



# News • Run

Run with a friend . . .

August 1995

## From the Presidential Suite

Kudos this month to Russ Bradley, board member, and Everett Moulton, Race Committee Chairman, for their efforts in making our excursion to the Yankee Homecoming Road Races in Newburyport, Massachusetts a great success. Almost 50 MTC members and family participated in the 5K and 10 Mile road races on August 1.

Warm temperatures and an even warmer welcome from the race director, Jon Pearson made the evening races with a total of 3500 racers a most enjoyable experience. Only one seat was empty on the 47 passenger bus that carried the Maine Track Club contingent to a reserved parking spot less than 100 feet from the starting line.

The 10 Mile race was the 1995 USATF-NE Championship. Russ Bradley brought home the first place award for his age group in the 10 Miler. Other results will appear in the next issue of *News Run*.

The response from those attending was superb and we are currently planning to attend the races again next year.

Last month I expressed appreciation to a few of the people that keep the Maine Track Club functioning. There are two additional people I would like to thank.

Mary Ann Doss, Secretary, has been keeping accurate minutes of the board and monthly meetings and producing them in a timely manner. We are fortunate to have her experience on the board, in addition to having a runner of her ability in the club.

Ann Blanchard has designed a new membership application as a marketing tool for the club. Again, we are fortunate to have the benefit of Ann's skills in the club.

*Safe running!*

## August Potluck/Cookout

Sunday, August 27

12:00 noon

Fort Williams Park

Cape Elizabeth

You supply a potato, pasta or tossed salad, your favorite picnic dish, dessert and drinks at this potluck. We'll supply the beef hot dogs and the company of other Maine Track Club members and their families. Bring your frisbee and football and be ready for an afternoon of fun and socializing at this picturesque location overlooking Casco Bay! For more information call Ron Pelton at 846-9039. (In case of inclement weather this event will be canceled.)

See you August 27 at 12:00 noon at Fort Williams Park!

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## Gee, can't we have more air-conditioned races?

Ever said, "Think I'll run over to the mall for a little while?" That must have been the idea of 26 racers who ran the first Maine Mall Mile on July 16, part of Summerfest (formerly the Deering Oaks Family Festival). Race director Kurt Nielsen got the pace off at 8 a.m. under the shadow of the ferris wheel. Running first around the perimeter of the mall parking lot, the racers then entered the mall near the Sears entrance for the indoor part of the race, pounding the marble and enjoying a couple of delicious minutes of air-conditioning. No time for window shopping on this trip!

Mid-mall there were familiar MTC faces, like Marge and Nate Parsons and Dennis Morrill, directing traffic and calling out times. I've personally never encountered a faster group of people in a commercial space, except maybe for the, years ago, that I braved a 50% off sale at Filene's Basement in Boston.

The finish was very exciting, by all reports, with top female finisher Sally Perkins, back in Maine and looking very fit, only one second off the 4:58 winning time of Lonnie Reny. In my usual place at the back of the pack, with buddy Donna Moulton, I had a chance to observe the improving times of MTC runners Don Penta and Julius Marzul, who both say they're benefitting from the club's Tuesday track workouts.

After the race, the nearby Kiwanis Pancake Breakfast sign beckoned, and a few of us were able to observe the MTC's Ray Heflinger flipping flapjacks and dispensing wisdom on the proper technique for doing so. Then it was off to the parking lot for the unique experience of leaving the mall before it opened.

Congratulations to Kurt on a fine job, not only in organizing the event but for creating a friendly atmosphere, where "everyone would have fun."

This one mile I hope to run again

— Pat Buckley

## Save Your Old Running Shoes!!!

*The Maine Track Club is starting a drive to send old running shoes to West Africa. Vice-president Ron Deprez reports from a recent trip that any and all shoes will be useful to West African runners. Start saving your old running shoes.... and tell your friends to save theirs! A drop-off box will be located at registration for the Maine Marathon and Casco Bay Half Marathon on September 30th at the University of Southern Maine. More information will be forthcoming in our next newsletter.*

