



NEWS • RUN

Run with a friend . . .

July/August 1993

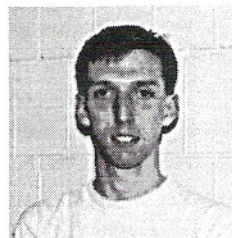
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Welcome, New Members!



Lois Martin



Sean Dunleavy



Robin Estey

From Your President . . .

My goodness, what a stretch of hot and humid weather. I don't know about you, but running in that takes its toll; sapping most of the energy left to do anything else. Weather such as that shouldn't be taken lightly, either. If you don't feel well; low on energy or a bit light-headed, being bull-headed and "running through it" can get you into trouble. Obviously drinking extra fluids, water and/or replacement drinks, is paramount.

I've been wearing a heart monitor the last couple of months, which has given me a lot of information. What I find is that on a very hot day, my heart rate at my "usual" running pace, is increased as much as 15 to 20 beats per minute. My heart is working much harder because my "cooling system" is working overtime. I subsequently cut back on my run, trying to follow the important principle of "listening to your body." The beauty of the heart monitor is that tangible and rather valuable information is provided to me instantly. It allows me to say "Okay. The way I am feeling (lousy) is quite

legitimate!" If you can afford a monitor, try one out.

Many thanks to Mel for putting on the July "meeting" at the University of New England. It was a fun time for all! Thanks also to those who helped with the Poker Run. We had quite a few participants (27) who picked up five playing cards, dealt at different points along a three-mile fun run. Congrats to the three winners (best poker hand, not necessarily the swiftest!) Joan Tremberth, John LeRoy, and Nancy Kneeland. Play poker with these three and plan on spending some money... Afterwards, some swam in the UNE pool, and then we all enjoyed a barbeque and great desserts! Super job, Mel! Look for info on another Mel extravaganza, coming on August 22, at the annual MTC picnic.

Lots of great races coming in August, too. Peaks Island, Bowdoin and Back, and St. Peter's in Portland to name a few. Run, volunteer, cheer! Just be a part of some great running fun.

Enjoy the rest of your summer... Run and Have Fun!

Tom Dann, President

From the Editor . . .



As you can see, this is an abbreviated version of our usual News Run. Summertime in Vacationland has a strong hold on me, and I think there is a general sentiment to take it easy for a bit. Hopefully all are enjoying this glorious time of year and maximizing the running conditions.... I have developed a curious pattern of racing less in the summer months. Or maybe it's just this particular season. I'm not sure. I thoroughly enjoy my consistent running, and especially appreciate sharing it with friends, but I'm not feeling particularly hungry for the races. I realize most of you are out there racing, and I always look forward to the events and the results! Keep up the good work!...One advantage to making this a combined July/August edition, is that we will now be on track for the next month to be printed and delivered at the beginning of September rather than the end. I don't know if it's just because I'm a bit compulsive that way, but it seems a little quirky to have a month's end publication....And now for the sad news...Virginia Wilder Cross has given her notice as of October, for her contribution of typesetting, layout and design of News Run. She volunteered her services for a year and has obviously made a major impact on this newsletter. I think I can speak for the membership in extending our gratitude for a job well done....And yes, we welcome new ideas for the continuation of this publication on a volunteer basis...or not. Remember, this is your club and it needs your input....See you on the road.

Jeanne Hackett

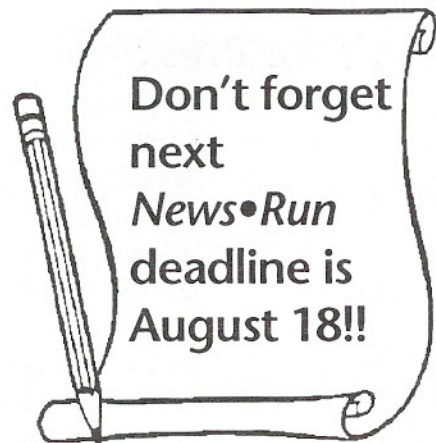
MTC August Outing to be held at Winslow Memorial Park

Circle August 22, 1993 on your calendar. Winslow Memorial Park in Freeport is the place. Opening time is 9:00 am. Fun and relaxation is the game.

Please join us for the annual outing. This year we have chosen a location north of Portland, which offers excellent facilities. There are BBQ grills, swimming, areas for games (frisbee, ball, volleyball, etc.) and time for relaxation.

Let's plan to meet anytime before or after noon. Bring your own lunch and food for the grill. The admission to the park is \$1.00 (free if over 62).

