



News • Run

Run with a friend . . .

July 1995

From the Presidential Suite

The Maine Track Club exists for the running community today due to the voluntary efforts of many people. In this column, I would like to mention just a few of those who have contributed to this year's club activities.

The core of the club's income is race management. At the heart of keeping the races selected, scheduled and managed is our Race Committee Chairman, Everett Moulton. In addition to his professional activities, Everett manages to find the time to make sure races are scheduled appropriately; produce the race calendar; be the race director for several races; respond to countless phone calls from runners requesting more information and applications for races; assist race directors with issues that develop; along with his wife, host a weekly running group at his home; prepare for his son's wedding in August. The list could go on, but I will stop knowing I have missed a significant and time-consuming responsibility.

Bob Aube has been editing the newsletter this year. In addition to his duties as a sports writer and regular guest on a local TV sports show, Bob has been writing, editing and laying out the newsletter. As a result of his efforts, we have been enjoying the opportunity to share stories and view the results of this year's races. Bob is also a regular volunteer at many local races.

Thanks to the relentless efforts of our Membership Committee Chairperson, Alyce Schultz, our membership drive has reached 289 members including 51 new members. Alyce keeps our membership records in immaculate condition.

Larry Barker stepped in to assume the role of treasurer. Larry has maintained our financial records with integrity and attention to detail. A lot of this work is performed at 5 a.m. in order to fit his volunteer work into his responsibilities as an accountant, father, husband and runner.

Members of the Coaching Committee, Malcolm Washburn, Steve Jacobsen and John LeRoy have worked with coach Steve Fluet and the board to develop the Tuesday evening track workouts and weekly runs in order to help us improve our race times and physical condition.

Howard Spear is both clothing and equipment manager. In this capacity he maintains our clothing inventory and keeps the equipment for races organized and in top operating condition.

To the many of you I have not mentioned, I apologize. Thank you for your efforts that keep the club functioning.

*Safe running,
Ron Pelton*

July MTC Meeting

Wednesday, July 19, 1995

Relay - 6:00 p.m.

Cookout - 6:30 p.m.

Location: University of New England

Biddeford

Cost \$7.50

Join us for this popular annual social. This year we've added a four-person relay that's less than a mile for each lap. We'll form teams at 6:00 p.m. and follow this with chicken, hamburgers and hot dogs grilled by our MTC chefs.

R.S.V.P to Ron Pelton at 846-9039 by July 17.

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Lost among the turtles

By Rick Hogan

Professor of Philosophy, UMass Dartmouth

Rick is a veteran of numerous ultra-marathons, including Maine's 50-miler, which he won in 1988. Shortly before last summer's trip, he completed the Old Dominion ultra-marathon in Virginia. His training for that, he believes helped to get him through the harrowing experience he describes. For a change of "pace" this year, he hopes to "run with the bulls" in Pamplona, Spain.

"What does not kill me makes me stronger"

— Nietzsche, Twilight of the Idols

I must have made up my death bed at least 20 times; I had no doubt whatever I was going to die.

The process was basically the same—find a grassy place shaded by trees and not too many rocks, gather some of the grass together, take off my shoes, and lie down.

But the problem was that I was always so damned uncomfortable. The rocks would gouge me, and I was cold. And I got bored just lying there. Woody Allen once remarked: "I'm not afraid to die. I just don't want to be there when it happens." I wasn't all that afraid either, and I didn't even mind being there that much. But waiting around was intolerable.

I had had a wonderful summer. I'd spent time in Brazil, Venezuela, and Colombia. Now, with just a short time remaining in the latest episode of my love affair with South America, I was in Ecuador. Following out a long-standing interest in Charles Darwin and the discovery of his theory of evolution by natural selection, I decided to spend my last days in the Galapagos.

Santa Cruz (known to Darwin as "Indefatigable"), one of the largest and most visited of the islands, is an extraordinarily beautiful place. I flew there from Quito, Ecuador's capital. At the airport, I luckily fell into conversation with a Kiwi named John; the fact of his acquaintance will have some importance in what follows.

I immediately liked Puerto Ayora, the only significant town on the island. It's small, open, and extremely peaceful. I walked through town from the bus stop and checked into the Hotel Galapagos, where I was greeted by the manager, a Romanian named Daniel, who took great pains to convince me that the large spiders that I would encounter in my room were perfectly harmless.

My first day was delightful. From the window, I had a superb view of aquamarine water — framed by black lava outcrops — stretching to some of the other islands in the hazy distance. Even in the heart of town, one can see the "antediluvian" lizards, which so impressed Darwin with their ugliness. I saw a "sea wolf" in the harbor, a small inlet filled with tour yachts and fishing boats. I had a warm swim in the idyllic lagoon near Tortuga Bay, several kilometers outside of town. Everything was peachy.

After a day or so of hanging around, I decided to visit the giant turtle reserve in Santa Rosa, in the middle of the island. I arranged — somewhat vaguely — to meet there my Kiwi acquaintance, John, who would go out by bus. I ran about 20 kilometers and ended up at the entrance to the preserve. After talking with some locals and buying some sodas from several kids, I strolled down a well-marked path, prepared to see turtles after about 5 kilometers. I had not planned on any sort of major excursion, leave alone anything adventurous. Indeed, I conceived the project as more or less a pleasant ramble through the woods, the turtles being an extra bonus. In particular, I had no notion whatever that I was entering dangerous territory. My guidebook blandly stated:

"A visit to the Charles Darwin Research Station, where there's the tortoise hatchery, corral, and a good museum and exhibition, is recommended. There's also a tortoise reserve near Santa Rosa on the road to the airport where you can see tortoises in their natural habitat. There are buses to Santa Rosa from where you can walk to the reserve. You can also rent horses there for a nominal price." (Geoff Crowther, South America on a Shoestring, p. 573).

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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, P.O. 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.

Sponsor

Rute Stuffletoe

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There was one ominous sign that I should have paid more attention to. After about 4 or 5 kilometers of trail, I encountered a large placard commemorating a young Israeli who the year before had disappeared in the turtle preserve. (He was never found alive, although his remains were finally recovered.) With characteristic arrogance, I wrote this off as the story of some wimpy turkey who had never been in the woods. This attitude was to prove a big mistake.

I am not sure how, but somehow I got off the path and found myself lost in dense jungle. I was to wander around, without food and water, for what was, I later learned, ten days.

The first night wasn't so bad. I just imagined that I'd gotten lost in an ultra-marathon. I figured that, next morning, I'd get up early and simply walk out. At that point, my dominant concern was embarrassment. I pride myself on my extensive trail-racing experience in rough terrain, and here I was, lost! But I soon realized that if I didn't stop worrying about how to account for my ineptitude, there wouldn't be an occasion to do so—you've got to save your ass before you can save your face.

Next morning, I tried to follow what I thought was the sound of the sea. After several hours of thrashing around in the underbrush, I realized that I was in much more of a fix than I'd thought.

The following days became an undifferentiated blur. While there was light, I tried to keep moving as much as possible. There was no advantage in staying put, since the vegetation was so dense that I could never have been seen from the air.

