49	47	59:29
83 Russell V. Bradley (MTC)	68	1:08:03
132 Joan Merriam 40-49	43	1:15:19*
174 Mamie McCall 50-59	50	1:41:32*

Other Maine Track Club Finishers:

19 Michael S. Reali	38	59:16
20 Alburn Butler	38	59:17
21 Clyde R. Coolidge 2,50-59	53	59:25
24 Terry Duddy	40	59:38
41 George L. Liming	40	1:02:45
46 Lloyd P. LaFountain	30	1:03:11
47 Paul E. LaVangie	34	1:03:14
64 Christopher Rolfe	29	1:05:07
95 James P. Boisvert	35	1:09:20
98 Carol-Ann Days	28	1:09:28*
99 Nancy Duffy	39	1:09:30*
101 Dick Campbell	41	1:09:55
106 Dale S. Rines	39	1:10:29
114 Betty A. Barber	35	1:11:17*
123 Tom Atchison	43	1:13:21
133 Barbara W. Coughlin 2,AC	49	1:15:24*
134 Marilyn J. Champagne	33	1:15:26*
162 Stoddard Chaplin	52	1:27:11
164 Melvin A. Fineberg	56	1:27:27
165 Judy E. Grassi	33	1:29:10*
168 Sandy L. Utterstrom	48	1:31:42*

Congratulations Carol-Ann and Paul!!!

Many thanks to Mainely Running for complete results!

3rd Annual Berwick Dare 5 Miler - 117 F.
Berwick, Maine - May 3rd, 1992

Top Overall Finishers:

1 Daniel Beaulieu overall	26	26:58
2 Ron Newbury 1,40-49	42	27:14
3 Todd Allen 1,20-29	28	32:20
4 Ronald Plourde 2,20-29	22	32:52
5 David Sanborn 1,30-39	30	28:40
22 Laurie Nicholas overall	24	35:44
32 Lisa Hart 1,20-29	28	36:15*
35 Kathy Jenkins 1,30-39	32	36:22*
39 Suelene Houser (MTC) 2,20-29	28	36:38*
50 Diana O'Toole 2,30-39	30	38:26*

Other Top Divisional Finishers:

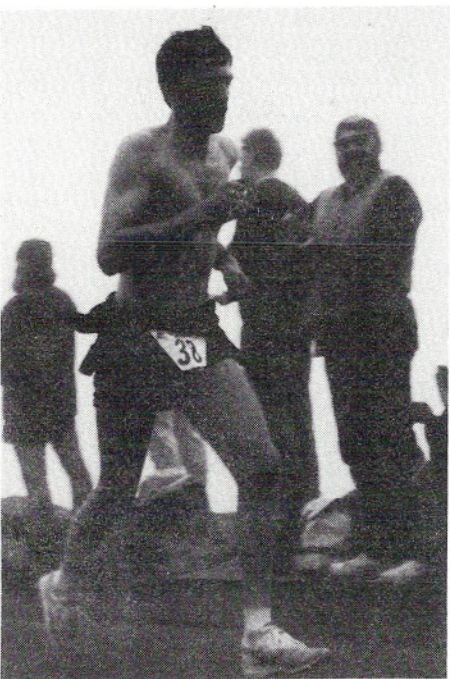
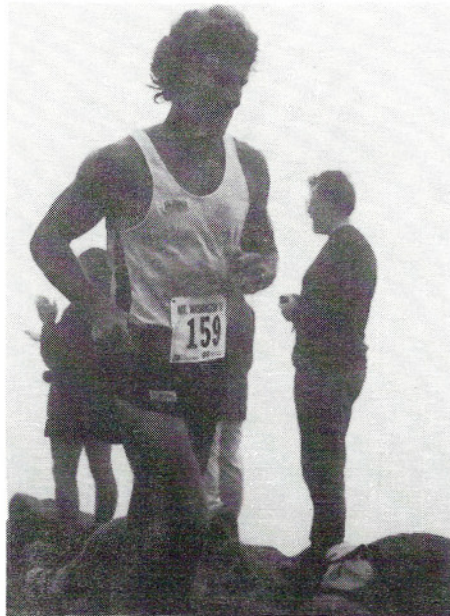
9 Dick McKenney 50-59	50	34:11
12 Clinton Swett 19&under	15	34:23
19 John Parker 60-69	60	35:33
53 Corrine Smith 40-49	41	38:42*
102 Jennifer Roy 19&under	9	47:49*
104 Marianne Gagne (MTC) 50-59	51	47:55*