Please call Mel Fineberg at 774-8868, for more information.



News•Run Sponsors

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

To become a corporate sponsor, please mail your \$25 donation to the same address. Prime sponsorships in the amount of \$50 will reserve you advertising space in *News•Run*.

Sponsors

Milt Bailey
Charles Iselborn

Mystery Sponsor (?)
Kurt Nielsen

Carol Pierce
Maggie Soule

John Woods

PLEASE PLAN TO JOIN US FOR OUR ANNUAL MTC FAMILY PICNIC AND OUTING

DATE: SUNDAY, AUGUST 22, 1993

TIME: NOON (OR BEFORE) TO WHENEVER

PLACE: WINSLOW MEMORIAL PARK (ON THE OCEAN)
STAPLES POINT ROAD
FREEPORT, ME

CHARGE: \$1.00 ENTRANCE FEE AT GATE (62 & OVER FREE)

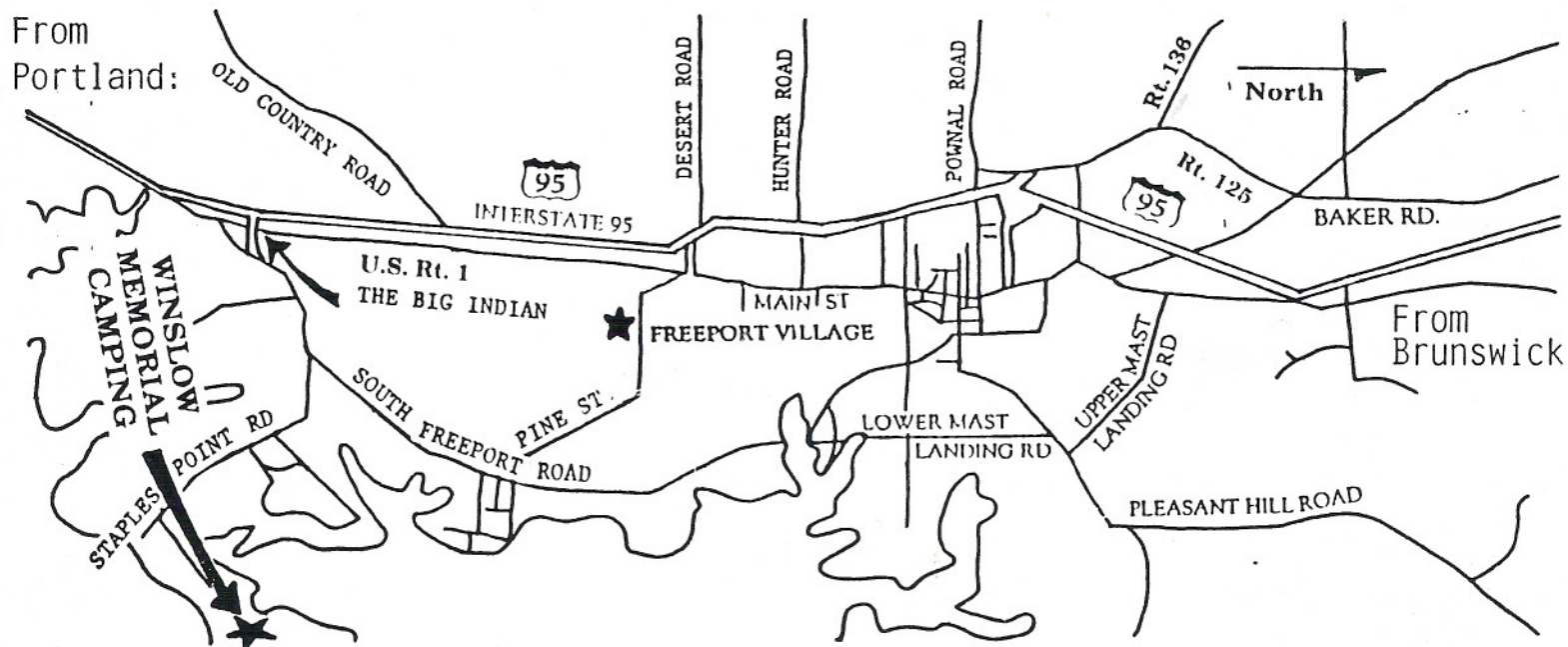
Come swim and play frisbee, whiffleball, softball or whatever with your family and friends, or just relax and nap in the sun.

Bring a picnic lunch or food to grill - charcoal will be provided.

Bring your family and friends to to enjoy this special outing.

