



# News•Run

Run with a friend ...

July 1997

## From the Presidential Suite ...

It's hard to believe that the longest day of the year has just passed by when two weeks ago it still felt a bit like winter! So the summer has finally arrived, dragging spring kicking and screaming along with it. Whatever season it might be right now, the warmth is welcome. The humidity, on the other hand, could have remained in hiding and I would have been happy. On one of those first really humid days we hosted the June meeting at our house in Cumberland.

The plan was to have a group run and then a BBQ along with a backyard Bocce ball game. The BBQ was well attended -- approximately 40 people once all the dust settled. Only a few took us up on the group run -- due in part to the weather and in part to the regimented schedules of our fellow members. Once a morning runner always a morning runner? And yet we got to meet a few new faces in the club along with the familiar ones. I was struck with how quickly a relationship can be built when there is such a strong common interest. I only hope we can encourage some more of the "new" faces to show up more often -- you keep clubs like this alive and interesting.

*(Continued on page 2)*

## July MTC Outing: Come see the Sea Dogs!

Sunday, July 6, 1997, 3 p.m.  
Hadlock Field, Portland

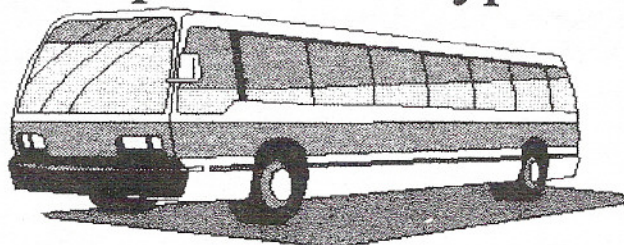
Tickets are going fast for the MTC's family ball game and barbecue at the Sea Dogs on Sunday, July 6, 1997. The gate will open at 2:30 p.m., with the barbecue beginning at 3 p.m.. The game against the Norwich Navigators starts at 4 p.m. Family members and children are welcome!

The cost is \$15 per person and will include the game and a barbecue of hamburgers, hot dogs, side dishes, watermelon and lemonade. We are limited to 40 persons, so we will take reservations on a first come-first served basis. When this newsletter went to press, spaces were still available. Contact John Gale at 775-5017 to reserve a space.

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## Trip to Newburyport



Don't forget that the MTC is sponsoring a trip to Newburyport, Mass., again this year for the Yankee Homecoming 10-Miler and 5K. See your June newsletter for details.



(Continued from page 1)

So what happened to the much anticipated Bocce ball game? Well, the arrival of the heat and humidity coincided with (or enabled) what must have been the largest mosquito hatch in the history of my neighborhood. With swarms that seemed capable of carrying off small pets and children, the idea of traipsing around the lawn chasing little wooden balls seemed less and less attractive. So, the idea was canned and folks retreated to the screened-in porch. Sorry to disappoint those of you waiting for the results of this athletic exhibition; we'll have to come up with another idea to test those non-running related skills.

Now, in actual club business there are a few issues to discuss: 1) we need a new secretary for the club. Mary Ann Doss has decided to resign, her time being stretched by the demands of a new child coupled with that of a school coaching position; 2) Howard Spear would love to hand over the work of the clothing manager for the club. Howard has graciously been handling this work for quite a while and his desire to transfer the responsibility, along with our realization that not many singlets are being worn to races, has got him wondering if we need to rethink our uniform look. He is hoping that one of the issues a new clothing manager will take on is to revamp the look of the uniforms. So, any interest out there in either of these two positions? Want to find out more about what they entail? Want to play a more active role in the club? Call any one of us on the board to discuss it; we'd love to hear from you.

*Terry Sutton*

## News•Run Notes

### Mt. Washington Road Race

Maine Track Club member Christine Bracer finished 11th in a strong women's field at the 37th annual Mt. Washington Road Race on Saturday, June 21. Her time was 1:31:45. Carlton Mendell, meanwhile, won the 75-79 age group with a time of 2:03:10, and Nate Parsons (1:33:36) was third in the 19-and-under category.

Other MTC finishers and their times: Lynn Hughes, 1:30:27; Michael Pratico, 1:30:27; Richard Mulhern, 1:31:22; Joe Hayes, 1:36:12; James Haddon, 1:37:28; Craig Wilson, 1:37:31; Al Sproul, 1:38:24; Ken Cotton, 1:39:46; Eric Uhl, 1:44:36; Howard Spear, 1:50:11; Russ Bradley, 2:18:03.