Other Maine Track Club Finishers:

11 John Brady	33	34:21
26 Lee Allen	37	35:57
45 Russ Bradley 2,60-69	68	37:21
47 Greg Parker	34	37:32
65 David Shevenell	30	39:43
73 Colleen Brady	28	40:28*
87 Paul D'Amboise	62	44:47
97 David Darr	45	46:39
98 Jeffrey Greenhaigh	41	46:50
115 Donna Moulton	43	51:22*

Many thanks to Mainely Running for complete results!

RACE RESULTS ARE CAREFULLY
COMPILED EACH MONTH BY
DON PENTA.



6th Annual Oakhurst Milk Run - 272 F.
S. Portland, Me - 4 Miles - May 24, 1992

Top Overall Finishers:

1	Bob Winn 1,30-34	33	19:36
2	Scott Brown 2,30-34	33	20:41
3	George Bochas, Jr. 1,20-29	25	20:59
4	David Weatherbie 2,20-29	24	21:13
5	David Libby	26	21:26
7	Joan Samuelson (H.MTC)	35	21:40*
12	Kathy Tracy 1,20-29	25	23:12*
21	Christine Braceras 2,20-29	29	23:53*
50	Kathy Jenkins 1,30-34	32	25:32*
59	Cathy Jurgelevitch	28	26:06*

Other Top Divisional Finishers:

8	Jim Toulouse (MTC) 40-44	43	21:55
10	Dan Barker 35-39	38	22:40
13	Lawson Noyes 50-54	50	23:18
15	Ryan McCann 19&under	18	23:26
38	Joe Richards (MTC) 45-49	48	25:01
47	Peter Bastow (MTC) 55-59	55	25:25
61	John Sullivan 60-64	60	26:09
85	Gayle Nappi 40-44	40	27:15*
89	Faye Gagnon 45-49	47	27:27*
119	John Chandler 65-69	65	28:48
155	Andrea Mitchell 19&under	17	30:42*
222	Shirley French 55-59	59	34:18*
233	Sally Amory 65-69	66	35:00*
234	Sally Paterson 50-59 (MTC)	50	35:03*
248	Leona Clapper 60-64	62	36:50*
257	Joseph Bennett 70&over	72	37:49

Other Maine Track Club Finishers:

22	Bill Devou 2,40-44	43	23:57
28	Tom Allen	36	24:40
33	Carlos Philbrick	39	24:50
41	Yun Chong	31	25:02
51	Dick McFaul 2,45-49	47	25:33
53	Mark Giroux	23	25:43
55	David Cate	42	25:47
62	Clyde Coolidge	53	26:18
66	Kevin Gordon	37	26:32
68	Richard Robinov	32	26:35
72	Dale Rines	39	26:44
77	Richard Gifford	45	26:53
78	Thomas Carll	47	26:54
79	Malcolm Washburn	38	26:55
81	Rick Meinking	31	27:09
82	David Smith	50	27:12
86	James Boisvert	35	27:21
88	Dave Haskell	45	27:25
93	James DiVirgilio	35	27:41
111	Jim Hazzard	30	28:38
121	Tom Atchison	43	28:51
127	Terry Wiley 2,30-34	32	29:05*
135	Dick Campbell	41	29:29
136	Michael Cavanaugh	41	29:30
144	Diane Daley	36	30:10*
149	Karol Call	28	30:22*
162	Susan Roberts	38	30:54*
169	Reggie Sargent	46	31:10
191	Gisele Nadeau	37	32:32*
197	Don Kent	39	32:44
199	Patty Titcomb	34	32:54*
201	Dennis Morrill	52	33:10
208	Migs Handcock 3, 40-44	41	33:24*
211	Linda Richards	29	33:33*
217	John Kendall	41	33:51
238	Danielle D'Entremont	13	35:22*
239	Daniel D'Entremont	41	35:23
245	Deborah Poore	42	36:19*
247	Marianne Gagne 2,50-54	51	36:48*
254	John Opper	59	37:35
258	Sherry Carll	45	38:03*
268	Donald Penta	45	39:36
269	Nora Stetson 3, 60-64	64	41:04*
272	Laurie Quint First Race!	31	41:45*

