



# NEWS • RUN

Run with a friend . . .

August 1994

## From the Presidential Suite . .

Dear Colleagues:

*"When you come to a fork in the road, take it." . . .Yogi Berra*

This is good advice to all of us as we begin the second half of the summer season. It just doesn't seem possible that just a few short months ago we were all whining and muttering to anyone who would listen as to how we hate to have to bundle up to run in the frigid weather. It would have been utopia to be able to run in a singlet and shorts. I thought it was just that when I was able to run in a T-shirt and shorts in April during the RRCA conference in Washington, D.C.

Take advantage of the opportunities we have in Maine during this time of the year. Read a book, go to the beach for an afternoon, be with friends, ride your bike, go canoeing, go for a ride along the coast, or just do nothing.

While you're sitting around doing nothing, perhaps you might just think about our club. Think of a good idea or event we might use. Perhaps you might take a pen in hand and write an article or letter to the editor - or perhaps you will make a determined effort to volunteer for a race before the racing season comes to a slow close.

I want to thank Nancy Kneeland for hosting a fun run and social in Kennebunkport last month. We all had a great time. Thanks to Sandy Utterstrom--the "Pie Run" was a blast. To add frosting to the pie, we raised over

*continued on page 2*

## MTC COACHING & TRAINING SCHEDULE

Every Tuesday - 5:30 p.m.  
Portland Stadium Track (next to Hadlock Field)

Every Sunday - 7:00 a.m.  
Payson Park (Portland)

Coach: Steve Fluet  
Coaching Committee: Malcolm Washburn,  
Chairperson

All members welcome--All ability levels

### Please Join Us!

For more information, call Malcolm Washburn or  
Mel Fineberg

**Note:** MTC Teams are in the process of being formed. Masters men and women teams will be organized first. We also plan to organize sub-master and youth teams. Please come to either the Sunday or Tuesday workouts for more information.

## In This Issue . . .

Running For.....?  
Near Panic at the Crossing!  
Two for the Road  
MTC's First Pie Race

And More!!



## **Race Committee Chairperson's Report July 1994**

I wish to thank all the MTC Race Directors for your ideas and support. So far, our Racing Season is Running extremely smoothly.

Sandy Utterstrom had a very successful Pie Run on the Back Bay Boulevard, raising enough revenue for us to purchase a used COMPAQ 286 computer for \$200 that will soon be on line for Race Directors to use in computerizing your races and expediting your race results. A special thanks to Sandy for another JOB WELL DONE!!

If anyone is interested in personally purchasing a 286 Compaq such as I found for the club, there are some more available for \$200 each. These are the size of a gym bag and are call one unit (Keyboard, Screen, and Control Unit with a hard drive and one floppy drive).

We are still looking for a Race Director or 2 Co-Directors for the well-established Mid-Winter Classic 10-Miler in Cape Elizabeth. It would be a shame for us to lose this race as all proceeds go directly to the Club, and this has proven to be a very profitable race for us.

Also in the works is a Bike/Run/Picnic, hopefully in September (to coincide with Marathoners Training runs). Runners wishing to do approximately 15 miles run would start out early, followed by a group of bicyclists leaving later, and all would arrive at the destination where family, friends and other club members would be setting up the picnic lunch, and all could enjoy a swim or play games and enjoy the day. More on this later, and anybody with suggestions please contact me.

Again, thanks to each and every one for your assistance. It's greatly appreciated!

Enjoy your running,  
Everett

## **Presidential Suite . . . continued**

\$120.00 for the computer fund. I hope this becomes an annual affair--I think that future presidents should be able to enjoy the harvests of our beautiful supply of dairy products and fruits. Our annual UNE picnic and fun run held on July 13 was another great summer event. Almost 40 members attended and had a great time running, eating, playing "number luck," and more eating. The camaraderie was worth the price. A special thanks to the Utterstroms, Howard Spear and Bill Davenney for their culinary expertise on the grill. We need more events like this.

It was good to see Deb and Tom Atchison back home for a vacation from Thailand. It's also a pleasure to let you know that Malcolm Washburn is now the chairperson of the Coaching and Training Committee.

Thanks to everyone for making this an enjoyable summer. The heat and sun have not stopped Sandy Utterstrom from giving it all to the Corporate Nationals at Colby College and the Deering Oaks Track meet. Sue and Ruth are busy as usual planning for the highly successful Women's Distance Festival 5K on September 18. Don and Peter are hard at work preparing for our gem, the Maine Marathon. How about giving Sue, Ruth, Don or Peter a call telling them you will be supporting them. They will appreciate it.

Well, it's time for me to get out on the deck and read a book or maybe take a snooze--or whatever.

Enjoy the sun,  
Mel

**Reserve this date now on your  
summer calendar!!**

**Sunday, August 28, 1994  
MTC Outing and Picnic**

**Look for the flyer in this issue!**



## Running for . . . . ?

Running for pure speed, for a PR, to "beat" a friendly (one hopes) competitor, or to conquer an untried new distance, is a great experience. There seems no equal to the feeling of exhilaration as each new goal is met. But . . . it gets even better. There comes the day when priorities change. Burnout. Injury. Lack of time to train all-out. These can, over time, lead to a new mindset that can surpass in its benefits all of the others. The preliminary mighty "downer" of not being able to run for one reason or another can be the forerunner of a new kind of runner high.

