

August 1994

MAINE TRACK CLUB EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
	1	2	3  6:30 PM Board meeting	4  6:30 PM Race Committee Meeting	5	6 7:00 PM St Mary's 3 mile 282-2375 Palermo days 5k 993-2455																																																																																											
7 9:00 AM York day 5k 363-1040 Lobster Festival 10k Rockland 594-7035	8  6:00 PM Marathon Meeting BCBS	9	10 NO MTC MEMBERSHIP MEETING IN AUG	11	12  6:30 PM St. Peters 4 miler Portland 773-0748	13 QUARDATHON R-T-B-E-CALL 799-3033 Schoodic Point 15k 963-2658 USAT&F 14 & Under State Championships																																																																																											
14 8:30 AM Samoset 10k Bristol 677-2586	15	16	17	18	19	20 Family Festival X-C 3 mile 642-4752 JBI 4 Miler USAT&F Race-walking Carnival Orono SAT & SUN 778-6703																																																																																											
21 Angie Abraham Race Falmouth Road Race Sports East 10 miller (Bowdoin & back) 729-3980	22	23	24	25	26	27																																																																																											
28  MTC OUTING AT WINSLOW PARK CALL MEL	29	30	31	<div> <div>July</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table> </div> <div> <div>September</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> </table> </div>			S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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September 1994

MAINE TRACK CLUB EVENTS

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

August						
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23	24	25	26	27	28	29
30	31					

3
Falmouth Fore-
caster Foot Race
10k

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5

6

7

8



6:30 PM Board
Meeting

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6:00 PM Marath-
on Meeting at
Bastow's

13

14



6:30 PM MTC
Membership
Meeting

15

16

17

Passadumkeag
Ridge Runner
5k 732-3438

18

WOMEN'S DIS-
TANCE FESTI-
VAL 5K 772-
1787

19

20

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22



6:30 PM Race
Committee
Meeting

23

24

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29

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1994 Olympic Day Run for Kids

sanctioned by the Maine Track Club



underwritten by:
Commercial Properties, Eastman Kodak Company and Olympia Sports

Hey Kids! Run with Olympic Athletes on Saturday, September 17th, 1994

The United States Olympic Committee for the State of Maine is hosting an Olympic Day Run for kids ages 3 to 15.

Olympic Day is celebrated all over the world as sanctioned by the International Olympic Committee. National Olympic Committees in 195 countries use Olympic Day to focus attention on programs and inform and educate the public about their Olympians, the Olympic teams as well as the broader Olympic movement.

The State of Maine's Olympic Day Run for Kids will help build awareness and enhance the image, equity and needs of the U.S. Olympic Committee and support our athletes from Maine. For every dollar raised 83¢ goes *directly* to our athletes. All proceeds from the Runs will benefit the 1996 United States Olympic Team!

Date: Saturday, September 17, 1994

Time: 8:00am Registration - T-Shirt, Pin & Number Distribution
9:30am Race Begins
10:30am Awards Ceremony - Every child receives a medal.

Place: Hadlock Field
271 Park Avenue
Portland, Maine

Age Divisions:

3 - 6 100 yard dash
7- 10 1 mile run
11 - 15 1 mile run

Pre-Registration:

Entries must be received by
Saturday, September 10. Please
complete the attached registration
form and mail with your check
made payable to the U.S.O.C.
**DO NOT SEND CASH. There are
no refunds.**
Entry fee: \$10 (\$5 tax deductible)

All entrants will receive an Olympic Day Run t-shirt and Olympic pin.

For more information, please call Race Directors: Bill Goddard or Joan Wilber at (207) 846-6660.



1994 Olympic Day Run for Kids

sanctioned by the Maine Track Club



Please mail registration and entry fee by September 10th to: Paul Chamberlain
Olympia Sports
30 U.S. Rt. One
Yarmouth, ME 04096

REGISTRATION (Incomplete or unsigned forms will not be accepted.)

Last Name	First Name	Middle Initial
Street Address (Include apartment or P.O. Box)		Telephone
City	State	Zip Code
Male or Female	Age as of Race Day	

_____ \$10.00 Entry Fee (\$5 tax deductible)
Please enclose check made payable to
the U.S.O.C. DO NOT SEND CASH.
There are no refunds.

T-shirts:

Child size: _____ M _____ L
Teen size: _____ L _____ XL

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, effect of the weather (including high heat and/or humidity), traffic, and the condition of the road, all such risks being known and appreciated by me.

Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the USOC, sponsors of OLYMPIC DAY RUN ACTIVITIES and other sponsors and their representatives and successors from all claims or liabilities of any kind arising out of my participating in this event even though liability may arise out of negligence or carelessness on the part of the person named in this waiver. I grant permission to all of the foregoing to use any photographs, motion picture, recording or any other record including myself of this event for any purpose which the USOC deems appropriate.

Signature of Applicant

Signature of Parent or Guardian

Date



VOLUNTEER BREAKFAST RESERVATION
WOMEN'S DISTANCE FESTIVAL

SUNDAY, SEPTEMBER 18
SONESTA HOTEL PORTLAND
RACE 8:30AM BREAKFAST 9:30AM

IF YOU WOULD LIKE TO STAY FOR THE AWARDS BREAKFAST AND
YOUR BREAKFAST FEE HAS NOT BEEN INCLUDED WITH A RUNNER'S
ENTRY FORM, PLEASE FILL IN THE FOLLOWING, MAKE CHECK PAYABLE
TO WOMEN'S DISTANCE FESTIVAL AND MAIL TO RUTH HEFFLEFINGER,
20 CURTIS ROAD, PORTLAND, ME 04103, BY SEPT. 13. THANK YOU!
TICKET PICKUP: CASTINE ROOM AT VOLUNTEER CHECK-IN.

NAME _____ PHONE _____

NUMBER OF BREAKFAST TICKETS _____ X \$5.75 = _____

NO BREAKFAST RESERVATION BUT WOULD LIKE TO VOLUNTEER _____

TO VOLUNTEER ONLY, SEND THIS TO RUTH, OR CALL SUE DAVENNY AT
772-1787 OR RUTH AT 797-4625.

ELIOT FESTIVAL DAY

SECOND ANNUAL

5K ROAD RACE

---3.1 MILE RACE FOLLOWED BY PARADE AND FESTIVAL ---

USA Track & Field



Maine USA Track & Field



DATE/TIME: Saturday, September 24, 1994 at 8:30 A.M.

START/FINISH: Eliot Town Hall, State Road, Eliot, Maine.

FEE: \$7.00 Pre-Registration - \$9.00 Post-Registration

REGISTRATION: Pre-Reg. by mail - **must be** postmarked by Sept. 19, 1994.

Post-Reg. 7:00 A.M. September 24th at Eliot Town Hall.

BENEFIT: Youth Athletic Activities in Town of Eliot.

AWARDS: **Quality Multi Colored Long Sleeve T-shirts** to first 200 entries.

Water Bottles to first 500 entries (From: Gatorade, Pepsi, Olympia Sports).

Quality Multi Colored Sweatshirts to 1st and **Salmon Falls Stoneware Mugs** to 2nd and 3rd place men & women in the following age groups : 19 - 29, 30 - 39, 40 - 49, 50 - 59, 60 & up.

Plaques to 1st, 2nd and 3rd in: 10 & under, 11 - 14, 15 - 18 age groups.

Large Post Race Raffle

Generous prizes to first 5 overall men and women:

1st overall male & female

\$150 Cash

Cruise: Isles Of Shoals Steamship Co.

\$40 Cert. Claudia Sylva Massage

Large Pizza from Village Pizza

4th overall male & female

\$25 Cert. Putnam's Ski & Sports Shop

\$10 Cert. Bosn's Landing

10 Movies from Movies & More

2nd overall male & female

\$75 Cert. Athlete's Foot

\$25 Cert. Friar's Fish Restaurant

\$30 Cert. Convertible Hair

\$15 Cert. Winnie's Restaurant

5th overall male & female

\$25 Cert. George & Phillips Sports

Breakfast at Farmstead Inn

3rd overall male & female

\$40 Cert. Bob's Sporting Goods

\$45 Cert. Tactora Massage

Pizza from Steve's Pizza

10 Movies from Rent-R-Tainment

1st Eliot male & female

3 month membership

Mountain Health and Fitness Ctr.

Youngest male & female

Pizza from Village Pizza

Set New Course Record: \$50 Cash

Course Records: Mohamed Hamcha: 15:39 (1993) Christine Snow-Reaser: 17:45 (1993)

COURSE: Fast 5K loop course-----Splits at 1 & 2 miles-----Water available at half way point.

