

Maine Track Club

September, 1990

Run with a friend...



FROM THE EDITOR

This month we celebrate that most basic and most awesome breed, the Woman Runner. Though we are outnumbered on the road and at races, we continue to pursue fitness and excellence under circumstances that range from the ridiculous to the sublime. We brave the elements and shouted comments from men hanging out of cars and trucks, we juggle work, dishes, kids, laundry, husbands or boyfriends, carpools and still manage to sneak in enough miles to keep ourselves on track for that next battle, be it a marathon or a 5K. We learn from those who have come before us and try to encourage those nipping at our heels.

The Maine Track Club has its share of dedicated women runners, two of whom are pictured on our cover. Without the hard work of Susan Davenny and Ruth Hefflefinger, the Club would have many fewer races and activities, we would have a skimpy, boring newsletter that might or might not reach you each month, and, most important, a lot of the sparkle in the club would cease to exist. Sue and Ruth embody all the qualities that I admire in women runners: They are healthy, beautiful, energetic dynamos, who only get better with time. They are also the Race Directors for the 1990 Bud Light Women's Distance Festival 5K which is being run on Sunday, September 30 at 8:30 am from the Sonesta Hotel on High Street in Portland.

I know there are a few women in the Club who have never run a race or who have friends who might be thinking about racing for the first time. This is a perfect first-time race to try it. So please, if you are a veteran or a novice, join us for this wonderful celebration of women's running. See you there!

Canace

MTC Auction at November Pot Luck Supper

This year's fall pot luck supper will feature an auction being planned by Nancy Stedman. Start thinking about unique items or services you could donate and other contacts for donations. We hear a night out with President Bill Stuart will be a "hot item." Call Nancy at 774-4013.

COVER

1989 MTC Outstanding Race Directors and Race Directors for the 1990 Women's Distance Festival 5K Susan Davenny and Ruth Hefflefinger. (Photo courtesy of Bill Davenny)

NEXT MTC MEETING SEPTEMBER 12th - 7pm SMTC MACHINE TOOL AUDITORIUM

Featured guest will be William Wyatt, D.O., a well known local physician with a practice in manual medicine. His primary office function is the diagnosis and relief of musculo-skeletal pain. Manual medicine is also essential to diagnose and treat athletic injuries because most of these injuries involve functional derangements that are not of an orthopedic nature.

In addition to having practiced osteopathic medicine in Maine for 35 years, Dr. Wyatt is a professor at the University of New England, is past president of the American Academy of Osteopathy, past chairman of the staff of the Brighton Medical Center, a national and international lecturer in his specialty of osteopathic manual medicine and at present is the senior partner in Osteopathic Consultations.

Dr. Wyatt's practice is occupied entirely in relieving patients of chronic musculo-skeletal pain. His is especially noted for accomplishing this because most of the people with whom he deals have met with failure elsewhere in the medical care system.

The public is invited to hear Dr. Wyatt speak. The Maine Track Club's business meeting will take place immediately following Dr. Wyatt's presentation.

PRE MEETING FUN RUN SEPTEMBER 12 SMTC

Herb Strom will reconvene the pre-meeting runs from the SMTC gym sometime around 5:30pm or so. Showers will be available. If you have not been to one of these, call Herb at 799-7705 to let him know what time you will be there and what distance you would like to do.

Directions to SMTC gym: Take Broadway in So Portland toward the Spring Point Marina and SMTC(formerly SMVTI) At the end of Broadway, turn right on Pickett St. At the stop sign, turn right on Fort Road. The gym is the 1st building on the right. Parking behind the building.

DIRECTIONS TO MTC MEETINGS AT SMTC(SMVTI)

Take Broadway in So Portland heading towards the Spring Point Marina and SMTC(SMVTI) At the end of Broadway, turn right on Pickett St. At the stop sign, turn left on Fort Rd. The Machine Tool Auditorium is the second building on your left. Limited parking on the left beyond the building. More parking behind the building. Meetings are at 7:00pm.