No runner appreciates his daily run as much as the one who can't do it. He/she realizes very quickly--and with a certain awe--that it's really not the speed or the distance that matters. It's really more a question of self-definition. Without his run, the runner loses a sense of well-being, of self-control, of peace of mind, that comes from no other sport (for him) than his sport. Without his run he becomes less strong, attractive, vibrant, appealing, in his own eyes. And inward eyes become outward eyes all too soon.

The day the burned-out, injured or time-stressed runner takes to the roads again, he does it with new appreciation. It is the running itself, he finds, that needs to happen. It is not how fast he goes, nor how far. It is the step, the breathing, the RHYTHM. It rules him, transforms him, and makes him smile.

*This piece, says the author, is "totally off the cuff, but describes pretty well my last two years." Many readers, we know, will identify with her message.*

--Carol Pierce

## Congratulations, Susan!!!

Susan Roberts recently received her doctorate from U. Mass. at Amherst! Susan, we know the effort that went into this accomplishment. We're proud of you!!!

## LET US HELP YOU FREE UP YOUR TIME!

Being runners ourselves, we know how valuable your time can be. Let us help you with some of your tasks. We have started a cleaning service. If you are interested in having your home, business, camp, or condo cleaned and "DONE RIGHT," give us a call at 207-625-4872.

**--Our Rates are Guaranteed  
NOT to Leave you Breathless!--**

The Great MTC Computer Fund Pie Race  
Payson Park, Back Cove, Portland  
July 8, 1994

Previous Computer Fund	
Balance:	\$ 39.00
Amount Invested by MTC	
Pie Throwers:	\$125.00
Current Computer Fund	
Balance:	\$164.00

SPECIAL THANKS TO PIE THROWEES  
SANDY UTTERSTROM AND MEL  
FINEBERG!!!

## NOTE OF THANKS

Thank you for your kindness and sympathy at a time when it was deeply appreciated.

--The Family of Jack Oppen



## Attention, Cross Trainers!

Mark this coming September 24th or 25th on your calendars for an MTC Special Events Committee-sponsored hike. We're planning an intermediate type day hike, and final date and details will be in the September *NEWS-RUN*.

## Near Panic at the Crossing!!

It happened at the Apple Blossom 15K in Monmouth on May 30, 1994.

The first half of the course was reasonably flat or downhill. The second half was a succession of increasingly difficult hills. After climbing a wicked steep hill at about mile 8, followed by a long sharp downhill grade, another hill loomed ahead. About that time I heard an intermittent alarm sounding. I thought, "Oh no, it can't be," but it was--a railroad crossing half way up the next hill! As I got closer I could see the flashing red lights and finally detected the WHRRR-ing sound of the diesel engine. At that point the train became my competition. I was trying to save what little energy I had left for the long final uphill grade before the finish line, but I knew if I didn't beat the train the race was over early. I dug down deep and tried to pick up the pace--although my lungs were burning and my legs were heavy.

Just before I arrived at the crossing I looked up and saw the long freight train had stopped and was waiting for the runners to pass. What a relief!! Every runner, including myself, waved to the engineer, signalling hello and thanks for such kind consideration. That final long uphill grade before the finish was even more difficult after having raced the train!

--Russ Bradley

## Meet the Coach



After MTC's decision to hire a part-time coach to work in group sessions with club members, Stephen Fluet was picked for the job in June. Since then he's been working with members who show up on Tuesday evenings on interval work and general training guidance. He also helps the group prepare for longer training runs on Sundays. Steve has the challenge of working with a variety of abilities and goals, from the 5K to marathon, but he's been bringing it all together so far with a combination of grass and track training.

Our Tuesday workouts began with 2- and 6-minute intervals running on the grass perimeter of Payson Park. This, he said, would be both "forgiving" and would build ankle and calf strength (this runner can tell you that the training proved very helpful recently on the grass and woods trails of the Gorham 2.8 mile Cross Country Race). On July 12th the Tuesday sessions moved to the Portland Expo track, where we've been working on 220 and mile repeats.

Steve's coaching philosophy calls for individually tailored training programs that allow the runner to see his or her progress, at the same time using variety as a means of motivation. And, he says, "Keep it simple and enjoyable!" Within this framework, he recommends training programs in four-week cycles, cross training, daily stretching, the use of heart monitors, using a training log on a daily basis, and biweekly long, slow runs to build both cardiovascular endurance and an increase in fat-burning capabilities.

A graduate of Norwich University majoring in physical education/sports medicine, Steve

--continued next page



## Meet the Coach, *continued*

works as a fitness counselor and also as a physical education teacher for the South Portland School Department. His background indicates that he comes to MTC not only well qualified but having had some fun along the way. He's been an assistant coach for Bates College's cross-country ski team, a cycling and cross-country coach at the Groton School, and a strength and conditioning coach at the University of Lowell, where he also did graduate work.

