



# News•Run

Run with a friend ...

August 1996

## From the Presidential Suite ...

In Maine, it is said, there are two seasons — July and winter. This year it might only be one. For road and track runners, the cool days of this summer have meant great running weather. Is the weather contributing to the increased turnout at races like the LL Bean 10K and the Bridgton 4 miler, both of which had their highest ever levels of participation, even though they are held on July 4th? Between the two races, there were over 1400 runners; so much for the so-called "decline" in road running reported in some of the national magazines.

The Maine Track Club continues to grow as well. As of this time last year, we had 215 member households; this year we have over 350 member households, a 63% increase in membership. And this is not due to the direct mail effort to recruit new members, which has only just started. This increase in membership is due, in part, to many of you getting the message out to friends and fellow runners at races and group runs about the personal benefits of club membership and the good work of the club for the running and racing community in Southern Maine. We need to continue this effort and to press runners about the responsibility each has to support the MTC through membership and volunteering. This will ensure that our sport has a strong presence in the region.

We can put the "name change" issue behind us now; the results of the MTC survey demonstrate that a majority of those returning the survey, 49 out of 90, do not want to hold a forum on the issue. Complete results can be found in this newsletter. We want to thank all of you who participated in the survey and the debate, especially those of you who took the time to comment on this issue. The comments, as a whole, reflect the deeply held feelings on both sides of this issue. We were surprised at the cross section of members on both

*(Continued on page 4)*

## The Name Lives On: Results of Name Change Survey:

Some 90 members responded to the MTC name change inquiry survey. Over half (59%) felt that our current name reflects the interest of members moderately or very well. Please see insert. Most (80%) said they were not deterred from joining the club for any length of time because of the name of the club. Forty-nine members (54% of those responding) were not in favor of holding a forum to discuss the pro's and con's of the club's name. Based on these responses, the MTC Board of Directors tabled the name change issue at its July meeting. The board wants to thank those who took the time to respond to this very important survey. Many respondents also expressed their views on the this issue in writing. Generally the comments were thoughtful and informative. As a whole they reflected very different points of view on the name issue and the current direction of the club. We were pleased with the turnout.

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## Coach's Corner

### Sports drinks: Which one's really work?

The number of sports drinks available to runners is mind boggling. We see them everywhere, from running speciality stores and health food stores to the market on the corner! Their prices range anywhere from 75 cents to a couple of bucks for a bottle! Which ones are worth buying? And why bother anyway? Why not just drink water?

If you are running or racing for more than an hour, you really should be taking in a quality sports drink at 10-15 minute intervals. The quantity should be about four ounces. You will need to start early into your run. Don't wait until you feel thirsty! By then it is too late. If you wait too long you will not benefit from drinking. You'll be dehydrated and won't be able to catch up. As your body loses water, your performance decreases. This is one of the primary reasons why runners struggle to finish their marathons — DEHYDRATION!

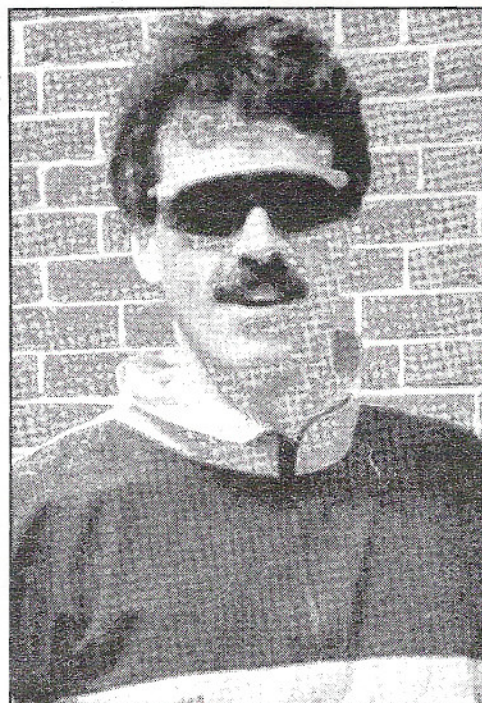
If you don't like carrying a bottle with you while you run or you know you will need more than you can carry on a long training run, think about spots along your course where you can "plant" drink bottles before heading out. Races usually have tables set up for fluid stops. If you don't think there will be enough stops to enable you to drink four ounces every 10-15 minutes, ask a friend to help you out by meeting you during the race out on the course with some replacement drink. Or have a spare bottle in a hand or waist pack. Make a plan before you train or race. It will improve your performance as well as your recovery.

The type of sports drink you use is important. They are not all the same. The quality of the drinks available on the market vary greatly from drinks that are no more than glorified Kool-Aid to scientifically engineered formulas. You should stay away from drinks that use dextrose and sucrose and/or high fructose corn syrup. These sweeteners are not absorbed very well in the stomach. The concentration is usually too high and can cause stomach upset, vomiting and sometimes diarrhea. When choosing a sports drink, look for long chain glucose polymers and possibly some fructose. A fair amount of sodium and potassium are important also. You can expect to pay more for these drinks. They are made from higher quality ingredients. Remember, you get what you pay for. Quality replacement drinks really can help improve your performance when they are used correctly!

Most speciality stores carry these drinks. 5K Sports has a good line of sports drinks. Stop in and sample them! If you are interested in more information, give me a call at 829-4164. I'd be glad to point you in the right direction.

See you on the roads!

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



## News•Run Sponsors

If you would like to become an individual *News•Run* sponsor, please send \$10 to: Maine Track Club, P.O. Box 8008, Portland, ME 04104.

To become a corporate sponsor, please mail your \$25 donation to the same address. Prime sponsorships in the amount of \$50 will reserve you advertising space in *News•Run*.



## About the name change controversy

I read with interest your letter to all of us "tracksters" on "What's in a Name". Before I read whatever it is Lance Tapley has to say about this, I thought I would put my thoughts down on paper.

My first running club was the Central Maine Striders. I joined them back in 1979, as I was living in Waterville and was looking for a group to run with on the long ones. When employment brought me to the Portland area, one of my initial concerns was, "who can I now run with?" I recall one Saturday while looking at land in Cumberland seeing someone run by with the now-familiar green sweatshirt with yellow chickadee on the front. When he ran by me, I saw on the back of shirt "Maine Track Club". Two weeks later I became a member of that running club.

Yes, you could say I am a serious runner (or at least I used to be). Some of my running does revolve around the track oval.

And yes, nausea often accompanies those runs.

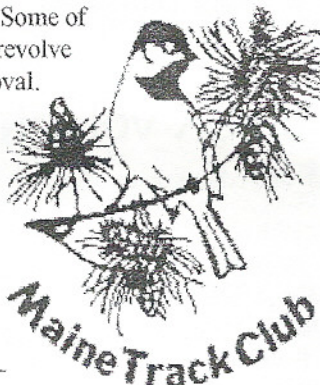
Since I began running 18 years ago I have — among other things —

defined myself as a runner, as running has in many ways come to define my life. I don't think I'm unique, as I would say that a good portion of the members of the MTC define themselves similarly.