LET'S ALL JOIN TOGETHER TO CELEBRATE OUR CLUB !!!

Call Mel Fineberg at 774-8868 for more information.



August Race Schedule:

- 1 "York Day Road Race"-5k-9am-York Recreation Dept.-363-1040
- 1 "Bangor State Fair"-5k-9am-Bass Park-942-9000
- 6 "St. Mary's Festival 3 mile Road Race"-Biddeford-7pm-Joel Croteau-282-2375
- 7 "Peak's Island 5 Miler"-Peaks Island-10:15 am-Summer and Carol Weeks-774-3436
- 8 "Lobster Festival 10k"-Rockland-8:30am-Kids 1 mi at 7:30-Ken Sylvester-594-7035
- 8 "Jasmine's 5k Jaunt"-Orono-9am-David Pickering-866-4200
- 14 "Schoodic Point 15k"-Winterharbor-8:30 am-Tom Mapleton-963-2658
- 15 "Samoset 10K"-Bristol-9:15-1 mile fun run at 8:30-Al Sproul- 677-2586
- 15 "Bowdoin & Back 10 mile"-Brunswick-8am-Barry O'Neil-729-3980
- 15 "St. Peter's Road Race"-4 mile-Portland-6pm-773-0748
- 15 "Washburn Fun Run"-2.9 miles-Washburn-9:30am-Richard Hartford
- 21 "Machias Blueberry Run"-5 mile-9am-1 mile run 8am-Mike Carter-255-3843
- 21 "Racewalking Carnival"-Orono-Tom Eastler-778-6703
- 21 "JBI Spring Point Festival"-4 mi-So. Portland-8:15
- 21 "Jefferson Community Days 5k"-Jefferson-9am-1mi fun run- Elizabeth Paradis-549-3226
- 22 "Kennebec County Big Brother/Sister"-Waterville-5k & 1 mi fun run-9am-Phil Smith-873-5988
- 22 "Angie Abraham Scholarship Run"-Portland-4 mi-9am-Johnathan Kosnow-871-8995
- 28 "Twilight Twosome Couples race"-Orrington-6pm-Glendon Rand- 825-3396-Chuck Morris-989-1696
- 28 "Northeast Harbor 5mi"-Mt Desert Island-9:30am-Jim Bright- 244-7157
- 28 "Houlton Regional"-Houlton-5k-9:30am-1 1/2 mi walk-10am-Lisa Perfitt
- 29 "Run for Their Lives"-West Kennebunk-5k-9am-kids race 8:30 am-Animal shelter-985-3244



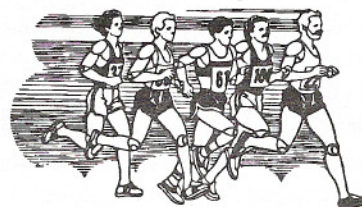
Attention Race Directors!!

The 11th Annual Road Race Management Race Director's Meeting and Trade Exhibit will be held on November 5-7, 1993 at the Washington Marriott Hotel in Washington, D.C....Join hundreds of fellow race officials from across the United States, Canada and other foreign countries at what has become the world's foremost meeting for road running officials..."

The program includes a day and a half of seminars and workshops, several social events, and a trade show with the opportunity to visit with suppliers to the sport...There will be several informal gatherings and a Sunday group run...An opportunity to network.

For a detailed program and registration form, send a S.A.S.E. to:

Road Race Management Race Director's Meeting
2101 Wilson Blvd., Suite 437
Arlington, VA 22201
(703-276-0056)



Group Runs:

Portland - early mornings - USM - Bill Davenney 772-1787

Portland - Rat Pack - varying times - Mike Reali 767-5218

Cape Elizabeth High - Sunday 7:30 AM - RTW Team - Brian Gillespie 772-2753

South Portland - Tuesday PM - Donna Moulton 799-2894

Kennebunk - Thursday PM- Village Marketplace - Steve Jacobsen-h-985-4107,w-985-2941