Steve finished the Boston Marathon in 1990 in 2:50, and finished 8th and 10th, respectively, in the 1992 and 1993 Maine Marathons. He's taken part in various "ironman" races, coming in 260th out of 1500 at the Hawaii Ironman World Championships in 1991. In addition, he has competed on a championship level in indoor rowing and flatwater canoe racing.

Steve and his wife, Allison, reside in Cumberland.

--Pat Buckley



*Cherry Blossom Race, Washington, D.C.*

*From left: Maryann Champeon, Mel Fineberg, Ron Pelton, Ruth Hefflefinger.*

## Two for the Road . . . or Sometimes One Race Isn't Enough

For most of us, running two or three races a month is plenty of challenge. But then there are the back-to-backers, who actually plan TWO races a weekend or, amazingly, in the same day. MTC has a few of this breed, road demons like Carlton Mendell, who recently used the Doc's Tavern Race as a warm-up for the Mount Washington Race the following day. Then there's the dynamic duo, Richard Scribner and Mark Clinch, who do race upon race, weekend after weekend, like surfers going after the perfect wave.

Recently, two area runners, Andy Haslam and Tom Gadbois, did an unplanned back-to-back adventure. Pre-registered for the South Berwick Strawberry Festival Five-Miler on June 25th, they arrived in plenty of time for a pre-race warm-up. It was in that pumped-up state, endorphin levels rising, that they acted on an impulse. Taking time out to call the York Police Station, they were told that the Nubble Light 1K would start exactly one hour from the race they were about to begin.

Minds racing, they quickly planned that the first finisher of the South Berwick race would run to Andy's truck and meet the other at the finish line for the ten-mile mad dash to York. Tom, finishing first, picked up Andy at the end of the chute and drove a PR to York despite fog and getting somewhat lost.

Eventually the intrepid pair came upon the York 10K pack just as it took off. Quickly negotiating their registrations, Andy and Tom, still pumped from South Berwick, took off after them. The two racers of time and the road weren't able to catch more than the back of the pack, but they avoided road-racing's biggest nightmare: They didn't finish last!

What's next, all you guys?

--Pat Buckley



## Community Bulletin Board

### For Sale

One new pair NIKE Air Pegasus  
Size 11 - \$50.00  
Call Howard Spear at 856-6496

MTC members Richard and Susan Gifford have started their own cleaning service. See their ad in this issue of **NEWS-RUN**.



Part of the Maine contingent for the Burlington Marathon 1994. From left: Tim Strohm, Maureen Sproul, John Lavin, Laurie Quint.

## PR GUARANTEED!!!

Now that we have your undivided attention....

Everyone needs a weekend off from the rigors of competition now and then. Just ask Ziggy! Why not spend Saturday, July 30th volunteering at the Peaks Island 5 Mile Race and Lobster Bake?

Where else could you get a free boat ticket to Peaks Island, a multi-color T-shirt and a scrumptious pancake breakfast prepared by the Peaks Island Lions Club on a nonracing weekend?

We need help with the registration table and the finish line.

Please call Sumner Weeks at 774-3436.

## President's Note:

This month, in addition to listing our race results, we would like to **HONOR** our volunteers who worked on our races. Without our volunteers and volunteeraholics, there would be no races for runners to run.

To all of our hardworking and dedicated volunteers, I want to express my thanks to you on behalf of the MTC. You are appreciated.

--Mel

P.S. To race participants: If you want to check your time in a recent race other than those listed in this issue, please check with Don Penta or refer to *Mainely Running* magazine.

### Mid-Winter Classic February 6, 1994

Marla Keefe	Kathy Jacobsen
Renee Lathrop	Brian Lathrop
Joan Lavin	Pat Buckley
Mike Reali	Dana Sequid
Don Foshay	Mel Fineberg
Bob Hazzard	Carol Pierce
Don Penta	Dennis Morrill
Maryann Peck	Dale Rines
Laurie Quint	Pam Barker
Russ Connors	Howard Spear
John Lavin	Andy Abello
Herb Strom	Sandy Utterstrom
Al Utterstrom	Bob Aube
Sue Davenney	Ruth Hefflefinger
Maryanne Champeon	Maureen Sproul
Paul D'Amboise	Donna Moulton
Alan Keefe	Diana Laskey

### Portland Boys & Girls Club 5 Mile Road Race April 18, 1994

Alyce Schultz	Reggie Sargent
Ray Hefflefinger	Terry McGovern
Arthur Quint	Herb Strom
Warren Foye	Marge Parsons
Jan Stenberg	Pat Buckley
John Dorsey	Joan Trembreth
Mel Fineberg	Maryanne Champeon
Steve Assante	Walter Webber
Everett Moulton	Don Kent



**April Amble**  
**April 30, 1994**

Howard Spear	Dan Hogan
Ted Cunningham	Betty Rines
Mary Martin	Nancy Kneeland
Dennis Morrill	Don Penta
Sandy Utterstrom	Donna Moulton
Don Kent	Mel Fineberg
Maryanne Champeon	

