



News•Run

Run with a friend ...

July 1996

From the Presidential Suite ...

The past month has been full of exciting road races in the Southern Maine region. The MTC has managed several of those events, from the Oakhurst 4-miler to the Cancer 5K. Many more MTC members have run in those races and done very well. It always gives me a charge to see the MTC colors being worn at road races. It shows the member dedication to the club.

Regardless of the outcome of the so-called "name change" controversy, it has sparked a renewed interest in the club for many runners and members. The issue always comes up in post-race conversation -- and it is never in a negative way.

Everyone with whom I have spoken to about this issue over the last month has an opinion; but more importantly, they all support the accomplishments of the club and our current efforts to improve and expand the membership.

Russ Bradley tells me we have over 25 club members who have signed up for the trip to Newburyport for the 10-mile and 5K races on July 30th. A flyer and application form was included in last month's NEWS RUN. If you have misplaced it, you can still get in on the trip by calling Russ at 799-3864. There will be over 2,000 runners from all over Northern New England; many other clubs will be represented. It should be a blast.

At the June MTC Membership Tom Barbeau, an exercise physiologist who has worked extensively with Igor Burdenko, a Russian immigrant who trained many Olympic athletes for the former Soviet Union and who now lives in Boston, gave us a hands-on demonstration of non-running techniques to improve balance, flexibility, strength and speed. We all got to try these exercises under the Tom's direction outside the Machine Tool room building. It is truly a different approach which, I am sure, we will hear more of in the

(Continued on page 3)

Annual MTC Picnic

**At Winslow State Park, Freeport
Saturday July 20, from 1-5 p.m.
Come one! Come all!**

The Maine Track Club is pleased to announce that its 1996 Annual Picnic will be held at Winslow Park in Freeport. The event begins at 1 p.m. and follows the running of the Pat's Pizza 5 miler in Yarmouth at 8 a.m.. MTC will provide food, games and other activities. Members are asked to bring their own beverages and desserts or salad. MTC members planning to attend and wish to take advantage of the free food, please call 829-2014 and leave their name and the number of people attending. For more information call Michael Reali (829-2014) or Ron Deprez (772-4312). Raindate is Sunday, July 21 at 1 p.m..

The Maine Track Club meets monthly, the second Wednesday of each month, at 6:30 p.m. in the Machine Room Auditorium at Southern Maine Technical College in South Portland.

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Coach's Corner

Marathon training and racing: Myth or fact

With the fall season fast approaching, many people start to think about attempting to run a marathon. Completing the distance of 26.2 miles requires extensive planning and preparation. There is no "crash course" that will properly prepare you for the rigors of completing a marathon. Let's look at the various myths and facts about marathon preparation and racing.

MYTH: Large increases in your mid-week training miles will improve your performance.

FACT: Increases in your weekly mileage should come from weekend long runs. Tuesday/Thursday runs should be between 1:00-1:20 in duration. Remember to increase mileage by 5% per week.

MYTH: Weekly 20-mile runs will prepare you for the marathon.

FACT: Long runs need to be systematic and progressive. They need to increase in duration by 15 minutes every other week. Completing the same long run every weekend will just make your flat and stale. Do not allow the body to over adapt.

MYTH: Complete your last long run two weeks before your marathon.

FACT: Your longest run of your preparation needs to be completed three weeks before your marathon. The duration should equal your projected marathon goal time. Two weeks before should include a 10K race if possible with a 15-20 minute warm-up and a 30-minute cool down.

MYTH: Your long runs should be completed at the same pace you plan on holding in your marathon.

FACT: Long runs need to be completed at an easy pace. If you run too fast, your body looks at it as a race. This will only lead to overtraining and lack of recovery for the quality workouts on Tuesday/Thursday. The physiological benefits of the long run are derived by running easy. The long run is not for speed, but rather for strength and endurance.

MYTH: You should only start consuming fluids after an hour into the marathon.

FACT: You need to start consuming fluids immediately. If you put off taking fluids until later, your body will

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News•Run Sponsors

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*.

(Continued from page 2)

suffer late in the race. A small decrease in the body's fluid level will allow for a drop in performance. Drink whenever you reach an aid station.

MYTH: When completing long runs during training, do not worry about consuming fluids. This will prepare your body for the marathon.

FACT: Plan your long run routes ahead. Place water and a sports drink at various points along the entire route. Proper hydration will allow for a better training run as well as a quicker recovery. This will allow for a higher quality of training in the mid-week.

Maine Track Club coach Steve Fluet conducts weekly workouts at Portland's Fitzpatrick Stadium. His column will appear monthly in the MTC newsletter.

(Continued from page 1)

running press in the coming year. If only we thought to bring the video camera. Thank you so much Tom.