1990 Officers and Committee Chairpersons

Bill Stuart	President	799-5961
Peter Bastow	Vice President	829-3669
Susan Davenney	Secretary	772-1787
Rob Laskey	Treasurer	729-4104
Charlie Scribner	Race Committee	772-5781
Candace Karu	Newsletter Editor	967-4257
Barbara Coughlin	Member at Large	799-0463
Carleton Mendell	Member at Large	797-7806

John Leroy	Course Certification	725-8680
Loren Lathrop	Course Certification	772-8356
Ruth Hefflefinger	Membership	797-4625
Herb Strom	Past President	799-7705
Melvin Fineberg	Clothing	774-8868
Don Penta	Statistician	892-4526
Rick Strout	Member at Large	829-3216

Maine Track Club, Box 8008, Portland, Maine 04104 * A non-profit organization



WANTED: NEWSLETTER SPONSORS!

MTC gratefully acknowledges the generosity and support of those members listed at right. If you would like to become an individual sponsor, please send \$10 to the Maine Track Club, Box 8008, Portland 04104.

To become a corporate sponsor, your donation of \$25 should be mailed to the same address. Prime sponsorships in the amount of \$50 will reserve you advertising space in the newsletter. For details, contact the Editor at the number listed above.

All donations are gratefully accepted!

PRIME SPONSORS

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SEPTEMBER TRAINING RUN

September 22	7:00 am	12 miles
	8:00 am	6 miles
	9:00 am	Brunch

Candace Karu
Ocean Avenue
Kennebunkport
967-4257

A terrific way for women to prepare for the Women's Distance Festival the following week. Come join us for a gorgeous run and pot-luck brunch. Bring muffins, bagels, juice or whatever. Pace and distance of runs can be varied, so there is no excuse to stay home. Parking is limited, so carpools are encouraged. Call Candace for directions.

Anyone who is interested in hosting a Sunday Training Run and Pot Luck Brunch should contact Bill Stuart at 799-5961 or Susan Davenney at 772-1987.



Some of the "Brunswick Sunday Runners" L to R Kneeling- Diane Lasky, Patti Tableman, Eric Tableman, John LeRoy. Standing-Al Farris, Bob Wyman, Harry Giddings, Dave Shennan, Dale Rines, Rob Laskey, Loren Lathrop.

THE PRESIDENT'S PAGE

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Have you noticed the vibrancy in the Maine Track Club? Some of the evidence is obvious to any observer:

- More than 700 runners register for the Pat's Pizza Clam Festival Classic, and 669 finish (up 75 from 1989!).
- Runners, volunteers and friends alike have an enjoyable morning on Peaks Island running one of our most scenic race courses.
- Friends like Russ Bradley, recently retired, and Dennis Smith, coming off a broken neck suffered in a bicycle accident, are posting terrific times on the road.

Some of the evidence is not so obvious, though. It comes from someone like Marla Keefe, who found a sponsor for the Ultra-marathon after others had failed, thus assuring the continuation of one of the few ultras in the Northeast...It comes from young Kate Menendez, talking about her performance at the kids' race at the Clam Festival Classic and speaking excitedly about the Samoset kids' race...It comes from Nancy Stedman, a special member who has a gift of organizing events, who volunteers to run the club auction at the November membership pot luck dinner...It comes from Charlie Scribner, who finds the sponsorship to continue our tradition of putting on a half marathon...And it comes from Loren and Jane Lathrop, who come forward to volunteer as race directors for the Fore River Challenge Half Marathon and Four Miler.

The sport of running remains very healthy in Maine, as evidenced by the growing registration at all of our races. We are fortunate that the response to our events continues to be good. The running community, on the other hand, is fortunate that so many of you take the time to lend your talent and expertise to the sport. Without your help, the racing schedule would be far slimmer.

CONGRATULATIONS, ERIN!

As much as we will miss Sara Hobson, MTC member and author of the weekly running column in the Maine Sunday Telegram, we are delighted to have club member Erin MacLean replace her. Erin was newsletter editor last fall before she followed husband Andy to Ireland, where he spent a semester of study of law. They are back in the States and hashing and running away. We look forward to Erin's continuing Sara's tradition of excellent coverage of Maine runners and events.