**South Portland D.A.R.E. 4-Miler**  
**Saturday, May 7, 1994**

Scott Moulton	Marla Keefe
Pam Barker	Sharon Simpson
Carol Hogan	Marge Parsons
Mel Fineberg	Alyce Schultz
Gail Turner	Tom Tero
Bill Davenny	Charlie Scribner
John Lavin	Gerard Guimond
Ted Cunningham	Sandy Utterstrom
Ann Blanchard	Sue Davenny
Maryanne Champeon	Andrew Coffin
Pam Whitham	Julie Palmer
Pam Kinner	Josh Vogel
David Parker	Dianne McCorkle
Sarah Parrott	Daniel Downs
Eric Ortman	Stanley Simpson
Michael Kotch	John Kazilionis
Kitty Kelly	Howard Spear
Justin Howard	Jason Lee
Ann Stroh	Al Utterstrom
Pat Coolidge	Jean Thomas
Julia Small	Tammy Brown
Deborah St. Pierre	Debi Smith
Jim Fahey	Linda Barker
Everett Moulton	Bob Duke Anderson
Reed Barker	Clyde Coolidge
Michael Kotch	Dick Scribner
George Berry	Robert Scarpelli
John Dorsey	Sarah Dorsey
Don Kent	Deb Raszmann
Steve Webster	



*Pat Buckley - always the gracious hostess . . .  
(Pottle Hill Run)*

**Coach's Corner . . . Brian Gillespie**



One of the keys to successful racing is downhill running. Most race courses in Maine are quite hilly and, if you can improve your downhill racing technique, you will put yourself in a position of running much faster times. Don't consider running downhill as a chance to rest in a race;

consider it a tremendous opportunity to gain advantage both in time and competition. I teach my athletes to be very aggressive on downhill parts of a course. Successful racing means concentration on both uphill and downhill parts of the course—not just uphill. If you can follow these dos and don'ts of downhill racing, you will improve your race time.

**DO:**

1. Lean forward, keep your back straight, but don't bend at the waist. Keep your hips forward, over your lead leg.
2. Turnover is the key—hit the ground lightly. Push off the ball of your foot.
3. Relax—flow down the hill, fast, but in control. Let your arms swing out a little wider than usual to maintain balance and rhythm.

**DON'T:**

1. Overstride—you will hit the ground with your heel way out in front of your body, and that will send the shock through you.
2. Holdback—slows you down and increases risk of injury to your quadriceps muscles.
3. Don't try to run as fast as you can. Relax, concentrate on technique, stay in control.

Practice these downhill racing techniques at least once a week in your training and, as you become more comfortable, you will become more aggressive in your races on the downhill parts of the courses. These techniques also help you to maintain and develop your leg speed on a year-round basis—another important element for improvement in your racing.



## Race Schedule

### August

- 6 St. Mary's Festival 3-Miler Road Race, Biddeford, 7 p.m., Joel Croteau, 282-2375
- 7 Lobster Festival 10K, Rockland, 8:30 a.m., 1 mile, 7:30, Ken Sylvester, 594,7035, cert.
- 7 York Day Road Race, 5K, York, 9 a.m., York Recreation Dept., 363-1040, cert.
- 12 St. Peter's Road Race, 4 miler, Portland, 6 p.m., 773-0748
- 13 USAT&F 14 and under championships
- 13 Schoodic Point 15K, Winterharbor, 8:30 a.m., Tom Mapleton, 963-2658, cert.
- 14 Samoset 10K, Bristol, 9:15 a.m., 1 mile fun run, 8:30 a.m., Al Sproul, 677-2586
- 20 USAT&F Racewalking Carnival, Orono
- 20 MAC X-Country, Cross Lake, 10 a.m., 3K to 5K, also 500 meter to 4-mile walk, Mike Mendonca, 493-4224
- 20 Machias Blueberry Run, 5 mile, 9 a.m., 1 mile at 8 a.m., Mike Carter, 255-3843, cert.
- 20 Family Festival X-C Classic, 3 mile and 1 mile fun run, Sebago Lake, Ernest Young, 642-4752
- 21 Sports East 10 miler, Brunswick, 8 a.m., Barry O'Neil, 729-3980, cert.
- 21 Racewalking Carnival, Orono, 9 a.m., Tom Eastler, 778-6703
- 21 Washburn Fun Run, Washburn, 2.9 mile, 9:30 a.m., Richard Harford
- 27 Firefighter 5K, Robbinston, 9 a.m., 1-miler fun run at 8:30, Tom Brennen, 454-9922
- 27 Houlton Regional, Houlton, 5K, 10 a.m., Lisa Perfitt
- 27 Northeast Harbor Road Race, 5 mile, N.E. Harbor

## News About Members . . .

MTC member Shirley Chamberlain of Boothbay retired last October from a 20-year career in real estate, and went out to San Francisco to be trained and certified by the International Tour Management Institute as a Tour Director. Among her various tour assignments for 1994 in her new career is leading an 8-day tour to Athens, Greece this fall for the Athens Marathon on October 30, followed by an excursion to the island of Mykonos, organized by Marathon Tours & Travel of Boston.