Instead of a membership meeting in July, we will hold the annual MTC picnic. This year, we are planning a terrific event at the Winslow State Park in Freeport. It will be held from 1-5 p.m. on July 20, the same day as the Pat's Pizza 5-miler. The race, one of MTC's biggest and well attended by members either as runners or volunteers, seemed a natural choice as a day to hold the picnic. The MTC will supply food; all you have to do is bring the drinks and your family or friends. But we will need an estimate of the number to plan if you want to get in on the free food; please call Michael Reali or Terry Sutton at 829-4014 and leave your name and how many people you plan to bring with you. We are planning some picnic day activities now so if you have suggestions, let us know.

See you on the roads and at the races (and at the MTC picnic).

Ron and Martha Deprez
(e-mail: 102334.3720@compuserve.com.)

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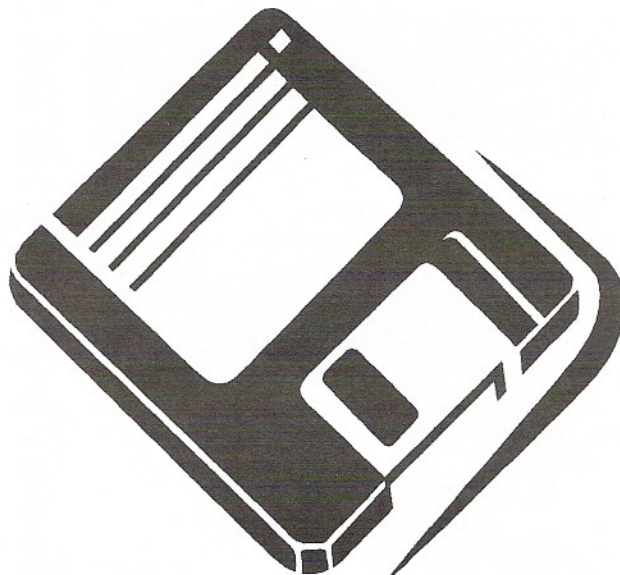
Maine running on the World Wide Web

Over the last few months, Maine Track Club member Austin Hardy, a Wells High School student, has been developing an internet page that has to do with running in the state of Maine.

"It is a thorough page complete with schedules, results and a few pictures, writes Hardy. "I would like this page to become a resource to many of the runners in the state of Maine."

Austin notes that the biggest problem he faces is getting race results on a timely basis. He would appreciate it if race directors could send him a copy of their results. His address is: Hardy's Bluff, P.O. Box 415, Wells, ME 04090.

For those of you with internet access, you can check out the web page at <http://www.cybertours.com/whs/austin.html>.



Volunteer mugs

If you have yet to receive your 1995 Maine Track Club volunteer mug, it's not too late. Marge Parsons still has several mugs left. Please contact her at 829-5079.

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. E-mail your story, article or announcement to 74270.2276@compuserve.com, or send it to:

Larry Dyer
15 Royal Oak Circle
Topsham, ME 04086

If you have something to share for *News-Run* but don't feel like writing it, contact Larry Dyer (725-6962).

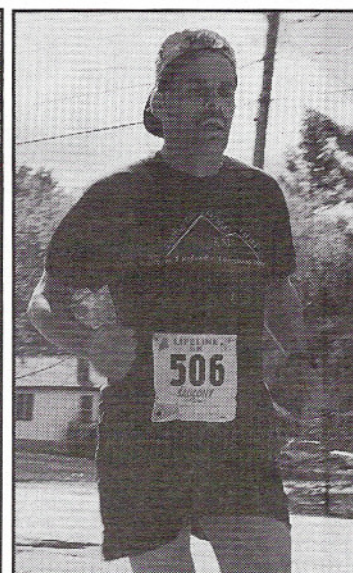
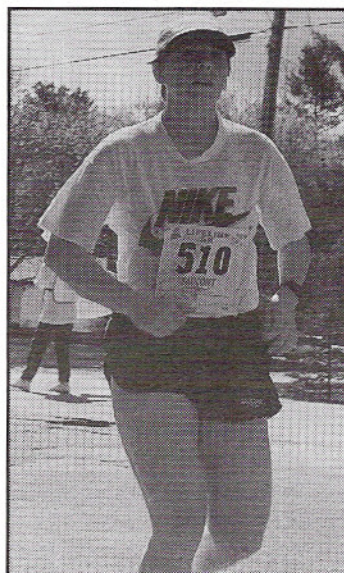
Race Results

Submitted by Don Penta

Inaugural Patriots Pride 5K
48 Finishers (8 Female & 40 Male)
Gray-New Gloucester High School, Gray, Maine
10 AM, Sunday, May 5th, 1996

"**" after time indicates a female finisher.
"(MTC)" denotes a Maine Track Club finisher.