## 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*.

### Sponsor

Rute Stuffletoe





# Maine Marathon Times



August, 1995

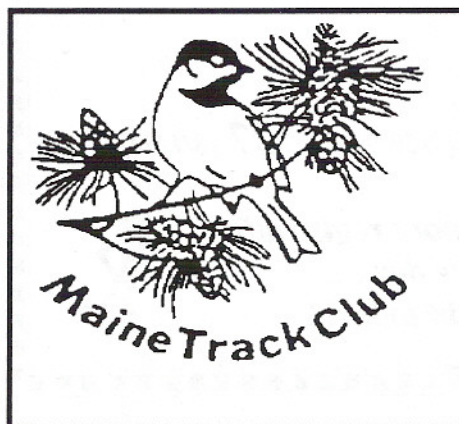
"All The Maine Marathon & Casco Bay Half Marathon News That's Fit To Print"

Vol. 1, Issue 5

## 16 MAINERS PICKED IN 1ST DRAW FOR 100TH BOSTON MARATHON OPEN DIVISION

On July 10, 1995, the Boston Athletic Association made history by selecting 2,000 runners by lottery to be entered in the 1st ever open division of the Boston Marathon. The B.A.A. points out that the lottery is a one time phenomenon and is part of the 1996 race in honor of the 100th Anniversary of the Boston Marathon. There will be 3 drawings, the 1st was on 7/10/95, the 2nd will be on 10/10/95 and the final drawing will be on 1/10/96. Those not picked in each drawing will be carried over into the next drawing. Here is a list of the Mainers picked, with 4 of them being Maine Track Club members indicated by \*:

Jane Dolley\*, Yarmouth, Marilyn Gelish, Kennebunk, Brent Graham, Cape Elizabeth, Kristen Hanson, Wells, Scott Hinckley, Brunswick, Mark Hurvitt, Kingfield, Don Kent\*, Portland, Dean Putnam, Hampden, Roger Smith, Scarborough, Jean Thomas\*, Portland, David Tolstrup, Calais, Eugene Waters, Cumberland, Kelleryn Wood, Windham, James Williams, Cape Elizabeth, Bruce Alexander, Easton, Ned Vadakin\*, Freeport. Congrats to all!!



**4 Members of the Maine Track Club are picked in the Boston Open Division Lottery On 7/10/95**

### **Maine Track Club Members to run our Canadian "Sister" Marathon Events**

On August 20, 1995, club members and Marathon Weekend Committee members Don and Arlin Kent, Steve Assante and MTC President Ron Pelton will be running in the 1st Annual "Festival By The Sea" Marathon events in Saint John, New Brunswick, Canada. Don and Steve plan to brave the 26.2 mile event, while Ron and Arlin cruise through the Half Marathon. Race Director, Mike Doyle is excited about our participation in their event.

**Planning Meetings  
Scheduled for  
August and  
September for The  
Maine Marathon  
Weekend**

### **Sponsor Meetings**

**August 17, 1995**, at 8:00 am at  
5K Sports in Falmouth, Maine.

**September 7, 1995**, at 8:00 am at  
5K Sports in Falmouth, Maine.

**September 21, 1995**, at 8:00 am at  
5K Sports in Falmouth, Maine.

\*\*\*\*\*

### **Track Club Organizing Meetings**

**August 7, 1995**, at 6:00 pm at 5K  
Sports in Falmouth, Maine.

**September 5, 1995**, at 6:00 pm at  
5K Sports in Falmouth, Maine.

**September 18, 1995**, at 6:00 pm at  
5K Sports in Falmouth, Maine.

**September 29, 1995**, at 6:00 pm at  
USM Gym, 2nd Floor, Portland  
Campus.

Maine Marathon & Casco Bay Half Marathon Hotline: (207) 774-5795

Maine Marathon Headquarters (At 5K Sports): (207) 781-3134

Jamie Chamberlain, Volunteer Coordinator: (207) 883-0458

Maine Marathon E-Mail: 71744.2076@Compuserve.Com





## **Registration Watch '95**

<u>Race Name</u>	<u>1995</u>	<u>1994</u>
Maine Marathon:	53 (7/29/95)	43 (8/1/94)
Casco Bay Half Marathon:	43 (7/29/95)	27 (8/1/94)



7/31/95: Only 61 more registration  
days to race day.....  
send yours in today!!