### Pat's Pizza volunteers sought

Volunteers are needed for the Pat's Pizza Clam Festival Classic on July 19 in Yarmouth. If you'd like to lend a hand, please call Marge Parsons at 829-5079.

## We need your input

**News•Run** Notes features news of interest about fellow MTC members. If you have some news to share about yourself or someone else in the club, please pass along the information by calling Marge Parsons at 829-5079, sending e-mail to Bob Aube at 74270.2276@compuserve.com, or by mail to: Maine Track Club, Newsletter, P.O. Box 8008, Portland, ME 04104. The deadline for each issue is the 15th of the preceding month.

## News•Run Sponsors

If you would like to become an individual **News•Run** 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 give you advertising space in **News•Run**.

**Sponsor**

**The Nielsen family**



## Welcome to our newest members

Jane Ellis (47)  
40 Trundy Road  
Cape Elizabeth, ME 04107  
767-5873  
Teacher, Portland Schools

"I am very excited about joining the Maine Track Club to meet new friends. My running ability is more in line with a slow, slow jog. I would like to volunteer for the October marathon."

Allison Giustra (27)  
108 Eastern Prom., Apt. 2  
Portland, ME 04101  
829-6120  
Teacher, Portland Schools

"I enjoy running but have a hard time finding others to join me. I have run on and off since high school and like to compete in 5K road races. I would like to train with others who also like to compete in the shorter races (no marathons!)"

Matt Lunt (17) and Jeffrey Lunt (43)  
33 Broad Cove Road  
Cape Elizabeth, ME 04107  
799-9091  
Matt is a student at Cape Elizabeth High School.

Rob Laskey (36)  
74 Jordan Avenue, #3  
Brunswick, ME 04011  
725-2067  
Attorney  
Rob is a former MTC member who is rejoining us.

Kim White (35)  
29 Lower Falls Road  
Falmouth, ME 04105-1871  
878-5877  
Programs Director, Portland Athletic Club

Kelly Fernald (35)  
202 Two Lights Road  
Cape Elizabeth, ME 04107-9509  
879-1410 (office)  
Owner, Repeat Performance

I've enjoyed running for years, but in the last couple of years I've found I'm especially enjoying challenging myself more with longer runs, (slowly) improving running times and participating in races. I'm hoping being a Maine Track Club member will enable me to meet other runners and have more awareness about what's going on in the running community.

## MTC Financial Report

1/1/97 through 4/30/97

Checkbook balance as of 12/31/96.....\$3,550.88

### Income

Race Income.....	\$4,947.00
Membership .....	\$4,137.00
Banquet .....	\$1,272.00
Newsletter .....	\$925.00
Social fundraiser.....	\$341.00
Scholar .....	\$300.00
Clothing sales.....	\$271.50
Miscellany.....	\$101.50
Interest .....	\$19.88
<b>Total .....</b>	<b>\$12,320.88</b>

### Expenses

Banquet .....	\$2,859.24
Race expenses.....	\$2,683.70
RRCA.....	\$2,131.05
Newsletter .....	\$1,556.52
Scholarship.....	\$675.00
Clothing .....	\$478.46
Race committee .....	\$387.85
Social expenses.....	\$344.94
Administrative.....	\$280.98
Insurance.....	\$247.00
Miscellaneous.....	\$5.50
<b>Total .....</b>	<b>\$11,650.24</b>

Checkbook balance as of 4/30/97.....\$4,221.52

Race income and membership fees accounted for 74 percent of the total revenues for the first four months of the year. A new revenue source budgeted this year was newsletter advertising. This has brought in \$925 of new money. Thanks goes out to Russ Bradley for his tremendous effort in soliciting members to buy spaces in the newsletter.

The Mid-Winter Classic raised \$3,568 of the race income, generating a net race surplus of more than \$800. The proceeds from the Mid-Winter Classic go into the Bruce Ellis Memorial Fund to provide scholarships for students to attend running camps. Good job, Ray Shevenell, Don Penta and Jeanne Hackett!

Expenses to date have been comprised mostly by the banquet (facility and awards), RRCA (dues and convention expenses), race expenses and the newsletter.

To date, the club has a good checkbook balance and we are coming into the heart of race season. Now that the race season is here, the club will start to see monthly management fees from the various scheduled managed races.