10 Travel Tips for Runners

by Frank Shorter

- 1 Always run out and back from where you're staying. Even after 30 years, if I try anything else I still get lost.
- 2 Pack familiar food in your carry-on. For me, it's granola, chocolate chips, cookies, and bananas.
- 3 Run as soon as possible after arriving at your destination. You can take advantage of the adrenaline of travel and get yourself geographically centered at the same time. (I often look for restaurants.)
- 4 Bring running clothes that wash out easily in the shower, dry quickly and, in a pinch, can be worn comfortably when slightly damp.
- 5 Stay as close as possible to the diet you eat at home. Easy to say, hard to do. (Who eats snails with butter and garlic at home?)
- 6 Bring two pairs of shoes and alternate wearing them for workouts. Never take a new pair, though. It ensures rain the entire trip.
- 7 Bring athletic tape, foot pads (for support and to alleviate pain), multivitamins, antacid, aspirin, Neo-Sporin, and foot powder.
- 8 Don't try to duplicate your home training routine. Instead, cut back the intensity 30 to 40 percent and concentrate more on getting out as frequently as you do at home.
- 9 I use the hotel's exercise bike for cross-training, and I use the tape I bring along to tape my feet to the pedals, getting more out of each revolution. Ride at a pulse rate of 110 to 130 beats per minute for as long as you would have run, then count it as a run of the same duration.
- 10 If you're really ambitious, learn a safe running route (out and back!) from the airport terminals where you frequently lay over. A run before an overseas flight can be just the ticket. Just put your carry-on luggage into a baggage locker and go!

From Run America Club Running Shorts



Bud Light 5K for Women Expands Team Awards

Awards will be given to the top three teams this year. Five members score. Team size is unlimited. Awards will continue to be given in 5 year age groups, to the first place first time racer, to the first mother/daughter team, and to the youngest and oldest finishers.

This year's Awards Breakfast at the Sonesta Hotel will include pancakes along with fresh fruit, yogurt, hot and cold cereals, juice, coffee and tea. Friends and family are welcome. Random prizes are awarded. Ticket information appears on the application form.

Brian Gillespie, coach of the Run to Win Ladies Team and the Westbrook College Women's Cross Country Team, will be the speaker and assist in the presentation of the awards. For the 5th year, this race is part of the Saucony/RRCA Women's Distance Festivals which bring attention to the lack of a women's 5K race in the Olympics and show support for equity in girls' and women's athletics.

September 19, 1993

8:30 a.m.

**Sonesta Hotel, Portland,
Maine**

Pre-registration \$7.00

Breakfast \$5.75

Post registration \$9.00



Don Penta

Race Results

Results submitted by Don Penta

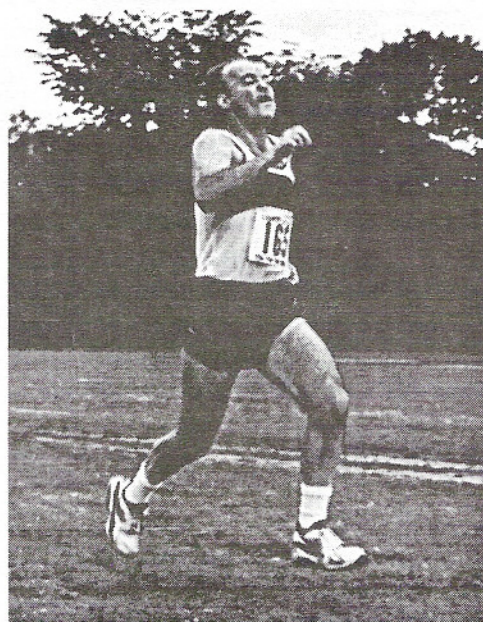
4th Annual Family Crisis Shelter 5K Back Cove, Portland - 154 F. - 5/8/1993

Top Overall Finishers:

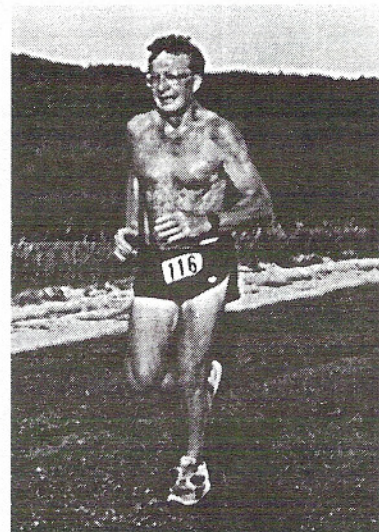
1 Allan Muir 1,open	38	16:20
2 Roland Thibault 2,open	25	16:36
3 Paul Fagan 3,open	40	17:07
4 Thomas Tero 1,20-29	27	17:30
5 Robert Hoover (MTC) 1,30-39	38	17:34
18 Christine Bracerias 1,open	30	18:59*
31 Jody King (MTC) 2,open	32	19:58*
34 Risa Cobb 3,open	33	20:36*
37 Deanna Hodgkin 1,20-29	26	20:47*
41 Mary Martin 1,30-39	36	20:52*