## **THE VOLUNTEER RECRUITMENT DRIVE IS ON!!**

**WE NEED YOU!!** We need you and anyone you can recruit to work as a volunteer at the 1995 Maine Marathon & Casco Bay Half Marathon Weekend. In order for this event to be successful we rely heavily on volunteers from The Maine Track Club, Sponsoring Organizations and the Community. We want to encourage more community support and would like your help in achieving this goal. Post a notice at work, call your friends or members of other clubs or groups you are a member of, encourage other track teams or clubs, Boy Scouts, Girl Scouts, employees, employers, relatives.....Anyone Who Can Help!!! Get your company to take over a waterstop at the Maine Marathon!! We will recognize all volunteers for their efforts with great support, volunteer T-Shirts and public recognition. You will have the satisfaction of knowing you helped two local charities. For more information on Volunteer Opportunities and to sign up, contact:

***Jamie Chamberlain, Volunteer Coordinator at:  
(207) 883-0458***

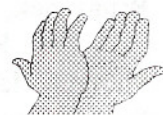
***For a Company Waterstop Contact:  
Sandy Utterstrom at: (207) 797-4710***

***or sign up at 5K Sports on Route 1, Falmouth, Maine. Thanks!!***

**Unsung  
Heroes of the  
Maine  
Marathon**

Our Unsung Hero of the Maine Marathon & Casco Bay Half Marathon for the month of August knows what refreshment is all about!! Bernadine Small has been in charge of pre and post race refreshment for our event for the last 3 years and has done a super job. She coordinates a crew of people who procure only the finest gourmet yogurt, bagels, bananas and other goodies from a multitude of sources. She and her group deal with the horde of hungry runners that swoop down on her area each year. The next time you encounter a Maine Marathoner who is juggling yogurt, a bagel, and a banana with a smile...say Thanks Bernadine!!

## **CUDOS!!**



To Charlie Scribner for donating his time and his computer photo/art scanner to produce the art that is featured on the front page of this newsletter. It is exciting to see the official Maine Marathon & Casco Bay Half Marathon Logo and our "1995 Runner" come to life on the banner of our newsletter. Thanks Charlie!!



## One for the road, please

It was June 1986, near the end of my first year living in Maine. Settling with a child in a new place had been all-consuming, and some important things, like my running, had been neglected. It was nearly a year before I got around to running my first race here — the Doc's Tavern Three-Miler.

My decision to run the Friday evening race was spur-of-the-moment, so getting on the road, finding the mysterious Biddeford and registering were all in a last-minute flurry, with no time for any warmup or hydration. That particular Friday was by all accounts the hottest day of the season, the air sodden with humidity. Unprepared and wilting, I was further undone by the size of the crowd of runners and the sight of the upgrade start — and, oh-oh, the scary onset of a huge thirst as my mouth grew dryer with pre-race jitters. And not a drop of water in sight! The only visible liquid was in the hands of the Tavern regulars, in the doorway watching the crazed runners assemble. Having at least planned for the fabled post-race beer at Doc's, I had tucked a couple of dollar bills in my lingerie, savoring the thought of this reward a little later in the hour.

At the starting gun I hurtled into the race with legs of lead and a thirst worthy of the Sahara. I did all right for the first mile, with a split of 8:00, but the heat and lack of hydration were bringing me down fast. I'd heard there was a water stop "just after the first big right turn." Gratefully, I soon saw the turn coming, the runners ahead flowing into a right-angled line. But finally there, I saw no water stop, no hands reaching out, no specks of white cups on the ground. Drat! But, just

across the street was a small variety store, and on my person were those two dollars. Should I ... naaahh, too weird ... but otherwise ...

I burst out of the ranks and sprinted across the street, thankful I'd been passed by enough runners that few would witness my side trip. Flying into the store with bib number flashing, still going at about 9:00 pace, I PR'd to the back cooler and made one of my life's quickest choices. Good old Coke!

The surprised patrons were mostly open-mouthed at my appearance, but one old fellow croaked out, "Is that race still going on?"

"I hope so!"

With a couple of fumbling motions I dislodged the two sweaty bills and threw them at the grinning clerk, yelling, "Keep the change!" Then, as Old Blue Eyes once sang, I picked myself up and got back in the race.

Awkwardly running with my purchase, I took only a few sips of the sickeningly sweet stuff and finally the water stop appeared. I tanked up and enjoyed a surge all the way to the sweet downhill finish (I wasn't even last!). By then I didn't need that post-race beer. I'd gotten my refreshment just beyond Mile 1. And next time I'd know just where the water stop would be.

I've had a number of next times at the Doc's Taven Race since that first one. And always, at that first right turn, I smile a silent greeting to the "little store across the street."

