



News•Run

Run with a friend ...

August 1997

From the Presidential Suite ...

This month, I have the distinctive pleasure of announcing the 1997 Bruce Ellis Scholarship winners. Before I broach this subject, I must first thank Ray Shevenell, Don Penta and Jeanne Hackett for their efforts with the Mid-Winter Classic. The proceeds of this race provide the funding for the scholarships, and this year was a good one thanks to the hard work and dedication of the race directors. The memory of Bruce was well served. Thanks !

The Maine Track Club was able to offer three deserving students a chance to attend a running camp this summer. These students are all MTC members as well as accomplished runners. I might also add that, without our help, none of the three would have the wherewithal to attend. I am proud that we could help.

That Marlin Conrad is one of the state's finest masters runners, most of you are probably aware. What you may not know is that he has two sons who are chips off the old block! Claton and Elliot Conrad will receive Bruce Ellis Scholarships. Both junior high students have been making their mark at school and on the roads in Maine. Claton recently won the 4th of July fun run at L.L.Bean, and Elliot placed 10th overall in the tri-county championships. Both athletes participate in other sports, but have a special affinity for running. Marlin feels a summer camp will keep his sons focus

(Continued on page 3)

August MTC Meeting and Picnic

Wednesday, August 13, 1997, 6 p.m.
Fort Williams Park, Cape Elizabeth

The August MTC meeting will be held at Fort Williams Park in Cape Elizabeth off the Shore Road. We will meet at the picnic area adjacent to the beach in the park. We will begin with a fun run of 3 to 5 miles in length (various length courses will be laid out) followed by a picnic and social. Please bring a picnic meal and beverages and join us for the fun.

Peace Run

Help carry the Peace Torch on a special spur of the world wide Peace Run. If you can run at a 10-minute per mile pace for even a mile you can experience the thrill of carrying the symbol of peace down Route 1 from Brunswick to Portland's Back Cove. There are no registration fees and you won't be asked to contribute to anything. You don't even have to register, but a phone call to John LeRoy at 725-8680 will help with the planning (or give your name and segment you will run to 5K Sports). Just show up anywhere along the route and run with the group for as long as you wish. A shuttle will return you to your starting point.

In the past, many have found that the Maine Spur of the Peace Run provides the opportunity to get in their long run under ideal conditions; good company, water and refreshments along the way, traffic control with a lead vehicle and the thrill of participating in something

(Continued on page 7)

Inside This Issue

Report on RRCA convention	Page 2
News•Run Notes	Page 3
Upcoming races	Page 4
Race results	Pages 5-7
MTC discounts and group runs	Page 8

RRCA Convention

By Everett Moulton, State RRCA Representative

Thank you very much for sending me to the 40th annual Road Runners Club of America convention in Colorado Springs the week of June 4-8.

There were three workshops running at a time for three days. The days started at 6 a.m. with group runs and ended each night with such things as tours of the Air Force Academy, the United States Olympic Training Center and curio shops in the city. Other events included the Running Times Poker Run and Auction, and the RRCA Awards Banquet.

I attended a newsletter workshop where clip art, newsletter content and format were demonstrated in depth; a Runscore software training session with new updates that should prove extremely valuable; and saw demos of ElfScore and Race Director as well as a new windows software program just coming out. I also attended workshops on nutrition, stretching, youth running and seniors running.

At the annual business meeting, a plan was unveiled for a "Run to Work Day" that is being organized with the help of local YMCAs and other fitness centers. A discussion was held on t-shirts bearing slogans such as "How's my running? Call <club phone number>," in an effort to promote clubs. Another new trend is to develop a club business card with your club's mailing address, phone line, e-mail address and website location imprinted on them for members to pass out at runners' gatherings.

Many new friends were made and old acquaintances were renewed. Many club banners decorated the balconies of the Red Lion Hotel. I received a plaque during the Eastern regional meeting for my work put forth to Maine running and received numerous gifts at the state rep breakfast.