FORE RIVER CHALLENGE

The Fore River Challenge Half Marathon and Four Miler will be coming your way Sept. 9, thanks to the efforts of a committee headed by co-directors Loren and Jane Lathrop. We need everyone's help to make this event a success. If you are not running this event, please volunteer to help. If you are running and your family or friends will be there, please volunteer them for a job (flag, timer, finish line) that will allow them to see you start and finish. If you are running the Four Miler, please consider helping in the chute at the Half Marathon. We want to build a big event here that will be a showcase for the Maine Track Club and a "can't miss" event for runners throughout New England. The success of the race, as with all races, depends on the level of service that we provide to participants.

VOLUNTEER AWARD

Last year the Road Runners Club of America established a new award to recognize outstanding volunteers in local running clubs. These volunteers, who must have given at least 2000 hours of time to their clubs, are people who might not be recognized through the national Nike Rod Steele Award, which is given to a single volunteer nationally (Charlie Scribner of MTC is a past winner). The club is allowed to nominate three people for recognition. Many people have given freely of their time, energy and talent to make the Maine Track Club a success over the years. This year, I have nominated Ted Cunningham, Sandy Utterstrom and Jean Thomas for this honor.

MTC AUCTION

As you may know, the 1990 MTC budget is in deficit due to the loss of management fees of several canceled races and the need to purchase a club computer. We are trying to develop innovative ways to raise money to support our programs. One such idea, as mentioned earlier, is an auction at the November pot luck dinner meeting. We want to encourage attendance and bidding on some terrific items. Nancy Stedman is coordinating the event. Please help us by talking to Nancy about contacts you may have who will contribute a gift certificate or item of clothing or baked good or ticket, etc. that will be an appropriate item for bidding. Also, be sure to make plans now to attend the meeting (Nov. 14) and bring your checkbook and your appetite to shop (and eat, too).

Don't overpronate!

Bill

RRCA NEWS



5 WOMEN RUNNING SMART THE ROAD RUNNERS CLUB OF AMERICA'S TIPS FOR RUNNING SAFETY

FUNDING. The RRCA will soon be the recipient of a \$5,000 grant from the Atlanta Track Club Foundation, thanks to Tom Aderhold, Chair. There are no strings attached; all that is asked is that the money be used in support of the National Office; and we will have the opportunity to request additional funding next year. Thanks Tom!

NATIONAL CHAMPIONSHIPS. The RRCA National Championship program is alive and kicking. Upcoming national championships include the City of the Lakes 25K on September 16 in Minneapolis and the Peachtree City Classic 15K on October 13 in Peachtree City, Georgia.

Carl Sniffen is the Chair of the National Championship Committee, and any requests for information, bid forms, or questions can be directed to him (c/o PSI Research, 300 N. Valley Drive, Grants Pass, OR 97526) or by contacting the national office.

The RRCA also sanctions state and regional championships. Information on state championships may be obtained by contacting your state representative. Regional championship information is available from your Regional Director.

Whatever the level, national, regional or state, a championship race will add a bit of prestige and a touch of class to your event.

RRCA HANDBOOK REWRITE. Don Kardong is in the process of editing and updating the RRCA's 156-page manual, "The Handbook." This will be the fifth revised edition, and it involves your Executive Board and other RRCA folks around the country giving much input to the updating of our popular manual. Again underwritten by a grant from NIKE, each RRCA chapter club will receive its own copy at no cost. Copies will be available to the general public at a cost to be decided (most likely in the \$20-\$30 range). This handbook not only is a guide to the club and race administration but also defines the history of the Road Runners Club of America, back to its origins in 1958 to the present. Fascinating reading.

LET JANE KNOW YOU ARE COMING RRCA NATIONAL CONVENTION-KANSAS CITY MAY 30

We will begin 50/50 raffles at our September meeting to raise money for members wishing to attend the RRCA National Convention. Maine Track Club Past President, Jane Dolley, is now President of our national body. Our budget contains money towards expenses of our club's one official delegate but we really want to encourage others to attend. The money raised by the raffles will be divided evenly among those going.

1. Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe. Include any medical information. *Don't* wear jewelry.
2. Carry a quarter for a phone call.
3. Run with a partner.
4. Write down or leave word of the direction of your run. Tell friends and family of your favorite running routes.
5. Run in familiar areas. In unfamiliar areas, contact a local RRCA club or running store. Know where telephones are, or open businesses or stores. Alter your route pattern.
6. Always stay alert. The more aware you are, the less vulnerable you are.
7. Avoid unpopulated areas, deserted streets and overgrown trails. Especially avoid unlit areas at night. Run clear of parked cars or bushes.
8. Don't wear headsets. Use your ears to be aware of your surroundings.
9. Ignore verbal harassment. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
10. Run against traffic so you can observe approaching automobiles.
11. Wear reflective material if you must run before dawn or after dark.
12. Use your intuition about a person or an area. React on your intuition and avoid if you are unsure.
13. Carry a whistle or other noisemaker.
14. CALL POLICE IMMEDIATELY if something happens to you or someone else, or you notice anyone out of the ordinary.

THANK YOU TO BOWDOIN 10 MILER VOLUNTEERS

Ted Cunningham	Dolores Billings
Charles Scribner	Melissa Easley
Rae Pierce	Dale Rines
Marianne Snekvik	Debbie Atchison
Anne Vadakin	Don Penta
Eric Tableman	Andy MacLean
Dave Shennan	Kathy Gardiner
Nancy Lund	Bill Stuart

Sue Davenny
MTC Volunteer Coordinator

RACE RESULTS

By Don Penta

2nd Annual "Dare" 4 Miler - 104 Fin.
So. Portland, Me - 15 May 1990

Top Finishers Overall:

1 Andy Palmer open	36	20:25
2 Larry Greer 1,30-39	35	20:51
3 Bob Wilson 2,30-39	36	20:56
4 Dan Barker	36	21:47
5 Jim Bunnell (MTC)	32	22:06
38 Carol Weeks (MTC) open	41	26:34*
40 Jeanne Hackett (MTC)	31	26:46*
43 Dianne Whitcomb	30	27:05*
45 Stephanie Fischer (MTC)	22	27:20*
48 Kris Campbell 2,19-29	20	27:46*

Other Top Divisions:

6 Steve Hightower 19-29	29	22:13
9 Zachary Laidley 18&under	17	22:57
10 Wayne Clark 40-49	43	23:04
20 Peter Bastow (MTC) 50-59	53	25:04
70 Paul D'Amboise (MTC) 60+ 60	30	30:02
80 Karen Wood (MTC) 40-49	41	31:17*
96 Terri Morris 60&over	61	34:44*

Other MTC Finishers:

12 Steve Wilson 2,19-29	28	23:36
16 Gary Salamone	32	24:16
17 Lee Allen	35	24:24
36 David Houser	39	26:24
51 Maureen Sproul	34	28:06*
52 John Kim 2,50-59	53	28:07
55 Willie Sproul	31	28:18
60 Adrienne McGuigan	31	29:12*
61 Richard Downs	44	29:15
67 Larry Zellers	36	29:57
71 Wayne Newland	52	30:08
72 Craig Cunningham	30	30:22
77 Beth Thompson	30	31:07*
86 Allen Pusch	55	32:15
90 Linda Hunt	43	32:45*
98 Donna Moulton	40	37:45*
99 Brenda Cushman	48	37:46*

Many thanks to Evers H Moulton for
complete results.