— Pat Buckley

## Another Great Island 5K

MTC member Kevin Burke has informed us that this year's New-castle (N.H.) "Great Island" 5K Road Race will be on Oct. 8 at 10 a.m., at Great Island Common. According to Kevin, last year 700 people turned out for the race, and this year they're anticipating up to 1,000 participants. This year the race will be USATF certified. T-shirts will be available for the first 500 pre-registered. The pre-registration fee is \$8; race day fee is \$10.

Kevin would like to thank the over 100 participants last year from the Portland area, the MTC and the Run to Win Team. To receive an application, mail a request with a SASE to Kevin Burke, P.O. Box 152, Newcastle, NH, 03854. His phone number is (603)433-7264.

## Thanks!!

Clam Festival Classic co-directors Ron Pelton and Marge Parsons want to thank the many volunteers, supporters, and especially the hundreds of runners who participated in the five-mile race on July 22. Under blue skies and increasingly warm temperatures, around 850 runners crossed the finish line.

Congratulations to winners Bob Winn and Julia Kirtland. See you next year!

## 5K Sports gift certificate

Jim McCorkle, an MTC member, opened 5K Sports Running, Walking and Fitness Center four months ago. He has been kind enough to donate a \$100 gift certificate to the MTC. Raffle tickets will be sold at some races between now and the Marathon weekend. The drawing will be held at the conclusion of the marathon. All proceeds will go toward helping to pay for the cost of the newsletter.

Jim is working hard to meet the needs of the fitness-minded individual as he stocks his store with a variety of running and walking shoes, clothing to meet every need and many other items such as heart monitors, watches and other things that have become essential for today's fitness-minded individuals.

Jim is offering a 20-percent discount to MTC members. All you need to do is bring your membership card to receive this generous discount. Jim is doing things right and has been more than generous in helping the MTC, especially the newsletter. Let's help Jim and shop his store when we need exercise clothing, shoes, and the many other things that we purchased to train in or with. You will find Jim at 190 U.S. Route 1, Falmouth, 781-3134.

## Our newest runner

Congratulations to Dick and Susan Roberts Campbell on the birth of James Campbell on May 31. Susan is, of course, the former editor of NewsRun. James already has his first pair of Nikes, and Susan says he'll be ready for running soon.



## A family affair at Peaks

I experienced first hand why the Peaks Island 5-Miler is billed as a family affair. Thanks to the efforts of John and Sumner as well as the many volunteers who give of their time so unselfishly, I had perhaps the most memorable experience in my many years of running.

My son and his friend, Anna-Lisa, have come up from New Jersey to run this race with this "slow" old man for the past four years. This year, however, a first was realized in my family. My daughter, who has had enough personal problems to write a book about, arrived in Maine Friday and announced that she was going to run the race with me. Kim has done one of the most remarkable turnarounds over the past three years that I've ever witnessed. As her dad, I am very proud of what has been accomplished by her, as is her brother.

I was absolutely shocked to hear her say that she'd run the race, for she had never run a road race. She wasn't sure what time she could do it in, but she would finish. I told her that I would jog with her, and that together we would make it. I have run faster in this race, but none can have more significance than this year's. We talked and thoroughly enjoyed every bit of this race, the scenery (what we could see) and the many people who cheer all of us on as we plod around "their" island. Had anyone told me two years ago that Kim and I would participate in this race, I'd have covered any bet. It was and still is with a great deal of pride that I'll remember this year's race for the very special significance it had for me and my loved ones.

To Sumner, John and the many volunteers, a heartfelt thanks for providing the opportunity for this special moment to happen. I wouldn't have cared if our time was in the fifties, for this was such a special occasion. May all of you who participate in this race enjoy it as much as I did this year. Again, thanks to all for a lifelong memory.

— Larry Dyer

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

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

## Share your recipes

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

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

## We need your input

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

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

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

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



# Race Results

Submitted by Don Penta

## 6th Annual Family Crisis Shelter 5K Run 104 Finishers (47 Female & 57 Male) Certified Back Cove Loop, Portland, Maine Saturday, May 13th, 1995