We had some extreme weather conditions. Instead of the usual rainy mist that falls each day around 4 p.m. for about an hour, we had heavy rain with thunderstorms that sometimes included golf-ball sized hail from late afternoon through the early evening. We awakened each morning to overcast skies until the clouds cleared around 8 a.m., reminding us of the 7,000-foot elevation. Running at this altitude was like running with a plastic bag over your head. The air is thin, which is why the Olympic teams train there.

The Garden of the Gods 10-Miler, it was generally agreed by runners from all states, is the most scenic and most difficult 10-mile race around. Guess they have never entered our Midwinter Classic 10-Miler.

A large expo proved to be very interesting as well as informative. The trading of newsletters, hats, t-shirts, pins, mugs and other paraphernalia was extensive as usual. I had to purchase another piece of luggage just to bring home all the accumulated paperwork and gifts. I have driven to the past two conventions and space was not a problem, but while flying this year proved more relaxing, it meant more compact packing.

The RRCA Roads Scholars program is alive and well after the inaugural year, and hopefully Maine runners will benefit from the program again soon. I would also like to see Maine establish state and regional championship races, and I encourage

(Continued on page 7)

News•Run Sponsors

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

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

Sponsor

The Nielsen family

News•Run Notes

Look out, Dan Dearing

John LeRoy recently had to take a break from running due to a calf injury, but he didn't become a couch potato in the meantime. Instead, he took up a new sport — in-line skating. John traveled to New Hampshire for an in-line skating race last month, and not only did he win his age group, but he also set a course record for skaters 50-and-above. John was so encouraged by his result that he bought a new pair of racing skates. Next thing you know, he'll be challenging another runner-turned-skater, Dan Dearing.

□□□

Injury problems have also hampered Herb Strom's running, but he, too, has found another means of exercise. In Herb's case, he has turned to cycling. He completed the three-day, 190-mile Trek Across Maine in June and is currently training for the upcoming MS 150.

□□□

Don Penta would like to say a word of thanks to Roland Thibault for his efforts to publish a magazine for Maine runners. Roland recently announced that he is discontinuing his publication — Pine Tree Running Journal — due to a lack of subscribers and advertisers. It wasn't through a lack of effort on Roland's part, certainly, because he put a lot of work into the magazine and deserves thanks for his efforts.

□□□

While we're on the subject of thank yous, thanks to everyone who passed along well wishes to Marge and I for our wedding. By the time you get this newsletter, we should be on our honeymoon, or maybe even back already if the mail is as slow as usual. Thanks again.

We need your input

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

(Continued from page 1)

on running over the summer months and will reap the benefits this fall with x-country. Congratulations to both of you, I am sure you will represent the club in good fashion.

Matt Lunt will be a senior at Cape Elizabeth and was nominated by Mary Ann Doss, a long-time MTC member. Matt comes highly recommended by Mary Ann, and for good reason. Among his accomplishments; he has posted a 2:05 for 800 meters, 4:31 for 1,600, and a 10:03 for 3,200. These are impressive numbers! Matt also finished 4th overall in the state x-country championships. Matt's goal is to earn a college scholarship through running, an admirable goal indeed. Mary Ann reports that with his determination, he has a good chance of doing just that. Matt will be attending a prestigious running camp in Colorado, and I am proud we could help this deserving member of the club. Good luck Matt; I hope you realize all of your goals.

On a different note, I wanted to touch upon the subject of Maine Track Club clothing, in particular, that of our race uniforms. Over the last few years, I have noticed that fewer and fewer MTC members are sporting our singlets and shorts at the local races. I have been in a quandary as to why, but now feel I have a handle on the root of the problem. Many members have expressed their dissatisfaction with the fit as well as the material used in both. Supplex and Coolmax seem to be the preferred materials for a possible new line of MTC race uniforms. I have Howard Spear looking into this matter, and we should have some samples to look at soon. My feeling is to offer these new uniforms to club members for less than cost in an effort to promote wearing them at local races. Should you have an opinion about design or materials, or even how to promote use of them, please give the MTC phone a call and share your ideas. Feel free to call me at 829-2014 or E-mail me at mreali6278@aol.com. I would like to know the club's thoughts on this matter.