I'd try various tactics. Sometimes I'd follow the sun. Sometimes I tried to reconstruct my route to my present position and retrace it. Sometimes I'd follow turtle trails, often — on the theory that evolution produces maximal efficiency — on all fours. Usually, however, my destination was the sea, which was the western side of the square that I was in. Sometimes I thought I heard the roar of the waves, but now believe that this was a delusion. As the days went by, I began to tire and to cover less territory. I also realized that I was often simply wandering in circles.

I never really found any water. Occasionally, when it rained, I'd suck precious drops off leaves, but this was a singularly inefficient method, and produced more frustration than hydration. Once I found a small indentation in a rock where some water had collected. I stuck my face down and lapped it up. I did encounter one large swamp — a filthy mudhole — but one must draw the line somewhere. So, for all intents and purposes, I had no water during my experience.

Strangely, I never seemed to miss food. The dominant thought was always of liquid.

I was wearing only running shorts and a mesh tank top. During the day, the weather was often hot, and I baked. At night, I shivered, often uncontrollably. My contact lenses, without cleaning and lubrication, irritated my eyes. Once I took one out, and wrapped it in a 1000-sucré bill that I had stuck in my shoes.

Luckily my animal friends were extremely benign. Mostly there were just the giant tortoises, whose lumbering movements I could hear at

night. When I went close to one, it would generally hiss and stick its ugly head back into its shell.

Things haven't changed much since Darwin's visit: "The day was glowing hot, and the scrambling over the rough surface and through the intricate thickets, was very fatiguing; but I was well repaid by the strange Cyclopean scene. As I was walking along, I met two large tortoises, each of which must have weighted at least two hundred pounds: one was eating a piece of cactus, and as I approached, it stared at me and slowly stalked away; the other gave a deep hiss, and drew in its head. These huge reptiles, surrounded by the black lava, and leafless shrubs, and large cacti, seemed to my fancy like some antediluvian animals." (Darwin, *The Voyage of the Beagle*, p. 376) And there were lots of birds. Every once in a while, I thought of Darwin, and felt vaguely guilty that I wasn't paying more enthusiastic attention to the fauna and flora. I was surprised at how little I was bothered by flies or mosquitoes. If I'd been lost in the jungle of Suriname or Brazil, things might have been a lot more unpleasant. Luckily for me, I encountered no killer ants, snakes, or other vile beasties.

During the night, I'd try to sleep. But inevitably rocks and pricklers would frustrate any attempts to get comfy. At this point, my body was covered with lacerations, bruises, scratches, and abrasions, which also frustrated my attempt to sleep.

Throughout my "adventure," I thought of thousands of things. The dominant theme was liquids. I mentally lined up every drink that had ever given me pleasure, starting with "Lime Rickeys" and ending with the Pina Coladas I had recently swilled in Venezuela. I pretended I'd just returned from a hot run, like the ones I'd had several weeks before in Margarita. And then I'd gulp uncontrollably. I'm not sure whether this little game accomplished anything, but I couldn't seem to stop playing it.

There was also an almost never-ending succession of recollections, fantasies, and reveries. One major theme was my childhood. Another was what my family and friends were thinking about my failure to return to the States.

I didn't spend much time thinking about being rescued, since it never occurred to me that anyone would try to find me. Even on the outside chance that someone noticed my absence — which was highly improbable—I was not optimistic about the possibility of anyone mobilizing a search. They don't have anything like "911" in South America.

Surprisingly, I urinated every day. My experience in running ultramarathons in hot weather led me to believe that my eventual demise would result from renal failure. But my kidneys seemed to tick along without much sign of impending collapse. During the first several days out, I cannot say that I was in any significant pain. Nor did I ever feel depressed.

Another thing surprised me. Although I was absolutely sure that I was going to die, this thought didn't frighten me much. My salient emotion was one of frustration, and of not wanting to leave life so soon. Over and over, the words of Vinicius De Moraes, the great Brazilian po-

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Blueberry Cobbler

Submitted by Alyce Schultz

List of ingredients

2 cups blueberries
1 tsp. lemon juice
1 Tbsp. flour
1/2 cup sugar
1 Tbsp. butter

1/4 cup butter, softened
1/2 cup sugar
1 egg
1 1/2 cup flour
2 tsp. baking powder
1/2 tsp. salt
1/2 tsp. cinnamon
1/2 cup milk

Directions

Lightly toss blueberries, lemon juice, flour and sugar together. Spread in a greased 8 x 8 inch pan. Dot with butter.

Blend together butter and sugar. Add egg and mix well. Sift together next four ingredients and stir into egg mixture alternately with milk. Drop by spoonfuls over blueberry mixture. Bake at 375 degrees for 25 to 30 minutes. Serve with whipped cream.

Want to improve your running? Try the weekly MTC track sessions

Maine Track Club members have the opportunity to receive coaching again this year under the guidance of Steve Fluet, who has been contracted to serve as the club's coach for the full season. Steve will conduct weekly track sessions each Tuesday evening at Portland's Fitzpatrick Stadium. These sessions begin at 5:30 p.m., so members should arrive early to allow time for a warmup. Sessions will continue through the end of September. Join fellow track club members in an effort to improve your running skills and peak in time for the Maine Marathon and Half Marathon in October.



Share your recipes

Please share your recipes with your hungry fellow runners. Just send a favorite recipe or two to:

Newsletter
P.O. Box 8008
Portland, ME, 04104

We need your input

In order to make *News•Run* the best it can be, we need your ideas, stories and other items of interest to your fellow track club members.

If you have a story or a news item that you think belongs in *News•Run*, please bring it to our attention. Send your story or other article or announcement you'd like submitted to:

Maine Track Club
Attention: *News•Run*
P.O. Box 8008
Portland, ME 04104

If you have something to share for *News•Run* but don't feel like writing it, contact Pat Buckley (775-4817) or Larry Dyer (892-2508) and we'll be glad to help you put it together.

Race Results

Submitted by Don Penta

66th Annual Patriots Day Five Miler
737 Finishers (167 Female & 570 Male)
April 17th, 1995
Portland Boys & Girls Club, Portland, Maine

USAT&F = Equals or Beats National Standards
Top Overall Finishers

(WOMEN)

1 Christine Snow-Reaser (MTC)	24	30:05	6:01
2 Rose Prest-Morrison 2,overall	32	30:28	6:06
3 Deanne Tragler 3,overall	30	31:43	6:21
4 Mary Meehan 4,overall	29	31:52	6:22
5 Gail Turner (MTC) 5,overall	35	32:16	6:27
6 Ellen Bowden 6,overall	42	32:27	6:29
7 Jeanne Hackett(MTC) 7,overall	36	32:33	6:31
8 Sheila Hodges 8,overall	40	32:41	6:32
9 Carol Hogan (MTC) 9,overall	44	32:59	6:36
10 Carol Weeks (MTC) USAT&F	46	33:12	6:38

(MEN)