Congratulations, Shirley. We'll wait for our souvenirs!--the editor.

Angela Small completed her first marathon - The Burlington City Marathon - May 29, 1994 with a time of 3:36:10.

CONGRATULATIONS!

Congratulations to co-directors MTC Vice-President Ron Pelton and Marge Parsons for an outstanding job as first-time race directors at the Yarmouth Clam Festival Five-Miler on July 15th. Bringing in 712 runners without a hitch is very impressive. Well done! Many thanks, too, to the dozens of volunteers who helped this year with this, one of Maine's largest road races.

## News-Run Sponsors

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

### Sponsors

Milt Bailey

Carol Pierce

Eric R. Ellis, Jr.

Kurt Neilson





## Race Results

Submitted by Don Pena

**6th Annual South Portland DARE 4 Miler**  
**South Portland High School**  
**120 Finishers**  
**May 7th, 1994**

### Top Overall Finishers:

- 1 Kevin Way 1,20-29 25 20:53
- 2 Stephen Sarkozy 2,20-29 25 21:17
- 3 Andrew Black 1,30-39 32 22:11
- 4 John Gagnon 3,20-29 22:14
- 5 Roland Thibault 26 22:16
- 24 Sheila Hodges 1,30-39 39 26:17\*
- 33 Monique Legacy 1,20-29 29 27:34\*
- 36 Janet Sparkowich (MTC) 2,30-39 36 27:46\*
- 42 Debbie Brown 3,30-39 31 28:04\*
- 45 Joan Lavin (MTC) 1,40-49 46 28:16\*

### Other Top Divisional Finishers:

- 8 Matt Brady 13-16 14 24:11
- 12 Tim Reid 40-49 40 25:01
- 20 Peter Bastow (MTC) 50&over 57 26:07
- 38 Lloyd Slocum 61 27:51
- 55 Shawn Sweat 17-19 19 28:53
- 56 Josh Tozier 12&under 10 28:53
- 65 Russell Bradley (MTC) 70 29:50
- 84 Shelly Lathrop (MTC) 17-19 17 31:55\*

### Other Maine Track Club Finishers:

- 14 James McCorkle 39 25:28
- 15 Larry Barker 3,40-49 44 25:34
- 17 Dan Hutchins 34 25:42
- 18 Sumner Weeks 45 25:45
- 23 Ed Doughty 45 26:16
- 25 Paul LaVangie 36 26:25
- 28 John Rolfe 38 26:49
- 30 Clyde Coolidge 2,50-59 55 27:06
- 32 Mark Finnerty 35 27:24
- 34 Dan Hogan 43 27:44
- 35 Eric Tableman 2,13-16 14 27:45
- 40 Timothy Merritt 3,13-16 14 27:53
- 44 Jeff Thaler 40 28:10
- 49 Dr. Dave Haskell 48 28:27
- 54 Scott Smoot 26 28:47
- 61 Ron Dubois 39 29:21
- 66 Patti Tableman 35 30:00\*
- 67 Simon Sims 54 30:02
- 75 John Dorsey 47 30:39
- 76 Ed Francis 51 30:54

- 77 Patty Medina 36 30:56\*
- 79 Barbara Kucine 34 30:59\*
- 80 Marla Keefe 2,40-49 40 31:15\*
- 81 Don Russell 57 31:23
- 82 Tracey Hall 30 31:34\*
- 85 Loren Lathrop 45 31:56
- 86 M. F. Harmon 44 31:56
- 89 Cindy DiPalma 36 32:00\*
- 90 Laurie Curtis 3,40-49 47 32:17\*
- 93 Stephanie Hackworth 3,20-29 24 32:47\*
- 104 Elizabeth Dubois 31 35:25\*
- 106 Beverly Doughty 42 35:53\*
- 107 Richard Levesque 58 36:06
- 114 Wayne Newland 56 39:53
- 119 Donna Moulton 45 43:28\*

*Many thanks to Everett & Donna Moulton  
 and Susan Davenny for complete results!*

**8th Annual Oakhurst Milk Run 4 Miler**  
**256 Finishers**  
**May 22nd, 1994**  
**Southern Maine Technical College,**  
**South Portland**

### Top Overall Finishers:

(Age & Sex Graded Time, If Different & Available)

- 1 Jeff Young overall 24 20:11
- 2 Ben Trevor 1,20-29 23 20:26
- 3 Kevin Way 2,20-29 25 20:29
- 4 David Weatherbie 26 20:47
- 5 David Libby 28 21:16
- 14 Ann Bokman overall 25 (20:46) 23:04\*
- 26 Gail Turner (MTC) 1,30-34 34 (21:47) 24:47\*
- 33 Kelly Rodrigue 2,30-34 30 (22:41) 25:11\*
- 51 Leslie Couture 1,20-29 26 (23:56) 26:34\*
- 56 Ruth Hall 1,35-39 36 (23:20) 26:54\*