On a final note, I would like to thank John Gale, our vice president, for organizing the day at the Sea Dogs. This outing replaced our regular meeting and was a wonderful time. Forty members enjoyed a cookout followed by the game on a day that could not have been better! This was my first experience at the picnic area of the park, and I hope it's not my last. The facilities were excellent, and the company the best. I would like to make this an annual event every July. Any objections?

The August meeting will be a fun run at Fort Williams, followed by a picnic. This should be another fine John Gale event. I hope to see many of you there. Until then.....

—Michael Reali

Upcoming Races

July 29

Yankee Homecoming 5K and 10 Miler, Newburyport, Mass.

July 30

Summer Fun Run Series (half-mile, mile and 5K), Falmouth, 6:30 p.m. Contact: Jim McCorkle 781-3134 or Roland Thibault 854-5168.

Dyer Memorial 5K and Ralph Thomas Masters Mile, Winslow, 6 p.m. Contact: Gene Roy 465-7296.

August 2

Healthier Community 5K, Lewiston, 8:30 a.m. (kids 1K at 8 a.m.). Contact: Vicki Bryant 795-2720.

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

Pony Pride Alumni 5K, Dover-Foxcroft, 8 a.m. Contact: Louise Clement 564-2168.

August 3

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

August 6

Summer Fun Run Series (half-mile, mile and 5K) and Falmouth Education Foundation 10K, Falmouth, 6:30 p.m. Contact: Jim McCorkle 781-3134.

August 8

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

August 9

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

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

August 10

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

August 16

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

Jefferson Community Days 5K, 9 a.m. Contact: Candace Cartier 549-3943.

August 17

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

August 23

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

August 24

Angie Abraham Scholarship 4 Miler, Portland. Contact: Charlie Scribner 781-7223.

Boothbay Region YMCA Outdoor Challenge Triathlon/Biathlon (50-mile bike, 10K run, 5-mile canoe), Boothbay Harbor, 11 a.m. Contact: Frank Nappo 633-2855 or 633-7091.

Grant's Dairy 5-Miler, Bangor, 9 a.m. Contact: Paul Hammond 941-2824.

August 30

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

Log Days/New Balance 5K, Skowhegan. Contact: Walter Crockett 474-7179.

Breakaway 5K, Old Orchard Beach. Contact: Charlie Scribner 781-7223.

August 31

Casco Bay Bridge 5K, Portland, 11 a.m. Contact: Jim McCorkle 781-3134.

September 1

Bangor Labor Day Road Race (5 Miles), 9 a.m. Contact: Mike Lucas 947-1018.

September 7

Women's Distance Festival (5K), Portland. Contact: Jim McCorkle 781-3134.

Note: MTC races are in bold

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

Notice about race fliers

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

Race Results

Submitted by Don Penta

"*" following time indicates a female finisher

"USAT&F" following name = finisher qualifies for national ranking according to standards established by the National Running Data Center of USA Track & Field.

The 1997 Sugarloaf Marathon 118 Finishers (31 Female & 87 Male)

Cert. Point To Point Course: Cathedral Pines To Kingfield
Sunday, May 18th, 1997

PLACE/NAME	AGE	TIME
1 Robert Ashby.....	28	2:31:32
2 David Weatherbie.....	29	2:33:40
3 Joseph Kaiser, Jr.....	40	2:38:09
4 Stephen Reed.....	49	2:51:10
5 Newell Lewey.....	38	2:52:03
7 Mark Steege (MTC).....	42	2:53:30
13 Zeke Zucker.....	53	3:02:43
20 Rebecca Richards.....	35	3:07:21*
21 Lisa Smith.....	38	3:08:11*
22 Alburn Butler (MTC).....	43	3:08:17
31 Kelley Cullenberg.....	35	3:14:30*
46 Dick Green.....	62	3:28:37
47 Carrie McCusker-Brady.....	27	3:28:41*
59 Stephanie Peavey.....	41	3:39:35*
60 Louisa Dunlap USAT&F.....	56	3:39:59*
62 Craig Whiton (MTC).....	46	3:42:00
65 Rex Holtan.....	45	3:42:45
78 Carlton Mendell (MTC) USAT&F.....	75	3:57:47