1 Bruce Bridgman 1,overall	34	25:50	5:10
2 Kevin Way 2,overall	25	26:17	5:15
3 Dan Dearing 3,overall	33	26:39	5:20
4 Chris Hood 4,overall	21	26:44	5:21
5 Allan Muir 5,overall	40	26:52	5:22
6 Peter Bottomley (MTC) 6,overall	33	27:02	5:24
7 Tom Thibau 7,overall	37	27:15	5:27
8 Andrew Black 8,overall	33	27:25	5:29
9 Roland Thibault 9,overall	27	27:45	5:33
10 Jeff Tidd 10,overall	29	27:46	5:33

Other Top Divisional Finishers (WOMEN)

11 Nancy Cooper 40-49	40	33:15	6:39
13 Kerry Corcoran 30-39	30	34:11	6:50
18 Rebecca Raskin 20-29	27	34:57	6:59
45 Patricia Seymour 15-16	16	38:21	7:40
47 Joan Tremberth (MTC) 50-59	50	38:26	7:41
116 Sally Amory (MTC) USAT&F	69	45:10	9:02
137 Afton Kelly 12&under	11	47:14	9:27
162 Leanna Waterhouse 13-14	13	53:33	10:43

(MEN)

15 Guy Berthiaume 15,overall	49	28:41	5:44
16 Ronald Frontin 30-39	32	28:45	5:45
21 Pierre Martel (MTC) 20-29	23	29:07	5:49
30 Jerome St. Louis 15-16	15	29:58	6:00
32 Lawson Noyes 50-59	53	30:15	6:03
65 Stan Pyle 13-14	13	31:35	6:19
124 Hap Hazzard (MTC) USAT&F	63	33:17	6:39
359 Russ Bradley (MTC) USAT&F	71	39:13	7:51
402 Ben Rutowski 12&under	12	40:20	8:04

Other Maine Track Club Finishers (WOMEN)

12 Nancy Lund 2,40-49	43	33:32	6:42
15 Ann Strohm 3,30-39	31	34:35	6:55
17 Cathy Jurgelevich	31	34:54	6:59
20 Deb Merrill	39	35:20	7:04
21 Kitty Kelley	48	35:23	7:05
27 Maureen Sproul	39	36:18	7:16
34 Betty Rines	38	37:02	7:24
35 Sarah Parrott	36	37:13	7:27
39 Cindy DiPalma	36	37:29	7:30
57 Patti Tableman	36	39:09	7:50
59 Dianne Kazilionis	35	39:11	7:50
62 Gina Harmon	35	39:29	7:54

65 Marla Keefe	41	39:41	7:56
93 Carolyn Court	40	42:30	8:30
99 Ann McCormack	34	43:39	8:44
114 Sally Gore	32	44:49	8:58
127 Sherry Missig	44	45:48	9:10
128 Sally Paterson	53	46:22	9:16
142 Lois Martin	44	47:53	9:35
143 Kim McCann	38	47:58	9:36
148 Pamela Kinner	36	48:53	9:47

(MEN)

13 Rick Reaser 13,overall	28	28:24	5:41
14 Tom Howard 14,overall	18	28:25	5:41
29 Robert Craig	38	29:54	5:59
31 Kirk Jurgelevich 3,40-49	42	30:03	6:01
36 Richard Mulhern	41	30:24	6:05
53 Chas. Iselborn	38	31:15	6:15
56 Terry Clark 3,50-59	50	31:19	6:16
59 Dan Hutchins	34	31:23	6:17
68 Sumner Weeks	46	31:39	6:20
81 Richard Scribner	43	31:59	6:24
82 Carlos Philbrick	42	32:00	6:24
83 Kevin Carley	40	32:04	6:25
89 Will Lund	39	32:10	6:26
93 Brian Flynn	34	32:17	6:27
105 Gerard Conley	41	32:34	6:31
110 Ron "MTC" Paquette	43	32:47	6:33
113 Les Berry	47	32:55	6:35
121 Michael Beaudoin	52	33:04	6:37
139 William Terrell	24	33:39	6:44
142 Robert McCormack	43	33:43	6:45
144 Larry Kinner	45	33:44	6:46
151 Neal Martin	52	34:02	6:48
156 Daniel Hogan	44	34:08	6:50
165 Thomas Menendez	41	34:19	6:52
179 Dale Rines	43	34:48	6:58
184 Brent Graham	25	34:54	6:59
187 Stephen DiPalma	39	34:56	6:59
206 Loren Lathrop	46	35:33	7:07
222 Robert Green	47	36:01	7:12
233 Dick Lajoie	54	36:20	7:16
236 John LeRoy	58	36:23	7:17
245 Davis Hartwell	40	36:34	7:19
257 David Paul	49	36:49	7:22
272 Evan Hennessey	15	37:10	7:26
280 David Haskell	49	37:14	7:27
287 Dennis Morrill	55	37:19	7:28
311 Jonathan Dietz	48	37:53	7:35
314 Howard Spear	45	38:00	7:36
324 Chris Vought	42	38:12	7:38
329 Dominic Reali	52	38:20	7:40
340 Stephen Strand	40	38:48	7:46
343 Jeff Nixon	45	38:53	7:47
346 Orlando Delogu	58	39:00	7:48
368 Brian Brown	37	39:26	7:53
377 George Conly	47	39:35	7:55
381 Don Russell	57	39:44	7:57
388 Dennis Smith	45	40:00	8:00
409 Gerard Salvo	40	40:27	8:05
413 Richard Cavanaugh 3,60-69	62	40:35	8:07
430 Bill Robertson	55	41:06	8:13
439 Dave Conley	55	41:17	8:15
446 Alan Leathers	52	41:45	8:21
449 Milt Dudley	43	41:51	8:22

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More Race Results

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439 Dave Conley	55	41:17	8:15
446 Alan Leathers	52	41:45	8:21
449 Milt Dudley	43	41:51	8:22
478 Stoddard Chaplin	55	43:13	8:39
501 Phil Bartlett	47	44:26	8:53
505 Warren Wilson	61	44:46	8:57
514 William Kerwin	60	45:26	9:05
540 Eric Ellis	42	47:41	9:32
559 Robert Rodman	52	50:58	10:12
564 Mark Clinch race walker	39	52:17	10:27
570 Julius Marzul	68	62:46	12:33

Many thanks to Susan Davenny for complete results!

Inaugural Berwick Pig Trot Five Mile Road Race 39 Finishers (12 Female & 27 Male)

April 22nd, 1995

Berwick, Maine

Top Overall Finishers

(WOMEN)

1 Nancy Clark 1,overall	36	36:14
2 Janet Parkinson 2,overall	43	36:45
3 Deborah Brown 1,30-39	38	37:26
4 Joan Tremberth (MTC) 1,50-59	50	39:12
5 Jerri Bushey 2,50-59	51	40:22

(MEN)

1 Brent Leighton 1,overall	25	27:13
2 Jason Bigonia 2, overall	18	32:31
3 Richard Scribner (MTC) 1,40-49	43	32:34
4 Peter Leonard 2,40-49	40	32:57
5 Brian Geiger 1,30-39	34	33:32

Other Top Divisional Finishers

(WOMEN)

9 Candie Flores 18&under	14	45:38
10 Linda Hunt 40-49	47	45:48

(MEN)

9 Clyde Coolidge (MTC) 50-59	56	35:38
13 Steven Riley 19-29	21	36:55
25 Craig Gove 18&under	13	46:53

Other Maine Track Club Finishers

(WOMEN)

8 Sandy Utterstrom	50	45:10
12 Donna Moulton 2,40-49	46	57:13

(MEN)

6 Gerard Conley	41	33:40
12 Robert Green	47	36:41
27 Mark Clinch race walker	39	49:43

Many thanks to Everett Moulton for Complete Results!