Many thanks to **Ruth Hefflefinger** for complete results!

Ron Johnston, Willie Emerson and Paul Merrill at Mt. Washington.
RIGHT: Steve and Kathy Jacobsen at the post-run Brunch hosted by the Sprouls.

Inaugural Live Your Dreams 5 Mi. - 267 F.
Kennebunkport, Me - May 31st, 1992

Top Overall Finishers:

1	Bob Winn 1,open	32	24:26
2	Walter Murphy 2,open	38	25:06
3	Tom Dann (MTC) 1,35-39	35	25:08
4	Byrne Decker 1,19-29	25	25:14
5	Bill Solimine 1,30-34	32	25:18
21	Joanne Scianna 1,open	38	29:29*
58	Marjorie Podgajny 2,open	39	32:56*
62	Nancy Jacovina 1,35-39	36	33:10*
65	Janine Franco 2,35-39	37	33:20*
69	Kristin Lindholm 1,19-29	19	33:28*

Other Top Divisional Finishers:

8	Ron Newbury 40-44	42	26:31
10	Bob Sholl 45-49	45	26:47
18	Lawson Noyes 50-54	50	28:51
26	Ryan McCann 18&under	18	30:11
55	Hap Hazzard (MTC) 60-64	60	32:35
66	Robert Randall 55-59 (2nd)	55	33:23
80	Theresa Gallupe 30-34	30	33:54*
82	Joan Lavin (MTC) 40-44	44	34:02*
114	Carlton Mendell (MTC) 70-74	70	36:02
153	Erin Thompson (MTC) 18&-	16	38:06*
186	Marguerite Comerford 50-54	52	39:56*
188	Jean Thomas (MTC) 55-59	56	40:05*
189	Pat Fitzsimmons 45-49	46	40:06*
236	Norman Nunan 65-69	65	44:30
262	Ruth Hefflefinger (MTC) 60-64	63	50:39*
266	Patricia Chick 65-69	66	59:54*
267	Margaret Sawyer 75-79	78	60:17*

Other Maine Track Club Finishers:

19	Steven Hertford	31	29:18
22	Ronald Johnston	39	29:38
23	Bob Payne 2,50-54	53	29:39
29	Corey Daniels	40	30:39
32	Clyde Coolidge	53	30:52
44	Peter Bastow FIRST, 55-59	55	31:40
48	Steve Jacobsen	42	31:59
57	Ken Thompson	46	32:56
63	Ira Cohen	39	33:13
72	John LeRoy	55	33:42
75	John Pettorini	43	33:48
77	George Campbell	45	33:51
85	Nancy Kneeland	37	34:06*
86	Richard Gifford	45	34:06
101	Hubert Strom	62	35:20
108	Greg Parker	34	35:42
110	Paul Alpert	57	35:46
122	Kathryn Thompson	32	36:33*
128	Jim Hazzard	30	36:53
141	James Boisvert	35	37:37
145	Peter Sutcliffe	42	37:42
150	Bob Cushman	54	38:03
157	Mary Peck	34	38:22*
213	Candace Karu	39	41:23*
216	Stoddard Chaplin	52	41:38
238	Mary Rohde	39	44:56*
242	JoAnn Hertford	32	45:23*
243	Jesica Parker	9	45:34*
251	Thomas Decker	48	46:51
252	Marianne Gagne 2,50-54	51	47:03*

Qualifiers for national standards in the the "Live Your Dreams" 5 Miler will be included in the upcoming issue of the **Maine Track Club Newsletter**.