The 1997 Sugarloaf 15K Road Race 106 Finishers (29 Female & 77 Male) Certified Point To Point Course: Carrabassett Valley To Kingfield Sunday, May 18th, 1997

PLACE/NAME	TIME
1 George Towle (MTC) USAT&F:45-49.....	52:29
2 Gordon Hartwell.....	53:13
3 Ludovic Bruyere.....	53:35
4 David Drew.....	54:04
5 Dennis McIver USAT&F:45-49.....	54:10
6 Kevin McDonald USAT&F:45-49.....	55:30
13 Laurel Valley (MTC).....	1:00:58*
15 Donna Hurley USAT&F:35-39.....	1:01:31*
20 Sheila Hodges USAT&F:40-44.....	1:01:49*
21 Susan Foster.....	1:02:26*
24 Nancy Kneeland (MTC).....	1:03:21*
25 Alison Kisch (MTC).....	1:03:28*
29 Malcolm Washburn, Jr. (MTC).....	1:04:12
30 Edison Doughty, Jr. (MTC).....	1:04:39
34 Ron Cedrone (MTC).....	1:05:09
40 Steven Jacobsen (MTC).....	1:06:14
44 Kathryn Tolford (MTC).....	1:07:02*
47 Loren Lathrop (MTC).....	1:07:36
54 Don Bessey (MTC).....	1:08:29
56 Kitty Kelley (MTC) USAT&F:50-54.....	1:09:13*
92 Russell Bradley (MTC) USAT&F:70-74.....	1:17:59

Many thanks to the *PINE TREE RUNNING JOURNAL* for complete results to the Sugarloaf Marathon and 15 Kilometer races!

The Maine Track Club & The Greater Portland YMCA Present The 1997 "Back Bay" 5K 325 Finishers (125 Female & 200 Male) Back Cove, Portland, Certified 5 Kilometer Loop 6:30 p.m., Friday, May 23rd, 1997

Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Michael Payson (MTC) 1,overall.....	34	15:52	5:06
2 Paul Johnson 2,overall.....	19	15:53	5:07
3 Lonnie Remy 3,overall.....	21	16:12	5:13
4 Guy Segars 1,30-39.....	37	16:24	5:17
5 TJ Hesler 1,20-29.....	28	16:47	5:24
50 Carrie McCusker-Brady 1,overall.....	27	20:16*	6:31
53 Nancy Krum 2,overall.....	34	20:21*	6:33
59 Linda Hanson (MTC) 3,over. USAT&F.....	50	20:40*	6:39
63 Jayne Chase 1,30-39.....	35	20:50*	6:42
64 Janna Rearick 1,19&under.....	17	20:51*	6:43

Other Top Divisional Finishers

17 Blake Davis 19&under USAT&F.....	13	18:31	5:58
19 Tom Menendez (MTC) 40-49.....	43	18:36	5:59
23 Lawson Noyes 50-59.....	55	18:54	6:05
30 Lloyd Slocum 60&over USAT&F.....	64	19:14	6:11
72 Deb Merrill 40-49.....	41	21:07*	6:48
99 Megan Wehr 20-29.....	22	22:08*	7:07
171 Sherry Carll (MTC) 50-59.....	50	24:23*	7:51
221 Carlton Mendell (MTC) USAT&F.....	75	25:55	8:20
283 Terri Morris (MTC) 60&over.....	68	31:53*	10:16