15th Annual Rocky Coast Road Race 10K

162 Finishers (47 Female & 115 Male)

May 6th, 1995

Boothbay Region YMCA, Boothbay Harbor, Maine

"*" Indicates Female Finisher

USAT&F = Equals Or Beats National Standards

Top Open Division Finishers

1 Tom Thibau 1,open	37	33:53
2 Rick Chalmers 2,open	33	35:30
3 Bruce Nicholson 3,open	33	35:33
4 Ken Houle 4,open	48	35:35
5 Scott Broermer 5,open	34	36:02

13 Terry Sutton (MTC) 1,open	33	37:57*
27 Donna Hurley 2,open	37	40:14*
49 Carol Manley 3,open	40	43:00*
50 Mary Poulin 4,open	35	43:02*
59 Deb (Hewson) Merrill (MTC) 5,open	39	43:42*

Other Top Divisional Finishers

6 Guy Seagers 30-39	35	36:24
7 Ludo Bruyere 19-29	26	36:30
8 Steve Reed 40-49	47	36:31
9 Stanley Dutton 50-59	51	36:46
40 Doug Aley 13-18	16	41:57
64 Evelyn (Hewson) King 30-39	37	44:27*
65 Sarah Andrus 40-49	40	44:28*
77 Gail Reinertson 50-59	52	45:44*
83 Kate Gilmore 19-29	28	46:53*
94 Jessica Black 13-18	18	48:03*
106 Richard Cavanaugh (MTC) 60&over	62	49:33
113 Carlton Mendell (MTC) USAT&F	73	50:04

Other Maine Track Club Finishers

17 Michael Reali	41	38:37
20 Terry Clark	50	39:23
21 Erich Reitenbach	44	39:27
23 Richard Scribner	43	39:58
28 Bob Payne	56	40:25
35 Willie Sproul	37	41:14
55 Clyde Coolidge	56	43:17
57 Peter McDonald	35	43:32
68 Maureen Sproul 3,30-39	39	44:47*
70 Dale Rines	42	44:51
71 John LeRoy	58	45:00
97 Joan Tremberth	50	48:39*
99 Betty Rines	38	48:49*
101 Heidi McDonald	32	49:03*
121 Dave Conley	55	51:28
157 Elizabeth Dubois	32	60:30*
158 Shirley Chamberlain	50	62:31*
160 Don Penta	48	69:40
161 Julius Marzul	68	70:00

Many thanks to the Boothbay Region YMCA for complete results!

Notice about race flyers

An organization sponsoring a road race that wishes to have their flyers included in the Maine Track Club newsletter must submit the flyers and a payment of \$40 by the 15th of the month. Flyers will not be included in any mailing if not accompanied by the \$40 service fee.

More Race Results

9th Annual Oakhurst Milk Run Four Mile Run/Walk

181 Finishers (57 Female & 124 Male)

May 7th, 1995

Southern Maine Technical College, South Portland, Maine

Top Overall Finishers

(WOMEN)

1 Rose Prest-Morrison overall	32	25:31	6:31
2 Leslie Couture 1,20-29	27	26:28	6:37
3 Christy Peters 2,20-29	24	27:40	6:55
4 Kelly Rodrigue 1,30-34	31	27:43	6:56
5 Louise Desjardins 1,35-39	35	28:05	7:01

(MEN)

1 Scott Brown overall	36	20:25	5:06
2 Kyle Rhoads 1,20-29	25	21:58	5:30
3 Rolf Westphal 1,30-34	30	22:08	5:32
4 Roland Thibault 2,20-29	27	22:11	5:33
5 Bill Desrosier 2,30-34	32	22:21	5:35

Other Top Divisional Finishers

(WOMEN)

6 Kathryn Tolford (MTC) 40-44	40	28:08	7:02
8 Kitty Kelley (MTC) 45-49	48	28:21	7:05
11 Jessica Andrews 19&under	19	28:55	7:14
12 Kristy Harris 2,19&under	12	29:50	7:28
24 Sandy Utterstrom (MTC) 50-54	51	34:30	8:38
27 Polly Kenniston 55-59	58	34:50	8:43
33 Sally Amory (MTC) 65-69	69	36:06	9:02
35 Shirley French 60-64	62	36:49	9:12

(MEN)

6 Ron Newbury 45-49	45	22:29	5:37
7 Gordon Hartwell 35-39	37	22:38	5:40
14 Jerry Mullin 40-44	40	24:03	6:01
23 Chase Pray 50-54	51	25:37	6:24
29 Jacob Morrill (MTC) 19&under	14	25:57	6:29
39 Peter Bastow (MTC) 55-59	58	26:55	6:44
52 John Howe 60-64	60	28:15	7:04
80 Peter Scontras 65-69	66	31:09	7:47
86 Russ Bradley (MTC) 70&over	71	31:35	7:54

Other Maine Track Club Finishers

(WOMEN)

10 Betsy Barrett 2,40-44	44	28:33	7:08
14 Maryanne Dunfey	34	30:38	7:40
18 Marg. Lawler-Rohner 2,35-39	39	32:42	8:11
19 Sherry Carl 2,45-49	48	33:22	8:21
22 Jen Hamel	26	33:36	8:24
29 Shannon Dunfey	11	34:55	8:44
32 Jackie Katz	35	35:15	8:49
34 Laurie Curtis	48	36:27	9:07
36 Constance Barrett-Albert	37	37:00	9:15
41 Maggie Soule 2,50-54	53	40:36	10:09
42 Dolores Billings 2,65-69	65	41:07	10:17
43 Judy Snyder-Gobea	46	41:12	10:18
46 Jan Bastow 2,55-59	59	43:20	10:50

(MEN)

18 Thomas Tero	29	24:37	6:09
26 Will Lund	39	25:42	6:26
28 Dan Hutchins	35	25:51	6:28
30 James McCorkle	40	25:58	6:30
35 John Cain	33	26:38	6:40
36 Michael Beaudoin 2,50-54	52	26:39	6:40
37 James Boisvert	38	26:44	6:41
38 Carlos Philbrick	42	26:49	6:42
40 Timothy Merritt 2,19&under	15	27:03	6:46
47 Thomas Carl	50	27:59	7:00
48 John Rolfe	40	28:02	7:01
50 Brent Graham	25	28:03	7:01
51 John Merritt, Jr.	44	28:13	7:03
58 Dominic Reali	52	28:52	7:13
60 Dr. Dave Haskell	49	29:13	7:18
64 Daniel Gray	37	29:25	7:21
72 Brian Brown	38	30:10	7:33
75 Joseph O'Donnell	44	30:32	7:38
78 George Conly	47	30:53	7:43
97 Tom O'Connor	44	32:43	8:11
105 Warren Wilson 2,60-64	61	34:38	8:40
110 Jarryd Holtan	9	36:54	9:14
112 Rex Holtan	43	37:00	9:15
119 Julius Marzul	68	46:36	11:39

Many thanks to Sue Davenney for complete results!