PLACE/NAME	AGE	TIME	PACE
1 Roland Thibault 1,20-29	28	16:44	5:23
2 Ron Newbury 1,40-49	46	16:48	5:24
3 Donald Hebert 1,30-39	31	18:05	5:49
4 Chase Pray 1,50-59	52	18:17	5:53
5 Bob Stuart 2,40-49	41	18:29	5:57
6 Jonathan Rundell 2,30-39	36	18:37	6:00
7 Erich Reitenbach (MTC)	45	18:40	6:00
11 Paul Lessard (MTC)	38	19:22	6:14
14 Chris Strout 1,15&under	14	19:57	6:25
16 Jeremy Osborne 1,16-19	18	20:08	6:29
19 Jody King (MTC) 1,30-39	35	20:20*	6:33
20 Ed Doughty (MTC)	47	20:21	6:33
23 Leigh Minor 1,20-29	26	21:00*	6:46
27 Rebecca Wallace 2,20-29	23	21:38*	6:58
28 Willie Sproul (MTC)	38	21:50	7:02
30 Dick Lajoie (MTC) 1,50-59	55	22:13	7:09
31 Michelle Ohmann	29	22:16*	7:10
32 Frank Knight	50	22:34	7:16
37 Judi Richard	35	25:10*	8:06
38 Cindy Johnson	37	25:35	8:14
39 Duane Doughty	27	25:54	8:20



Michelle Ohmann, left, and Paul Lessard.

photos by Maureen Sproul

41 Beverly Doughty (MTC) 1,40-49	44	27:09*	8:44
44 Elizabeth Hoermann (MTC)	36	28:01*	9:01
48 Don Penta (MTC)	49	34:49	11:12

Many thanks to Bob Aube for complete results!

Freeport Rotary Club Close To The Coast 10K
91 Finishers (25 Female & 66 Male)
Indian Wood Complex, South Freeport, Maine
10 AM, Saturday, May 18th, 1996

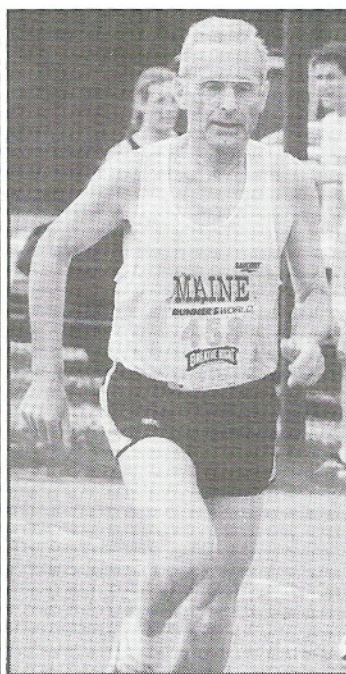
PLACE/NAME	AGE	TIME	PACE
1 Todd Coffin 1,30-39	34	34:07	5:30
2 Justin Freeman 1,19&under	19	34:55	5:38
3 Tim Naylor 1,20-29	27	35:59	5:48
4 Michael Payson 2,30-39	32	36:30	5:53
5 Peter Hall	34	37:30	6:03
6 Mark Snow 2,20-29	29	38:06	6:09
7 Marlin Conrad 1,40-49	43	38:28	6:12
12 Mike Pratico (MTC)	30	39:19	6:20
19 Tom Littlefield 1,50-59	50	41:36	6:43
20 Bob Payne (MTC) 2,50-59	57	41:42	6:44
24 Jody King (MTC) 1,30-39	35	42:32*	6:52
25 Christine Braceras 2,30-39	33	42:32*	6:52
27 Gerard Conley (MTC)	42	43:30	7:01
28 Charles Foehl (MTC)	31	44:26	7:10
30 Stacy Poe	32	44:49*	7:14

31 David McCullough (MTC)	44	44:54	7:15
32 Leigh Minor 1,20-29	26	45:16*	7:18
36 Tom Harlow (MTC)	50	46:02	7:25
39 Carrie Brady 2,20-29	26	46:14*	7:27
45 Ben Metzger	20	47:38	7:41
58 Bob Aube (MTC)	30	49:47	8:02
72 Donnajean Pohlman 1,40-49	45	54:00*	8:43
79 Jane Dolley (MTC)	47	58:26*	9:25
80 Annette Elowitch (MTC) 1,50-59	53	58:47*	9:29
81 Ken Dolley (MTC) 1,60&over	60	59:32	9:36
82 Debra McKenna (MTC)	39	60:24*	9:45
83 Sally Gore (MTC)	33	60:55*	9:55
87 Linda Metzger (MTC) 2,50-59	53	62:38*	10:06
91 Julie Tate (MTC)	33	63:29*	10:14

Many thanks to Charles Scribner of *SPLIT TIME RACE*
MANAGEMENT for complete results to the Close To The Coast
races!

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More Race Results



From left to right: Men's 10K winner Todd Coffin, women's 10K winner Jody King trailed by Christine Braceras, Bob Payne and Jane Dolley.