Other Maine Track Club Finishers

14 David Chamberlain.....	35	18:18	5:53
20 Britt Wolfe.....	31	18:38	6:00

25 Tim Clement.....	36	18:57	6:06
44 Paul Gadbois.....	43	19:58	6:26
61 Jim Estes.....	47	20:48	6:42
67 Tom Keating.....	40	20:55	6:44
75 Thomas Carll.....	52	21:10	6:49
79 Tom Harlow.....	51	21:20	6:52
107 Ralph Butts.....	36	22:22	7:12
110 Allison Giustra 2,20-29.....	27	22:33*	7:15
111 Wendy Williams 2,40-49.....	43	22:37*	7:17
116 Ron Schopp.....	47	22:48	7:20
124 Lisa Kelley.....	32	23:02*	7:25
126 Harry White.....	54	23:05	7:26
152 Don Russell 3,60&over.....	60	23:48	7:40
153 Mike McClellan.....	51	23:51	7:41
154 George Conly.....	49	23:53	7:41
155 Carol Nale.....	46	23:54*	7:42
184 Elizabeth Stuart.....	34	24:49*	7:59
187 Jack Nyhan.....	65	24:52	8:00
191 Dana Brown.....	22	24:59*	8:02
192 Jeff Thaler.....	43	25:03	8:04
206 Larry Perkins.....	52	25:27	8:11
210 Betsy Lane.....	45	25:36*	8:14
220 Carlene Anderson.....	47	25:54*	8:20
228 Beth Wilson.....	41	26:17*	8:28
239 Ellen Della Torre.....	32	26:45*	8:37
244 Sandy Utterstrom 2,50-59.....	53	27:14*	8:46
264 Kenneth Spier.....	54	28:46	9:16
295 Ruth Heffelfinger 2,60&over.....	68	34:03*	10:58
296 Don Penta.....	50	34:11	11:00
298 Kate Harris.....	51	35:04*	11:17

Many thanks to Howard Spear and the Technical Race Committee for complete results!

More Race Results

The Maine Track Club Presents
The Maine Cancer Research & Education Foundation 5K
 175 Finishers (96 Female & 79 Male)
 Back Cove, Portland, Certified 5 Kilometer Loop
 9:00 a.m., Saturday, June 21st, 1997

Top Overall Finishers

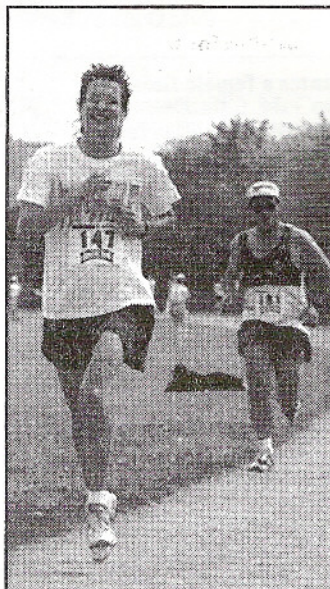
PLACE/NAME	AGE	TIME
1 Mike Caiazzo overall	20	16:33
2 Kyle Rhoads 120-29	27	16:38
3 David Howard 1,30-39	30	17:29
4 Kristin Pierce overall	23	17:29*
5 Greg Knapta 2,20-29	27	17:35
6 Denise Harlow 120-29	26	17:38*
7 Richard Flagg	28	18:19
22 Monica MacDonald 1,30-39	31	20:22*
25 Bridget MacLaughlin 2,20-29	21	20:33*
26 Christine McCubbin	26	20:52*

Other Top Divisional Finishers

8 David Janelle 40-49	45	18:25
12 John Nale, Jr. (MTC) 19&under	17	18:48
29 Ellie Tucker 40-49	42	21:04*
36 Dick Stott 50-59	52	21:47
52 Megan Greenleaf 19&under	15	23:15*
56 Don Russell (MTC) 60&over	60	23:31
95 Kathy Greenleaf 50-59	54	27:56*
96 Irene Morris 2,50-59	55	27:57*
140 Mary-Ann Weston 60&over	60	45:34*
141 Sally Reifsnnyder 2,60&over	64	45:35*
158 Connie Ryan	67	52:51*

Other Maine Track Club Finishers

9 John Eldredge 2,40-49	42	18:32
10 Tom Menendez	43	18:41
17 Ed Doughty	48	19:35
23 Willie Sproul	39	20:27
27 Tom Keating	40	21:00
34 Mick McCall	43	21:22
37 Brian Lathrop 2,19&under	17	21:49
40 Frank Knight 2,50-59	51	21:57
43 Richard Scribner	45	22:20



Left: Monica MacDonald and Willie Sproul
 Right: Tom Menendez

photos by Don Penta

49 Mike Brooks	51	23:05
51 Ron Schopp	47	23:10
53 Harry White	54	23:20
59 John Nale, Sr.	47	23:38
66 Dana Seguin	42	24:21
72 Wendy Berthiaume	32	25:09*
74 Beth Wilson	41	25:17*
92 Beverly Doughty	45	27:18*
98 Donna Trout	45	27:59*
128 Steven Hawkins	28	37:58