This gets me to the point of this letter. I like the name "Maine Track Club". I don't think the name sounds intimidating. But it does sound serious, and I think it's great to be serious about something. Over the years, the only negative comment I have heard regarding the club is that it is a club for the casual runner (this comment, of course, coming from serious runners).

There's my 32 cents worth. I'll still be a member of the club even if it's called the Maine Jazzercise Club (but you can bet I won't wear the singlet and stretch pants).

*Thanks for listening  
Harry Nelson*



I estimate that I've been a member of the Maine Track Club for over 10 years. In that time, I have run a number of road races throughout New England, at distances ranging from 1 mile to the marathon, and have identified myself as a member of the Maine Track Club on entry forms in almost every race. I have also sporadically attended various (non-racing) Maine Track Club events and have enjoyed the friendliness and hospitality of many of the people who make up the club.

However, I have always had the feeling that the Maine Track Club could be doing more to be inclusive of the broader running community in Maine. I strongly believe that one key step toward being more inclusive would be to change the Maine Track Club's name. I have always thought that the words "Track Club" were misleading and, for some, connote a close-knit group of insiders who are oriented toward track running. Examples like "Maine Running Club", "Casco Bay Running Club", "Pine State Running Club" and "Pine State Road Runners" are names that are more descriptive and more accessible to the broader running community.

Another reason for changing the name is that it demonstrates that the organization embraces change and is positioned to grow its membership into the 21st century and (hopefully) beyond. A name change presents a wonderful opportunity for the organization to market itself and its new and improved positioning to the broader running community. It suggests that "we're evolving", "we're open for business", and "we're here to meet your needs".

On a final note, I was a member of the Cambridge Sports Union in the Boston area before moving to Maine. CSU had a running section, a skiing section (cross country and alpine) and an orienteering section. The club was immensely successful at attracting a wide range of people with a wide range of interests, from recreational runners to world class athletes (such as Charlie Spedding, who was fourth in the Olympic marathon once). The club was a great vehicle for doing anything from socializing with people having similar values, to doing serious training and racing with dedicated athletes.

An organization like that would be my vision for the future Maine Track Club, whatever it is called. Thanks for your consideration.

*Sincerely,  
John Eldredge*



(Continued from page 1)

sides, as reflected in letters received by John Eldredge and Harry Nelson, who are neighbors and running partners for many years. These letters are re-printed, with permission, in this issue. It is clear that the club has to work harder at getting out information about the objectives and work of the club so that our name does not in fact deter even one runner from joining.

Our hats go off to Steve Podgajny and his wife Marjorie for bringing us a superb Maine Distance Festival at Bowdoin College this year. We got to watch the best of Maine's high school and college runners compete, superb master runners from the region and two Olympians, Lynn Jennings and Kate Fonshell compete against each other. A highlight for us was the 5,000 meter race where Jennings, winner of the U.S. Olympic Trials, outdistanced the 10,000 meter trials winner, Fonshell, in 15:39. Another highlight was the 1500 meters, where Steve Agar, an Olympian from Dominica, broke Mainer Erik Nadeau's meet record and posted the fastest ever 1500 in Maine, 4:01:33. This was a tremendous event which should deserves our continued support.

We also want to congratulate Deering Oaks Track Meet race directors George Towle and Sandy Utterstrom along with the many volunteers for this superb track and field event again this year.

There is no membership meeting this month. Instead, enjoy yourself at the many road races being held this month- Peaks' Island 5 miler, the Newburyport 3 and 10 miler, the St. Peter's 4 miler, The Bowdoin 10 miler, The Forecaster 10K and others all offer a variety in distance and intensity of competition.

See you on the roads and at the races.

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

## Thanks to Cancer Research 5K volunteers

Thank you to the following MTC members who helped cancer research and education in Maine by volunteering at the Cancer Research 5K in Portland on June 22, 1996.

—Mel Fineberg

Bob Aube  
Russ Bradley  
Diana Champeon  
Andrew Coffin  
Carol Hogan  
Dan Hogan

Kitty Kelley  
Dianne McCorkle  
Jim McCorkle  
Eric Ortmann  
Don Penta  
Laurie Quint

Marge Parsons  
Nate Parsons  
Bob Perkins  
Maggie Soule  
Howard Spear  
Ann Strohm

Aaron Tanguay  
Al Tanguay  
Brenda Tanguay  
Michael Tanguay

## We need your input

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

If you have a story or a news item that you think belongs in *News Run*, please bring it to our attention. E-mail your story, article or announcement to 74270.2276@compuserve.com, or send it to:

Bob Aube  
245 Sawyer Road  
Greene, ME 04036

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



# Race Results

## Submitted by Don Penta

1996 5K Walk & Run For Hope  
206 Finishers (113 Female & 93 Male)  
5K Sports, U.S. Route 1, Falmouth, Maine  
9:00 AM, Sunday, May 19th, 1996

"USAT&F" indicates that the finisher qualified for national ranking according to new 1996 standards established by the USA Track & Field National Running Data Center.

"(MTC)" indicates that the finisher is a Maine Track Club member.

### Top Overall Finishers

| PLACE/NAME                                | AGE | TIME  | PACE |
|---|-----|-------|------|
| 1 Michelle Cormier 1, overall.....        | 28  | 17:34 | 5:40 |
| 2 Denise Harlow 2, overall.....           | 25  | 18:32 | 5:59 |
| 3 Marjorie Graff 3, overall.....          | 28  | 18:52 | 6:05 |
| 4 Gretchen Read (MTC) 1,50-54 USAT&F..... | 53  | 19:23 | 6:15 |
| 5 Jane Rau 1,45-49.....                   | 46  | 20:53 | 6:44 |
| 1 Bob Winn 1, overall USAT&F.....         | 37  | 15:20 | 4:57 |
| 2 Roland Thibault 2, overall.....         | 28  | 16:26 | 5:18 |
| 3 Chuan Napolitano 3, overall.....        | 18  | 16:29 | 5:19 |
| 4 Ron Newbury 1,45-49 USAT&F.....         | 46  | 16:30 | 5:19 |
| 5 Guy Segars 1,35-39.....                 | 36  | 16:45 | 5:24 |