2nd Annual Freeport Rotary Club Close To The Coast 10K

39 Finishers (18 Female & 21 Male)

May 13th, 1995

Close To The Indian Head, South Freeport, Maine

Top Overall Finishers

(WOMEN)

1 Mary Meehan 1,open	29	41:56	6:46
2 Tanya Horne (MTC) 2,open	26	41:58	6:46
3 Jody King (MTC) 3,open	34	42:34	6:52
4 Kathryn Tolford (MTC) 1,40-49	40	46:31	7:30
5 Kerry Ratigan 4,open	24	50:04	8:05

(MEN)

1 Mark D. Snow 1,open	28	37:03	5:59
2 Scott Ellis 2,open	32	37:50	6:06
3 Marlin Conrad 1,40-49	43	38:11	6:10
4 Brian Oickle 1,19&under	18	38:35	6:13
5 John Eldredge (MTC) 2,40-49	40	38:39	6:14

Other Top Divisional Finishers

(WOMEN)

15 Linda Metzger 50-59	52	63:32	10:15
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(MEN)

6 Rob Craig (MTC) 3,open	39	39:03	6:18
7 Jay Flaker 4,open	31	39:35	6:23
24 John Howe 60&over	60	47:29	7:40
25 Rich Mosley 50-59	52	48:19	7:48

Other Maine Track Club Finishers

(WOMEN)

6 Dianne L. Kazilionis	35	52:23	8:27
8 Maryanne Strand	40	52:52	8:31

(MEN)

10 Harry Nelson	40	41:21	6:40
11 Pete West	31	41:38	6:43
13 Jacob Morrill 2,19&under	14	43:26	7:00
17 Bob Brosius	42	44:25	7:10
23 Stephen DiPalma	39	47:23	7:39
27 Dominic Reali 2,50-59	52	48:42	7:51
31 Don Russell	58	51:21	8:17

Many thanks to Charles Scribner and Split-Time Race Management for complete results!

► Lost Continued from page 3

On what proved to be my last day in the woods, my weakness dramatically increased. I had a hard time standing up without leaning on a tree or rock. I couldn't walk for more than several meters without having to rest. Well, I thought, it's finally coming.

As night fell, I decided I'd indeed really had it. I made up my "bed," closed my eyes, and hoped that I wouldn't wake up. But I couldn't sleep. I thought, "Why not yell just one more time?" So, with a mouth so parched that I was surprised to be able to make any sound at all, I bellowed, "Socorro! Ayudame! (Help!)"

I heard an answer. Within what seemed to me to be minutes, I was surrounded by a group of rescuers, who immediately asked if I was "Re-echa Hoga." (I suppose that if I'd told them I was someone else, they'd have left me there.)

It took several hours to get me out. First they carried me on their backs. I was amazed at the incredible strength of several skinny fellows who lined me up on their shoulders and carried me over brutally rough terrain as if I had been a grocery bag.

When we finally got back onto the trail, we were met by mules, and I was somehow strapped onto one of them for the descent back up to Santa Rosa. During this trip, which seemed to last forever, I was given only small sips of water, although every impulse in my being wanted to grab the canteen and chug down its contents in one wonderful gulp.

At Santa Rosa, Dr. Hugo Darquea, a delightful, kind, and expert practitioner, tried to get an IV into me, but couldn't find a vein. My pulse was barely detectable. For a while, during the ride back to Puerto Ayora, I feared that my uncomfortable mule ride had been for naught. But when we finally arrived back at the hotel, the doctor was able to get an IV going, and I was out of imminent danger. Jack Nelson, the owner of the Hotel Galapagos, started patiently feeding me spoonfuls of orange juice. That night I was cared for by nurse Marta Piniero, who continued to spoonfeed me.

During the next several days, I convalesced in the hotel, ministered to by Jack Nelson, his girlfriend Romy, and manager Daniel. I have rarely encountered such kind, compassionate, and admirable people. My strength gradually returned, and I took short walks into town, where I "restaurant hopped," eating and drinking virtually everything I could get my hands on.

As I have been able to piece it together, Jack Nelson orchestrated the organization of the rescue party, in conjunction with the U.S. Consulate. The employees of the hotel evidently noticed that I wasn't sleeping in my room, and when my Kiwi friend, John, returned from his five-day cruise, he was able to tell people that I had planned a jaunt in the turtle preserve.

Nelson, who found my passport in my room, evidently contacted the Consulate, which in turn contacted my father. When I didn't show up on August 15 in Miami on my American Airlines flight, my family knew for sure that something was wrong. It was then that people on the island began to organize a search, financed by my father. My sister was on the verge of coming to Ecuador, and was actually at the airport waiting for a flight to Quito when she learned that I'd been found.

Well, so what? At least three things.

I owe a great deal to large numbers of people, some of whose names I don't even know. The fact that I'm able to write these words reflects the efforts of people ranging from my father to two 6-year-olds in Santa Rosa, from whom I'd bought a pepsi.

Further, I'm very glad to be alive. At the least, life is interesting, and I want more of it.

Finally, I learned again the importance of a "foundational truth" that I've known for a long time. The great analytic philosopher Yogi Berra was right: "It ain't over till it's over."

In a letter this past January, Jack Nelson filled me in on some of the other details of my rescue: "Carlos Acosta, who works with me at the hotel, was the overall honcho who kept everybody moving and supervised logistics. Jimmy Iglesias ran the search along the coast. Felipe Degel generalised the land search in the highlands. If I recall correctly, we had been searching for you in an individual and disorganized way since Tuesday, Aug. 11. The major search didn't really get going until August 15. Frank Cedenon donated his first day of searching in his boat. The National Park guards were the first to respond in the first days of searching. Most of the equipment was loaned by the National Park and the Darwin Research Station. And Martin Schreyer, who was raised here and is now our mayor and president of the charter boat owners' association, made the first foot search of the coast and wore out a pair of shoes doing it. Tom Pierce is the vice consul in Guayacil who made all the communication and contacts."

Maine Track Club clothing available

Plenty of Maine Track Club clothing is available to those members who like to show their club spirit whenever they race. Just contact Howard Spear at 856-6496 if you're interested in purchasing MTC singlets, shorts, gymbags or other paraphernalia. Howard also can obtain wind suits by special order. MTC clothing is produced by Bill Rodgers Sportswear, so the quality is very good. Be sure to get some MTC gear of your own and display the club's green and white colors at your next race.