### Other Top Divisional Finishers:

- 6 Ron Newbury 40-44 44 (19:48) 21:34
- 7 Dan Dearing 30-34 32 (21:37) 21:52
- 8 Tom Thibau 35-39 36 (21:12) 21:56
- 21 Chase Pray 50-54 50 (21:27) 24:22
- 22 Matt Bailey 19&under 14 (22:24) 24:23
- 24 Terry Clark (MTC) 45-49 49 (21:41) 24:47
- 29 Bob Coughlin 55-59 55 (21:09) 25:04
- 54 Russ Connors (MTC) 60-64 61 (21:20) 26:50
- 98 Peter Scontras 65-69 65 (22:06) 29:00
- 100 Krissy Collins 19&under 18 29:06\*
- 109 Kitty Kelley (MTC) 45-49 47 (23:43) 29:36\*
- 136 Cindy Aiken (MTC) 40-44 40 31:07\*
- 142 Nancy Lovetere (MTC) 50-54 50 (24:27) 31:16\*
- 178 Martin Losier 70&over 71 (23:44) 33:24
- 187 Polly Kenniston 55-59 57 (24:46) 33:55\*
- 201 Sally Amory (MTC) 65-69 68 (22:42) 35:30\*
- 217 Shirley French 60-64 61 36:50\*



*Other Maine Track Club Finishers:*

9	Thomas Tero	28 22:16
31	Carlos Philbrick	41 (23:33) 25:09
33	Dan Hutchins	34 (24:39) 25:13
38	Larry Barker	45 (23:34) 25:50
41	Michael Millett	40 (24:24) 25:53
44	James McCorkle	39 26:13
46	Peter Bastow	2,55-59 57 (21:51) 26:23
52	Stephen DiPalma	38 26:41
53	John Rolfe	39 26:42
60	Rich Robinov	34 27:06
64	John Merritt	43 27:16
66	Mark Finnerty	35 27:23
67	Jeff Thaler	40 27:38
68	Mary Ann Doss	34 (24:17) 27:38*
81	Ron Dubois	39 28:08
89	John Watson	50 28:39
94	Sarah Parrott	2,35-39 35 28:49*
96	Elizabeth Ehrenfeld	35 28:55*
97	Thomas Carl	49 29:00
99	Tim Merritt	2,19&under 14 29:05
106	Denny Morrill	54 29:27
110	Dominic Reali	51 29:43
116	Tracey Hall	30 30:13*
139	Ed Francis	51 31:14
149	Sherron Small	2,45-49 47 31:32*
156	Patty Medina	36 31:48*
157	Alice Slajus	31 31:49*
159	Joseph O'Donnell	43 31:58
172	Laurie Curtis	47 32:52*
176	Tina Marzul	31 33:17*
185	Brian Brown	37 33:51
203	Robert Marzul	32 35:37
212	Elizabeth Dubois	31 36:14*
221	Deborah Marshall	33 37:52*
224	Sally Paterson	52 38:22*
228	Shannon Dunfey	10 39:10*
229	Diane McCorkle	34 39:33*
245	Laurie Quint	33 43:50*
246	Janice Bastow	2,55-59 58 43:52*
247	Ellen Assante	41 43:55*
248	Julius Marzul	67 44:31

*Many thanks to Ruth Hefflefinger for complete results!*

## MTC's First "Pie Race"...or The Race is to the Sweetest

I don't know if there's pie in the sky, but on Friday evening, July 8th, there was pie on "the Boulevard." Announced in May's *NEWS-RUN*, the three-mile race was a fundraising event, each entrant holding a pie that afterward could be smooshed in the faces of President Mel and/or Sandy Utterstrom, the race director.

To assure a deep (dish) field, both walkers and runners were invited. No cream puffs were expected. Other than following the course, it was a "no rules" race. Runners could hold their pies one- or two-handed, aloft, or carried straight ahead. To assure his pie's safety, one runner ran with it taped inside the box in which it was purchased. While few actually showed up to race—others probably thinking it was a half-baked idea—those who took part did so with relish, or should we say, whipped cream.

Slicing away the competition, racewalker Mark Clinch clinched first place in his category by a wide margin, but noted that most of his pie's strawberry chiffon filling, loosened by his power walk, ended up sloshing onto a passing curious dog. Even Hennessy was the first runner to bring in his pie, at 20:45. The whole thing probably looked pretty flaky to passers-by. Someone stopped his car near the finish line to ask, "Why are all these people running with desserts?"

*continued next page*

### Group Runs:

**Portland:** early mornings - USM - Bill Davenny, 772-1787

**Portland - Rat Pack:** varying times - Mike Reali, 767-5218

**Cape Elizabeth High:** Sunday 7:30 A.M. - RTW Team - Brian Gillespie, 772-2753

**South Portland:** Tuesday P.M. - Donna Moulton, 799-2894

**Kennebunk:** Thursday P.M. - Village Market Place - Steve Jacobsen, (h)985-4107; (w) 985-2941



## "Pie Race" *continued*

When all the racers had lurched or wobbled their pies over the finish line (none was dropped!), it was dessert time for Mel and Sandy. Dressed for action, they gamely submitted to a mad assault of lemon meringue, two coconut creams (Mel's least favorite), and the like. Mel and Sandy were brave to the last crumb and raised a fair amount of dough toward a new club computer. After the dessert fling, the pie racers, volunteers and spectators settled down to a normal potluck cookout, on plates. Thanks go out to Shiva, Arlen, and Don Kent's doberman, for a very good job in ground clean-up.