Freeport Rotary Club Close To The Coast 5K
58 Finishers (30 Female & 28 Male)
Indian Wood Complex, South Freeport, Maine
10 AM, Saturday, May 18th, 1996

PLACE/NAME

AGE TIME PACE

1 Don Legere 1,30-39.....	34	14:21	4:38
2 Ngia Huynh 1,19&under.....	18	15:21	4:57
3 Rob Craig (MTC) 2,40-49.....	40	16:01	5:10
4 John Eldredge (MTC) 2,40-49.....	42	16:37	5:22
5 P.J. Telep 1,20-29.....	24	17:56	5:47
7 Sarah Pitney 1,30-39.....	34	20:22*	6:34
9 Peter Magoon 2,19&under.....	15	20:38	6:39

10 Megan Weber 1,20-29.....	21	21:00*	6:46
11 Jean Nale 1,19&under.....	18	21:14*	6:51
13 D'Lynne Plummer 2,19&under.....	18	21:30*	6:56
15 Bethany Meehan.....	15	21:39*	6:59
16 Diane McCullough (MTC) 2,30-39.....	38	22:16*	7:11
26 Nancy Hewett (MTC) 1,40-49.....	49	24:36*	7:56
27 Elliot Whitney 1,50-59.....	54	24:53	8:02
34 Tina Pratico 2,20-29.....	29	26:17*	8:29
35 Nelson Soule 1,60&over.....	75	26:27	8:32
36 Marge Parsons (MTC).....	45	26:53*	8:40
40 Lynn Simmons (MTC).....	41	27:21*	8:49
51 Mary Kennedy 1,50-59.....	52	42:00*	13:33
55 Mary Capen 1,60&over.....	62	49:14*	15:53

Notice about race flyers

Anyone who wishes to have their race 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. The fee applies only to races not run by the MTC, so if a race fee is already being paid to the club, there is no charge for race flyers.

More Race Results

Inaugural Memorial Mile Road Race
49 Finishers (17 Female & 32 Male)
Greely High School, Main Street, Cumberland Center
Memorial Day, Monday, May 27th, 1996

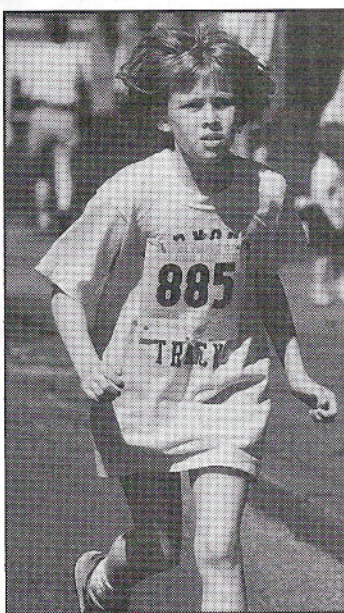
<u>PLACE/NAME</u>	<u>AGE</u>	<u>TIME</u>
1 Tom Howard 1,19-25	19	4:33
2 Zac Laidley (MTC) 2,19-25	23	4:37
3 Steve Turner 1,15-18	18	4:47
4 Roland Thibault 1,26-30	28	4:56
5 Jay Flaker 1,31-35	32	5:00
6 Rob Craig (MTC) 1,36-40	40	5:01
7 Marlin Conrad 1,41-45	44	5:10
8 John Eldredge (MTC) 2,41-45	41	5:12
10 Harry Nelson (MTC)	41	5:19
11 Michael Reali (MTC)	42	5:20
12 Kevin Carley (MTC)	41	5:21
13 Steve Moriarty 1,46-50	46	5:22
15 Thomas Goodspeed 1,14&under	14	5:25
18 Scott Strout (MTC) 2,31-35	33	5:37
19 Terry Sutton (MTC) 1,31-35	34	5:38*
25 Gary Giffard (MTC)	37	6:05
26 Derry Rundlett	50	6:10
27 Wendy Craig (MTC) 1,36-40	37	6:12*
28 Bob Aube (MTC) 2,26-30	30	6:13
29 Dick Lajoie (MTC) 1,51-60	56	6:16
31 Cindy Andrews 1,41-45	44	6:29*
35 Arabella Eldredge (MTC) 2,41-45	42	6:41*
36 Marjorie Adams 1,46-50	46	6:42*
39 Edette Williams 1,26-30	29	7:33*
40 Sandy Utterstrom (MTC) 1,51-60	52	7:50*



On left, Nancy Hewitt. On right, Harry Nelson (in front) and Mike Reali. photos by Don Penta

41 Nancy Hewett (MTC) 2,46-50	49	7:59*
45 Marge Parsons (MTC)	45	8:57*
48 Lloyd Holmes 1,61-70	69	9:59
49 Pat Buckley (MTC) 2,51-60	58	11:26*

Many thanks to Bob Aube, the Magician of *NEWS*RUN*, for complete results!