11th Annual St. Mary's Festival 3 Miler
Biddeford, Me - 117 Fin. - 27 July 1990

1 Michael Grigware	25	15:17
2 Andrew Howard	23	15:45
3 Stu Hogan	28	15:46
4 Christopher Mansfield	21	15:49
5 Joe Noell 1,30-39	34	15:54
11 Malcolm Kidd (MTC)	34	16:48
15 Lawson Noyes 1,40-49	48	16:57
20 Steve Wilson (MTC)	28	17:23
32 David Knox 1,50-59	50	18:06
33 Yun Chong (MTC)	30	18:07
36 Lloyd LaFountain (MTC)	28	18:15
57 Dick Lajoie (MTC)	50	19:47
67 Jeanne Lamontagne (MTC)	27	20:20*
69 Nancy S. Reid 1,40-49	41	20:30*
70 Peter Scontras 1,60&over	61	20:34
71 Connie Hallett 1,30-39	31	20:40*
73 Roz Randall (MTC) 2,40-49 40	30	20:48*
83 Donna Turgeon 2,30-39	30	21:51*
84 Richard Scribner (MTC)	21	21:53
87 Carlton Mendell (MTC) 2,60+ 40	22	22:03
92 Wayne Newland (MTC)	52	22:53
111 Michelle Mondor (MTC)	42	28:50*
114 James Carroll (MTC)	80	29:45

Many thanks to Race Director Joel Croteau
for complete results.

1990 Officer Friendly Races - 1 & 2 Miles
So. Portland, Me - 15 May 1990

One Miler (Ages: 11 & under; 42 Fin.):		
1 Meghan Barry	10	5:59*
2 Chris Andrews	10	6:11
3 Gillian Morejon (MTC)	11	6:11*
4 Roy Morejon, Jr. (MTC)	9	6:18
5 Chris Gaudette (MTC)	9	6:21
6 Carol Gieringer	11	6:23*
7 Beau Provost	8	6:30
8 Alden Fertig	8	6:38
9 Elizabeth Brazier	11	6:39*
15 Kristy Harris	7	7:05*
16 Jeff Friedrich	7	7:25
28 Mark Baumer	6	8:16
31 Jennifer Labrecque (MTC)		8:22*
37 Sean D'Amboise	4	9:35
39 Becky Sproul (MTC)	4	10:24*

Two Miler (Ages: 12-14; 14 Fin.):

1 Mike Calazzo	13	No Time
2 David Kahill	14	No Time
3 Paul McKenzie	14	12:10
4 Dennis Simmons	13	12:16
5 Peter McKenzie	14	12:33
6 Jeff Kingston	13	12:54
7 Joseph Brazier	12	13:48
8 Jason Gaudette	14	14:46
9 Mike Gammon	12	14:47
10 Jared Libby	11	14:48
11 Renee Lathrop (MTC)	12	15:20*
12 Brian Jones	12	15:24
13 Shelly Lathrop (MTC)	13	17:02*
14 Crystal Smart	12	18:48*

Many thanks to Rob Laskey for
complete results.

Market Square Day 10K - 887 Finishers
Portsmouth, NH - 9 June 1990

MTC Finishers:

18 George Towle 3,40-49	34	44:39
Carlton Mendell 4,60&over		45:26
331 Russ Bradley 5,60&over C.PR		47:37
428 Henry Wolstat 10,50-59		52:08
654 Bob Wyman		54:53*
Marianne Gagne		

Many thanks to Russ Bradley for these
results.

2nd Annual LBGA 5K - 134 Finishers
East Sebago, Me - 21 July 1990

1 Mark Snow 1,20-29	16	17
2 Kevin Connor 2,20-29	16	34
3 Andrew Black	17	03
4 Brian Flanders	17	08
5 Brian McGiver 1,30-39	17	10
9 Bill Kelley 1,40-49	17	39
10 Wendy Delan 1,20-29	17	45*
11 Joe Richards (MTC) 2,40-49	17	50
13 Gary Salamone (MTC)	18	21
14 Richard Scribner (MTC)	18	40
21 Cathy Livingston 2,20-29	19	14*
26 Thomas Carl (MTC)	19	38
31 Joan Lavin (MTC) 1,40-49	20	00*
34 Pete Broomhall 1,13&-	20	17
35 David Gately 1,14-19	20	19
47 Marla Keefe (MTC) 1,30-39	22	28*
49 Lisa Kelley 1,14-19	22	48*
50 Paul McCourt 1,50-59	22	53
53 Larry Zellers (MTC)	23	04
63 Don Penta (MTC)	23	38
67 John Maxwell (MTC)	24	18
85 Sherry Carl (MTC)	26	27*
87 Linda Richards (MTC)	26	39*
98 George Stears 1,60&over	29	01
99 Pat Buckley (MTC) 1,50-59	29	21*
107 Marie Cutting 1st walker	33	30*
122 Leo Robichaud 1st walker	45	25

Many Thanks to Ginny & Don Cross for
complete results.