### Other Top Divisional Finishers

|                                     |    |       |       |
|-------------------------------------|----|-------|-------|
| 6 Nancy Cooper 40-44.....           | 41 | 20:56 | 6:45  |
| 7 Andrea Gordon 30-34.....          | 32 | 21:22 | 6:54  |
| 11 Donna Hodge 35-39.....           | 35 | 21:47 | 7:02  |
| 12 Michele Ohman 25-29.....         | 29 | 21:48 | 7:02  |
| 13 Danyelle Cinque 18&under.....    | 14 | 22:01 | 7:06  |
| 17 Alicia Walsh 19-24.....          | 20 | 22:11 | 7:09  |
| 76 Catherine Pride 55-59.....       | 55 | 30:36 | 9:56  |
| 100 Eugenia McLaughlin 70&over..... | 71 | 46:20 | 14:57 |
| 109 Glenice Hutchins 60-64.....     | 64 | 54:08 | 17:28 |
| 6 Guy Berthiaume 50-54 USAT&F.....  | 50 | 16:54 | 5:27  |
| 7 David Roberts (MTC) 40-44.....    | 41 | 17:06 | 5:31  |
| 8 David Drew 30-34.....             | 31 | 17:08 | 5:32  |
| 10 Ryan Fenton 18&under USAT&F..... | 14 | 17:20 | 5:35  |

|                                       |    |       |      |
|---------------------------------------|----|-------|------|
| 12 Richard Flagg 25-29.....           | 27 | 17:47 | 5:44 |
| 24 Bob Coughlin (MTC) 55-59.....      | 57 | 19:17 | 6:13 |
| 49 John Howe 60-64.....               | 61 | 21:44 | 7:01 |
| 61 Nate Clark 19-24.....              | 19 | 23:26 | 7:34 |
| 79 Carlton Mendell (MTC) 70&over..... | 74 | 25:05 | 8:05 |

### Other Maine Track Club Finishers

|                                  |    |       |       |
|----------------------------------|----|-------|-------|
| 8 Betsy Barrett 2,45-49.....     | 45 | 21:27 | 6:55  |
| 9 Joan Lee 2,40-44.....          | 42 | 21:37 | 6:58  |
| 19 Joan Lavin.....               | 48 | 22:21 | 7:12  |
| 26 Sherry Carll.....             | 49 | 23:19 | 7:31  |
| 36 Jill Shinnick.....            | 28 | 25:22 | 8:11  |
| 37 Beth Wilson.....              | 40 | 25:23 | 8:11  |
| 39 Ellen Della Torre.....        | 31 | 25:32 | 8:14  |
| 46 Nancy Hewett.....             | 49 | 26:11 | 8:27  |
| 50 Betty Rines.....              | 39 | 26:19 | 8:29  |
| 55 Jennifer McGeoghegan.....     | 36 | 27:02 | 8:43  |
| 58 Sandy Utterstrom 2,50-54..... | 52 | 27:28 | 8:52  |
| 60 Elizabeth Hoermann.....       | 36 | 27:49 | 8:58  |
| 88 Donna Moulton.....            | 47 | 33:45 | 10:53 |
| 102 Beryl Cole.....              | 45 | 48:22 | 15:36 |
| 9 Sean Keough 2,40-44.....       | 40 | 17:16 | 5:34  |
| 16 Jamie Chamberlain.....        | 31 | 18:39 | 6:01  |
| 23 Terry Clark.....              | 51 | 19:15 | 6:13  |
| 25 Paul Lessard.....             | 39 | 19:20 | 6:14  |
| 31 Thomas Carll.....             | 51 | 19:53 | 6:25  |
| 35 Jim Estes.....                | 46 | 20:38 | 6:39  |
| 36 Peter Bastow 2,55-59.....     | 59 | 20:39 | 6:40  |
| 47 Dick Lajoie.....              | 56 | 21:24 | 6:54  |
| 57 Dale Rines.....               | 43 | 22:56 | 7:24  |
| 59 Joseph Shinnick.....          | 33 | 23:09 | 7:28  |
| 63 Neil Chivington.....          | 48 | 23:45 | 7:40  |
| 72 Lawrence Perkins.....         | 51 | 24:36 | 7:56  |
| 74 Bill Robertson.....           | 57 | 24:42 | 7:58  |
| 77 Ronald Read.....              | 54 | 24:55 | 8:02  |
| 82 John Cole.....                | 44 | 26:09 | 8:26  |
| 89 Joe O'Donnell.....            | 45 | 31:53 | 10:17 |
| 90 Don Penta.....                | 49 | 33:20 | 10:45 |

Many thanks to 5K SPORTS Jim McCorkle for complete results!

## Notice about race flyers

Anyone who wishes to have their race flyers included in the Maine Track Club newsletter must submit the flyers and a payment of \$40 by the 15th of the month. Flyers will not be included in any mailing if not accompanied by the \$40 service fee. The fee applies only to races not run by the MTC, so if a race fee is already being paid to the club, there is no charge for race flyers.



# More Race Results

1996 YMCA Back Bay 5K  
320 Finishers (129 Female & 191 Male)  
Back Cove Certified 5K Loop, Portland, Maine  
7:00 PM, Friday, May 24th, 1996

## Top Overall Finishers

| PLACE/NAME                      | AGE | TIME  | PACE |
|---------------------------------|-----|-------|------|
| 1 Lynn Hughes 1,overall         | 39  | 18:47 | 6:04 |
| 2 Laurel Valley (MTC) 2,overall | 33  | 19:04 | 6:09 |
| 3 Rhonda Benner 3,overall       | 23  | 19:16 | 6:13 |
| 4 Terry Sutton (MTC) 1,30-39    | 34  | 19:23 | 6:15 |
| 5 Rebecca Wallace 1,19-29       | 23  | 20:02 | 6:28 |

|                                   |    |       |      |
|-----------------------------------|----|-------|------|
| 1 Mike Caiazzo 1,overall          | 19 | 15:48 | 5:06 |
| 2 Peter Bottomley (MTC) 2,overall | 34 | 16:02 | 5:10 |
| 3 Matthew Hennessey 3,overall     | 19 | 16:28 | 5:19 |
| 4 Tom Thibeu 1,30-39              | 38 | 16:37 | 5:22 |
| 5 Rolf Westphal 2,30-39           | 31 | 16:48 | 5:25 |

## Other Top Divisional Finishers

|                                 |    |       |       |
|---------------------------------|----|-------|-------|
| 6 Nancy Kneeland (MTC) 40-49    | 41 | 20:18 | 6:33  |
| 10 Janma Rearick 18&under       | 16 | 21:45 | 7:01  |
| 47 Melinda Goldberg (MTC) 50-59 | 50 | 25:29 | 8:13  |
| 122 Lorraine Libby 60&over      | 66 | 50:23 | 16:15 |
| 6 Brian Oickle 19-29            | 19 | 16:52 | 5:26  |
| 9 George Towle (MTC) 40-49      | 46 | 17:19 | 5:35  |
| 11 Ryan Fenton 18&under USAT&F  | 14 | 17:24 | 5:37  |
| 37 Lawson Noyes 50-59           | 54 | 19:10 | 6:11  |
| 101 Gene Walters 60&over        | 60 | 22:37 | 7:18  |