Boys' winner Andre Condon and girls' winner Ashley Pelton. photos by Don Penta

South Portland Officer Friendly 1 Mile Youth Run
19 Finishers (7 Female & 12 Male)
South Portland Eagles Club, 727 Broadway
9:30 AM, Saturday, June 2nd, 1996

<u>PLACE/NAME</u>	<u>AGE</u>	<u>TIME</u>
1 Andre Condon	12	6:09
2 Nathan Leeman	11	7:00
3 Eric Giddings	9	7:05
4 Sarah Harris Gips	11	7:24*
5 Melissa Graves	11	7:38*
6 Kevin Catir	7	7:40
7 Jacob Metzger (MTC)	9	7:54
8 Ashley Pelton (MTC)	9	8:03*
9 Jeffrey McCorkle (MTC)	8	8:23
10 Jessie McGreehan	10	8:29*
11 Christopher Cousins	12	8:50
12 Tyler Hanson	10	9:05
13 Andrew Martin	10	9:08
14 Jennifer Legere	8	9:14*
15 Phillip Martin	9	9:35
16 Michael Small	10	9:36
17 Joshua Labbe	6	9:38
18 Anna Metzger (MTC)	10	10:23*
19 Erika Hanson	8	10:29*

More Race Results



On left: Slugger the Sea Dog before the Officer Friendly kids' run. On right: Dianne Kazilionis and Dick Lajoie.

photos by Don Penta

8th Annual South Portland Dare 5K Road Race
88 Finishers (35 Female & 53 Male)
South Portland Eagles Club, South Portland, Maine
10 AM, Saturday, June 2nd, 1996

Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Uri Romaniuk 1,overall.....	32	15:46(CR)	5:04
2 Don Legere 2,overall.....	34	16:06	5:11
3 Kyle Rhoads 3,overall.....	26	16:24	5:17
4 Marty Moran 1,30-39.....	31	16:42	5:23
5 Roland Thibault 1,20-29.....	28	16:58	5:28
9 Kristin Pierce 1,overall.....	22	17:58*	5:47
10 Kelly Rodrigue 2,overall.....	32	18:43*	6:01
11 Nancy Weis 3,overall.....	36	18:54*	6:05
14 Marjorie Graff 1,20-29.....	28	19:10*	6:10
16 Christine Braceras 1,30-39.....	33	19:22*	6:14

Other Top Divisional Finishers

6 Russell Wogan 40-49.....	41	17:41	5:41
7 Ryan Fenton 13-15.....	14	17:56	5:46
15 Bob Coughlin (MTC) 50-59.....	57	19:19	6:13
19 Carol Hogan (MTC) 40-49.....	45	19:49*	6:23
28 Lloyd Slocum 60-69.....	63	20:39	6:39
33 Jeremy Osborne 16-19.....	18	21:43	6:59
40 Danyelle Cinque 13-15.....	14	22:30*	7:15
68 Vikash Sharma 12&under.....	11	25:55	8:20
73 Sandy Utterstrom (MTC) 50-59.....	52	26:32*	8:32

Other Maine Track Club Finishers

12 Tom Menendez 3,40-49.....	42	18:56	6:06
20 Loren Lathrop.....	46	19:51	6:23
21 Ray Shevenell 2,50-59.....	55	20:07	6:28
24 Jeanne Hackett 2,30-39.....	37	20:14*	6:31
25 Thomas Carll 3,50-59.....	52	20:18	6:32
30 Peter Bastow.....	59	21:08	6:48
35 Julia Drinker.....	35	21:49*	7:01
36 Brian Lathrop 2,16-19.....	16	22:06	7:07
38 Ron Pelton.....	42	22:14	7:09
39 Dick Lajoie.....	56	22:25	7:15
42 Diane LaVangie.....	37	22:40*	7:18
44 George Liming.....	44	22:46	7:20
46 Dianne Kazilionis.....	36	23:02*	7:25
49 Roger Hills.....	49	23:09	7:27
50 Lisa Belisle 2,20-29.....	25	23:15*	7:29
51 M.F. Harmon.....	46	23:19	7:30
52 Rodger Smith.....	50	23:34	7:35
56 Sherry Carll 2,40-49.....	49	23:43*	7:38
59 Neil Chivington.....	48	24:27	7:52
74 Annette Elowitch 2,50-59.....	53	26:35*	8:33
77 Ryan Salvo 2,12&under.....	9	27:16	8:47
78 Gerard Salvo.....	41	27:25	8:49
81 Linda Metzger.....	53	29:07*	9:22
82 Rachel Piper.....	27	29:13*	9:24
86 Mark Clinch race walker.....	40	30:16	9:45

Many thanks to our Technical Race Committee Chair and Dare Races Co-Director Everett Moulton for complete results!

New members

Craig Whiton
32 Pinecrest Road
Portland, ME 04102-1315
879-0134
Sales, LLBean

Sally Strazdins
5 Spruce Meadow Drive
North Hampton, NH 03862-2227
603-964-8078

Britt Wolfe
65 Pine St., Apt 1
Portland, ME 04102-3864
775-4764
Teacher, OOB School Dept.