USA Track & Field Sanctioned Course Certified ME-93008-WN (Map on Reverse Side)

FEATURES: Digital Clock, Computerized Timing, Quick Results, Restrooms, Excellent Post-race Food & Beverages, Free Parking. Results posted at Eliot Town Hall, Foster's Daily Democrat and Mainly Running Magazine.

-ELIOT FESTIVAL DAY 5K ROAD RACE ENTRY FORM - SEPT. 24, 1994

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat / or humidity, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Town of Eliot, The Eliot Festival Day Committee, Road Race Committee and volunteers, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I hereby grant full permission of any of the foregoing to use any photos, videotapes or any record of this event for any legitimate purpose.

NAME _____ **SEX:** M ___ F ___ **AGE:** _____ **T-SHIRT SIZE:** S M L XL

STREET: _____ **CITY/STATE:** _____ **ZIP:** _____

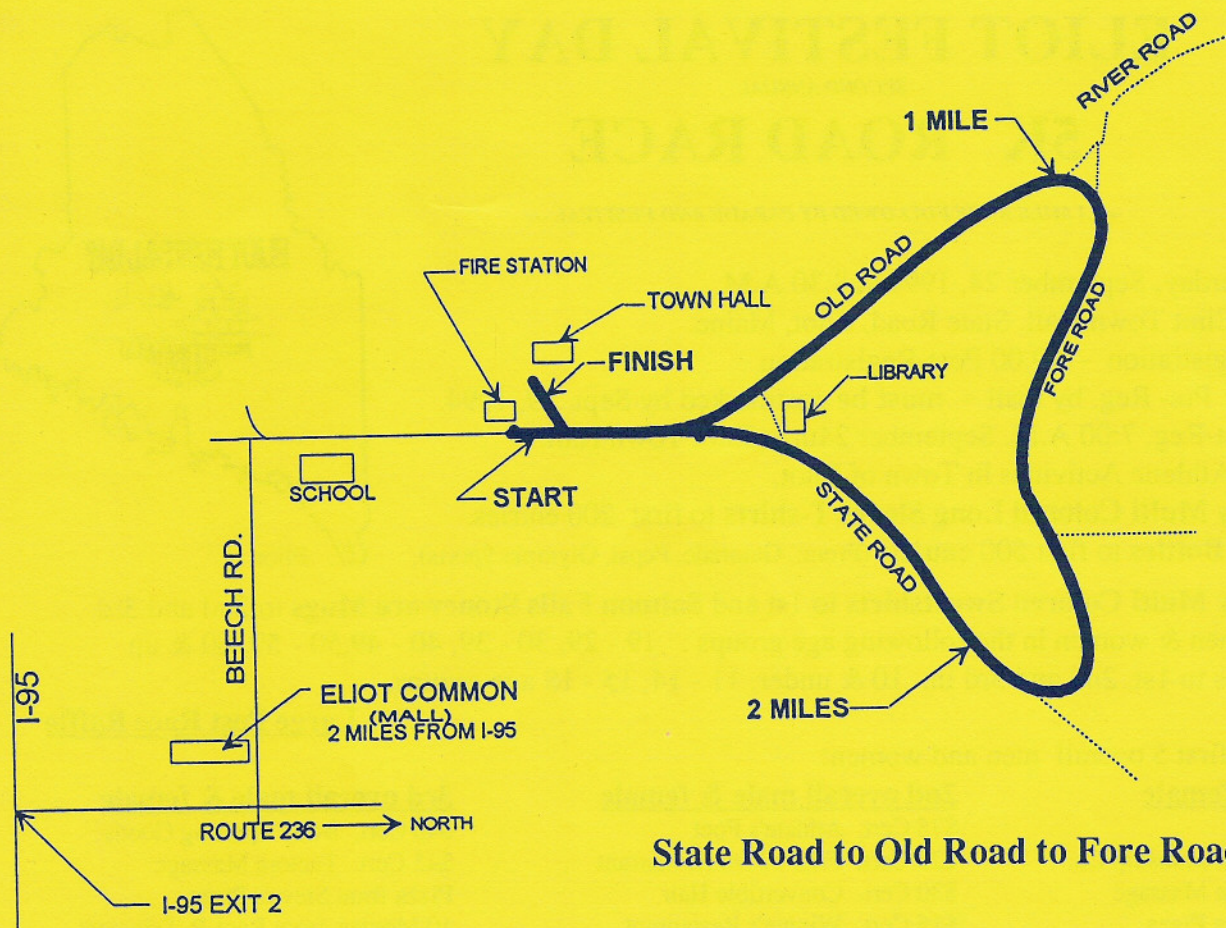
Runner's Signature

Parent or Guardian's Signature if under 18

Send form & \$7.00 entry fee to:

Dick McKenney
308 Goodwin Road
Eliot, Maine 03903

For More Information, call
207-439-2866 or
207-439-3707



State Road to Old Road to Fore Road to State Road



RACE SPONSORS

many thanks to the following contributors:

Marshall Rental Center, 2 Maine-y Cooks, Downeast Donuts, Shaw's Supermarket, Corey's Place, King Tut's Cider, Golden Harvest, Selzer & Rineholm, S & J Enterprises, Bill's Automotive Service, William E. Dennett Agency, Antiques of Eliot, United Auto Body, Fulton & Blickensderfer P.A., Eliot Small Engine Repair, Haskell C. Kingston D.M.D, East/West Custom Boats Inc., Del's Service, A & B Auto Crafts, McMullen Real Estate, Eliot Automotive Repair, Greenwood Const. Corp., Damon Office Park, Ray Grover Constr., Grover & Fallen Co., Sponge Jet Inc., East Eliot Garage, Marshwood Gardens, Dr. Edward Godnig, North East Hydraulics, Robert Bogard D.D.S., Davis Oil, R. David Hager Jr. CFP, Fleet Bank Of Eliot, Dave's Automotive Service, Reiner & Bouffard Atty, Carbide Cutter Service, Stan's Auto Body, Travel Mart, Great Cove Boat Club, L & J Enterprise, Bunker Plumbing & Heating, Four Seasons Garden Center, Jim's Car Removal, Kittery Days Inn, David Gagnon M.D., Bob Beauregard Roofing, Will Shapleigh & Son Const., Mariner Fuel Inc., Seaward Power Equipment, Dick Place, Borden Associates, Drinking Water Systems Of Eliot, Patrick S. Bedard Atty., Saco Brick, Kennebunk Savings Bank Of Eliot, Beauregard Co., Gatorade, Alden Ocean Shells Inc., York County Fire Wood, Ron's Repair Service, MacDonald's of Kittery, Demoulas Market Basket, Brickett Tractor Co., Cindy Ann Cleaners.



JB/Casco Northern Run Spring Point Festival at SMVTC

South Portland, Maine

Saturday, August 20, 1994

Registration 7 AM, Race Starts 8:45 AM

Sponsored by: Jackson Brook Institute & Casco Northern Bank

The Course

Starting at the SMVTC Campus, the course follows Fort Road to Willard Square, continues down Preble Street to Cottage Road, to Richland, to Broadway, then along Broadway to Pickett Street to the finish line at SMVTC.

Grand Prize

- 2 Round Trip tickets between Portland and Bermuda, one each for a male and female (courtesy of Jackson Brook Institute and Casco Northern). Winners determined by lottery. Only registered finishers are eligible.

Additional Prizes to Males and Females in the following categories:

I First and Second in the following age groups:

7 thru 10	30 thru 34	50 thru 54
11 thru 14	35 thru 39	55 thru 59
15 thru 19	40 thru 44	60 and over
20 thru 29	45 thru 49	

Also Prizes and Trophies

- A Father and daughter with the lowest combined time
- B Mother and son with the lowest combined time
- C Largest family of finishers, i.e. parents, children and grandchildren
 - Youngest, oldest and the last ten finishers
 - Trophy for the business with the greatest number of registrant/finishers

Special Features

- Lapse Time Clock
- Water Stops
- Refreshments
- Shower and Locker Facilities

***First 100 finishers receive
Limited Edition Tee Shirts***

**Make checks payable to JB/Casco Northern Run,
c/o Charles Scribner, 172 Bradley Street, Portland, ME 04102**

ENTRY FORM

I know that running a road race is potentially a hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road; all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

NAME (print) _____

TELEPHONE _____

ADDRESS _____ CITY _____ STATE _____

SIGNATURE _____

If you are a member of a business team,

please indicate name: _____

Male Female Age _____ Entry fee \$9.00 Pre Registration
\$10.00 Race Day

If you are entered as part of a family team (categories A, B or C) you will only be considered for prizes in those categories, not in the age group category. You will be eligible for the grand prize Bermuda trip. Applications for family teams must be received together, with a clear indication of who the team members are, and which category they are in.