**Joe Guimond**  
MTC Treasurer



## Upcoming Races

### July 4

4 on the Fourth, Bridgton, 8 a.m. Contact: Jay or Loraine Spenciner 647-3347.  
 L.L. Bean 10K, Freeport, 8 a.m. Contact: Lili Hall 892-4761, ext. 2356.  
 Walter Hunt Memorial 3K, Brewer, 10:45 a.m. Contact: Dave Torrey 942-1988.  
 Four on the 4th, York. Contact: 363-1040.  
 Carrabassett Valley 5K Cross-Country Run, 10 a.m. (kids' 1K at 9:30 a.m.). Contact: Mary Poulin 237-2692.

### July 9

Summer Fun Run Series (half-mile, mile and 5K), Falmouth, 6:30 p.m. Contact: Jim McCorkle 781-3134 or Roland Thibault 854-5168. [Note: Races are held every Wednesday through mid-August.]

### July 12

Pottle Hill 10K (and 1-mile fun run). Contact: 345-3511.  
 Moxie Day 5K, Lisbon Falls, 7:30 a.m. Contact: Lisbon Rec. Department 353-3066.  
 Penobscot Job Corp 5K, Bangor, 8:30 a.m. Contact: 990-3000, ext. 602.

### July 13

**Kennebunk Beach Improvement Association 5K, Kennebunkport. Contact: Lorraine Sacco 593-3762.**

### July 16

Fifth Camp Fire 5K & 10K, Scarborough. Contact: Charlie Scribner 781-7223.

### July 19

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

### July 25

Ocean Park 5K, Old Orchard Beach, 7 p.m. Contact: Paul Casey 284-7487.

### July 26

**Peaks Island 5-Miler. Contact: Larry Dyer 725-6962.**  
 Hancock Lobster Classic 10-Miler, Hancock, 9 a.m. Contact: Cindi Muir 667-7183.  
 Casco Days 4-Miler. Contact: 627-4201.

### July 27

Bangor State Fair 4-Miler, 9 a.m. Contact: 942-9000.

### July 30

Dyer Memorial 5K and Mile, Winslow, 6 p.m. (5K at 6:30 p.m.). Contact: Gene Roy 465-7296.

### August 2

Tufts 5K for Women, Falmouth, 9 a.m. Contact: Conventures Inc. 617-439-7700.

### August 3

Lobster Festival 10K, Rockland, 8:30 a.m. Contact: Ken Sylvester 594-7035.

### August 8

**St. Peter's 4-Miler, Portland. Contact: Mike Reali 829-2014 and Jim Nappi 773-7319.**

### August 9

Schoodic Point 15K, Winter Harbor, 8:30 a.m. Contact: Tom Severance 963-7043.

### August 10

Samoset 10K, Bristol, 9:15 a.m. (1-mile fun run at 8:30). Contact: Al and Carlene Sproul 677-2586.

### August 16

Machias Blueberry Run 5-Miler, Machias, 9 a.m. Contact: Sunrise Opportunity 255-8596.

### August 17

**Sports East 10-Miler, Brunswick, Contact: Sue Davenny 772-1787 or Barry O'Neil 729-3980.**

**Note: MTC races are in bold**

For the latest race schedules and information, call the MTC hotline at 781-5887 or visit the Sub5 web site at <http://www.finishlynx.com/sub5>

## Notice about race fliers

Anyone who wishes to have their race fliers included in the Maine Track Club newsletter must submit the fliers and a payment of \$40 by the 15th of the month. Fliers 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 fliers.



# Race Results

Submitted by Don Penta

**5K Sports, Split-Time Race Management,  
& The Pine Tree Running Journal Present**  
**The 5K Run/Walk To Benefit Breast Cancer Patients**  
**135 Finishers (63 Female & 72 Male)**  
**Certified Loop Course From 190 U.S. Route 1, Falmouth**  
**9:00 a.m., Sunday, May 18th, 1997**

An "\*" Indicates A Female Finisher

"USAT&F" = Finisher Qualified For National Ranking According  
 To Standards Established By The National Running Data Center  
 Of USA Track & Field

## Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Bob Winn 1,overall USAT&F.....	38	15:19	4:56
2 Byrne Decker 2,overall.....	30	16:14	5:14
3 Chuan Napolitano 3,overall.....	19	16:37	5:22
4 Rolf Westphal 1,30-39.....	32	16:45	5:24
5 Ron Newberry 1,40-49.....	47	16:55	5:27
14 Gayla Underkoffler 1,overall.....	35	18:17*	5:54
23 Kelly Rodrigue 2,overall.....	33	19:26*	6:16
27 Carol Hogan (MTC) 3,overall USATF.....	46	19:33*	6:18
29 Nancy Krum 1,30-39.....	34	20:03*	6:28
37 Natasha Leighton 1,20-29.....	23	20:46*	6:42

## Other Top Divisional Finishers

9 Mike Paulhus 20-29.....	21	17:41	5:42
15 Malcolm Thomas 19&under.....	16	18:26	5:57
28 Robert Kammann 50-59.....	51	19:52	6:25
41 Joan Lavin (MTC) 40-49.....	49	21:13*	6:51
43 Laura Wilcox 19&under.....	18	21:22*	6:54
76 Sherry Carl (MTC) 50-59.....	50	24:13*	7:49
100 Dan Macedo 60-69.....	61	27:05	8:44
105 Sally Amory (MTC) 70&+ USAT&F....	71	27:56*	9:01

## Other Maine Track Club Finishers

12 Will Lund 3,40-49.....	41	17:49	5:45
22 David Stuart.....	36	19:04	6:09
35 Ray Shevenell 2,50-59.....	56	20:20	6:34
38 Jim Estes.....	47	20:57	6:45
42 Dale Rines.....	44	21:21	6:53
44 Betsy Barrett 2,40-49.....	46	21:43*	7:00
51 Derry Rundlett 3,50-59.....	51	22:00	7:06
57 Wendy Williams.....	43	22:35*	7:17



Sally Amory and Warren Wilson

photos by Don Penta

62 Richard Scribner.....	45	23:00	7:25
65 John Cole.....	44	23:10	7:28
67 Lisa Kelley.....	32	23:30*	7:35
71 Harry White.....	54	23:38	7:37
84 Beth Wilson.....	41	25:17*	8:09
101 Annette Elowitch 3,50-59.....	54	27:20*	8:49
102 Anna Metzger 3,19&under.....	11	27:24*	8:50
112 Warren Wilson 3,60-69.....	63	28:45	9:16
113 Jeffrey McCorkle.....	7	28:48	9:17
127 Marty Payson.....	58	33:30*	10:48
130 Kathryn Harris.....	51	34:03*	10:59
134 Beryl Cole.....	46	48:17*	15:35

Many thanks to Charles Scribner of SPLIT-TIME RACE  
 MANAGEMENT for complete results!

**The Freeport Rotary Club Presents**  
**The 1997 "Close To The Coast" 5K Race**  
**47 Finishers (15 Female & 32 Male)**

**Loop Course in Winslow Park, South Freeport**  
**10:00 a.m., Saturday, May 17th, 1997**

## Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Monica MacDonald overall.....	30	20:52	6:44
2 Kris Caterina (MTC) 1,20-29.....	28	21:01	6:47
3 Libby Christensen 1,30-39.....	35	21:16	6:52
4 Catherine Cofran 2,30-39.....	33	23:45	7:40
5 Lisa Kelly (MTC).....	32	24:29	7:54
1 Kyle Rhoads overall.....	27	16:48	5:25
2 TJ Hesler 1,20-29.....	28	16:57	5:28

3 Paul Greene 2,20-29.....	25	17:13	5:33
4 Jeffrey Banger 1,30-39.....	35	17:26	5:37
5 Robert Ashley (MTC) 1,40-49.....	40	17:39	5:42

## Other Top Divisional Finishers

7 Carlene Anderson (MTC) 40-49.....	47	26:13	8:27
14 Eric Johnson 19&under.....	12	20:28	6:36
16 Frank Knight (MTC) 50-59.....	51	21:56	7:05
17 John LeRoy (MTC) 60-69.....	60	22:04	7:07

## Other Maine Track Club Finisher

9 John Eldredge.....	42	18:53	6:05
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(Continued on page 6)



## More Race Results

**The Freeport Rotary Club Presents  
The 1997 "Close To The Coast" 10K Run  
71 Finishers (22 Female & 49 Male)  
Challenging Loop Course in Winslow Park  
10:00 a.m., Saturday, May 17th, 1997**

### Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Gretchen Read (MTC) overall.....	54	42:19	6:50
2 Julia Drinker (MTC) 1,30-39 .....	36	46:04	7:26
3 Kim White (MTC) 2,30-39 .....	35	46:32	7:30
4 Pamela Hewett .....	30	46:59	7:35
5 Rana Ozbal 1,20-29 .....	21	48:08	7:46
1 Kevin Way overall.....	28	36:13	5:50
2 Mike Payson (MTC) 1,30-39 .....	33	36:50	5:56
3 Gordan Scannell 1,40-49 .....	44	38:25	6:12
4 Brian Grady 1,20-29 .....	20	38:25	6:12
5 David Chamberlain (MTC) 2,30-39 .....	35	38:49	6:16

### Other Top Divisional Finishers

7 Jean Nale (MTC) 19&under .....	19	50:03	8:04
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11 Carol Nale (MTC) 40-49 .....	46	51:58	8:23
14 Donavee Pettingill 50-59 .....	50	54:01	8:43
15 Troy Stilphen 19&under.....	19	44:53	7:14
23 Art Porter 50-59.....	53	48:39	7:51
49 Nelson Soule (MTC) 70&over .....	76	62:11	10:02

### Other Maine Tract Club Finishers

15 Betsy Lane 2,40-49 .....	45	55:09	8:54
21 Nancy Hewett .....	50	59:13	9:33
6 Marlin Conrad 2,40-49 .....	44	39:18	6:20
12 Larry Wold.....	38	42:48	6:54
24 Mike Brooks 2,50-59.....	51	48:56	7:54
25 Ralph Butts.....	36	49:07	7:55
31 Ronald Chase .....	56	50:52	8:12
35 Harry White.....	54	51:47	8:21
41 Ronald Read .....	55	55:22	8:56

Many thanks to Charles Scribner of SPLIT-TIME RACE MANAGEMENT for complete results to the "Close To The Coast" 5K & 10K!

**The MSAD #51 PTO Presents  
The Second Annual "Memorial Mile"  
59 Finishers (17 Female & 42 Male)**

**Point To Point Course On Main Street, Cumberland Center  
From North Yarmouth Line To Greeley High School  
8:45 a.m., Monday, Memorial Day, May 26th, 1997**

### Top Overall Finishers

PLACE/NAME	AGE	TIME
1 Kristin Pierce overall.....	24	5:00
2 Terry Sutton (MTC) 1,31-35 .....	35	5:28
3 Jackie Elkanich 1,19-25 .....	22	5:31
4 Carol Hogan (MTC) 1,46-50 .....	46	5:39
5 Monica MacDonald 1,26-30.....	30	5:42
1 Allan Muir overall.....	42	4:37
2 Robert Ashley (MTC) 1,36-40.....	40	4:51
3 Dave Howard 1,26-30.....	30	4:53
4 Adam Bowden 1,15-16.....	16	4:54
5 Christopher Hall 2,26-30.....	30	4:55

### Other Top Divisional Finishers

8 Jennifer Roy 15-16.....	15	6:04
10 Kate Myers (MTC) 36-40.....	36	6:18
12 Sandy Utterstrom (MTC) 51&over.....	53	8:04
6 Robert Craig 41-45.....	41	4:58
12 David Chamberlain (MTC) 31-35 .....	35	5:14
20 Jim Estes (MTC) 46-50.....	48	5:38
24 Brian Letiecq 19-25 .....	21	5:43
25 Ray Shevenell (MTC) 51&over.....	56	5:44
37 Charles McCarthy 17-18 .....	17	6:59

### Other Maine Track Club Finishers

9 Kim White 2,31-35.....	35	6:10
11 Cheryl McCall 2,36-40 .....	40	7:50
15 Marge Parsons 2,46-50.....	46	8:31
10 Will Lund 2,46-50 .....	41	5:10
15 Harry Nelson.....	42	5:23
16 Claton Conrad.....	15	5:31

22 Don Russell .....	37	5:41
28 Frank Knight 2,51&over.....	51	5:59
39 Donald P. Penta.....	50	9:23
42 Steven Hawkins .....	28	10:32