Other Top Divisional Finishers:

7 Gordon Scannell (MTC) 40-49	40	17:41
20 Bob Coughlin 50-59	54	19:16
32 Patrick Maloney 19&under	18	19:58
50 Rosalyn Randall (MTC) 40-49	43	21:11*
95 Richard Cavanaugh (MTC) 60+	60	24:03
105 Katie Seagal 19&under	19	24:52*
128 Polly Kenniston 50-59	55	27:16*
148 Ruth Hefflefinger (MTC) 60+	64	32:19*



Clyde Coolidge —
County Kitchen YMCA 10 K in Auburn



Steve Jacobsen — At the Top of
Pottle Hill, Pottle Hill Road Race

Other Maine Track Club Finishers:

12 Dennis Smith 2,40-49	43	18:32
13 Michael Reali	39	18:33
17 Gerry Clark	48	18:49
19 Joe Richards	49	19:15
21 Robert McCormack	41	19:22
25 Richard Scribner	41	16:47
36 Les Berry	45	20:46
39 Rocco Corsetti	45	20:51
43 James Boisvert	36	20:55
44 Neil Martin 2,50-59	50	20:58
46 Charles Iselborn	36	21:01
57 Nancy Lund 2,40-49	41	21:44*
66 Sue Houser 2,20-29	29	22:16*
69 Jonathan Dietz	46	22:25
71 Elizabeth Ehrenfeld	33	22:40*
79 Howard Spear	43	23:00
84 Raymond Oneglia	45	23:25
87 Mary Anne Peck	34	23:33*
89 Don Russell	56	23:44
108 Nancy Lovetere	49	24:55*
111 Judy Bastow	29	25:06*
112 Peter Bastow	56	25:08
115 Linda Richards	30	25:26*
126 Susan Davenny	44	26:53*
127 Joseph O'Donnell	42	27:08
129 Maggie Soule 2,50-59	51	27:20*
133 Lois Martin	42	27:54*
137 Sally Paterson	51	28:06*
138 Migs Handcock	42	28:38*
141 Mel Fineberg	57	29:32
142 Laurie Quint	32	29:36*
144 Carol Pierce race walker	45	30:05
146 Donna Moulton	41	30:56*
153 Donald Penta	46	32:58

Mary thanks to the Family Crisis Shelter for complete results!

Continues next page

Race Results

**Inaugural Habitat For Humanity Old Port
Road Race - 4 Mi - Portland - 285 Finis.
June 23, 1993**

Top Open Division Finishers:

1 Mike Lyons	22	20:22
2 Mike Raymond	24	21:21
3 Eric Goodwin	18	22:02
4 John Gleason	35	22:05
5 Rolf Westphal	28	22:08
18 Molly Dinan	17	24:24*
37 Mary Meehan	27	25:27*
47 Deb Raszmann	40	26:00*
59 Coreen Corsetti (MTC)	28	26:43*
60 Leslie Couture	25	26:44*

Other Top Divisional Finishers:

6 Gordon Scannell (MTC) 37-44	40	22:11
8 Tom Tero 19-27	27	22:37
12 Steve Reed 45-54	45	23:37
40 Bill Miles 18&under	15	25:46
65 Dick Cummings 55-64	55	26:58
68 Debbie Brown 28-36	30	27:09*
73 Laura Hodnett 19-27	20	27:15*
86 Rosalyn Randall (MTC) 37-44	43	27:48*
106 Joanna Polito 18&under	14	28:44*
133 Sandra Hodnett 45-54	45	30:01*
195 Carlton Mendell (MTC) 65+	71	31:51
225 Nancy Baker 55-64	62	33:58*



Joan Lavin — Country Kitchen YMCA 10K



**Dennis Connelly —
Country Kitchen YMCA 10K**

Other Maine Track Club Finishers:

9 George Towle 2,37-44	43	23:08
10 John Eldredge 3,37-44	38	23:10
19 Gerry Clark 2,45-54	48	24:34
21 Harry Nelson 3,37-44	39	24:41
22 Kevin Burke	28	24:41
38 Scott Strout	30	25:28
51 Charles Iselborn	36	26:06
56 Neil Martin	50	26:38
61 Jim McCorkle	38	26:44
76 Stephen DiPalma	37	27:23
78 James Boisvert	36	27:25
87 Rocco Corsetti	45	27:51
90 Daniel Fitzgerald	33	27:57
91 George Conly	45	27:58
93 Wendy Bean 2,28-37	32	28:05*
99 Michael Crowley	42	28:30
102 Courtney Doherty	23	28:33*
110 Michael Cavanaugh	42	29:01
121 Howard Spear	43	29:33
131 John Pearson	31	29:51
143 Cynthia DiPaloma	35	30:15*
145 Richard Cavanaugh 3,55-64	60	30:20
152 Tom Atchison	44	30:34
155 Carleen Davis	29	30:39*
199 Joe O'Donnell	42	32:02
201 Bob McArtor	53	32:07
224 Sandy Utterstrom	49	33:48*
226 Arabella Eldredge	39	34:01*
233 Don Johnson	62	34:29
246 Larry Dyer	49	35:36
259 Migs Handcock	42	36:32*
263 Ann Blanchard	36	37:18*
264 Diane McCorkle	34	37:19*
275 Ruth Hefflefinger 2,55-64	64	42:12*
283 Don Penta	47	46:37
284 Julius Marzul 3,65+	67	51:28

Many thanks to Ted Cunningham for complete results!



Tom Dann, MTC President —
Pottle Hill Road Race



Dick Scribner —
Pottle Hill Road Race



George Conly —
Country Kitchen YMCA 10K

United We Run!

Show club spirit by wearing MTC clothing at races and other running events. Clothing is sold at monthly membership meetings, or call clothing chair, Judy Grassi at 774-9656.



Bob Payne —
Pottle Hill Road Race



Dan Gray —
Country Kitchen YMCA 10K

U.N.E. Fun Run & BBQ a Huge Success!



Under perfect skies, seventy MTC members combined the best of Maine and Las Vegas, to enjoy a poker run, swimming, fine food, and good friends.

Sorry if you missed this event, and be sure to mark it on your calendar for next year!

Joan Tremberth, John Leroy, and Nancy Kneeland were the big winners in the poker run. They tell us they plan to hit Atlantic City while their luck holds up!

Many thanks are in order...To Pat Buckley for all the telephone calls she made; to Tom Dann for organizing the Poker Run; to the University of New England for being a gracious host and providing the fine barbecue; and to everyone who helped out on the running of the poker game. And lastly we cannot forget our favorite department, and the one that was freshest on our minds as we drove home with a full belly, and that is the desserts!! Thank you for sharing all of your delicious confections.

It is an event like this that makes the Maine Track Club so special to everyone.

Mel Fineberg



Maine Track Club 1993 Officers and Committee Chairs

Tom Dann	President	985-2727	Donna Moulton	At Large	799-2894
Mel Fineberg	V. President	774-8868	Pat Buckley	At Large	773-4562
Reggie Sargent	Secretary	967-5629	Russ Bradley	At Large	799-3864
Steve Assante	Treasurer	642-4298	Dale Rines	Course Cert.	854-2486
Carol and Sumner Weeks	Past Pres.	774-7302	John Gilliss	Course Cert.	879-0222
Charles Scribner	Race. Comm.	772-5781	Don Penta	Statistician	892-4526
Laurie Quint	Membership	657-2426	Rick Meinking	Equipment	772-8301
Jeanne Hackett	Newsletter	879-0678	Judy Grassi	Clothing	774-9656
Maureen Sproul	Photography	926-4681			

Maine Track Club Membership Application

(Please check one) ☐ Individual (\$12) ☐ Family (\$15) ☐ Student — 18 year old maximum (\$5)

Membership is through December of the current year. Dues paid after September 30 are good through December of the following year.

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Street address _____ Home phone _____

City _____ State _____ Nine-digit ZIP* _____

*We need nine-digit ZIP for mailing newsletter. Consult a utility bill for your nine-digit ZIP Code.

Employer _____ Occupation _____ Bus. phone _____

Employer _____ Occupation _____ Bus. phone _____

If student, school _____ Yr. of grad. _____

If student, school _____ Yr. of grad. _____

Volunteer Waiver

To be signed by each new member in the household. Applicants under age 18 require signature of parent.

I know that volunteering to work and participating in Maine Track Club events is potentially a dangerous activity. I should not participate or volunteer unless I am medically able. I assume all risks associated with participating in or volunteering at Maine Track Club events, including, but not limited to, falls, contact with participants, the effects of the weather, conditions on the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, its representatives and successors from all claims or liabilities of any kind arising out of my participation in Maine Track Club activities, even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Signature _____ Date _____

Signature _____ Date _____

Signature _____ Date _____

Please mail completed form and check to: Membership, Maine Track Club, PO Box 8008, Portland, ME 04104