



News•Run

Run with a friend ...

August 1998



MTC secretary Alyce Schultz and vice president Marge Aube pose for a picture at the annual club cookout.

photo by Don Penta

MTC Pie Run and Dessert Pot Luck

**Wednesday, August 12, 1998, 6:30 p.m.
Payson Park, Portland**

Reviving what used to be an annual tradition, club members are encouraged to come to Payson Park for the MTC Pie Run. Everyone is asked to bring a pie, which you'll have to carry as we run along the Back Cove.

After the run, we'll partake in a dessert pot luck. Since the pies probably won't be "edible" after the run, participants should bring another dessert to share with their fellow club members. Beverages will be supplied by the club.

Beginning in September, the MTC will return to its regular schedule of meeting the second Wednesday of each month at SMTC's Machine Tool Auditorium.

Upcoming meeting

**September 9:
Speaker — Kim Moody**

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News•Run Notes

St. Peter's race scheduled for August 14

To clear up a bit of confusion, the date of this year's St. Peter's 4-Miler is Friday, Aug. 14, not Aug. 7 as was listed in last month's newsletter (not to mention other publications). The race was originally scheduled for Aug. 7 but was moved to coincide with the new dates for the St. Peter's Church Festival. This year's race, by the way, will serve as the RRCA State of Maine 4-Mile Championship.

Also, the status of the Saco Sports and Fitness 5K and 10K races are in limbo. Race organizers wanted to hold the race on Sunday, Sept. 13, but the MTC has already reserved that date for the Harvard Pilgrim Women's Fitness 5K. It has yet to be decided whether the Saco races will go on as scheduled under the direction of a group other than the MTC, or whether the races will be moved to another date. Check next month's newsletter for an update.

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.

Welcome to our newest members

Correction: In last month's newsletter, Nancy Lund was listed as a new member. In fact, it was her husband, Will, who was renewing his membership.

Brian Barnes (32)
27 Glenridge Dr.
Portland 04101
761-9243 (H)
879-3253 (W)
Student, USM/Pt. Reg., Mercy Hospital

Karen Connolly (39)
P.O. Box 137
Hollis Center 0404-0137
727-4309 (H)
286-2465 (W)

Social Worker, DHS/Paramedic, Buxton Fire-Rescue

"I started running for exercise and sport this spring, partly in an effort to expand my cross training options (I already work out and swim at a local YMCA several times a week), and partly because it was something that I thought would be fun. I'm quite slow still (and may always be), but I enjoy the actual running and strive to better my own PR ever time I "complete" (vs. compete). I am especially interested in finding other runners in my area that I might be able to train with, or to have the opportunity to participate in your group runs, as I currently run by myself. I would be happy to volunteer at races and look forward to future opportunities to "complete."

(Continued on page 5)

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. Or, if you would like to have your business card included in **News•Run**, you can do so for just \$5 per month.

Sponsors

The Nielsen family

Al and Carlene Sproul

MTC Annual Cookout

About 20 club members made the trip to Freeport's Winslow Park on Sunday, July 12, for the annual MTC cookout. Don Penta captured some scenes from the gathering.



From left to right: Ray Hefflefinger, Mary Anne Champeon, Mel Fineberg, Rex Holtan (standing), Howard Spear, Marge Aube, Vicki Bryant (standing), Ruth Hefflefinger and Maggie Soule.



Above: John Hufnagel, Dennis Morrill and Maggie Soule.

Below: Diana Champeon, Mary Anne Champeon, Pat Buckley and Marge Aube.



Above: Dennis Morrill, Mel Fineberg and Alyce Schultz watch as

Below right: Maggie Soule departs for her kayak trip back home.



Upcoming Races

August 5

Falmouth Education Foundation 5K, Falmouth, 6:30 p.m. Contact: Jim McCorkle 781-3134

August 8

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

P. I. Challenge Cross Country, Presque Isle, 9 a.m. Contact: Dan Paul 764-0026.

August 9

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

August 12

Habitat for Humanity 4-Miler, Portland, 7 p.m. Contact: 772-2151.