Sarah Putney and Family
11 Longfellow St.
Portland, ME 04103-4432
828-1469
Law Clerk, Bornstein & Hovermale

Michael McCarthy
Cards 'N Copies
35 US Route 1
Yarmouth, ME 04096
846-0585
Retailer

Susan Reynolds
52 Morrill Avenue
Gorham, ME 04038-1426
839-4603
Quality Engineer, AVX

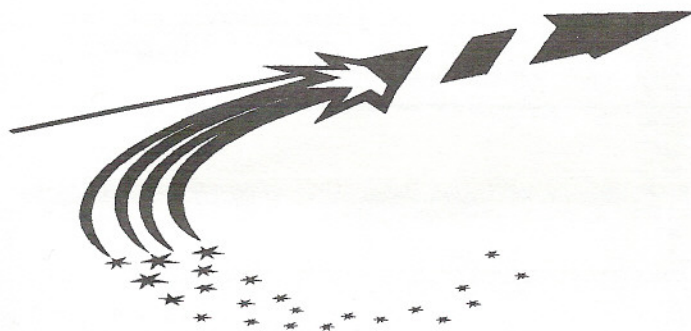
Mike and Denise Brooks
P.O. Box 95
1291 Old Danville Road
Danville, ME 04223-0095
783-3414
Mike, Firefighter, Auburn Fire Dept.;
Denise, Nurse Androscoggin Home Health
Care

Harry White
135 Running Hill Road
Scarborough, ME 04074-8934
772-1413
Mfg. Manager, Valmot Inc., Honey
Division

John and Beryl Cole and Family
180 Woodford St., Apt. 3
Portland, ME 04103-5618
879-7780
Bill Spvr, ME Surgical; Pmgr.,
UNUM Corp.

Welcome Back:

John Rolfe Family
29 Longfellow
Portland, ME 04103-4432
773-3997
Sports Editor, Portland Papers;
Portland Schools, Teacher



Make a new friend

The most commonly asked question by new members is "how can I get connected with a group for training runs?" If you run with a group or are looking for a running partner, please give a new member a call.

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 paraphenalia. 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.

Notes from our newest members

I decided to join MTC because I am looking forward to running with other people. I would like to improve my times, but find it very hard when running alone...not to slow down (day dreaming).

— Mike McCarthy

I'm joining MTC because I run alot of the races you put on and for the information I will receive from being a member. I've been running for 1 1/2 years and have done about 25 races, 4 marathons, 1 half marathon, 1 ten miler, about three 15 K's and the rest 10Ks and 5Ks. I'm a slow runner but enjoy racing very much. My wife, Denise, doesn't run but might help out at races.

Carlton Mendell is my hero!!

— Mike Brooks

I'm am joining your club on the recommendation of Russ Bradley, mainly to learn about your activities (especially speed work outs). I do road races now, occasionally track meets (200m, 400m, 800m). My results are not as good as they might be because I don't do any speed work..at least no lately. At present, I belong to both Liberty Athletic Club in Mass. and Winner's Circle (just joined the latter). Liberty s workouts are too exhausting for me to attend (not so much the running but the travel into rush hour traffic!!)...and I don't yet know what Winner's Circle offers for speed work (not much, I think).

Hopefully I can come up your way soon to see what goes on in Maine. I have been running since '78, have done 5 marathons (PR 3:23 at NYC '80). Thank you.

—Sally Strazdins

I will not be renewing my subscription for '96 because of operations. I haven't been able to run for 2 years. At my age, 77, I doubt if I'll be able to run again. I miss it greatly and credit running with my good health. Otherwise, I would have liked wearing the gold and green, but being a member of the Aroostook Musterds, it is not allowed. Best wishes and Hello to ALL!!

—Milt Bailey

I've only been running for a year and a half. Have only managed to get down to an eight minute mile. Hope to learn how to improve be being in the club.

—Harry White

MTC telephone line

The Maine Track Club now has telephone hotline for latest club news. An answering machine has been set up at 5K Sports in Falmouth so that interested parties can get information about upcoming races and other club events. The phone number is 781-5887.



Group runs

If you know of a group run, please contact either Bob Aube or Larry Dyer to let us know where, when, how far, approximate pace per mile and contact person for inclusion in the monthly newsletter.

The Royal River Rapids running group meets weekdays at the entrance to Royal River Park on East Elm Street in Yarmouth at 6 a.m. Pace is moderate to slow, and distances are between three and six miles. For more information, contact Keith Malone at 846-1403.

Race Directors Meeting and Trade Show to be held in November

Road Race Management will conduct its 14th Race Directors' Meeting and Trade Show from Nov. 8-10 in Washington, D.C.

Two hundred race directors, race officials, corporate sponsors, advertising and public relations executives, and others interested in road running are expected at this major fall gathering.

The weekend offers informal networking opportunities, and race officials also get a chance to shop for all their equipment and service needs at the large Trade Exhibit, held in conjunction with the meeting. Exhibits include clocks, awards, competitor numbers, banners, fencing, finish-line services, computer products, t-shirts, jackets and other apparel, magazines, running organizations and more.