## Other Maine Track Club Finishers

|                             |    |       |       |
|-----------------------------|----|-------|-------|
| 13 Julia Drinker 3,30-39    | 35 | 22:03 | 7:07  |
| 14 Theresa Gallupe          | 34 | 22:05 | 7:07  |
| 22 Lisa Belisle             | 25 | 23:06 | 7:27  |
| 27 Sherry Carl 3,40-49      | 49 | 23:53 | 7:42  |
| 30 Dianne Kazilionis        | 36 | 24:07 | 7:47  |
| 46 Ellen Della Torre        | 31 | 25:27 | 8:13  |
| 63 Elizabeth Wilson         | 40 | 26:42 | 8:37  |
| 66 Annette Elowitch 3,50-59 | 53 | 26:55 | 8:41  |
| 67 Debra McKenna            | 39 | 26:58 | 8:42  |
| 85 Linda Metzger            | 53 | 29:04 | 9:23  |
| 86 Dianne McCorkle          | 36 | 29:20 | 9:28  |
| 95 Lynn Simmons             | 41 | 29:52 | 9:38  |
| 97 Julie Haskell            | 23 | 30:35 | 9:52  |
| 100 Rachel Piper            | 27 | 30:57 | 9:59  |
| 106 Nian Lajoie             | 46 | 32:18 | 10:25 |
| 107 Donna Moulton           | 47 | 32:19 | 10:25 |
| 110 Virginia Cross          | 53 | 32:53 | 10:36 |
| 111 Kathryn Harris          | 50 | 32:59 | 10:38 |
| 8 Tom Tero                  | 30 | 17:10 | 5:32  |
| 12 Jim Toulouse 2,40-49     | 47 | 17:25 | 5:37  |
| 16 John Eldredge 3,40-49    | 41 | 18:17 | 5:54  |
| 22 Tom Menendez             | 42 | 18:26 | 5:57  |
| 24 Timothy Clement          | 35 | 18:35 | 6:00  |
| 25 Jamie Chamberlain        | 31 | 18:40 | 6:01  |



|                                 |    |       |       |
|---------------------------------|----|-------|-------|
| 31 Paul Gadbois                 | 42 | 18:52 | 6:05  |
| 35 Dan Hutchins                 | 36 | 18:58 | 6:07  |
| 39 Don Duncanson                | 47 | 19:20 | 6:14  |
| 43 Chas Foehl                   | 31 | 19:38 | 6:20  |
| 44 Gerard Conley                | 42 | 19:40 | 6:21  |
| 48 Scott Hamilton               | 45 | 19:55 | 6:25  |
| 50 Ray Shevenell 2,50-59        | 55 | 19:57 | 6:26  |
| 54 Ron Cedrone                  | 47 | 20:11 | 6:31  |
| 56 Thomas Carl 3,50-59          | 51 | 20:20 | 6:34  |
| 62 Bob McCormack                | 44 | 20:31 | 6:37  |
| 64 Jim Estes                    | 47 | 20:38 | 6:39  |
| 66 Tom Keating                  | 39 | 20:43 | 6:41  |
| 70 Scott Hinckley               | 38 | 20:51 | 6:44  |
| 83 Tom Harlow                   | 50 | 21:42 | 7:00  |
| 96 Dick Lajoie                  | 56 | 22:21 | 7:13  |
| 102 Mike Cowell                 | 58 | 22:39 | 7:18  |
| 107 Dennis Morrill              | 56 | 23:13 | 7:29  |
| 110 Mike Brooks                 | 50 | 23:36 | 7:37  |
| 116 Richard Cavanaugh 3,60&over | 63 | 23:45 | 7:40  |
| 121 Joseph Shinnick             | 33 | 23:55 | 7:43  |
| 125 Neil Chivington             | 48 | 24:02 | 7:45  |
| 130 Joe Teno                    | 43 | 24:11 | 7:48  |
| 146 Andrew Coffin               | 24 | 25:09 | 8:07  |
| 147 Carlton Mendell             | 74 | 25:15 | 8:09  |
| 148 Bill Robertson              | 57 | 25:16 | 8:09  |
| 163 Robert Marzul               | 34 | 26:48 | 8:39  |
| 165 Shawn McKenna               | 40 | 26:58 | 8:42  |
| 167 Don Kent                    | 43 | 27:11 | 8:46  |
| 178 Kenneth Spier               | 53 | 29:07 | 9:24  |
| 183 Wayne Newland               | 58 | 30:07 | 9:43  |
| 185 Tyson Butts                 | 12 | 32:43 | 10:33 |
| 186 Ralph Butts                 | 35 | 32:47 | 10:35 |
| 187 Don Penta                   | 49 | 34:44 | 11:12 |
| 188 Julius Marzul               | 69 | 41:27 | 13:22 |

Many thanks to Technical Race Committee Chair Everett Moulton for complete results!



# More Race Results

10th Annual Oakhurst Milk Run 4 Miler  
408 Finishers (127 Female & 281 Male)  
Oakhurst Dairy, 364 Forest Avenue, Portland, Maine  
11:00 AM, Sunday, June 16th, 1996

## Top Overall Finishers

| PLACE/NAME                    | AGE | TIME  | PACE |
|-------------------------------|-----|-------|------|
| 1 Joan Samuelson (Hon.MTC)    | 39  | 23:05 | 5:46 |
| 2 Rose Prest-Morrison 1,30-34 | 33  | 24:37 | 6:09 |
| 3 Gretchen Read (MTC) 1,50-54 | 53  | 25:43 | 6:26 |
| 4 Leslie Mourmouras 1,20-29   | 28  | 26:21 | 6:35 |
| 5 Carol Hogan (MTC) 1,45-49   | 45  | 26:43 | 6:41 |
| 1 Bob Winn overall            | 37  | 19:55 | 4:59 |
| 2 Todd Coffin 1,35-39         | 35  | 20:28 | 5:07 |
| 3 Bill Rodgers 1,45-49        | 48  | 20:55 | 5:14 |
| 4 James Johnson 1,20-29       | 21  | 21:07 | 5:17 |
| 5 Scott Brown 2,35-39         | 38  | 21:08 | 5:17 |