Many thanks to **Mainly Running** for complete results!



4th Annual Portland YMCA 5K Run/Walk
Back Cove, Portland - 209 F. - 5/29/92

Top Overall Finishers:

1 Jeffrey Meserve 1,open	33	16:07
2 Kam Dauler 2,open	20	16:54
3 Tina Meserve 1,open	25	17:11
4 John-Richar Gagnon 3,open	25	17:19
5 Brian Flanders 1,30-39	30	17:37
6 Todd Murphy	25	17:42
34 Wanda Binette (MTC) 2,open	25	18:59
35 Margaret Clapper 3,open	28	19:08
46 Kathy Jenkins 1,30-39	32	19:49
53 Eileen Dunfey (MTC) 2,30-39	36	20:07

Other Top Divisional Finishers:

8 Lawson Noyes 50-59	50	17:49
14 Guy Roberge 40-49	40	18:07
28 Joel Maynes 18&under	15	18:52
54 Carol Weeks (MTC) 40-49	43	20:10
95 Carlton Mendell (MTC) 60&+ 70	22	22:42
115 Natasha Evitt 18&under	18	23:50
170 Polly Kenniston 50-59	55	26:28

Other Maine Track Club Finishers:

15 Dennis A. Smith 2,40-49	42	18:08
16 Bill Devou 3,40-49	43	18:11
18 Kurt Nielsen	37	18:13
19 Jim Bunnell	34	18:19
25 Terry Clark	47	18:38
26 Tom Allen	36	18:45
29 Joe Richards	48	18:54
37 Larry Barker	43	19:17
41 Bradford Davis, Jr.	37	19:35
48 Malcolm Washburn, Jr.	38	19:57
50 Les Berry	44	20:02
52 Sumner Weeks, Jr.	45	20:06
61 Dale Rines	39	20:30
64 Jack Ireton-Hewitt 3,50-59	54	20:36
68 Jody King 3,30-39	31	20:53
71 Dan D'Entremont	41	21:01
75 Rick Meinking	31	21:10
87 Betty Barber	35	21:50
96 Eric Ellis	39	22:46
99 Eric Tableman	12	22:59
106 Reggie Sargent	46	23:19
112 Patti Tableman	33	23:45
117 Barbara Coughlin 2,40-49	48	23:52
120 Larry Dyer	48	24:04
121 Kathy Tibbetts 3,40-49	42	24:07
125 Marilyn Champagne	33	24:14
129 Patricia Titcomb	34	24:26
139 Nancy Lovetere	48	24:38
147 Ricky Meinking	9	24:54
151 Linda Richards	28	25:02
163 Renee Lathrop 2,18&under	14	26:03
164 Loren Lathrop	43	26:03
165 Sandy Utterstrom	48	26:13
182 Talya Corsetti 3,18&under	16	27:45
183 Judy Grassi	33	27:46
184 Sally Paterson 2,50-59	50	28:35
187 Elizabeth Dubois	29	28:54
194 Donald Penta	46	30:20
195 Jennifer Alpern	9	30:58
196 Deborah Alpern	42	30:59
197 Virginia Cross	49	31:40
199 Marisa Corsetti	9	32:30
200 Katie Donnelly (non-MTC)	5	32:36
205 Dimitra Corsetti	5	39:02
206 Pam Barker	44	42:11