New Members

If you have joined MTC in the last four months, please write a brief note letting us know how we can help you become acquainted and involved. Why did you join MTC? Would you like to run with others? When do you like to run? How fast? How far? In what area of the city? Which city? What other activities are you looking forward to? Send your note to: Membership, Maine Track Club, P.O. Box 8008, Portland, ME 04104.

Individuals

Julie Haskell
37 Reynolds St.
South Portland, ME 04106-4238
799-3581
PC Support Asst., Berry, Dunn, McNeil & Parker

Gary Plante
P.O. Box 502
Portland, ME 04112-0502
933-2272
CPA for Berry, Dunn, McNeil & Parker

Marcia Feller
Box 182A, Cousins Island
Yarmouth, ME 04096
846-3997
Self employed

Jan Moberg
84 Blackstrap Road
Falmouth, ME 04105
797-0741
Medical Care Administrator, State of Maine

Lee Akerley
129 Settler Road
South Portland, ME 04106-4026
775-0412
Education, City of South Portland

Family

Tanya Horne & Patrick Gwinn
#2 Mountain Road
Falmouth, ME 04105
797-0835
Patrick-Environmental Chemist for Chem Risk; Tanya-Reg. Dietitian for Winslow Farms

Peaks Island volunteers sought

Volunteers are needed for what might be called the "volunteers dream race". The Peaks Island 5-Miler is the race where "the volunteers are the winners!!"

About 15-20 volunteers are needed for the Peaks Island 5-Miler on Saturday, July 29 at 10:15 a.m.

Volunteers receive the following benefits:

- Free boat tickets to Peaks Island
- Free Peaks Island t-shirt
- Free pancake breakfast prepared by the Lions Club
- Drawing among volunteers for a free lobster dinner

Call Sumner Weeks at 774-3436 to volunteer.

Renewed members

If you have renewed your membership in MTC, what activities do you particularly enjoy? How can the club better meet your needs? Have you found compatible running partners? If not, when do you like to run? How far? Where? Drop "Membership" a short note and we will try to help you.

Please review the list of new members. Does anyone live in or near your neighborhood? Invite a new member to run with you and/or attend the next MTC meeting!!

Minutes from July board meeting

Attendees: Ron Pelton, Larry Barker, Alyce Schultz, Russ Bradley, Everett Moulton, Donna Moulton, Don Penta, Howard Spear

1. Howard Spear shared the design sketches for the new MTC t-shirts. A decision was not deferred regarding selling MTC clothing to non-members. There is \$1,900 worth of MTC clothing in inventory. VOTED: T-shirts with the new design will be sold for \$8 for small, medium, large and extra large; \$10 for XXL.

2. The July meeting will be held at the University of New England in Biddeford on July 19, with a 4-person relay fun run at 6 p.m., followed by a cookout at 6:30 p.m.

3. Treasurer's Report was read and accepted. (Complete report for period ending July 30 appears in this newsletter.) The \$450 management fee for the Maine Cancer Foundation came in after the treasurer's report had been prepared.

4. A discussion was held about inviting Bill Rodgers to speak at the January 1996 Awards Banquet. Bill Rodgers' speaking fee would be funded from the Rick Strout Memorial Fund.

5. VOTED: Purchase a used Canon photocopier with collating capabilities for \$75.

6. The July 1995 issue of NewsRun will be ready for printing on Friday, July 7.

7. Membership Committee Chairperson Alyce Schultz reported that club membership is currently 289 members. Of these, 51 are new members.

8. Russ Bradley reports that 39 passengers enrolled in the Aug. 1 bus trip to the Newburyport Homecoming Ten Mile and 5K Road Race. Everett Moulton, Ron Pelton and Russ will meet July 7 to finalize details for the meeting.

9. VOTED: The Nominating Committee members were selected. Russell Bradley, Chair; Everett Moulton, Alyce Schultz. The September newsletter (Aug. 15 deadline) will include a request for 1996 officer selections for the Nominating Committee.

The next meeting of the Board of Directors will be held Wednesday, Aug. 2.

Club team forming

Ever wanted to participate on a team?! The Maine Track Club is interested in members who would like to participate in team competition at local races under the Maine Track Club banner. The teams will be open to all ages and abilities. We encourage the participation of all members who would enjoy some friendly competition with other clubs.

If you are interested in forming a team or just want to know more about MTC teams, contact either Steve Jacobsen at 985-4107 or Malcolm Washburn at 727-5653.

Treasurer's Report

Cash Balance 1/1/95 \$8,097.67

Income

Membership	\$3,340.00
Race Income	
Management fees	\$1,421.00
Race fees	\$1,712.00
Reimbursements	\$4,360.83
Banquet	\$2,126.25
Clothing sales	\$645.00
Newsletter sponsor	\$85
Newsletter ads	\$50
Interest	\$40.93
Computer fund	\$58.00
Total income	\$13,839.01

Expenses

Administrative	
Postage	\$155.48
MTC Ads	\$250.00
Printing	\$253.12
Clothing	\$506.30
Other	\$160.25
Race Committee	
Ads	\$150.00
Printing	\$160.06
Supplies	\$270.48
Equipment	\$1,125.08
Other	\$779.96
Banquet	
Awards	\$1,850.35
Facility	\$1,848.30
Other	\$821.41
Newsletter	
Printing	\$894.64
Postage	\$548.52
Scholarships	
John Fyalka	\$300.00
Coaching	\$1,375.00
Miscellaneous	\$4,211.54
RRCA	\$1,519.07
Mt. Washington	\$200.00
Total Expenses	\$17,379.56

Cash Balance 6/30/95 \$4,557.12

Samoset 10K Road Race

In conjunction with Olde Bristol Days, the Samoset 10K Road Race and 1 Mile Fun Run will be held Sunday, Aug. 13 in Bristol. The fun run begins at 8:30 a.m. and the 10K starts at 9:15. Walkers begin at 8:45.

The entry fees are \$8 for the 10K and \$4 for the fun run. The course will include roads along the scenic Maine coastline. For more information and entry forms, contact Al and Carlene Sproul at 677-2586.

Maine Peace Run

Every two years, a special running event comes to Maine. Peace Run '95 is the fifth of these global torchpassing relays — the longest and largest running events ever held, passing through all seven continents, through over 70 countries and involving hundreds of thousands of people. The year's run started at the United Nations in New York in April and will reach Maine on Aug. 9 after traveling 10,400 miles.

Runners will carry the flaming peace torch, the symbol of peace and friendship, from Dover, N.H., to Berwick late in the afternoon on Aug. 9 and proceed through Alfred to Hollis Center. On Aug. 10, the runners leave Hollis Center at 7 a.m., reaching Portland about 10:30 a.m., then proceeding down Route 1 to Ogunquit.

A special "Maine Peach Run Spur" has been arranged to provide more Maine runners an opportunity to participate. The spur will leave Brunswick (from the gazebo on the green) at 3:30 p.m. on Aug. 9 and proceed down Route 1 through Freeport, Yarmouth and Falmouth to the Back Cove parking lot at 7 p.m., ending with a run around the path to meet the torch and accompany it back to the parking lot.