## Other Top Divisional Finishers

|                                   |    |       |       |
|-----------------------------------|----|-------|-------|
| 8 Jennifer Sawyer 20-29           | 20 | 27:49 | 6:57  |
| 12 Kathryn Tolford (MTC) 40-44    | 41 | 29:07 | 7:17  |
| 40 Heather Best 19&under          | 15 | 32:56 | 8:14  |
| 46 Polly Kenniston 55-59          | 59 | 33:52 | 8:28  |
| 62 Jane Rasmussen 60-64           | 60 | 35:39 | 8:55  |
| 120 Ruth Heffelfinger (MTC) 65-69 | 67 | 56:51 | 14:13 |
| 6 David Weatherbie 20-29          | 28 | 21:20 | 5:20  |
| 7 Michael Grigware 30-34          | 31 | 21:28 | 5:22  |
| 16 Erik McCarthy 19&under         | 15 | 22:44 | 5:36  |
| 17 Bob Hawkes wheelchair          | 74 | 22:56 | 5:44  |
| 36 Jerry Rosa 50-54               | 52 | 24:11 | 6:03  |
| 67 Bob Coughlin (MTC) 55-59       | 57 | 25:50 | 6:28  |
| 120 Hap Hazzard (MTC) 60-64       | 64 | 28:20 | 7:05  |
| 161 Peter Scontras 65-69          | 67 | 30:20 | 7:35  |
| 258 Nelson Soule 70&over          | 75 | 37:32 | 9:23  |

## Other Maine Track Club Finishers

|                                 |    |       |       |
|---------------------------------|----|-------|-------|
| 6 Kerry Keenan Corcoran 2,30-34 | 31 | 26:47 | 6:42  |
| 9 Alison Kisch                  | 30 | 27:55 | 6:59  |
| 14 Sarah Putney 2,35-39         | 35 | 29:27 | 7:22  |
| 24 Lisa Belisle                 | 25 | 30:57 | 7:44  |
| 27 Arabella Eldredge 2,40-49    | 42 | 31:15 | 7:49  |
| 36 Martha Deprez 2,50-54        | 51 | 32:15 | 8:04  |
| 50 Melinda Goldberg             | 50 | 34:15 | 8:34  |
| 53 Jill Shinnick                | 29 | 34:37 | 8:39  |
| 55 Ellen Della Torre            | 31 | 35:05 | 8:46  |
| 60 Annette Elowitch             | 53 | 35:20 | 8:50  |
| 72 Sandy Utterstrom             | 52 | 36:22 | 9:06  |
| 85 Marcia Feller                | 49 | 38:33 | 9:38  |
| 89 Linda Metzger                | 53 | 39:38 | 9:55  |
| 93 Rachel Piper                 | 27 | 40:03 | 10:01 |
| 96 Julie Haskell                | 23 | 41:54 | 10:29 |
| 110 Donna Moulton               | 47 | 45:13 | 11:18 |
| 111 Kate Harris                 | 50 | 45:27 | 11:22 |
| 119 Pat Buckley 2,55-59         | 58 | 56:50 | 14:13 |
| 123 Beryl Cole                  | 45 | 64:23 | 16:06 |

|                          |    |       |       |
|--------------------------|----|-------|-------|
| 12 Tom Tero              | 30 | 22:07 | 5:32  |
| 20 Paul Greene 2,20-29   | 24 | 23:11 | 5:48  |
| 26 Rob Fast              | 33 | 23:37 | 5:54  |
| 29 John Eldredge         | 41 | 23:48 | 5:57  |
| 30 Rob Craig             | 40 | 23:49 | 5:57  |
| 32 Mark Olson            | 28 | 23:57 | 5:59  |
| 41 Daniel Hutchins       | 36 | 24:31 | 6:08  |
| 57 Paul Gadbois          | 42 | 25:15 | 6:19  |
| 59 Thomas Clemence       | 39 | 25:22 | 6:21  |
| 61 Charles Iselborn      | 39 | 25:27 | 6:22  |
| 66 Gerard Conley         | 42 | 25:49 | 6:27  |
| 68 Scott Strout          | 33 | 25:52 | 6:28  |
| 71 Jacob Morrill         | 15 | 25:59 | 6:30  |
| 80 James Boisvert        | 39 | 26:11 | 6:33  |
| 87 Will Thompson         | 44 | 26:47 | 6:42  |
| 92 Scott Hamilton        | 45 | 27:16 | 6:49  |
| 104 Rich Robinov         | 36 | 27:48 | 6:57  |
| 124 Jim Estes            | 47 | 28:37 | 7:09  |
| 125 Gary Giffard         | 37 | 28:41 | 7:10  |
| 130 Peter Bastow 2,55-59 | 59 | 28:53 | 7:13  |
| 134 Albert Tanguay       | 34 | 28:59 | 7:15  |
| 146 Dick Lajoie          | 56 | 29:26 | 7:22  |
| 155 Dan Gray             | 39 | 30:00 | 7:30  |
| 160 Michael Cowell       | 58 | 30:19 | 7:35  |
| 166 George Conly         | 48 | 30:38 | 7:40  |
| 167 Joseph Shinnick      | 33 | 30:41 | 7:40  |
| 183 Don Russell          | 59 | 31:24 | 7:51  |
| 197 Richard Cavanaugh    | 63 | 32:14 | 8:04  |
| 199 Joseph O'Donnell     | 45 | 32:17 | 8:04  |
| 208 Chris Dowe           | 36 | 32:50 | 8:13  |
| 209 Dick Lancaster       | 38 | 32:52 | 8:13  |
| 211 John Cole            | 43 | 32:58 | 8:15  |
| 214 Jed Russell          | 36 | 33:07 | 8:17  |
| 220 John Littlefield     | 40 | 33:21 | 8:20  |
| 225 Neil Chivington      | 49 | 33:37 | 8:24  |
| 227 Bill Robertson       | 57 | 33:43 | 8:26  |
| 235 Ronald Read          | 54 | 34:36 | 8:39  |
| 244 Ken Doley            | 60 | 35:32 | 8:53  |
| 246 Shawn McKenna        | 40 | 35:45 | 8:56  |
| 259 Stafford Soule       | 43 | 37:32 | 9:23  |
| 263 Kenneth Spier        | 53 | 38:11 | 9:33  |
| 275 Widge Thomas         | 71 | 48:12 | 12:03 |
| 276 Julius Marzul        | 70 | 48:26 | 12:07 |

Many thanks to Race Director Charles Scribner for complete results!