Inaugural Gorham Land Trust Road Race
Gorham, Me - 5K - 59 F - June 7, 1992

1 Ronald Thibault	15:50
2 Brian Flanders	16:61
3 Kevin Connor	16:57
4 Kevin Gile	17:12
5 Larry Thompson	17:22
9 Ronald Johnston (MTC)	17:57
10 Joe Richards (MTC)	18:04
14 Jeanne Hackett (MTC)	18:28*
15 Dennis Smith (MTC)	18:30
17 Margaret Clapper	18:42*
21 Kathy Jenkins	19:03*
22 Les Berry (MTC)	19:11
24 Will Lund (MTC)	19:21
25 Cathy Jurgelevitch	19:38*
26 Heather Moore	19:56*
27 Jeanne Lamontagne (MTC)	19:58*
28 Nancy Lund (MTC)	19:59*
29 Dale Rines (MTC)	20:05
32 James Boisvert (MTC)	20:13
34 Brigitte Edquid (MTC)	20:28*
35 Carol Pierce (MTC)	20:44*
44 Craig Robinson (MTC)	22:37
51 Mark Clinch (MTC)	24:25
54 Ralph Stetson (MTC)	26:18
56 Richard Scribner (MTC)	27:34
59 Pat Buckley (MTC)	29:26*

Many thanks to **Bob Frazier**, race director, for complete results!

4th Annual South Portland Dare 4 Miler
South Portland H.S. - 107 F. - 6/20/92

Top Overall Finishers:

1 Roland Thibault 1,20-29	24	21:55
2 Bill McKinstry 1,40-44	44	22:14
3 Wayne Johnson 1,30-34	33	22:44
4 Zachary Laidley 1,16-19	19	23:12
5 Jim Bunnell 2,30-34 (MTC)	34	23:21
12 Wanda Binette (MTC) 1,20-29	26	24:15*
22 Carol Weeks (MTC) 1,40-44	43	25:46*
32 Eileen Dunfey (MTC) 1,35-39	36	26:37*
41 Wendy Bean (MTC) 1,30-34	31	27:38*
43 Jeanine May 2,20-29	23	27:55*

Other Top Divisional Finishers:

8 Stewart Jordan 35-39	35	23:42
16 Clyde Coolidge (MTC) 50-54	53	25:10
19 Peter Bastow (MTC) 55-59	55	25:34
55 Russ Bradley (MTC) 60&over	68	29:08
59 Laura Armstrong 16-19	17	29:47*
95 Sandy Brown 45-49	45	34:20*
99 Jessica Parker (MTC) 15&-	9	35:58*
103 Pat Buckley (MTC) 50-54	54	38:51*
107 Jonathan Roy 15&under	5	42:43

Other Maine Track Club Finishers:

9 Joel Titcomb 3,30-34	33	23:48
10 Bill Devou 2,40-44	43	23:52
11 Joe Richards 1,45-49	48	24:09
17 Mike Towle 3,40-44	44	25:26
18 Malcolm Washburn	38	25:32
21 Muzzy Barton	40	25:44
24 Brad Davis	37	25:50
25 George Liming	40	25:52
26 Paul LaVangie	34	25:54
29 Ray Shevenell 3,50-54	51	26:04
30 Will Lund	37	26:18
33 Rick Meinking	31	26:48
34 David Smith	50	26:52
39 Richard Gifford	45	27:30
44 Gregory Parker	34	28:00
46 Thomas McMillan	45	28:19
64 John Kazilionis	44	30:29
69 Marla Keefe 2,35-39	38	30:59*
72 Mary Anne Peck 2,30-34	34	31:23*
73 Cindy DiPalma 3,30-34	34	31:31*
80 Jeanne Richmond	33	32:12*
84 Kathleen Duddy 2,40-44	41	32:45*
90 Linda Richards	29	33:07*
94 John Kendall	34	34:11

Many thanks to **Ruth Hefflefinger** for complete results!