1990 Lifeline Walk/Run For the Heart 5K
Portland, Me - 16 June 1990 - 189 Fin.

1 Mike Lyons open	19	15:50
2 Mike Barnes	32	16:37
3 Bear Bonnebakker	19	16:59
4 Stephen Fluet	31	17:03
5 Eric Pulsifer	17	17:08
9 Bob Coughlin (1)	51	18:07
10 Joe Richards (MTC) (1)	46	18:20
12 Steven Robertson (MTC)	30	19:00
18 Lee Allen (MTC)	35	19:16
19 David Dowling (MTC)	36	19:21
20 Matthew Tupper	8	19:28
22 Mary Mahon open	24	19:34*
25 Karen Salsbury	21	19:52*
28 Chris Salamone (MTC)	30	20:12
29 Katherine Chabot	16	20:14*
31 Neil Martin (MTC)	47	20:20
40 Rosalyn Randall (MTC) (1)	40	21:13*
42 Oscar Cloutier (MTC) (2)	55	21:38
44 Cindy Bushman	32	21:46*
45 Laurie Nicholas	22	21:58*
49 Carol Gillis (MTC) (3)	31	22:04*
54 Paul LaVangie (MTC)	32	22:26
55 Diane LaVangie (MTC)	31	22:27*
59 Dorothy Stoddard (MTC)	38	22:55*
64 Sheila McDonough (MTC)	18	23:08*
65 Bob Cushman (MTC)	52	23:11
66 Jeri Schroeder (MTC) (2)	43	23:21*
69 Wayne Newland (MTC)	52	23:29
70 Bob Perkins (MTC)	47	23:31
71 Elizabeth Salamone (MTC)	28	23:33*
72 Mark Gillis (MTC)	32	23:46
77 Robert Wyman (MTC)	53	24:35
85 Meghan Barry	10	25:08*
87 Don Johnson (MTC)	59	25:52
88 Dottie Gray (1)	65	25:55*
90 Carol Gieringer	11	26:01*
94 Sara Hobson (MTC)	29	26:38*
114 Bonnie Black (MTC)	35	27:52*
116 Marlene Russell (MTC)	47	27:58*
117 Linda Richards (MTC)	27	27:59*
139 Donna Moulton (MTC)	41	30:23*
146 Frank Long (1)	72	31:19

Many thanks to Patty Medina of USM Life-
line for complete results.

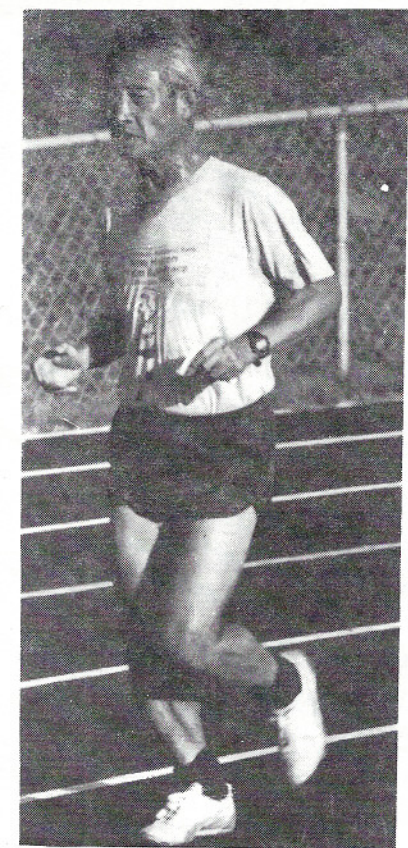
12th Annual Rangeley "Moose Run" - 74 F
Rangeley, Me - 5.2 Miles - 27 May 1990