1 Kevin Way 1,overall	16:13
2 Roland Thibault 2,overall	17:13
3 Bill Desrosier 3,overall	17:41
4 John Gleason 1,30-39	17:52
5 Sean Keough (MTC) 2,30-39	18:04
6 Mark Florenz 1,19&under	18:23
7 Jorma Kurry 1,20-29	19:01
8 Katie Tiedemann 1,overall	19:23*
9 Laurel Valley (MTC) 2,overall	19:38*
10 Ed Doughty (MTC) 1,40-49	19:50
12 Scott Strout (MTC)	20:00
13 Loren Lathrop (MTC) 2,40-49	20:16
17 James Harmon (MTC)	20:30
18 Bob McCormack (MTC)	20:46
20 Robert Moyer 1,50-59	21:07
25 Betsy Barrett (MTC) 3,overall	22:03*
26 Jessica Andrews 1,19&under	22:09*

29 Kellern Wood 1,30-39	22:33*
32 Howard Spear (MTC)	22:56
38 Richard Cavanaugh (MTC) 1,60&over	23:56
43 Marguerite Lawler-Rohner (MTC) 1,20-29	24:37*
55 Polly Kenniston 1,50-59	26:17*
56 Sally Gore (MTC)	26:20*
59 Sandy Utterstrom (MTC) 2,50-59	26:49*
63 Linda Hunt 1,40-49	27:07*
73 Lois Martin (MTC)	29:08*
78 Wayne Newland (MTC)	29:50
89 Jan Bastow (MTC)	31:40*
90 Judy Bastow (MTC)	31:42*
91 Peter Bastow (MTC)	31:45
93 Don Penta (MTC)	31:48
95 Julius Marzul (MTC)	35:30
97 Laurie Quint (MTC)	36:56*
99 Julie Haskell (MTC)	37:55*
100 Marlene Manoogian 1,60&over	38:08*

Many thanks to the Family Crisis Shelter for complete results!

## 6th Annual Eagles Flatfoot 5K 96 Finishers (27 Female & 69 Male) Eagles South Portland, 729 Broadway June 3rd, 1995

### Top Overall Finishers (WOMEN)

1 Laurel Valley (MTC) 1,overall	32	18:38	6:01
2 Katie Tiedemann 2,overall	25	18:47	6:04
3 Julie Skillings 3,overall	19	19:28	6:17
4 Jeanne Hackett 1,30-39	36	19:39	6:20
5 Becky Patten 1,20-29	21	19:47	6:27

### (MEN)

1 Brent Leighton 1,overall	25	16:06	5:12
2 Stephen Sarkozy 2,overall	27	16:14	5:14
3 Earle Rhoades 3,overall	25	16:36	5:21
4 Roland Thibault 1,20-29	27	16:54	5:27
5 Don Legere 1,30-39	33	17:16	5:34

### Other Top Divisional Finishers (WOMEN)

7 Joan Sarles Lee (MTC) 40-49	41	21:19	6:53
10 Jessica Andrews 19&under	19	21:53	7:04
26 Ruth Hefflefinger (MTC) 60&+	66	34:54	11:16

### (MEN)

7 Jim Toulouse (MTC) 40-49	47	17:46	5:44
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19 Ryan Fenton 19&under	13	19:17	6:13
21 Dick Witham 50-59	50	19:31	6:18
49 Russ Bradley (MTC) 60&+ USAT&F	71	23:52	7:42

### Other Maine Track Club Finishers (WOMEN)

6 Martha Crawford 2,30-39	32	20:56	6:45
9 Kitty Kelley 2,40-49	48	21:47	7:02
11 Dianne Kazilionis	35	23:21	7:32
15 Marg. Lawler-Rohner	39	24:14	7:49
22 Carlene Anderson	45	26:58	8:42
23 Beverly Doughty	44	27:06	8:45

### (MEN)

11 Sean Keough 3,30-39	39	18:26	5:57
12 Dan Hutchins	35	18:29	5:58
17 Ed Doughty	46	19:05	6:09
20 Loren Lathrop	46	19:29	6:17
22 Paul Lessard	38	19:43	6:22
24 Larry Barker	46	20:00	6:27
27 Peter Bastow 2,50-59	58	20:23	6:35
28 Paul Lavangie	37	20:24	6:35
32 Brian Lathrop 2,19&under	15	21:19	6:53
63 John Kazilionis	47	26:43	8:37
69 Wayne Newland	57	29:39	9:34