**MSAD #51 PTO Presents  
The "Memorial Mile" Children's Fun Run  
78 Finishers (29 Female & 49 Male)**

**Loop Course On Main Street, Cumberland Center, Maine  
8:00 a.m., Memorial Day, Monday, May 26th, 1997**

PLACE/NAME	AGE	TIME
1 Brian Schneider 1,overall.....	13	5:21
2 Kirby Davis 2,overall .....	13	5:24
3 Blake Davis 1,12-14.....	13	5:25
4 Benjamin True 1,10-11.....	11	5:36
5 Elliott Conrad (MTC) 2,12-14.....	13	5:47
6 Mandy Bowden 1,overall.....	13	5:55*
9 Samantha Bowden 2,overall .....	11	6:33*
13 Emily Roy 1,12-14.....	12	6:44*
14 Robert Carpenter 1,8-9 .....	8	6:49
15 Scott Carpenter 2,8-9.....	8	6:53
19 Alex Nelson (MTC).....	8	7:07
20 Elizabeth Ryder 2,12-12.....	12	7:11*
22 Galina Conrad (MTC) 1,10-11 .....	11	7:21*
23 Eugene Fitzpatrick (MTC).....	9	7:25
27 Julia Chase (MTC) 1,8-9 .....	9	7:45*
32 Jeffrey McCorkle (MTC) 1,6-7.....	7	7:58
35 Zoe Filliter 1,6-7.....	7	8:12*
38 Mollie Fitzpatrick (MTC) 2,6-7 .....	6	8:36*
46 Allison McCall (MTC) .....	8	8:58*
48 Alex Thomas 1,4-5.....	5	9:30
53 Joshua Reali (MTC).....	6	9:58
57 Sarah Robinson 1,4-5.....	5	10:15*
74 Grace Fitzpatrick (MTC).....	5	13:12*

Many thanks to Charles Scribner of SPLIT-TIME RACE MANAGEMENT for complete results!



# More Race Results

The Maine Track Club Presents  
**The 11th Annual Oakhurst-Shaw's Four Mile Milk Run & Walk**  
**472 Finishers (150 Female & 322 Male)**  
**Cert. Loop Course From Oakhurst Dairy, Forest Ave., Portland**  
**Onto the Length of Baxter Blvd. & Back**  
**9:00 a.m., Sunday, June 8th, 1997**

## Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Joan Samuelson (Hon.MTC).....	40	22:11	5:33
2 Christine Snow-Reaser 2,overall.....	31	23:20	5:50
3 Gayla Underkoffler 3,overall.....	35	24:26	6:07
4 Christine Braceras 1,30-34.....	34	24:49	6:12
5 Marjorie Graff 1,25-29.....	29	25:18	6:20

1 Bob Winn 1,overall.....	38	19:55	4:59
2 Todd Coffin 2,overall.....	36	20:08	5:02
3 Byrne Decker 3,overall.....	30	20:13	5:03
4 Kevin Way 1,25-29.....	28	20:13	5:03
5 Scott Brown 1,35-39.....	38	20:42	5:11

**Notes:** Joan Samuelson broke her 1996 course record of 23:05;  
 Bob Winn tied his 1996 course record.

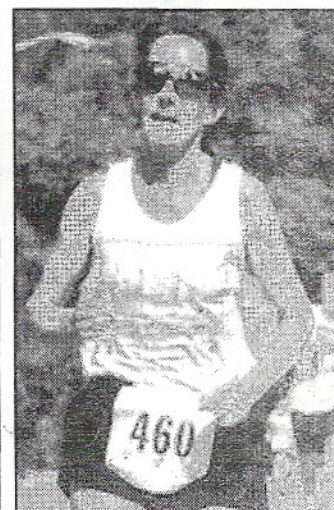
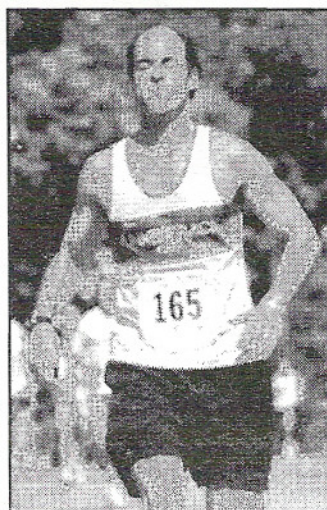
## Other Top Divisional Finishers