August 14

St. Peter's Church 4-Miler, Portland, 7 p.m. Contact: 741-2084.

August 15

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

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

Spring Point Festival 4-Miler, South Portland. Contact: Charlie Scribner 781-RACE.

August 16

Sports East 10-Miler, Brunswick. Contact: Sports East in Topsham.

August 22

Breakaway 5K, Old Orchard Beach, 10 a.m. Contact: 781-RACE.

Gorham Family Fair 5K, 8:30 a.m. Contact: Audrey Gerry 839-8000.

Houlton Potato Feast 5K, 9 a.m. Contact: Ann Joy 532-9471 ext 628.

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

August 23

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

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

August 29

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

August 30

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

Maine Sport Triathlon (5-mile swim, 26.5-mile bike, 6.6-mile run), Camden, 9 a.m. Contact: Sarah Andrus 236-7120.

September 4

Maine Running Hall of Fame 5K, Portland, 6:45 p.m. Contact: Bob Payne 655-2165.

September 5

Gardiner Tiger Cheerleaders 5K, 9 a.m. Contact: Don Cailler 582-5861.

September 7

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

Caribou Labor Day 5-Miler, 10 a.m. Contact: Marrily Welch 498-3756.

September 12

Family Health 5K, Camden, 10 a.m. Contact: Keith Siegel/Diane Peterson 596-8474 or 596-8472.

September 13

Harvard Pilgrim Women's Fitness 5K, Portland, 8:30 a.m. Contact: Ron Deprez 772-4312.

Help Can't Wait 10K, Brunswick. Contact: Charlie Scribner 781-RACE.

Terry Fox 5K, Bangor, 11:30 a.m. Contact: 862-3737.

September 19

Maine Children's Cancer Foundation 5K, Portland, 9 a.m. Contact: 5K Sports 781-3134.

September 20

Race for the Cure 5K, Bangor. Contact: Rosemary Baldacci 947-2582.

Common Ground Fair 5-Miler, Unity, 8 a.m. Contact: Chris Bovie 622-1267.

September 26

Eliot Festival Day 5K, Eliot, 8:30 a.m. Contact: Dick McKenney 439-2866.

Falmouth Forecaster 5K & 10K. Contact: Cindy Barnes 781-3661.

Kingfield 10K, 11 a.m. Contact: Glenn Eddy 237-2000.

Note: MTC races are in bold

For the latest race schedules and information, call the MTC hotline at 741-2084 or visit the Sub5 web site at <http://www.finishlynx.com/sub5>

*When
where
How much
+ shirt*

Race Results

Submitted by Don Penta

**The 18th Annual Doc's Tavern 3 Miler
199 Finishers (63 Female & 136 Male)
Modified Loop Course In Biddeford
7 p.m., Friday, June 19, 1998**

*** following time indicates a female finisher

Top Overall Finishers

PLACE/NAME	HOME	AGE	TIME	PACE
1 Kevin Way overall.....	Waterboro	29	14:42	4:54
2 Michael Payson (MTC)	Falmouth	35	15:14	5:05
3 Tom Howard, Jr.....	Westbrook	21	15:41	5:14
4 Jeff Gaudette 1,18&-.....	Biddeford	15	15:44	5:15
5 Mike Grigware 2,30-39.....	Waterboro	33	15:45	5:15
17 Christine Snow-Reaser	Dayton	32	17:03*	5:41
26 Laurel Valley 1,30-39.....	Kezar Falls	35	18:14*	6:05
27 Sally Perkins 2,30-39.....	Kennebunk	35	18:16*	6:05
31 Jeanne Hackett (MTC).....	Peaks Island	39	18:26*	6:09
33 Carol Hogan (MTC) 1,40-49	Portland	47	18:36*	6:12