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

## Notice about race flyers

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



# More Race Results

## 14th Annual Pottle Hill 10K Road Run

63 Finishers (8 Female & 55 Male)

Pottle Works, Mechanic Falls Town Square, Maine  
Thursday, June 22nd, 1995

1 Jamie LaChance 1,open	24	33:00(CR)
2 Kevin Way 2,open	26	34:20
3 Rick Stuart 3,open	37	36:20
4 Randy Hastings 1,40-49	40	37:16
5 John Gagnon 4,open	28	37:43
7 Kevin Michael Hynes 5,open	36	38:46
11 Wayne Newton 1,50-59	51	41:35
13 Chris Varney	18	42:36
14 Bob Payne (MTC)	56	42:48
16 Paul Lessard (MTC)	38	43:10
21 Sia Gilman 1,open	23	44:51*
22 Betsey Barrett (MTC) 1,40-49	44	44:55*

31 Paula Foley 2,40-49	40	46:29*
34 Whitney Sullivan 2,open	28	48:40*
43 Susan Marquette	40	51:13*
46 Denny Morrill (MTC)	55	51:31
47 Andrew Coffin (MTC)	27	51:46
52 Cathy Burnie	46	53:14*
53 Carlton Mendell (MTC)	73	53:56
54 Jerry Saint Amand (C_Maine_S)	51	54:01
59 Jean Goodman 3,open	39	57:05*
60 Kelly O'Brien	26	58:20*
61 Mark Clinch (MTC) race walker	39	67:36
62 Julius Marzul (MTC)	69	69:10
63 Albert Giasson	76	1:06:35

Many thanks to Bill McCoy, Race Director, for complete results!

## New Members

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

### Individuals

Ron Davis  
34 Main St.  
Yarmouth, ME 04096  
846-9267  
Dentist

Paul Cohen  
16 Surf Road  
Cape Elizabeth, ME 04107  
799-5809  
Rabbi, Congregation Bet Ha'am

Mark Olsen  
64 Payson Street  
Portland, ME 04102  
871-0056

WELCOME BACK!!  
Mark Clinch  
19 Lincoln Street  
Gorham, ME 04038

## Maggie-Canoe and Running, Too

In Yarmouth on July 22, MTC senior sensation Maggie Soule wasn't content just to turn in a respectable time in the 8 a.m. Clam Festival Classic Five-Miler. Her spirits weren't even dampened by the dousing she got by certain Mile 3 water stop volunteers, who, it was rumored, were just waiting for her to go by. No, she had other challenges to meet.

After clearing the finishing chute, Maggie raced home and quickly prepared for her next athletic event of the morning — the Royal River Six-Mile Canoe Race at 10 a.m. Under hot skies and in fairly calm water she paddled a course that ended with awards at the Muddy Rudder restaurant. There, she had enough energy to join a protest over the omission of a female finisher award in her solo kayak category, the planners having incorrectly assumed there wouldn't be enough lady kayakers to make up a division.

Then, as it was Clam Festival weekend, this Yarmouth native went back into town and chowed down on — what else? — fried clams. And then, you're thinking, she went home and collapsed, right? Nope, she mowed the lawn.

— Pat Buckley



# Blast from the past

Starting with this newsletter, we will put in a result or two from the past. I have results from many races in the 70s, and some people have expressed a desire to see these on occasion to see who used to run, where, and the kind of times from days-gone-by. Another feature that we will be running is a profile of members. You may be sent a questionnaire and asked to answer a few rather general questions. The hope is to feature individuals over the upcoming newsletters who have been a part of the running community and the MTC over the years, but who may not be a top finisher. It is our hope to give some recognition to those of you who contribute but don't receive a lot of recognition.

Having worked with the newsletter for a short while now, I have come to realize how important it is that you, the membership, help with articles and any bits of information that would be newsworthy. Don't assume that we don't want to hear it; send it along, for it may add to our paper. I have also become more than acutely aware of the need for volunteers to help on projects and races. How many times do we (me included) show up and run a race expecting that everything will go off without a hitch (and it almost always does) and then go on our merry way. Volunteer, it can be a good time for you as well as provide a much needed service to the MTC.

Kudos to Bob Aube for his efforts to date and to the many race directors and volunteers who have made a terrific summer of running thus far. Please do not hesitate to offer suggestions, opinions or idea that you may have. We look forward to growth as a club and attempting to meet all of your needs.