# More Race Results

The Fourth Annual Habitat For Humanity  
Old Port Four Mile Road Race  
185 Finishers (63 Female & 122 Male)  
Portland Regency Hotel, 20 Milk Street, Portland  
7:00 PM, Wednesday, June 19th, 1996

|                                 |    |       |       |
|---------------------------------|----|-------|-------|
| 8 Ryan Fenton 18&under          | 14 | 22:32 | 5:38  |
| 9 George Towle (MTC) 45-54      | 46 | 22:51 | 5:43  |
| 11 Michael Lancaster 37-44      | 38 | 23:26 | 5:52  |
| 30 Bob Payne (MTC) 55-65        | 57 | 25:32 | 6:23  |
| 122 Julius Marzul (MTC) 66&over | 70 | 46:18 | 11:35 |

## Top Overall Finishers

| PLACE/NAME                       | AGE | TIME  | PACE |
|----------------------------------|-----|-------|------|
| 1 Rose Prest-Morrison 1,overall  | 33  | 24:25 | 6:06 |
| 2 Ruth Hall 2,overall            | 38  | 24:53 | 6:13 |
| 3 Jeanne Hackett (MTC) 3,overall | 37  | 26:15 | 6:34 |
| 4 Jennifer Sawyer 4,overall      | 20  | 26:30 | 6:38 |
| 5 Megan Lane 5,overall           | 22  | 26:48 | 6:42 |
| 1 Pete Bottomley (MTC) 1,overall | 34  | 20:44 | 5:11 |
| 2 Mike Caiazzo 2,overall         | 19  | 20:58 | 5:15 |
| 3 Jeff Conant 3,overall          | 21  | 21:06 | 5:17 |
| 4 Mike Payson 4,overall          | 33  | 21:42 | 5:26 |
| 5 Guy Segars 5,overall           | 36  | 21:47 | 5:27 |

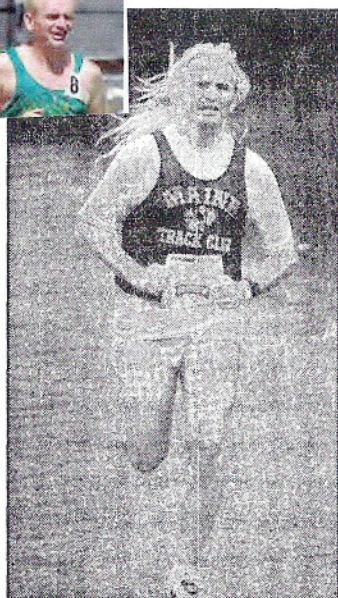
## Other Top Divisional Finishers

|                            |    |       |      |
|----------------------------|----|-------|------|
| 6 Rebecca Wallace 19-27    | 23 | 26:48 | 6:42 |
| 7 Nancy Krum 28-36         | 33 | 28:08 | 7:02 |
| 9 Danyelle Cinque 18&under | 14 | 29:07 | 7:17 |
| 15 Carol Nale (MTC) 45-54  | 45 | 30:40 | 7:40 |
| 20 Jayne Hanley 37-44      | 38 | 31:32 | 7:53 |
| 27 Polly Kenniston 55-65   | 59 | 32:41 | 8:10 |
| 6 Rick Chalmers 28-36      | 34 | 21:59 | 5:30 |
| 7 Ronald Plourde 19-27     | 26 | 22:21 | 5:35 |

## Other Maine Track Club Finishers

|                             |    |       |       |
|-----------------------------|----|-------|-------|
| 11 Lisa Belisle 2,19-27     | 25 | 29:25 | 7:21  |
| 18 Dianne Kazilionis        | 36 | 30:52 | 7:43  |
| 44 Julie Tate               | 33 | 36:45 | 9:11  |
| 13 Britt Wolfe              | 30 | 23:53 | 5:58  |
| 15 Michael Reali 2,37-44    | 42 | 24:29 | 6:07  |
| 23 Scott Strout             | 33 | 25:04 | 6:16  |
| 24 Jacob Morrill 2,18&under | 15 | 25:09 | 6:17  |
| 25 Paul Lessard             | 39 | 25:19 | 6:20  |
| 28 Jerry Conley             | 42 | 25:31 | 6:23  |
| 29 Willie Sproul            | 38 | 25:32 | 6:23  |
| 38 Ray Shevenell            | 55 | 27:10 | 6:48  |
| 66 Ralph Butts              | 35 | 29:01 | 7:15  |
| 69 George Conly             | 48 | 29:19 | 7:20  |
| 82 Mike Brooks              | 50 | 30:17 | 7:34  |
| 88 Joe O'Donnell            | 45 | 30:52 | 7:43  |
| 97 James McCorkle           | 41 | 31:41 | 7:55  |
| 98 Rodger Smith             | 50 | 31:51 | 7:58  |
| 120 Mark Clinch race walker | 40 | 40:27 | 10:07 |

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



**Tom Peterson and Melinda Goldberg.**

photos by Don Penta

## Second Annual Maine Cancer Research & Education Five Kilometer Road Race

241 Finishers (128 Female & 113 Male)  
Back Cove Certified 5K Loop, Portland, Maine  
9:00 AM, Saturday, June 22nd, 1996

## Top Overall Finishers

| PLACE/NAME                    | AGE | TIME  | PACE |
|-------------------------------|-----|-------|------|
| 1 Rose Prest-Morrison overall | 33  | 18:37 | 6:00 |
| 2 Marjorie Graff 1,20-29      | 28  | 19:24 | 6:15 |
| 3 Wanda Binette 1,30-39       | 30  | 19:28 | 6:16 |
| 4 Kristi Larson 2,30-39       | 38  | 20:21 | 6:33 |
| 5 Jennifer Sawyer 2,20-29     | 20  | 20:24 | 6:34 |

|                                 |    |       |      |
|---------------------------------|----|-------|------|
| 1 Tim Donahue overall           | 26 | 16:48 | 5:24 |
| 2 Guy A. Segars 1,30-39         | 36 | 16:54 | 5:26 |
| 3 Ron Newbury overall master    | 46 | 17:18 | 5:34 |
| 4 Ryan Fenton 1,19&under USAT&F | 14 | 17:31 | 5:38 |
| 5 Paul Greene (MTC) 1,20-29     | 24 | 17:44 | 5:42 |

## Other Top Divisional Finishers

|                               |    |       |      |
|-------------------------------|----|-------|------|
| 7 Ellie Tucker overall master | 41 | 20:49 | 6:42 |
| 8 Kendra Rinas 19&under       | 12 | 21:08 | 6:48 |
| 23 Paula Foley 40-49          | 41 | 23:37 | 7:17 |

(Continued on page 9)