1992 Pottle Hill 10K - 83 Finishers
Mechanic Falls, Maine - June 25th, 1992

1 Stacy Knight	22	35:15
2 John-Richard Gagnon	25	36:00
3 Shaun Keenan	30	36:15
4 Gordon Hartwell	34	36:27
5 Bob Poirer	37	37:07
8 Bob Payne (MTC) 1st Mas.	53	39:05
10 Catie Dean	23	39:13
11 John Brady (MTC)	33	39:49
13 Corey Daniels (MTC)	40	40:17
22 Molly Wave 2nd	19	41:58
25 Steve Jacobsen (MTC)	42	42:42
27 Richard Scribner (MTC)	40	42:44
31 David Cate (MTC)	42	43:39
34 Bradford Davis (MTC)	37	44:10
37 John Pettorini (MTC)	43	44:27
53 Chris Varney	15	47:18
54 Nancy Kneeland (MTC) 3rd	37	47:23
55 Tim Monahan (MTC)	38	47:24
56 Russ Bradley (MTC)	68	47:30
59 Carlton Mendell (MTC)	70	48:26
68 Melanie McCoy	15	52:52
70 Donna Jean Pohlman 1st M.	41	53:47
73 Reggie Sargent (MTC)	46	54:58
77 Dennis Morrill (MTC)	52	57:19
80 Judy Grassi (MTC)	33	64:05
82 Don Penta (MTC)	46	66:38
83 Albert Glasston	73	75:22

Many thanks to **Bill McCoy** for complete results!

8th Annual Terrier Trot 5 Miler - 55 Fi
Waterville, Maine - April 11th, 1992

1 Abe Rogers overall	19	26:4
2 Derek Fisher 1,30-39	38	27:0
3 Barrett Smith 1,20-29	20	28:1
11 Fred Karter 1,40-49	42	30:0
20 Richard Scribner (MTC) 2,40-49	31	31:5
25 Susan Clark Whittier ov.	34	32:5
26 Robert Gillespie 50-59	53	33:2
29 Sheila Hodges 1,30-39	37	33:4
37 Beth Crichlow	33	36:2
38 Carlton Mendell (MTC) 1,60+ 70	37	37:1
39 Rene Collins 50-59	50	37:1
52 Veronica Knapick 40-49	46	40:5
53 Mark Clinch (MTC)	36	40:5

Many thanks to **Mainely Running** for complete results!

Donna Moulton (Above)
and Paul D'Amboise
(Left) at the Berwick
Dare Race.

10

MAINE TRACK CLUB MEETING
June 10, 1992

OUR PROGRAM: Mr. Mark Fitzpatrick of the Asics Shoe Co. and Mr. Dan Roy from Colonial Sport Shoe Center introduced Asics new line, fielded many questions on running shoes, and raffled off several prizes. The highlight of the program was the soon to be marketed "Tail-Light" shoe!

FIRST TIME ATTENDEES: Steve Hertford. Jane Dolley was also welcomed back after a long absence.

PRESIDENT'S REPORT: Due to a death in the family, Carol and Sumner Weeks were unable to attend tonight's meeting. In their absence V.P. Tom Dann welcomed a turn-out of 60 members! A motion was made and passed to make a donation to The American Cancer Society in the name of Carol's mother. Runners and volunteers of all recent races were acknowledged. Steve Assante from Sebago Lake was nominated and unanimously elected Treasurer. The fall auction will be held as planned. Committee members include Reggie Sargent, Laurie Quint, and Sumner Weeks. Your help and ideas are welcomed. Mention was made of the upcoming June 14 group run from Maureens' house. Jane Dolley thanked the Club for its support during her term as RRCA President, and announced that the Dolley's would host the Yarmouth Clam Festival Post Race Party!

VICE PRESIDENTS REPORT: Members were reminded of the July 8 meeting being held U.N.E. This includes a scenic run and access to the University fitness equipment, including the pool! Also mentioned was the fact that the numbers are low for both the U.N.E. week-long Running Camp and its Race!

SECRETARY'S REPORT: The minutes for the month of May were approved as written.