Other Top Divisional Finishers

16 Randy Bartlett 40-49.....	Eliot	42	17:03	5:41
18 Joel Croteau 50-59.....	Biddeford	54	17:38	5:53
36 Caroline Kondoleon 19-29	Gainesville FL	24	18:44*	6:15
42 Briana Neault 18&under	Biddeford	17	19:04*	6:21
76 Kitty Kelley (MTC) 50-59	Portland	51	20:39*	6:53
103 Ron Perry (MTC) 60-69	Kennebunkport	60	21:39	7:13
140 Polly Kenniston (MTC) 60-69	Scarboro	61	24:14*	8:05
157 Carlton Mendell (MTC) 70&+	Portland	76	25:27	8:29

Other Maine Track Club Finishers

30 Gerard P. Conley.....	Portland	44	18:21	6:07
34 Ann McGovern 3,30-39	Old Orchard	34	18:41*	6:14
35 Don Foshay	South Portland	39	18:43	6:14
38 Paul Gadbois	Saco	44	18:52	6:17
40 Tom Peterson	Honolulu, HI	39	18:56	6:19
41 Ed Doughty	Gray	49	19:00	6:20
48 Carlos Philbrick	Dayton	45	19:26	6:29
49 Kim White	Falmouth	36	19:28*	6:29
51 Kate Meyers	New Gloucester	37	19:39*	6:33
53 Kevin Conley.....	Portland	29	19:44	6:34
54 Glen Gallupe	Scarborough	38	19:44	6:35
59 Nancy Kneeland 2,40-49	Kennebunk	43	19:53*	6:38
65 Sandra Dwight.....	Biddeford	38	20:08*	6:43
66 Steve Jacobsen.....	Kennebunk	48	20:09	6:43
79 Dale Rines.....	Gorham	45	20:43	6:54
89 Terry Gallupe	Scarborough	36	21:12*	7:04
97 Merle Hartford	Scarborough	51	21:30	7:10
108 Don Bessey.....	Kennebunkport	52	21:47	7:16
111 Mike Brooks	Danville	52	21:52	7:17
121 Dennis Morrill	Portland	58	22:51	7:37
124 Richard Cavanaugh 2,60-69	Freeport	65	22:59	7:40
160 Sandy Utterstrom 3,50-59	W. Falmouth	54	25:30*	8:30
192 Pat Buckley 2,60-69	Portland	60	31:13*	10:24
193 Ruth Hefflefinger 3,60-69	Portland	69	32:31*	10:50
197 Don Penta	Windham	52	33:27	11:09
198 Julius Marzul 2,70&over	Gorham	72	34:18	11:26

Many thanks to Charles Scribner and SPLIT-TIME RACE MANAGEMENT for complete results!

More new members

(Continued from page 2)

Leah Edwards (28)
119 Morning St., Apt. 8
Portland 04101
874-6380 (H)
774-0022 (W)

Investment Administrator, R.M. Davis, Inc.

"I would like to join the Maine Track Club as a way to meet people also interested in running and as a way to motivate myself. I am interested in weekly track workouts and possibly finding partners to train with for the marathon. I run a 5K at between 7:00-8:00 pace depending on how hard I have been training. At

the moment, I am at a 7:30 pace, hoping to improve. The Casco Bay Half Marathon has been my only attempt at long distance running (so far), and I finished that in 1:54. I will gladly help at any race the Maine Track Club sponsors and look forward to the next meeting."

Kenneth Hatch (51)

73 Wilson Road

Gorham 04038

892-1670 (H)

Merchant Marine Officer/Master, Mates, Pilots (union)

"I'm interested in distance running. My abilities have been limited more to jogging than running."

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.

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 1998 club ID card when requesting discounts.