This special event is not a race of a "fund raiser"; it is free of charge to anyone who can run a 10 minute per mile pace (slightly slower is OK too). Runners are encouraged to join the run anywhere along the route for whatever distance they wish. Water and refreshments will be served along the way, so plan to do your long run or just come out to run for a mile to carry the torch symbolizing the spirit of friendship and peace through sports. This is your opportunity to speak out for peace and harmony to the world.

To participate, just join the run anywhere en route per the following schedule. The times are "best estimates", so show up early! For more information, call Rich Csenge at 729-5825 or John LeRoy at 725-8680.

Schedule

Wednesday, Aug. 9

Dover	Rt. 9	4:20 p.m.
Berwick	Rt. 9	5:30 p.m.
North Berwick	Rt. 9	6:40 p.m.
LEAP by 2nd torch		
South Sanford	Rt. 4	3:40 p.m.
Alfred	Rt. 4	4:30 p.m.
East Waterboro	Rt. 4	5:40 p.m.
Hollis Center	Rt. 4	6:30 p.m.

Thursday, Aug. 10

Hollis Center	Rt. 4	7 a.m.
Gorham		8:40 a.m.
Portland		10:50 a.m.
West Scarborough	Rt. 1	12:50 p.m.
Saco	Rt. 1	1:50 p.m.
Kennebunk	Rt. 1	3:50 p.m.
Wells	Rt. 1	4:40 p.m.
Ogunquit	Rt. 1	5:50 p.m.

Brunswick to Portland Spur

Wednesday, Aug. 9

Brunswick		3:30 p.m.
Freeport	Rt. 1	5 p.m.
Yarmouth	Rt. 1	6 p.m.
Cumberland	Rt. 1	6:25 p.m.
Falmouth	Rt. 1	7 p.m.
Back Bay parking lot	Running path	7:50 p.m.

MTC pitches in for cancer research

Our MTC volunteers contributed mightily to make the First Annual Maine Cancer Research and Education Race a great success. Three hundred and twenty-five runners and walkers registered for the race on Saturday, June 24, 1995.

Our team, as usual, did a great job managing the race. The registration team was magnificent. They registered and answered questions from runners from 7:30 a.m. until the starting time at 9 a.m. with a smile and patience. The volunteers included: Ann Strohm, Maggie Soule, Kitty Kelley, Carol Hogan, Brenda Tanguay and Sandy Utterstrom.

The chute volunteers were experienced, efficient and caring. The team of Howard Spear, Don Bessey, Dick Scribner, Andy Coffin, Will Sproul, Mike Dubois, Bob Perkins, Marla Keefe and Becky Sproul was great.

The water volunteers were probably the most in demand during this hot morning. Dispensing tons of water were: Marge Parsons, Alyce Schultz and Nate Parsons.

Our traffic control team of Don Penta, Don Tanguay and Herb Strom did a yeoman's job to secure the safety of runners.

The computer team was brilliant as usual. Highly organized, fast and unshakable describes the team of Mary Anne Champeon, Sue Davenny, Diane McCorkle and Maureen Sproul.

Our club received a lot of favorable comments from the large group of participants and spectators at the race. As a result of the good public relations, we received at least three prospective new member inquiries.

Thank you!
Mel Fineberg

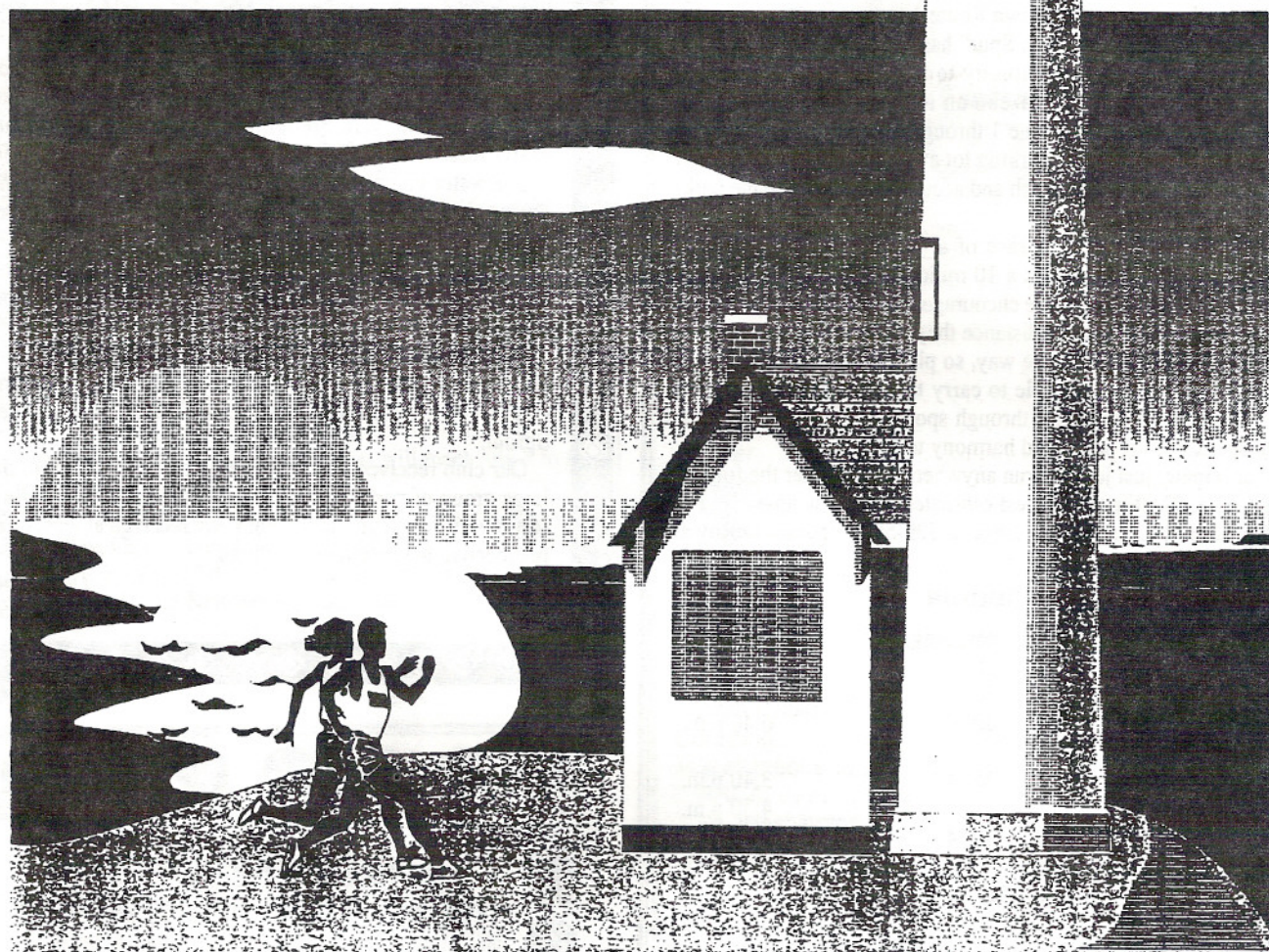
Pat Buckley earns recognition from RRCA

The Road Runners Club of America recognized MTC member and News Run writer Pat Buckley for her newsletter articles during the past year. Pat received an honorable mention in the newsletter writing category. The awards are announced each year at the RRCA National Convention which was held this year in Allentown, Pa.