RACE COMMITTEE REPORT: The So. Portland Dare Race still needs volunteers. The course for this race has been certified. Also seeking volunteers is the July 24 Deering Oaks Family Festival Track Meet, and looking even further ahead, the JBI Spring Point Festival on August 15. Sandra Shennan reports that things are shaping up well for the fall Marthon and Half Marathon. To date there are 45 entrants. It also looks like there will be some T.V. coverage!

OLD BUSINESS: Charlie Scribner expressed his gratitude and appreciation to the Club for his sponsorship to the May RRCA Convention. Brian Gillespie mentioned that his training sessions for over 20 members is going well. Maureen Sproul mentioned that someone will be needed to take photos at the So. Portland Dare Race.

NEW BUSINESS: Club member Tammy Wheeler spoke briefly on her upcoming trip to Europe. The recommendation of the Board to donate \$200.00 to John Kim and his efforts to run across America was put before the membership. After much discussion and a motion for the Board to set up some sort of "Donation-Guidelines", the money was granted.

Respectfully Submitted,

Reggie Sargent

The following article, reprinted from the *Miami Herald* and submitted by Jane Dolley, should serve as a warning and a reminder to us all. It is *never* safe to run with headphones!

Woman's Hit-Run Death a Reminder of Headphone Danger

Had Ute Lewis not been wearing radio headphones during a pre-dawn training run in Hollywood, she might be alive today.

Lewis, 49, was hit Sept. 21 by a hit-and-run driver while running in the darkness along North South Lake Drive, a popular but narrow area.

According to a police witness, Lewis was hit from behind by a late-model pickup truck speeding in the westbound lane. The street has no sidewalk or gutter.

Lewis died Sept. 27 after being disconnected from life-support machines when doctors found no brain activity. Lewis competed in local and national marathons and triathlons.

Her death has raised concerns over runners who wear radio headphones while training and racing. Women wearing them are at a particular risk.

A Ft. Lauderdale woman who asked not to be identified was mugged during a morning run near the Bahia Mar. She was wearing headphones and did not hear her assailant come up behind her. She was punched and robbed at knifepoint. "I will never put myself through that kind of risk again," she said.

Ft. Lauderdale podiatrist Jeff Liss, a runner and friend of Lewis, suggest a law to ban headphones on the roads. There are no restrictions statewide.

"Absolutely, wearing headphones made a difference in Ute's case," Liss said. "If you can't hear a car coming, you can't respond to it. I'm not saying the guy was not speeding. He might have been doing 70, but it wouldn't matter, if you could hear. Certainly you can

hear to jump to the side or off the road."

Race directors such as Miami Runners Club executive director Michael Peyton make pleas at meetings and road races for runners not to wear headphones. "At this time, that's all we can do," he said.

Arthur and Meg Sarakas, owners of Running Wild, a running apparel and equipment store in T. Lauderdale, refuse to sell the velcro headphone holder packs.

"We've had people for five years ask why we don't carry them," Meg said. "We never have. It's against our principles to do so even though people ask to buy them. At times like this I am real happy we do not carry them."

On a treadmill in a spa or exercising at home, headphones are a welcome relief from the tedium of exercise.

Said race director and former Ft. Lauderdale Road Runners President, Ted Fulton: "If running is so boring, find another sport."

"Beyond that, it's a thing of safety. I run with my ears. I listen for dogs, other footsteps, and cyclists. I can't see worth a darn, but at least I can hear. This has become a national concern. I know people who have tripped and fallen because they're not tuned into what they're doing. Running is a serious activity."

Statistics show the recreational runners are more apt to use headphones than are elite runners. Still, there are serious runners who take the risk as well.

Beatriz Raydo of Ft. Lauderdale and Barbara Jones of Lighthouse Point are serious runners who train and race with headphones. Raydo

wore hers in Saturday's Av-Med Coconut Grove 5 Miler. Jones said she's cutting her use and wears them only on long runs.

"My problem is I am asthmatic," Raydo said. "When I hear music, it helps me. I run pretty intense. When I hear myself breathing, I think I am working too hard and try to bring myself down. Then I don't work up to my potential. When I have the music, I don't hear my breathing and I don't panic."