*Runners in The First Annual Pie Run prepare their pies for the start.*

It's hoped that the Pie Race will be an annual feature of MTC's schedule, but that depends on the willingness of future club presidents (well, Ron?) to take it on the chin. But whatever, it IS a chance to run your pie and heave it, too.

--Pat Buckley

## Recipes for the Road . . .

### "Time to Cook Out!"

Summer is the time to be with friends and family and to enjoy the great outdoors. In most families, the grill is an essential cooking

utensil to ensure a fabulous meal. This month, we present to you an entire menu for one of those hot summer days! Enjoy!

### **Black Bean Salsa**

- 1 can black beans, drained & rinsed
- 1 10oz. pkg. frozen kernel corn, thawed
- 1 green pepper, chopped
- 1 red pepper, chopped
- 2 tomatoes, chopped
- 1 red onion, chopped

Blend in food processor the following:

- 1/2 tsp black pepper
- 1 1/2 tsp cumin
- 1 1/2 tsp lime juice
- 1/2 cup olive oil
- 4 jalapeno peppers (small can)

Combine all ingredients and serve with tortilla chips.

--Jane Dolley

### **Grilled Chicken Southern Style**

- 1-2 pkgs chicken breasts
- 1 bottle Newman's Own Olive Oil & Vinegar Salad Dressing
- 1 large Ziploc bag

Note: If you use chicken breasts with the bone in, you should parbroil them before marinating and grilling to ensure the inside is cooked well.

Put chicken breasts in Ziploc bag and pour enough Newman's Own on them to cover them. Seal the bag and leave to marinate for at least an hour. Remove breasts from bag and grill for 20 minutes. Chicken will be very juicy and tender. Eat and enjoy!

--Kathi Foye

### **Beans and Rice Casserole**

- 5 cups water (bring to boil, then add 2 TBS of butter and 1 tsp of salt)
- 2 cups brown rice (cover and simmer for 40 minutes)

After rice is cooked, add:

- 1/2 cup green pepper, chopped
- 1/2 cup onion, chopped
- 1 28 oz. can of red kidney beans

Simmer for 5 more minutes, then serve.

--Everett Moulton



## "Fake" Heath Bars

2 sticks real butter (margarine will not work)  
1 cup sugar  
Saltine crackers  
12 oz. milk chocolate chips (not semi-sweet)  
Ground pecans or walnuts (optional)

1. Line jelly roll pan or large cookie sheet with aluminum foil and cover bottom of pan with saltine crackers.
2. Bring butter and sugar to a boil in saucepan and boil for 3 minutes, stirring constantly.
3. Pour mixture over crackers and spread evenly.
4. Bake 15 minutes in a pre-heated 350 degree oven (will be dark brown in color).
5. Remove from oven, let stand approximately 5 minutes and sprinkle chips over crackers and mixture. Refrigerate. When cool, break into pieces like you would peanut brittle.
6. Ground pecans or walnuts may be spread on top before cooling process if desired.

--Everett Moulton

## Membership Contest Successful!

Our recent contest is complete!

The real winners are the twelve new members themselves, able to take advantage of the multitudinal benefits of membership in the Maine Track Club.

Winning new member sponsors and their prize incentives are as follows:

<u>PRIZE</u>	<u>SPONSOR</u>	<u>INCENTIVE</u>
First:	Don Kent, 5 new members	MTC wind suit
Second:	Howard Spear, 4 new members	MTC uniform
Third:	Jan & Peter Bastow, 3 new members	long-sleeved MTC T-shirt

Congratulations and thank you to our prize winners, and also congratulations to all of our new members.

## New MTC Members

Cindy & Doug Aiken H: 846-9013  
Joseph Aiken  
Natalie Aiken  
12 Bowdoin Street  
Yarmouth, ME 04096

Michele Dorsey Brooks H: 774-4000  
Roberts Brooks  
101 Pitt Street  
Portland, ME 04103

Theresa Brown  
Bob Cerf H: 781-3016  
26 Waites Landing Road  
Falmouth Foreside, ME 04105