The award was presented to a surprised (and deserving!) Pat at the Thursday night run in South Portland hosted by Donna and Everett Moulton

Congratulations, Pat!

MAINE TRACK CLUB



New MTC T-shirts available July 17th

New short sleeve Hanes 100 percent cotton t-shirts with the new multi color design will be available for purchase the week of July 17th. The design, shown above, will feature three colors on a white, short sleeve shirt. Unisex sizes available for the first purchase will be medium, large and extra large for \$8. A few XXL shirts will be available for \$10. Call Howard Spear at 856-6496 to reserve a shirt. The shirts will be available for purchase at Maine Track Club meetings. NOTE: While the design may appear to show the male runner in the lead, the reverse angle shows the male and female runners are dead even.

Upcoming Races

July 15

Old Hallowell Day Road Race, 5 miles plus 1 mile fun run, Hallowell, 8 a.m. Contact: Kay Rand, 622-1047.

11th R.M.C.L. Quoddy Head 5-Mile Run & 1-Mile Run/Walk, Lubec, 8:45 a.m. Contact: Bion McFadden, 733-5541.

Princeton Freshwater Festival Run, Princeton, 1-mile fun run & 2-mile walk 8:30 a.m., 4-mile run 9 a.m. Contact: Chck Murphy, 796-5008.

Mollyockett Day Classic, Bethel, 8:30 a.m. 1-mile fun run (14 & under), 9 a.m. 5-miler & 2.5-mile walk. Contact: Robin Zinchuk, 824-2282.

July 16

Bert 'n I Road Race, 5-miler, Vassalboro, 8 a.m. Contact: Mert Dearnley, 622-1502.

Carroll Plantation Sesquicentennial 5K Run/Walk, Carroll, noon. Contact: Michael Corbin, 738-4354 (eves. & weekends).

July 22

Potato Blossom 5-Miler, Fort Fairfield, 9 a.m., Jenkins School.

Clam Festival Classic, 5-miler, Yarmouth 8 a.m., kids' 1-miler 7:30 a.m. Contact: Ron Pelton, 846-9039 or Marge Parsons, 829-5079.

July 23

Devil's Kitchen Time Trial, Bethel, 6.5K or 2.5K 11 a.m., cross-country. Contact: Scott Jerome, 824-7778.

July 28

Deering Oaks Track & Field Classic, Portland, 5 p.m., open age group events. Contact: Sandy Utterstrom, 797-4710 or George Towle, 878-8419.

July 29

Casco Day Country Run, 4 miles, Casco, 9:30 a.m. Contact: Amy Gadomski, 627-4891.

17th Hancock Lobster Classic, 10-Miler, Hancock 9 a.m., 1.5K kids fun run 9:05 a.m. Contact: Bob Myers 244-9945.

Peaks Island 5-Mile Road Race & Island Lobster Bake, 10:15 a.m., kids 1K run 9:45 a.m. (13 & under). Contact: Summer Weeks, 774-7302.

July 30

4th Bangor State Fair Road Race, 4 miles, Bangor, 9 a.m. Contact: 942-9000.

August 9

Peace Run '95, Brunswick to Portland & Dover, N.H. to Hollis Center, 3:30 p.m. Contact: John LeRoy 725-8680.

August 10

Peace Run '95, Hollis Center through Portland to Kittery, 7 a.m. Contact: John LeRoy 725-8680.

August 11

St. Peter's 4 Miler, Portland, 7 p.m.; fun run at 6:30 p.m. Contact: Michael Reali 767-5218 or Jim Nappi 773-7319

August 20

Sports East 10 Miler, Brunswick, 8 a.m.: Contact: Barry O'Neil 729-3980.

September 17

Women's Distance Festival, Portland. Contact: Susan Davenny 772-1787 or Ruth Hefflefinger 797-4625.

October 1

Maine Marathon & Half Marathon, Portland. Contact: Don Kent 871-7870 or Jim McCorkle 781-4152.

October 14

MTC 50 Mile Ultra Marathon, Brunswick. Contact: Al or Sandy Utterstrom 797-4710.

October 15

Physical Therapy 8K, Brunswick. Contact: Sarah Bronson 892-5357 or John LeRoy 725-8680.

November 19

Turkey Trot 5K, 10K and youth run, Cape Elizabeth. Contact: Malcolm Washburn 727-5653 or Mary Anne Champeon 799-0456,

November 23

Thanksgiving Day 4 Miler, Portland. Contact: George Towle 878-8419.

Nominations for top race director sought

Road Race Management, the newsletter for race directors, is seeking nominations for its Road Race Director of the Year Award.

"This award was conceived as a way to recognize and promote excellence in race directing," said Road Race Management editor and publisher Phil Stewart.

Nominees are judged on several factors, including overall ability, reputation of race, entry fee/services provided ratio, sponsor relations, creativity and organizational ability.

A nine-member committee comprised of past recipients, elite athletes, corporate sponsors, members of the media, and RRCA and USATF officials will choose the winner of this prestigious award. Nominations close Sept. 18, and the winner will be announced at the annual Road Race Management Race Directors' Meeting on Nov. 4 in Washington, D.C.

Nomination forms may be obtained by sending a self-addressed, stamped envelope to: Jeff Darman, c/o Road Race Management, Race Director of the Year, 2300 Ninth Street South, Suite 300B, Arlington, VA 22204.

Past winners include Julia Emmons (Peachtree), Chuck Galford (Cascade Run Off), Fred Lebow (NYC Marathon), Sheve Shostrom (Steamboat Classic), Steve Bosley (Bolder Boulder), Jeanette Parke (Gasparilla), Ed Froehlich (Bix 7) and Bill Reef (Bolder Boulder).



Maine Track Club 1995 Officers and Committee Chairs

USA Track & Field



Ron Pelton	President	846-9039	Don Penta	Statistician	892-4526
Ron Deprez	Vice President	772-4312	Maureen Sproul	Photography	926-4681
Mel Fineberg	Past President	774-8868	Howard Spear	Equipment/Clothing	856-6496
Larry Barker	Treasurer	761-0137	Dale Rines	Course Certification	854-2481
Mary Ann Doss	Secretary	799-0896	John Gillis	Course Certification	879-0222
Alyce Schultz	Membership	780-9805	Bob Aube	Newsletter	946-7681
Everett Moulton	Race Committee	799-2894	Ann Blanchard	Newsletter	883-6905
Donna Moulton	At Large	799-2894	Pat Buckley	Newsletter	775-4817
Russ Bradley	At Large	799-3864	Larry Dyer	Newsletter	892-2508
Clyde Coolidge	At Large	603-742-9405	Susan Roberts	Newsletter	829-6288

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