— Larry Dyer

## Shop 'n Save 10K Road Race Saturday, May 10, 1980

1. John Gardner	32:23	48. Lester Everett	43:45
2. Dan Barker	32:51	49. Dick Dudley	43:48
3. Ralph Thomas	33:08	50. Norman Lewis, Sr.	44:05
4. Sam S. Sleeper	35:11	51. Dan Greenstein	44:21
5. Scott Mannelle	35:27	52. Carlton Comstock	44:56
6. Richard Mulhern	35:48	53. Rick Strout	44:39
7. Michael Towle	36:07	54. Chris Comstock	44:56
8. Roger Foster	36:21	55. Ralph Bartholomew	44:57
9. George Towle	37:37	56. Clement Charbonneau	44:58
10. Peter Bastow	37:51	57. Bill Elgee	44:59
11. Victor Stacey, Jr.	38:00	58. Clay Triolo	45:14
12. Thomas Bradley	38:50	59. Kevin Ross	45:26
13. Bob Brown	38:59	60. Scott Sanford	45:30
14. Richard Campbell	39:04	61. Joe Hammond	45:54
15. Keith Joyner	39:06	62. Jack Harland	45:56
16. Bob Provost	39:14	63. Dave Goodwin	46:02
17. Michael Lacroix	39:19	64. Chris Aceto	46:11
18. Barry Hougate	39:24	65. Herbert Taylor	46:15
19. Doug Moody	39:49	66. Paul Yarrington	46:23
20. Reid Crossman	40:14	67. Julie McFarland	46:29
21. F. Peter Holloway	40:22	68. Howard Jackson	48:02
22. Michael Spadinger	40:27	69. Keith Veazie	48:14
23. Herb Strom	40:30	70. R.M. Keith	48:38
24. Scott Boisvert	40:37	71. Sam Comstock	48:41
25. John Kelly	40:50	72. David Peterson	49:08
26. Randy Jordan	41:04	73. Jeff Sheckley	49:16
27. Jeffrey Preble	41:06	74. Katherine Yarrington	49:25
28. William Scaplen	41:11	75. James Guy	49:30
29. Richard Baker	41:22	76. Linda MacDonald	49:36
30. Frank Morang	41:30	77. Margaret L. May	49:48
31. Richard Waldron	41:41	78. Robert Wade	49:52
32. Merlin Hartford	41:49	79. Jenny Scheu	50:03
33. Larry Dyer	41:53	80. Nick Scheu	50:04
34. Roger Pike	42:00	81. Ronald Morris	50:20
35. Nathan Morris	42:09	82. Bob Forcier	50:34
36. Carey Wilson	42:16	83. Elizabeth Guernsey	50:37
37. Michael Guidi	42:25	84. Robin Everett	50:47
38. Bill Warnke	42:27	85. Garry Bowne	51:16
39. Fred Colbroth	42:36	86. Cush Hayward	51:39
40. William Webster, Jr.	43:05	87. Irene Morris	52:16
41. Harry Hunt	43:08	88. Jeff Drew	52:37
42. Jim Chase	43:17	89. Barbara Nelson	52:38
43. Paul Jacobson	43:25	90. Paul Chamberlain	53:44
44. John Boddy	43:29	91. Robert MacMath	55:57
45. Fred Hopkins	43:33	92. Charles Scribner	58:38
46. Rich Mannelle	43:36	93. Ronal Henry	1:00:48
47. Paul Dostie	43:37	94. Brian St. Pierre	1:03:17
		95. Ann Comstock	1:05:34



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## Upcoming Races

### August 9

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

### August 10

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

### August 11

St. Peters Road Race, 4 miles, Portland, 7 p.m., childrens 1/2-mile fun run, 6:30 p.m. Contact: St. Peters Church, 773-0748.

### August 12

Johnson True Value International Road Race, 5 miles, Calais, 9 a.m. Contact: John Rogers, 454-7595.

10th Blueberry Festival 10 K, Wilton, 9 a.m., 1-mile fun run, 8:30 a.m. Contact: Kelly Cullenberg, 778-4971.

Schoodic Point 15K, Winter Harbor, 8:30 a.m. Contact: Tom Severance, 963-7043 or Tom Mapleton, 963-2658.

### August 13

Samoset 10K, Bristol, 9:15 a.m. Contact: Al or Carlene Sproul, 677-2586.

### August 19

Androscoggin Biathlon, 4-mile run/12-mile bike, Lewiston, 8:30 a.m. Contact: Laurie Winsor, 783-2249.

Warren Bishop Memorial Run, 2.9-mile cross-country, Hampden Academy, Hampden, 8:30 a.m. 1.5-mile fun run. Contact: Dick Balentine, 862-4562.