Robert DiGiacco H: 282-9794  
155B Hill Beach Road  
Biddeford, ME 04005

Greg Gignoux H: 773-6841  
30 Preble Street #361  
Portland, ME 04101

D. Scott Hamilton  
HCR 72, Box 8256  
N. Waterboro, ME 04061

Tim Jalbert H: 967-3635  
6 Benjamin Hubbard Lane  
Kennebunk, ME 04043

Robert Jolicoeur H: 799-4127  
P.O. Box 6305  
Cape Elizabeth, ME 04107

Jackie Katz H: 774-9551  
27 Veranda Street #4  
Portland, ME 04103

Keith Malone H: 846-1403  
1 Ryan Drive  
Yarmouth, ME 04096

Jeffrey Nixon H: 797-2566  
38 Independence Drive  
Westbrook, ME 04092

Ronald Paquette H: 284-1737  
70 Westmore Avenue  
Biddeford, ME 04005

Kathryn Ring H: 967-0225  
33 Wildes District Road  
Kennebunkport, ME 04046



Bill Robertson  
190 Danforth Street  
Portland, ME 04102

H: 791-2190

James Sieber  
822 Sawyer Road  
South Portland, ME 04106

H: 799-3869

Joshua Tozier  
25 Barnet Avenue  
Waterville, ME 04901

H: 877-9183

Laurel Valley  
RR 2, Box 5378  
Hiram, ME 04041

Linda Walz  
Bill Devou  
207 Vaughan Street #9  
Portland, ME 04102

Bryan Wiggins  
30 Victory Avenue  
South Portland, ME 04106

H: 767-4181



### **The Great MTC Computer Fund 50/50 Lottery**

Previous balance \$29.00

Revenues received 6/8/94 \$20.00

50% disbursed to Dick Joseph \$10.00

**Congratulations, Dick!!!!**

Current balance in  
Computer Fund \$39.00

(See results of Pie Race, page 3)

## **Letters to the Editor . . .**

*This wonderful letter was received from Kurt C. Nielsen. It symbolizes what the MTC is all about:*

Dear MTC Members:

I would like to share a very memorable race where MTC members shared in the joy of the challenge and accomplishment.

Having qualified for the Boston Marathon in the inaugural Maine Marathon in October '93, I felt I would need training and logistical help from veterans. From the minute I first spoke to Bob Coughlin at Becky's Restaurant until after the finish in Boston, I got nothing but help and encouragement. Miky Reali, Al Butler, Ron Cedrone and Bob Payne also helped in comradeship by allowing my family and me to join them in a "carbo loading" dinner on the north end. Bob Payne allowed us MTC runners AND Central Maine Strikers to wait out the start in a NYNEX building in Hopkington. I can't say how relaxing and stress-reducing that was for me.

I won't bore you with the actual race, but I will say that even at the finish ALL the MTC members were elated, joyful, and proud of their accomplishments and mine. Bob Payne even left a message at the reception desk for me to call him just to ask how I'd done.

I never did take Bob Coughlin up on his early morning training runs with the others, but he helped me mentally in so many other ways to complete my first Boston.

Thanks to all who helped.

--Kurt C. Nielsen

-- *Kurt also asked to become a newsletter sponsor. Thanks, Kurt. Your contribution is greatly appreciated.*



## Maine Track Club Discounts

The following area sporting good stores have agreed to give MTC members a discount on running shoes (non-sale items). It is necessary that you show your 1994 Club I.D. card when requesting a discount:

**Levinsky's (10%)**      Freeport - U.S. Route 1  
                                  Portland - 275 Congress St.  
                                  Windham - Windham Mall

**Olympia Sporting Goods (10%)**      S. Portland - Maine Mall

**Yankee Sports (10%)**      S. Portland - 35 Foden Rd.

**Coastal Athletics (10%)**      Portland - 502 Woodford  
                                  (ASIC shoes exclusively -  
                                  discounts according to  
                                  model)

**Goldsmith's Sporting Goods (15%)**      Auburn - 120 Center St.  
                                  Scarborough - 581 Rt. 1  
                                  (Dunstan Corner)

**George and Phillips, Inc.**      Kittery - Rte. 1  
                                  Exeter, NH - 295 Water St.  
 (These are Nike outlet stores featuring slightly  
 defective or blemished shoes at reduced prices.  
 All top quality regularly priced shoes 20 % off.)

## CHARLES A. ISELBORN, D.D.S.

### Health Centered Dentistry

149 Brighton Avenue  
 Portland, Maine 04102  
 (207) 774-0546

## PIKE CONWAY DAHL Insurance Agency

**Michael S. Reali, CIC**  
*Vice President*

19 COMMERCIAL ST.  
 P.O. BOX 567  
 PORTLAND, ME 04112  
 780-1677, FAX 780-6377, 800-372-7453  
 DON RICH PLAZA, WINDHAM, ME 04062  
 FRYEBURG, ME & CONWAY, NH

## About *News-Run* . . .

### Editorial

### Volunteers:

Susan Roberts, editor  
 Pat Buckley, special features  
 Maggie Soule, race schedule  
 Brian Gillespie, coach's corner  
 Don Penta, race results  
 Ann Witkower, design

## Important *News-Run* Notes:

Ten (10) issues of **NEWS-RUN** are printed each year. Combined issues are the December/January **NEWS-RUN** and the July/August **NEWS-RUN**. The deadline for submission of materials is the 15th of each month. Every effort will be made to print materials received by that date. Send materials to: Editor, **NEWS-RUN**, Maine Track Club, P.O. Box 8008, Portland, ME 04104.