# More Race Results

(Continued from page 8)

|                                    |    |       |       |  |    |       |       |
|------------------------------------|----|-------|-------|--|----|-------|-------|
| 41 Melinda T. Goldberg (MTC) 50-59 | 50 | 25:53 | 8:20  | 87 Betty Rines   | 39 | 32:35 | 10:29 |
| 80 Ashley Ryder 60-69              | 66 | 31:52 | 10:15 | 89 Donna Moulton   | 47 | 32:55 | 10:36 |
| 8 John Mollica 40-49               | 43 | 17:58 | 5:47  | 92 Pat Buckley   | 58 | 34:55 | 11:14 |
| 18 Ron Deprez (MTC) 50-59          | 52 | 18:29 | 5:57  | 96 Ruth Hefflefinger 2,60-69                               | 67 | 39:37 | 12:45 |
| 90 Mel Uchenick 60-69              | 65 | 29:29 | 9:29  | 14 Jim Bunnell   | 38 | 18:09 | 5:51  |
| Other Maine Track Club Finishers   |    |       |       | 20 Tom Menendez  | 42 | 18:43 | 6:01  |
| 11 Julia Drinker                   | 35 | 21:54 | 7:03  | 26 Chris Melino  | 29 | 19:11 | 6:10  |
| 17 Dianne LaVangie                 | 37 | 22:38 | 7:17  | 29 Bob Coughlin 2,50-59                                    | 57 | 19:23 | 6:14  |
| 22 Lisa Belisle                    | 25 | 23:34 | 7:35  | 44 Gary Giffard  | 37 | 21:10 | 6:49  |
| 42 Connie Barrett-Albert           | 38 | 26:11 | 8:26  | 53 Keith Malone  | 38 | 21:35 | 6:59  |
| 44 Beth Wilson                     | 40 | 26:21 | 8:29  | 57 Dale Rines  | 43 | 21:59 | 7:05  |
| 51 Nancy Hewett                    | 49 | 26:55 | 8:40  | 62 Mike Brooks   | 50 | 22:39 | 7:17  |
| 52 Heather Gilchrist               | 40 | 26:57 | 8:40  | 65 Evan Hennessey  | 16 | 22:53 | 7:22  |
| 58 Rachel A. Piper                 | 27 | 28:09 | 9:04  | 67 Tom Peterson  | 37 | 23:01 | 7:24  |
| 59 Marlene Russell                 | 43 | 28:27 | 9:09  | 70 Bill Jarvey   | 50 | 24:10 | 7:47  |
| 75 Aleta Kilborn                   | 49 | 30:23 | 9:47  | 87 Wayne Newland   | 58 | 28:34 | 9:12  |
| 83 Virginia Cross                  | 53 | 32:33 | 10:29 | Many thanks to computer ace Bob Aube for complete results! |    |       |       |

## 1996 Literacy Volunteers Five Kilometer Road Race 156 Finishers (47 Female & 109 Male) 5K Sports, 190 U.S. Route 1, Falmouth, Maine 9:00 AM, Sunday, June 30th, 1996

### Top Overall Finishers

| PLACE/NAME                         | AGE | TIME  | PACE |                          |    |       |       |
|------------------------------------|-----|-------|------|--------------------------|----|-------|-------|
| 1 Gayla Underkoffler overall       | 34  | 18:00 | 5:48 | 12 Patti Tableman        | 37 | 22:53 | 7:23  |
| 2 Rose Prest-Morrison 1,30-39      | 33  | 18:05 | 5:50 | 23 Beth Wilson           | 40 | 25:02 | 8:05  |
| 3 Carol Hogan (MTC) 1,40-49 USAT&F | 45  | 19:05 | 6:09 | 27 Debra McKenna         | 39 | 26:03 | 8:24  |
| 4 Ann Stairs (MTC) 1,20-29         | 27  | 19:58 | 6:26 | 29 Nancy Hewett          | 49 | 26:16 | 8:28  |
| 5 Ellie Tucker 2,40-49             | 41  | 20:23 | 6:35 | 34 Joan Bunnell          | 35 | 28:02 | 9:03  |
| 1 Don Legere overall               | 34  | 15:52 | 5:07 | 38 Dianne McCorkle       | 37 | 29:38 | 9:34  |
| 2 Kyle Rhodes 1,20-29              | 29  | 16:19 | 5:16 | 39 Marge Parsons         | 45 | 29:48 | 9:37  |
| 3 Roland Thibault 2,20-29          | 28  | 16:31 | 5:20 | 43 Donna Moulton         | 47 | 33:25 | 10:47 |
| 4 Tim Donahue                      | 26  | 16:43 | 5:24 | 8 Paul Greene            | 24 | 17:09 | 5:32  |
| 5 Roland Plourde                   | 26  | 16:52 | 5:26 | 21 Jim Bunnell           | 38 | 18:17 | 5:54  |
|                                    |     |       |      | 26 Tom Menendez          | 42 | 18:36 | 6:00  |
|                                    |     |       |      | 39 Paul Lessard          | 39 | 19:14 | 6:12  |
|                                    |     |       |      | 40 Bob Payne             | 57 | 19:22 | 6:15  |
|                                    |     |       |      | 45 K. Scott Hinckley     | 38 | 19:57 | 6:26  |
|                                    |     |       |      | 54 John LeRoy            | 59 | 20:58 | 6:46  |
|                                    |     |       |      | 55 Keith Malone          | 38 | 21:06 | 6:48  |
|                                    |     |       |      | 59 Rick Meinking         | 35 | 21:21 | 6:53  |
|                                    |     |       |      | 60 Hap Hazzard 2,60&over | 64 | 21:26 | 6:55  |
|                                    |     |       |      | 64 Dick Lajoie           | 56 | 21:51 | 7:04  |
|                                    |     |       |      | 66 Todd Dennis           | 15 | 22:00 | 7:06  |
|                                    |     |       |      | 67 Bob Aube              | 30 | 22:08 | 7:08  |
|                                    |     |       |      | 68 Reggie Sargent        | 50 | 22:12 | 7:10  |
|                                    |     |       |      | 72 Mike Brooks           | 50 | 22:24 | 7:17  |
|                                    |     |       |      | 76 Jim Stokes            | 34 | 22:42 | 7:19  |
|                                    |     |       |      | 78 Tom Peterson          | 37 | 22:59 | 7:25  |
|                                    |     |       |      | 83 George Liming         | 45 | 23:12 | 7:29  |
|                                    |     |       |      | 87 Richard Cavanaugh     | 63 | 23:33 | 7:36  |
|                                    |     |       |      | 90 John Cole             | 43 | 24:07 | 7:47  |
|                                    |     |       |      | 92 Tom Atchison          | 47 | 24:42 | 7:58  |
|                                    |     |       |      | 99 Mark Coughlin         | 32 | 26:52 | 8:40  |
|                                    |     |       |      | 108 Julius Marzul        | 70 | 35:09 | 11:20 |

### Other Top Divisional Finishers

|                                    |    |       |       |
|------------------------------------|----|-------|-------|
| 11 Sadie Williams 14-19            | 15 | 22:35 | 7:17  |
| 19 Patricia Terrill 60&over USAT&F | 61 | 24:36 | 7:56  |
| 31 Kasmiera Hughes USAT&F          | 8  | 27:03 | 8:44  |
| 42 Kate Harris (MTC) 50-59         | 50 | 33:24 | 10:46 |
| 7 Garry Gregel 30-39               | 39 | 17:06 | 5:31  |
| 14 Rob Craig (MTC) 40-49           | 40 | 17:37 | 5:41  |
| 22 Keith Hinds 14-19               | 18 | 18:20 | 5:55  |
| 35 Bob Hawkes wheelchair           | 74 | 18:55 | 6:06  |
| 36 Bob Coughlin (MTC) 50-59        | 57 | 18:57 | 6:07  |
| 60 Hap Hazzard (MTC) 60&over       | 64 | 21:26 | 6:55  |
| 79 Eric Bowden 13&under            | 13 | 23:02 | 7:26  |
| 105 Jeff McCorkle (MTC) USAT&F     | 6  | 29:37 | 9:33  |

### Other Maine Track Club Finishers

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



## New members

Ann Marie Hess  
6 Meadow Creek  
Falmouth, ME 04105  
781-7038  
Consultant, Innov. Assoc.