CATEGORY I A B C (circle one category only.)

JB/Casco Northern Run

Approximate Mileage to Check Point:

Check Point	Turn	Mileage
1. Starting line to Preble Street	R	.25
2. Preble Street to Surfsite	R	.30
3. Surfsite to Picket	R	.50
4. Picket - Fort - Preble	L	.75
5. Preble to Willard Square	Bear L	1.10
6. Willard Square to Cottage Street	R	1.6
7. Cottage Road Water Stop		2.1
8. Cottage Road to Meeting House Hill		2.45
9. Cottage Road to Light at Richland	R	2.7
10. Richland to Broadway	R	2.8
11. Broadway to Picket	R	3.8
12. Picket to Finish Line - Fort Road		4.0

BEST TIMES, 1993

Stephen Sarkozy 20:31

Deb Raszmann 21:27



SPLIT-TIME
RACE MANAGEMENT

***Make checks payable to:
JB/Casco Northern Run***

and send to:

***c/o Charles Scribner
172 Bradley Street
Portland, ME 04102***

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

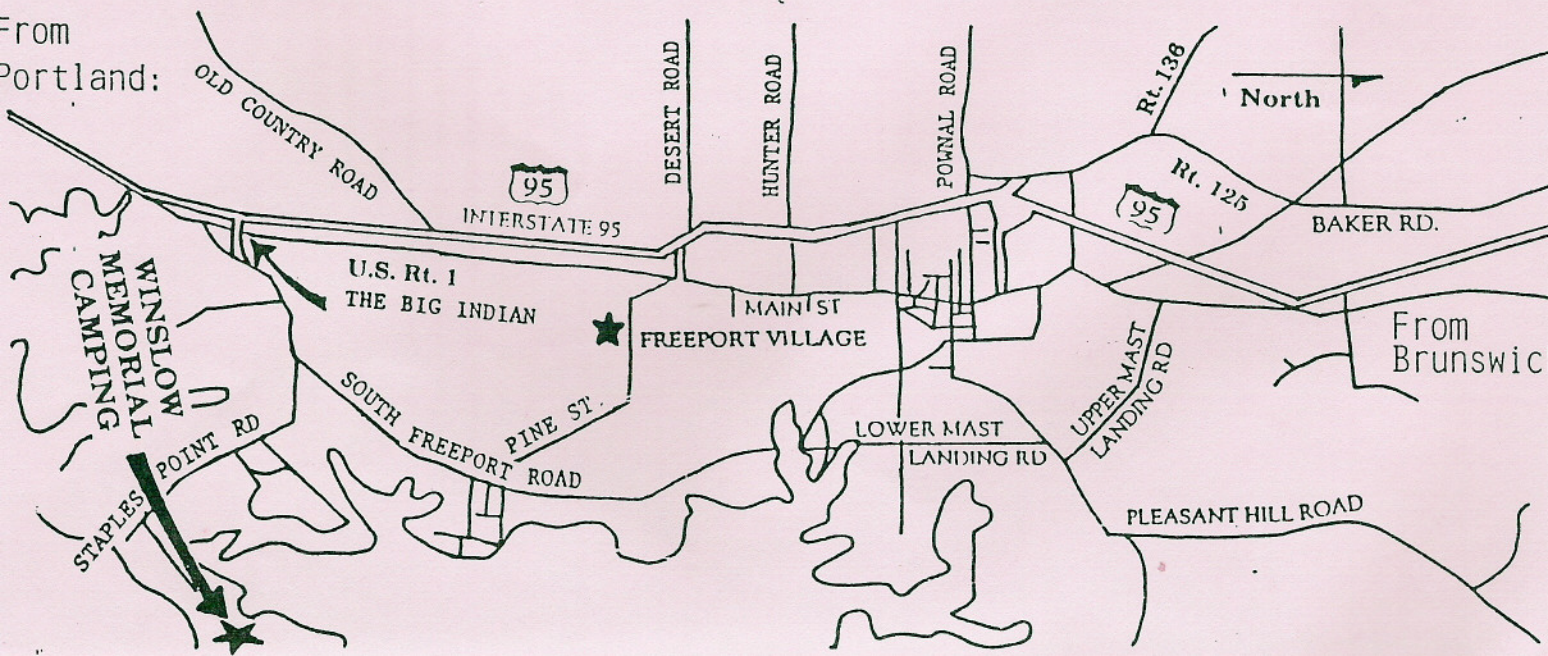
- DATE:** SUNDAY, AUGUST 28, 1994
- TIME:** NOON (OR BEFORE) TO WHENEVER
- PLACE:** WINSLOW MEMORIAL PARK (ON THE OCEAN)
STAPLES POINT ROAD
FREEPORT, ME
- CHARGE:** \$1.00 ENTRANCE FEE AT GATE (62 & OVER FREE)