Peak Performance Sports
59 Middle St., Portland
15% on all purchases

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

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

Coastal Athletics
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George and Phillips, Inc.,
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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 Hefflefinger (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 or Marge Aube (829-5079) to let us know where, when and a contact person for inclusion in the monthly newsletter.

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Maine State Representative
39 Bonnybank Terrace
South Portland, ME 04106

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W: (207) 799-5511

Email: emoulton@biddeford.com

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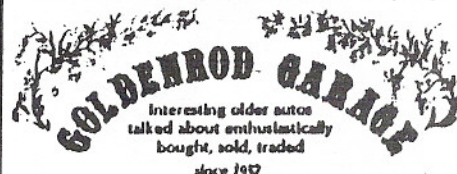
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Marge Aube	Vice President	829-5079	Howard Spear	At-Large	856-6496
Mike Reali and Terry Sutton	Past Presidents	829-2014	Steve Fox	Clothing	799-8840
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Alyce Schultz	Secretary	780-9805	Don Penta	Statistician and Photography	892-4526
Maggie Soule	Membership	846-3631	Dale Rines	Course Certification	854-2481
Everett Moulton	Race Committee	799-2894	Bob Aube	Newsletter	829-5079
Ann McGovern	At-Large	934-1825			

1998 RRCA Convention

By Everett Moulton

Once again it is time to tell you about the RRCA National Convention you helped me attend this year. I am most grateful and bring back more knowledge that, hopefully, the club will benefit from.

The convention was at the end of our vacation trip to Oklahoma City, where Donna and I survived the tornado that hit Frontier City, a mile from where we were staying at her dad's home. It was scary, and I did get some fantastic pictures as it came toward us, the last taken just before entering the underground storm shelter. I also have some video footage of the touchdown.



We arrived in Peoria, Ill., on Wednesday, July 17, and were welcomed by Chris Christian, the Illinois State Rep, and his lovely wife, as well as Sally Hutcheson and Henley Gabeau. We got settled in at the Holiday Inn. The convention used two hotels a block apart this year, with the registration and workshops being in the Hotel Pere Marquette, while the expo and banquet were at the Holiday Inn. The extra festivities included a riverboat ride on a steamboat paddle wheeler, which was very nice, and the RRCA Fun Run, Picnic & Auction, which was held even though a strange wind & rain storm interrupted it for an hour in the middle of the picnic portion.

I was kept pretty busy but attended workshops for new and prospective state reps, where I was a speaker, and the State Reps Roundtable Workshop, where I was again a panelist. I did get into the "Beginning Runner Programs" and "Get up and Go" motivation workshops before being ushered into my regional meetings and attending a my first board meeting (as a spectator, to get acquainted and see how the board functions).

Then it was time for the annual meeting and elections. Yes, I did get elected as the new Eastern Director for RRCA. I have some very big shoes to fill, as Freddi Carlip moves up to the Vice Presidency.

I did, however, run in the Steamboat Classic 4 Miler, which was the first race I've entered in the two years since my surgery. I was slow, but I finished even though the race started at 7 a.m. in 92 degree muggy heat. This is also the first time this big guy

has ever run without a shirt or singlet, but it came off at mile 1 as I re-pinned my number to my shorts like a real pro and finished wearing a smile.

My topic of discussion this year was communication. Others thought I had some innovative ideas, and I picked up some great ones from them also. The roundtable discussions had me in a group discussion on how to market the RRCA. The running community also yielded some fine ideas.

The 1999 convention will be in Spokane, Wash., from April 29-May 1. Atlanta, Ga., will host the 2000 convention from May 11-14, and Albuquerque, N.M., has been selected as the host in 2001, from May 4-7. I hope to see many of you at one of these conventions. If you ever imagined going to a running convention and networking with Olympians like our president, Don Kardong, and Billy Mills, and chatting with such running celebrities as Roy Benson and Jeff Galloway, then plan to attend an RRCA Convention. It is a vacation you'll never forget.

Thanks again for a lovely and informative experience.