The formal program includes four seminars on Saturday. There will be a keynote luncheon featuring Tim McLoone, a race director, TV and radio commentator, and marketing consultant to professional and collegiate sports teams. More intensive workshops for small groups are scheduled for Sunday. In addition, several receptions are planned for Friday (sponsored by Running Times) and Saturday evening, as well as a group run and continental breakfast sponsored by Runner's World on Sunday.

A detailed program and registration form is available from: Road Race Management Race Directors' Meeting, 2300 Ninth Street South, Suite 300B, Arlington, VA 22204. The phone number is 703-685-7181.

Help the club; be a volunteer

Now that the racing season is upon us, please think about volunteering to work a race or two this year. Without volunteers, there is no racing season. Hopefully, all of you will help at least once, whether you're an elite runner on a back-of-the-packer. There is no excuse for not helping sometime this season.

MTC Discounts

The following area sporting goods stores have agreed to give MTC members discounts on running shoes and running clothing. It is necessary that you show your 1996 club ID card when requesting discounts.

5K SPORTS,
190 US Route 1, Falmouth
15% on Shoes; 20% on Clothing

OLYMPIA SPORTING GOODS,
Maine Mall, South Portland
10% on Shoes Only

YANKEE SPORTS,
35 Foden Road, South Portland
10% on Shoes Only

GOLDSMITH'S SPORTING GOODS,
120 Center St., Auburn; 581 Rt 1,
Scarborough (Dunstan Corner)
15% on Running Shoes and Running
Clothing

COASTAL ATHLETICS,
502 Woodford, Portland
ASIC Shoes Exclusively...
discounts according to model
Call ahead for Ron Kelley 772-4530

GEORGE AND PHILLIPS, INC., Rt. 1,
Kittery; 295 Water St., Exeter, NH
These are Nike Outlet Stores featuring
slightly defective or blemished shoes at
reduced prices. All top quality regularly
prices shoes 20% off.

LAMEY WELLEHAN,
Maine Mall; Falmouth Shopping Center;
Cook's Corner; Auburn Mall
10% on Running Shoes

MVP SPORTS, 333 Clarks Pond Pkwy.,
South Portland 04106
10% on non-sale Running Shoes and
Clothing

Minutes from Board of Directors meeting

Submitted by Mary Ann Doss

1) May minutes were read and approved by all board members present.

2) Board news and issues:

A recruitment letter with an MTC membership application will be mailed out to approximately 700 Portland area people who competed in MTC road races last year. This will be the first of subsequent mailings, hopefully drawing new and interesting members to the club.

Who qualifies as a voting member? It was decided and voted on by the board that any member 9th grade and above are allowed to vote on important issues brought forth to members, including election of officers and board members. This decision will be added to the by-laws for the upcoming year.

The possibility of acquiring Roy Benson, the famous coach, for a weekend in August was suggested by Ron Deprez. The company Polar would cover most of Benson's fees. A possibility of discounting fees for MTC members is a thought. Coach Steve Fluet would be involved in this also. More discussion on this event will take place at the July board meeting.

Ron Deprez will appoint the nominating committee for board members and officers for the 1997 year. There will be one board member on the nominating committee, along with other members Ron feels are qualified.

The Maine Track Club scholarship program is in the works. The decision as to who should receive this money has yet to be made.

Donna Moulton has brought back the refreshment concept at the monthly club meetings at SMTCC. She will be giving members a call to bring goodies each month.

The annual bus trip to the Yankee Homecoming 10-Miler and 5K is on again for this year. Please contact Russ Bradley at 799-3864 for details.

Plans to initiate a new membership form is in the makings. The board will be looking at other clubs' membership forms throughout the country, particularly the Cincinnati TC's membership form, at upcoming board meetings.

It was approved and voted on by the board to split the funds allocated for the annual RCA convention 50/50 between the president of the MTC and the race committee director. If the president or the race director choose not to attend the convention, then the MTC will fund the person going for reasonable expenses.

Michael Reali and Everett Moulton are developing a flyer on the equipment and clothing we have for sale. Plans are to take pictures of what items are available for sale, along the lines of catalog format. The goal is to include this flyer in an upcoming newsletter to promote sales of MTC items.

3) The annual picnic will be held on July 20 at 1 p.m. at Winslow Park in Freeport. There will be no MTC meeting in August.

4) Andy Coffin reported funds at \$4,255 as of June 4. The club will be purchasing a new time clock and carrying case with tripod for \$1,900. Last year, the board approved \$1,700 for this purchase, and the other \$200 was approved at the June meeting.

5) There are currently 328 paid members of the MTC, seven new members for the month of May, and 70 non-renewals from last year.

6) A question of dumping a race off the MTC schedule is a possibility if the specific race director does not put his or her heart and soul into it is an issue to be discussed in further detail by the board.