6 Laurel Valley (MTC) 30-34.....	34	25:56	6:29
7 Gretchen Read (MTC) 50-54.....	54	26:03	6:31
11 Nancy Cooper 40-44.....	42	27:16	6:49
12 Nancy Lund 45-49.....	45	27:28	6:52
14 Natasha Leighton 20-24.....	23	27:44	6:56
15 Kim White (MTC) 35-39.....	35	27:45	6:56
28 Janna Rearick 19&under.....	17	29:07	7:17
81 Polly Kenniston 60-64.....	60	34:29	8:37
112 Sally Amory (MTC) 70&over.....	71	37:17	9:19
120 Sally Paterson (MTC) 55-59.....	55	38:41	9:40
139 Ruth Hefflefinger (MTC) 65-69.....	68	44:37	11:09

6 Justin Valliere 20-24.....	24	21:00	5:15
7 John Goodwin 40-44.....	42	21:15	5:19
8 Bill Rogers 45-49.....	49	21:25	5:21
9 Uri Romaniuk 30-34.....	33	21:27	5:22
14 Paul Joltason 19&under.....	19	22:00	5:30
45 Joel Croteau 50-54.....	53	24:02	6:01
68 Lawson Noyes 55-59.....	55	25:17	6:19
246 Paul Jones 60-64.....	63	32:25	8:06
302 Mel Uchenick 65-69.....	66	37:35	9:24
308 Nelson Soule 70&over.....	76	38:26	9:37

## Other Maine Track Club Finishers

9 Patricia Burdo 2,30-34.....	31	26:36	6:39
20 Tanya Horne.....	28	28:19	7:05
22 Maryellen Fitzpatrick.....	36	28:27	7:07
23 Joan Lavin 2,45-49.....	49	28:28	7:07
24 Betsy Barrett.....	46	28:29	7:07
25 Kitty Kelley 2,50-54.....	50	28:34	7:09
31 Kathryn Tolford.....	42	29:21	7:20
35 Wendy Williams.....	43	29:56	7:29
43 Tracy Graves.....	30	30:49	7:42
45 Christin Burnham.....	22	31:06	7:47
47 Carol Nale.....	46	31:18	7:50
50 Sherry Carll.....	50	31:30	7:51
60 Suzanne Umland.....	49	32:28	8:07
70 Betsy Lane.....	45	33:29	8:22
78 Beth Wilson.....	41	34:09	8:32
79 Carlene Anderson.....	47	34:21	8:35
90 Beverly Doughty.....	45	35:12	8:48
107 Sandy Utterstrom.....	53	36:42	9:11
117 Cheryl McCall.....	40	38:10	9:33



**Rich Robinov and Kitty Kelley**

photos by Don Penta

131 Elizabeth Hoermann.....	38	40:44	10:11
143 Meghan Cook.....	15	57:01	14:15
144 Beryl Cole.....	46	58:10	14:33
20 George Towle.....	47	22:34	5:39
24 Robert Ashley.....	40	22:52	5:43
29 James Toulouse.....	49	23:09	5:47
42 Will Lund.....	42	23:47	5:57
72 Paul Aceto.....	31	25:35	6:24
79 Ed Doughty.....	48	25:55	6:29
83 Larry Wold.....	38	26:05	6:31
88 John Nale, Jr.....	17	26:29	6:37
94 Rich Robinov.....	37	26:50	6:43
101 Will Sproul.....	39	27:06	6:47
108 Eric Ortman.....	38	27:22	6:51
119 Malcolm Washburn.....	43	27:31	6:53
127 Joseph Guimond.....	38	27:43	6:56
133 Don Bessey.....	51	27:53	6:58
140 Frank Knight.....	51	28:08	7:02
149 Dale Rines.....	44	28:30	7:08
150 Roger Fenn.....	51	28:32	7:08
152 Jim Estes.....	48	28:33	7:08
153 Thomas Carll.....	53	28:34	7:09
165 Mick McCall.....	43	28:57	7:14
181 Ralph Butts.....	36	29:47	7:26
191 Mike Brooks.....	51	29:59	7:30
200 Ron Schopp.....	47	30:17	7:34
207 Derry Rundlett.....	51	30:34	7:39
223 Don Burnham.....	56	31:19	7:50
233 Dennis Smith.....	47	31:43	7:56
237 Harry White.....	54	31:59	8:00
239 Dana Brown.....	45	32:09	8:02
241 John Nale, Sr.....	47	32:21	8:05
259 John Littlefield.....	41	33:05	8:16
271 Scott W. Cook.....	36	34:02	8:31
272 Ronald Read.....	55	34:04	8:31
277 Ed Haley.....	40	34:26	8:37
301 Kenneth Spierer.....	54	37:17	9:19
314 Widge Thomas 2,70&over.....	72	42:56	10:44
317 Julius Marzul.....	70	45:21	11:20
320 John Cole.....	44	58:10	14:33

Many thanks to Charles Scribner, Race Director, for complete results!