Raydo compromises by wearing small earpiece. She says she can hear traffic and other noise.

"People lecture me and I appreciate their interest," Raydo said. "It's probably psychological, but I am not distracted by the music. I can concentrate more on my running when I have them on because I'm not worrying about my asthma."

"I know it's wrong. I know I shouldn't wear them. I try to use caution and be aware of the environment. I have to admit sometimes I get distracted and forget that I am running. I don't advise that."

"People have to be aware of their surroundings at all times. It could be a dog, a car or a person behind you. I am one of the few serious runners who wears them, but I am also the first to tell other people not to."

Said Liss: "I just wish people would stop and think why they're running -- because they enjoy it. If it's that bad or boring that they have to listen to music, then they should think about doing something else."

MTC TREASURER'S REPORT

May 15, 1992

Previous Balance \$8590.14

Income

Memberships	143.00
Interest	25.22

Expenditures

Dale Rand Printing: achievement certificates for Banquet	73.14
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Lupke-Rice-Clancy: equipment insurance	70.75
--	-------

Maureen Sproul: Presidential Race photos	19.28
--	-------

Sandra Shennan: marathon expense	46.79
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Sir Speedy: marathon printing	34.35
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New England Sport Publication: marathon ad	212.50
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Air Age Publishing: marathon ad in Running Times	570.00
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Postmaster: bulk mail permit fee	75.00
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Big Red Q: newsletter printing	158.80
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Dale Rand Printing: Clam Festival Classic flyers & envelopes	555.44
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Big Red Q: March newsletter	118.50
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Returned check & penalty	9.00
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Ending Balance 6814.81

Respectfully submitted,

Susan Davenny
Susan Davenny
Treasurer Pro Tem

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)

Note: Applications received after Sept. 30 are good through the following year.

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 _____ 9-Digit Zip Code* _____

Employer _____ Occupation _____ Phone _____
 Employer _____ Occupation _____ Phone _____

If Student: School _____ Year of Graduation _____
 If Student: School _____ Year of Graduation _____

Please include 9-digit zip code to ensure newsletter delivery. If you do not know your zip, please consult a utility bill.

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

1992 OFFICERS AND COMMITTEE CHAIRPERSONS

<i>C. & S. Weeks</i>	<i>Presidents</i>	<i>774-7302</i>	<i>John Gilliss</i>	<i>Course Cert.</i>	<i>879-0222</i>
<i>Tom Dann</i>	<i>Vice President</i>	<i>985-2727</i>	<i>Dale Rines</i>	<i>Course Cert.</i>	<i>854-2486</i>
<i>Reggie Sargent</i>	<i>Secretary</i>	<i>967-5629</i>	<i>Maureen Sproul</i>	<i>Photography</i>	<i>926-4681</i>
<i>Steve Assante</i>	<i>Treasurer</i>	<i>642-4298</i>	<i>Ruth Hefflefinger</i>	<i>Membership</i>	<i>797-4625</i>
<i>Candace Karu</i>	<i>Newsletter</i>	<i>967-4258</i>	<i>Peter Bastow</i>	<i>Past President</i>	<i>829-3669</i>
<i>Russ Connors</i>	<i>At Large</i>	<i>799-8240</i>	<i>Rick Meinking</i>	<i>Equipment</i>	<i>772-8301</i>
<i>Carlton Mendell</i>	<i>At Large</i>	<i>797-7806</i>	<i>Mel Fineberg</i>	<i>Clothing</i>	<i>774-8868</i>
<i>Greg Parker</i>	<i>At Large</i>	<i>797-4449</i>	<i>Don Penta</i>	<i>Statistician</i>	<i>892-4526</i>
<i>Charles Scribner</i>	<i>Race Committee</i>	<i>772-5781</i>			

RUN WITH A FRIEND

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

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

SPONSORS

Milt Bailey
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