Melinda Goldberg  
45 E. Prom, Apt. 4J  
Portland, ME 04102-4817  
879-2601

William Jarvey  
93 Deep Cove Shores  
Raymond, ME 04071-0001  
Self employed, Battery Distributor  
655-2907

Susan Kolakowski  
961 Hotel Road  
Auburn, ME 04210

Dave Canarie  
975 Sawyer Street  
South Portland, ME 04106-6537  
767-2053

John Cullinane  
83 Fairway Drive  
Auburn, ME 04210-8877  
777-6656  
Androscoggin Bank, Trust Banking

Bridget Ramsdell  
309 Pleasant Hill Road  
Scarborough, ME 04074-8654  
885-5379

Jay Neil, Jr.  
20 Bostwick Road  
Brunswick, ME 04011  
729-4279  
Anesthesiologist

## Notes from our newest members

I was a member of the Central Mass Striders for many years and I know how much work and effort it takes to put on road races. Joining the Maine Track Club is, for me, a show of support for all you do. I am an average 50-year-old runner.

—Bill Jarvey

I purchased my first pair of running shoes at 5K Sports six months ago and ran my first race ever (Maine Cancer Research and Education 5K) on June 22. I did 23.32 and was thrilled.

I hope to enter more races and would like more information. My kids were thrilled to see their mom run and would like to know if there are any children races.

—Bridget Ramsdell

About a year ago, I picked up my running schedule in order to train for a race. Since then I've basically "crossed over" from being a fitness jogger to competition training. Currently I'm working toward the Casco Bay Marathon on 10/6 (my first).

Although I'll be out of Maine during much of July, I'd like to touch base with others doing distance training in August and September. The schedule I've set out has me alternating mile repeats and long runs on Sundays. Please give me a call if you also would like a running partner. (I average about 7:30 or so on long runs, i.e. over 12).

Oh, by the way...I'm sort of young (30). There are some of us out there. Hope to see you at a meeting or a race!!

—Britt Wolfe



## Upcoming races

### August 3

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

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

Naples Days 5K, 8 a.m. Contact: Andrew Richards 693-3300.

Palermo Days 5K, 8 a.m. (kids fun run at 7:45 a.m.). Contact: Debbie Langis 993-2664 or Mardie Brown 993-2417.

International Road Race, 5-Miler, Calais, 9 a.m. Contact: John Rogers 454-7595.

Already August? 10K, Presque Isle, 9 a.m. Contact: Paul Lamoreau 764-6517.

### August 4

York Days 5K, 9 a.m. Contact: 363-1040.

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

### August 9

**St. Peter's 4-Miler, Portland, 7 p.m. Contact: 773-0748.**

### August 10

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

Wilton Blueberry Festival 10K, 9 a.m. (1-mile fun run at 8:30 a.m.). Contact: Kelley Cullenberg, 778-4971.

### August 11

Pennacook Valley Festival 5K, Rumford, 9 a.m. Contact: Joe Sirois 364-2659.

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

### August 17

Machias Blueberry Festival 5-Miler. Contact: Sunrise Opportunity 255-8696.

### August 18

**Sports East Bowdoin and Back 10-Miler, Brunswick, 8 a.m. Contact: Sports East 729-1800 or Barry O'Neil 729-3980.**

Cardiac Run/Walk, Bangor, 7:30 p.m. (walkers at 6 p.m.). Contact: Paul Hammond, 941-2815.

### August 25

Grant's Dairy 5-Miler, Bangor, 9 a.m., (1-mile fun run 8:30 a.m.) Contact: Paul Hammond 941-2815.

### August 31

**Forecaster 10K Foot Race, Falmouth, 9 a.m. Contact: Nancy Lund 781-3661.**

James Gang 10K, Gorham, N.H., 9 a.m. Contact: Paul Letarte 603-752-3718.

Breakaway 5K, Old Orchard Beach, 9:30 a.m. Contact: Ken Dion 934-2242.

New Balance Log Day 5K, Skowhegan, 9 a.m. Contact: Walter Crockett 474-7179.

### September 1

Maine Sport Triathlon, Camden, 9 a.m. (1/2-mile swim, 26.5-mile bike, 6.6-mile run). Contact: Sarah Andrus 236-7120.

Note: Races in bold are MTC events

## Other MTC events in 1996

### Date — Event

### Contact

|   |   |
|---|---|
| September 8 — Women's Distance Festival, Portland.....              | Jim McCorkle 781-3134                                 |
| September 15 — Sharing & Caring 5K, South Portland.....             | Everett Moulton 799-2894                              |
| October 6 — Maine Marathon & Casco Bay Half Marathon, Portland..... | Jim McCorkle 781-3134                                 |
| October 19 — MTC 50-Mile Ultra Marathon, Brunswick.....             | Al and Sandy Utterstrom 797-4710                      |
| October 20 — Physical Therapy 8K, Brunswick.....                    | Sarah Bronson 892-5357/John LeRoy 725-8680            |
| November 19 — Turkey Trot 5K & 10K, Cape Elizabeth.....             | Malcolm Washburn 727-5653/Mary Anne Champeon 799-0456 |
| November 28 — Thanksgiving Day 4-Miler, Portland.....               | George Towle 878-8419                                 |
| December 11 — MTC Jingle Bell Fun Run.....                          | Everett Moulton 799-2894                              |





# MTC 1996 Officers and Committee Chairs



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

## Maine Track Club Membership Application

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

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

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

Street Address \_\_\_\_\_ Home Phone \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Nine-digit ZIP\* \_\_\_\_\_

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

Employer \_\_\_\_\_ Occupation \_\_\_\_\_ Bus. Phone \_\_\_\_\_  
 Employer \_\_\_\_\_ Occupation \_\_\_\_\_ Bus. Phone \_\_\_\_\_  
 If Student, School \_\_\_\_\_ Yr. of Grad. \_\_\_\_\_  
 If Student, School \_\_\_\_\_ Yr. of Grad. \_\_\_\_\_

## Volunteer Waiver

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

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

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

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