## 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 1997 club ID card when requesting discounts.

**Olympia Sporting Goods**  
Maine Mall, South Portland  
10% on shoes only

**Yankee Sports**  
35 Foden Road, South Portland  
10% on shoes only

**Coastal Athletics**  
502 Woodford, Portland  
Asics shoes exclusively  
Discounts according to model  
Call ahead for Ron Kelley 772-4530

**George and Phillips, Inc.,**  
Route 1, Kittery;  
295 Water St., Exeter, N.H.

These are Nike Outlet Stores featuring slightly defective or blemished shoes at reduced prices. All top quality regularly.  
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  
10% on non-sale running shoes and clothing

**Famous Footware**  
330 Clarks Pond Pkwy., South Portland  
Also Auburn and Kittery  
10% on running shoes



## Group runs

The Maine Track Club includes all kinds of runners doing many different distances and paces ... from the weekend jogger to the daily 20-minute runner to the serious road racer.

Whatever your pleasure may be (social, speed, long distance), we probably have a running/training group near your area. For more information, contact any of the following:

### Brunswick

Long runs on weekends and track and tempo workouts during the week. Times vary, so it's best to call. Contact John LeRoy (725-8680).

### Kennebunk

The Kennebunk Road Warriors run weeknights in Kennebunk. Contact Steve Jacobsen (985-4107) or Nancy Kneeland (985-8100).

### Portland

The USM Morning Group runs at 5:45 a.m. daily from the USM gym. Contact Mel Fineberg (774-8868) or Ruth Hefflefinger (797-4625).

The Rat Pack runs Sunday mornings at 7 a.m. from Payson Park. Contact Ron Deprez (772-4312) or Mike Reali (829-2014).

YMCA Noon Runs from the YMCA on Forest Ave. Contact Marla Keefe (775-9620) or Mike Pratico (874-1111).

The Maine Front Runners, a gay and lesbian running club, runs from Back Cove across from Shop 'n Save on Saturday mornings at 9 a.m. Contact Jim Estes (761-2059).

### South Portland

South Portland Road Runners run Thursday nights at 5:30 p.m. from the high school. Contact Russ Bradley (799-3864) or Donna Moulton (799-2894).

If you know of a group run that isn't listed above, please contact either Bob Aube (946-7681) or Marge Parsons (829-5079) to let us know where, when and a contact person for



# Support these MTC members in business

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# MTC 1997 Officers and Committee

USA Track &amp; Field



Mike Reali and Terry Sutton	Co-Presidents	829-2014	Ann McGovern	At-Large	839-8332
John Gale	Vice President	775-5017	Howard Spear	At-Large and Clothing	856-6496
Ron and Martha Deprez	Past Presidents	772-4312	Al Butler	Equipment	772-6463
Joe Guimond	Treasurer	797-9463	Don Penta	Statistician and Photography	892-4526
Mary Ann Doss	Secretary	799-0896	Maureen Sproul	Photography	926-4681
Maggie Soule	Membership	846-3631	Dale Rines	Course Certification	854-2481
John Eldredge	Membership	829-4540	Bob Aube	Newsletter	946-7681
Everett Moulton	Race Committee	799-2894	Marge Parsons	Newsletter	829-5079
Russ Bradley	At-Large	799-3864			

## Maine Track Club Membership Application

(Please check one) ☐ Individual (\$15) ☐ Family (\$20) ☐ Student — 18-year-old maximum (\$10)

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 \_\_\_\_\_  
 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 \_\_\_\_\_ Business phone \_\_\_\_\_  
 Employer \_\_\_\_\_ Occupation \_\_\_\_\_ Business phone \_\_\_\_\_  
 If student, school \_\_\_\_\_ Year of graduation \_\_\_\_\_  
 If student, school \_\_\_\_\_ Year of graduation \_\_\_\_\_  
 If student, school \_\_\_\_\_ Year of graduation \_\_\_\_\_

## 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 participate 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 \_\_\_\_\_  
 Signature \_\_\_\_\_ Date \_\_\_\_\_

Please mail form and check to: Membership, Maine Track Club, P.O. Box 8008, Portland ME 04104