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

2nd Annual RiverWoods Masters Plus 5K
 9:00 a.m., May 31st, 1997, Exeter, NH
 141 Finishers

Maine Finishers

PLACE/NAME	TOWN	AGE	TIME	PACE
14 Jerry Mullin	Cape Porpoise	42	18:52	6:05
26 Kim Coombs	Gorham	40	20:27*	6:35
38 Tony Santiago	York	43	21:47	7:01
50 Faye Lowrey	Berwick	53	22:54*	7:23
59 Peter Scontras	Kittery	68	23:42	7:38
86 Bill Weatherbie	Brunswick	56	25:52	8:20
107 Jomarie McAulay	East Lebanon	45	28:34*	9:12
111 Marge Parsons (MTC)	Cumberland	46	29:12*	9:24
112 Susan Davenny (MTC)	Portland	48	29:39*	9:33
126 Robin Santiago	York	43	32:46*	10:33
132 Ruth Hefflefinger (MTC)	Portland	68	34:21*	11:04
135 Don Penta (MTC)	Windham	51	35:04	11:18
139 Judith Potter	Eliot	50	38:40*	12:27

This is a very well organized event held at a beautiful retirement community in a scenic residential area of Exeter, New Hampshire. The course was fairly challenging with some hills; the refreshments

and awards were great; and the results were promptly done by Granite State Race Services. Some of us Track Club members went to a late breakfast at Friendly's after the race. We had a great time!

Many thanks to *GRANITE STATE RACE SERVICES* for complete results!

The 1997 Covered Bridges Half Marathon
 May 11th, 1997 - Woodstock, Vermont

Maine Track Club Finishers

NAME	TOWN	AGE	TIME
Gerry Conley	Portland	43	1:29:31
Ann Marie McGovern	Gorham	32	1:33:19*
Ann Stairs	Cape Elizabeth	28	1:33:24*
Kevin Conley	Portland	27	1:34:45
Jeanne Hackett	Peaks Island	38	1:34:58*
Michael Brooks	Danville	51	1:46:09
Russ Bradley	Cape Elizabeth	73	1:52:09

Many thanks to the *PINE TREE RUNNING JOURNAL* for these results!

More Race Results

The 1997 Run For The Roses 5K May 14th 1997 - Salisbury, MA

Maine Finishers

3 Christine Snow-Reaser	31
15 Carol Hogan (MTC)	46
16 Jeanne Hackett (MTC)	38
29 Ann Stairs (MTC)	28
30 Carol Weeks (MTC)	48
31 Nancy Cooper	42
34 Jessie Andrews	21
36 Melanie Austin	16
39 Katie Reid	21
44 Kim White (MTC)	35
45 Nancy Weis	36

50 Kate Meyers (MTC)	36	21:47
66 Julie Fitzgerald	32	22:24
69 Betty Rines (MTC)	40	22:32
70 Melissa Stillberger	22	22:35
79 Gina Melaragno	22	22:53
112 Dianne Kazilionis (MTC)	37	24:04
192 Adrienne Turner	38	26:23

The Run To Win Team of Christine Snow-Reaser, Jeanne Hackett, and Ann Stairs placed third in a total time of 56:01. In the masters division, the Run To Win team of Carol Hogan, Carol Weeks, and Nancy Cooper placed second in 1:00:36.

Many thanks to the *PINE TREE RUNNING JOURNAL* for complete Maine results!

Welcome to our newest members

Joseph & Monica MacDonald (30 & 31)

34A Chestnut Common

New Gloucester, ME 04260

926-4224

Electical Engineer, BIW

Homemaker

926-4224

Mark Bruns (38)

32 Lawrence Road

Gray, ME 04039-0032

428-3566

Sales & Materials Mgr., Bruns Bros. Process Equip.

(Continued from page 2)

nominations for RRCA newsletter and volunteer awards.