MAC-X-Country, 10K, 5K, and 4-mile walk cross-country, Cross Lake-Guerrette, 10 a.m., 500-meter and 1000-meter races for kids. Contact: Mike Mendonca, 492-4224.

3rd Jefferson Community Run for the Arts, 5K, 9:30 a.m., 1-mile fun run 8:40 a.m. Contact: Elizabeth Paradis, 549-3226.

20th Machias Blueberry Run, 5-miles, 9 a.m., 1-mile fun run 8:30 a.m. Contact: Tom McKinney, 255-6555.

### August 20

Bowdoin & Back 10-mile Run to the Coast, Bowdoin College Track, Brunswick, 8 a.m. Contact: Sports East, 729-1800.

Washburn Fun Run, 2.9 Miles, 9:30 a.m., Washburn High School.

Angie Abraham Scholarship Run, 4-miles, Portland. Contact: Brenda Brodeur, 774-1774.

### August 26

3rd Firefighter 5K, Robbinston, 9 a.m., 1-mile fun run, 8 a.m. Contact: Tom Brennan, 454-8822.

Northeast Harbor Road Race, 5-miles, 9:30 a.m. Contact: Albert Hamor, 276-3646.

Gorham Trails/Gorham Recreation Department Road Race, 5 K at 8:30 a.m., 2K at 8 a.m., Gorham High School. Contact: Bob Frazier, 839-4644.

Houlton Regional High School, 5K, Houlton, Monument Park, 10 a.m.

### August 27

Androscoggin Triathlon, 10K run/6.3-miles racing canoe (3.1-miles recreational canoe)/25-mile bike, Lewiston-Auburn, 8:30 a.m. Contact: Laurie Winsor, 783-2249.

S.W. Collins 5K, 1K kids run, Collins Lumberyard, Caribou, 9 a.m.

Grants Dairy Milk Run, 5-miles, Bangor, 9 a.m. 1-mile fun run, 8:30 a.m. Contact: Paul Hammond, 941-2815 or 941-2966.

### September 17

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

### October 1

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

### October 14

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

### October 22

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

### November 19

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

## Maine Track Club clothing available

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





# Maine Track Club 1995 Officers and Committee Chairs

USA Track & Field



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

## Maine Track Club Membership Application

(Please check one) ☐ Individual (\$12) ☐ Family (\$15) ☐ Student — 18 year old maximum (\$5)

Membership is through December of the current year. Dues paid after September 30 are good through December of the following year.

Last name \_\_\_\_\_ First name \_\_\_\_\_ Gender (M or F) \_\_\_\_\_ DOB \_\_\_\_\_

Last name \_\_\_\_\_ First name \_\_\_\_\_ Gender (M or F) \_\_\_\_\_ DOB \_\_\_\_\_

Last name \_\_\_\_\_ First name \_\_\_\_\_ Gender (M or F) \_\_\_\_\_ DOB \_\_\_\_\_

Last name \_\_\_\_\_ First name \_\_\_\_\_ Gender (M or F) \_\_\_\_\_ DOB \_\_\_\_\_

Street address \_\_\_\_\_ Home phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Nine-digit ZIP\* \_\_\_\_\_

\*We need nine-digit ZIP for mailing newsletter. Consult a utility bill for your nine-digit ZIP Code.

Employer \_\_\_\_\_ Occupation \_\_\_\_\_ Bus. phone \_\_\_\_\_

Employer \_\_\_\_\_ Occupation \_\_\_\_\_ Bus. phone \_\_\_\_\_

If student, school \_\_\_\_\_ Yr. of grad. \_\_\_\_\_

If student, school \_\_\_\_\_ Yr. of grad. \_\_\_\_\_

## Volunteer Waiver

To be signed by each new member in the household. Applicants under age 18 require signature of parent.

*I know that volunteering to work and participating in Maine Track Club events is potentially a dangerous activity. I should not participate or volunteer unless I am medically able. I assume all risks associated with participating in or volunteering at Maine Track Club events, including, but not limited to, falls, contact with participants, the effects of the weather, conditions on the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, its representatives and successors from all claims or liabilities of any kind arising out of my participation in Maine Track Club activities, even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver.*

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please mail completed form and check to: Membership, Maine Track Club, PO Box 8008, Portland, ME 04104