Come swim and play frisbee, whiffleball, softball or whatever with your family and friends, or just relax and nap in the sun. Bring a picnic lunch or food to grill--charcoal will be provided. Bring your family and friends to enjoy this special outing.

Let's all join together to celebrate our club!!!

Call Ron Pelton (846-9039) or Mel Fineberg (774-8868) for more information.

Directions



NOTICE

NOTICE

NOTICE

NEW AWARD FOR VOLUNTEERS TO BE ANNOUNCED SOON

Dear Maine Track Club Member,

Please note that if you still need to work on a race or two to fulfill your MTC Volunteer Commitment, or wish to work for Extra Points toward the New Volunteer Award program, there still is time. You can work at the following MTC Races, or assist with clothing sales, meeting refreshments, or help on the family outing in August.

St. Peters 4 Miler	Aug 12th	Portland
Sports East 10 Miler	Aug 21st	Brunswick
Maine Olympic Festival Kids Run	Sept 17th	Portland
Women's Distance Festival 5K	Sept 18th	Portland
Maine Marathon & 1/2 Marathon	Oct 2nd	Portland
MTC UltraMarathon	Oct 15th	Brunswick
Brunswick Physical Therapy 8K	Oct 16th	Brunswick
Shop & Save Turkey Trot 5K/10K	Nov 20th	Cape Elizabeth

The above races are conducted by the MAINE TRACK CLUB and count toward your three race commitment and points toward the new Volunteer Awards to be announced soon by our club president, Mel Fineberg.

To work on any of these events please contact the Race Committee, or Membership Committee through Everett Moulton at 799-2894 or Mary Anne Champeon at 799-0456.

"A CHAIN IS ONLY AS STRONG AS ITS' WEAKEST LINK, SO LET'S ALL HELP MAKE THE CHAIN STRONGER BY DOING WHAT WE CAN TO HELP"

MAINE TRACK CLUB

COACHING & TEAM NEWS

TEAM NEWS

The purpose of the MTC coaching and teams is to encourage sportsman/ sportswomanship, team spirit and membership involvement.

They also allow a means to bring recognition to the Maine Track Club in and out of the club area. Andy Coffin has agreed to be the **TEAM COORDINATOR**. Thank you, Andy!!

Want to run on a MTC TEAM in 1994?

Just put together your own chosen group of MTC members, and let Andy know who is on the team. Andy will have a form for you to fill out listing the race, location, date, and who the members are that make up your MTC TEAM. Andy will also maintain a list of races that have team competition.

Our rules are simple:

1. Use MAINE TRACK CLUB in the TEAM NAME
2. Wear MAINE TRACK CLUB clothing while running the race
3. Make your team up of MAINE TRACK CLUB members

Hopefully the club will have a reward for your support of the club at future events.

COACHING NEWS

Have you tried a track workout with our coach, Steve Fluet, yet???

Come join us any Tuesday night at the Fitzpatrick Stadium (behind the Portland Expo).

All skill levels are invited to participate and join in the fun and camaraderie. We plan to meet at a local restaurant after the workout for food, drink, and relaxation.

Your friend & President
"Mel"

MEMBERS ONLY EVENT

MTC Fun Event and Social

Saturday, August 13, starting at 2 p.m.

Sports Quadrathon

Tennis

Biking

Running

Eating

(Take your pick)

This event is for you to enjoy....New members
are especially welcome.

Bernadine Small is hosting this at her home.
Make your MTC membership meaningful--
attend some of our events.

***Bernadine Small
22 Merrimac Place
Cape Elizabeth, ME (Hobstone Condominiums)***

Call Bernadine for directions at 799-3033.
Beverages will be supplied
Please bring food to share