Peoria, Ill., is the location of the 1998 convention, and the 1999 convention will be held in Spokane, Wash. The 2000 convention will be held in the Eastern Region, and a Florida club is already preparing a bid. Many still remember the 1986 convention in Maine and would love to see it return to the rocky coast. I do not know if another Maine club would be interested in assisting us with a convention, but the Marriott would be a lovely spot with its own golf course and a nearby shopping mall, not to mention the availability of L.L. Bean tours, a Casco Bay evening cruise, nearby amusement parks in Saco and Old Orchard Beach and the Sea Dogs.

Leaving was hard again, as the friendships and camaraderie over the week make for emotional partings, but only until next year. Hopefully, some of you will be in Peoria to experience the thrill of it all.

(Continued from page 1)

worthwhile. Children are welcome but must have adult supervision.

A reception will be held at 8 p.m. at the Italian Heritage Center. Runners are invited to visit with members of the Sri Chinmoy Marathon Team who will have run over 10,000 miles in their 50-state relay around the United States.

As a guide, the following is an estimate of the times the Peace Run will be at various points along Route 1. You may join and depart the run any place along the route. Times are only an estimate, so plan to show up a few minutes early. Remember the group's pace is determined by the slowest runners. Special recognition will be given to the runner who runs the farthest. Note: No one has ever run the whole way! You could be the first!

Estimated scheduled

		0 miles
Leave Brunswick	2:30 p.m.	
Jct. 95	2:55	2.2
Bass Shoes	3:32	5.5
Freeport — Exit 21	3:55	7.6
Rt. 125/136	4:12	9.1
Desert Road	4:29	10.6
Muddy Rudder	5:00	13.4
Exit 17 Rt. 95	5:07	14.1
Yarmouth Rt. 115	5:17	15.1
Middle Road	5:26	15.9
Cumberland Jct. 88	5:45	17
Street Cycle	6:09	19.6
Falmouth Shop Center	6:25	21.0
5K Sports	6:30	21.3
Martin's Point Bridge	6:50	23.4
Baxter Blvd.	7:08	24.7
Back Cove Parking	7:30	26.7

Reception (food) at the Italian Heritage Center at 8 p.m. For more information, call John LeRoy 725-8680 or ask at 5K Sports.

MTC Discounts

The following area sporting goods stores have agreed to give MTC members discounts on running shoes and running clothing. It is necessary that you show your 1997 club ID card when requesting discounts.

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

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

Coastal Athletics
84 Cove St, Portland
Asics shoes exclusively
Discounts according to model
Call ahead for Ron Kelley 772-4530

George and Phillips, Inc.,
Route 1, Kittery;
295 Water St., Exeter, N.H.
These are Nike Outlet Stores featuring slightly defective or blemished shoes at reduced prices. All top quality regularly.
Shoes 20% off

Lamey Wellehan
Maine Mall; Falmouth Shopping Center;
Cook's Corner; Auburn Mall
10% on running shoes

MVP Sports
333 Clarks Pond Pkwy., South Portland
10% on non-sale running shoes and clothing

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



Group runs

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

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

Brunswick

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

Kennebunk

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

Portland

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

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

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

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

South Portland

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

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



MTC 1997 Officers and Committee

USA Track & Field



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

Maine Track Club Membership Application

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

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

Last Name _____ First Name _____ Gender (M or F) _____ DOB _____
 Last Name _____ First Name _____ Gender (M or F) _____ DOB _____
 Last Name _____ First Name _____ Gender (M or F) _____ DOB _____
 Last Name _____ First Name _____ Gender (M or F) _____ DOB _____
 Last Name _____ First Name _____ Gender (M or F) _____ DOB _____

Street Address _____ Home phone _____
 City _____ State _____ Nine-digit ZIP* _____

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

Employer _____ Occupation _____ Business phone _____
 Employer _____ Occupation _____ Business phone _____
 If student, school _____ Year of graduation _____
 If student, school _____ Year of graduation _____
 If student, school _____ Year of graduation _____

Volunteer waiver

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

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

Signature _____ Date _____
 Signature _____ Date _____
 Signature _____ Date _____
 Signature _____ Date _____
 Signature _____ Date _____

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