7) The board has voted on a fee schedule for running ads in the newsletter. A full page will cost \$40, one-half page would be \$25, and one-quarter of a page would be \$15. A non-sponsored MTC race flyer insertion will be \$40.

A group run list is being devised for the newsletter. This list will also be put on the club's phone line.

8) Everett Moulton has been assigned to participate on the Maine Marathon board committee. Maine Marathon plans are going extremely well presently. Jim McCorkle has been updating the MTC board on a monthly basis about current happenings.

9) Steve Fluet reports 25-30 people attending weekly track workouts. A possibility of publishing workouts in the newsletter is a thought for the board to look at.

10) Russ Bradley suggested having 4-5 newsletters at races for runners to review, as a means for promoting our club.

11) The next board meeting will be July 10 at 6 p.m. at Ron Deprez's home.

Upcoming races

July 6

Maine Distance Festival, Brunswick, 5:30 p.m. Contact: Steve Podgajny 725-8767.

July 7

Kennebunk Beach Improvement Association 5K. Contact: Lorraine Sacco 617-593-3762.

July 12

Deering Oaks Track Meet, Portland, 5 p.m.. Contact: Sandy Utterstrom 797-4710 or George Towle 878-8419.

July 13

Maine Mall Mile, South Portland. Contact: Kurt Nielsen 767-0677.

Moxie Days 5K Road Race, Lisbon Falls, 7:30 a.m. Contact: Roland and Carol Trottier 353-8857 or 353-5405.

Full Circle 5K, Union, 9 a.m. Contact: Dan Avener 338-5675.

Musterd Mile, Caribou, 5 p.m. Contact: Bruce Freme 496-8731.

July 20

Pat's Pizza Clam Festival Classic 5-Miler, Yarmouth, 8 a.m. Contact: Marge Parsons 829-5079 or Ron Pelton 846-9039.

Mollyocket Day Classic (5 miles), Bethel, 9 a.m. (1-mile fun run at 8:30 a.m.). Contact: Chamber of Commerce 824-2282.

Belgrade Bicentennial Foot Race (4.3 miles), 9:35 a.m. Contact: Sonny Aslam 495-2661 or Hank Laidlaw 495-3405.

Potato Blossom 5-Miler, Fort Fairfield, 9 a.m. Contact: Paul Lamoreau 764-6517.

July 27

Long Haul 5K and Short Haul 1-Mile Fun Run, Friendship, 8:30 a.m. Contact: Rit Roberts 832-7657.

July 28

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

August 3

Peaks Island 5-Miler, 10 a.m. Contact: John Pearson 774-6540.

Hilltop Biathlon Series (5K run, 10-mile bike ride, 5K run), Lewiston 9 a.m. Contact: Hilltop Community Sports Center 786-4820.

Note: Races in bold are MTC events

Other MTC events in 1996

Date — Event	Contact
August 9 — St. Peter's 4-Miler, Portland.....	Mike Reali 829-2014/Jim Nappi 773-7319
August 18 — Sports East 10-Miler, Brunswick.....	Barry O'Neil 729-3980
September 8 — Women's Distance Festival, Portland.....	Jim McCorkle 781-3134
September 15 — Sharing & Caring 5K, South Portland.....	Everett Moulton 799-2894
October 6 — Maine Marathon & Casco Bay Half Marathon, Portland.....	Jim McCorkle 781-3134
October 19 — MTC 50-Mile Ultra Marathon, Brunswick.....	Al and Sandy Utterstrom 797-4710
October ?? — Physical Therapy 8K, Brunswick.....	Sarah Bronson 892-5357/John LeRoy 725-8680
November 19 — Turkey Trot 5K & 10K, Cape Elizabeth.....	Malcolm Washburn 727-5653/Mary Anne Champeon 799-0456
November 28 — Thanksgiving Day 4-Miler, Portland.....	George Towle 878-8419
December 11 — MTC Jingle Bell Fun Run.....	Everett Moulton 799-2894



MTC 1996 Officers and Committee Chairs



Ron and Martha Deprez	Co-President	772-4312	Clyde Coolidge	At Large	603-742-9405
Mike Reali and Terry Sutton	Co-Vice Pres.	829-2014	Don Penta	Statistician	892-4526
Ron Pelton	Past President	846-9039	Maureen Sproul	Photography	926-4681
Andrew Coffin	Treasurer	777-3740	Howard Spear	Clothing	856-6496
Mary Ann Doss	Secretary	799-0896	Dale Rines	Course Certification	854-2481
Alyce Schultz	Membership	780-9805	John Gillis	Course Certification	879-0222
Everett Moulton	Race Committee	799-2894	Bob Aube	Newsletter	946-7681
Donna Moulton	At Large	799-2894	Larry Dyer	Newsletter	725-6962
Russ Bradley	At Large	799-3864			

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 Sept. 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 form and check to: Membership, Maine Track Club, PO Box 8008, Portland, ME 04104