1 John P. Fitzgerald open	26	43
2 Richard Hartford, Jr.	27	36
3 Gordon Hartwell	27	46
4 Randy Hastings	28	52
7 Steven Peterson 1st over 39	29	55
17 Richard Scribner (MTC)	32	57
23 Danny Howes 1st under 18	34	51
25 Eric Ellis (MTC)	35	37
28 Mary Poulin open	36	27*
29 Elizabeth Quill	36	35*
30 Lauren Eastler	36	42*
46 Denise Bubar 1st over 39	41	26*
50 Dennis Morrill (MTC)	41	54
61 Robert C. Summers 1st over 59	46	10
69 Jim Sullivan (MTC)	49	56

4th Ann. Mt. Cranmore Hill Climb - 205 F
No. Conway, NH - 3M/1200 V.Ft - 7/8/90

1 Daniel Verrington open	28	21:20
2 Chip Langmaid	28	22:00
3 Fergus Cullen 1,18&under 18	22	31
4 Bill Wardyga 1,30-39	30	22:48
8 Richard Mulhern (MTC) 3,30-39	24	11
16 Ronald Johnston (MTC)	38	25:04
21 Libby Greanley open	27	25:21*
24 Maureen Sullivan 1,30-39 33	25	41*
39 Joe Richards (MTC) 7,40-49 46	26	52
50 Tom Menendez (MTC)	37	27:51
69 Robert Shelton 1,60&over 60	29	14
104 Carlton Mendell (MTC) 2,60+ 48	31	39
159 Maggie Soule (MTC) 5,40-49 48	39	01*
176 Linda Richards (MTC)	27	41:32*
202 Margaret Sawyer 1,60&over 76	54	42*

Many Thanks to Maggie Soule for com-
plete results.



Deanna Hodgkin and John Kim at the Deering Oaks Festival Track Meet.

Deering Oaks Family Festival Track Meet
Fitzpatrick Stadium, Portland - 7/27/90

Open Track Events:

Men's 5000 Meters:

1 Kevin McDonald	16:32.9
2 J. Turner	17:18.7
3 John Kim (MTC)	23:14.3

Men's 400 Meters:

1 Green	52.8
2 Bouche	53.7
3 Peter Dubé (MTC)	56.4

Men's 800 Meters:

1 Petty	2:03.6
2 D. Pinkham	2:05.0
3 Peter Dubé (MTC)	2:11.0
6 Dennis Smith (MTC)	2:22.8

Men's 1600 Relay:

1 Team Steiner	4:01.0
2 Team Dubé	4:03.4

Women's 5000 Meters:

1 Deanna Hodgkin (MTC)	19:27.1
2 Christine Messier	20:44.1

Women's 400 Meters:

1 Stephanie Fischer (MTC)	1:04.8
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Women's 800 Meters:

1 Stephanie Fischer (MTC)	2:34.6
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Age Group Track Events:

Men's Master 100 Meters:

1 G. May	12.6
2 Clint Merrill (MTC)	13.1

Men's Master Mile:

1 Dennis Smith (MTC)	5:06.5
2 David Paul (MTC)	5:51.2

Men's Senior Mile:

1 John LeRoy (MTC)	5:53.0
3 John Kim (MTC)	8:07.3

Men's Submaster 400 Meters:

1 Menedez	55.9
2 Clint Merrill (MTC)	57.6

Men's Senior 400 Meters:

1 John Kim (MTC)	1:17.8
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Women's Master 100 Meters:

1 Carol Pierce (MTC)	14.5
2 Cynthia Smith (MTC)	16.2
3 Jane Dolley (MTC)	16.7

Women's Master Mile:

1 Carol Pierce (MTC)	6:03.0
2 Joan Lavin (MTC)	6:08.5
3 Jane Dolley (MTC)	6:22.2

Women's Master 400 Meters:

1 Cynthia Smith (MTC)	1:18.0
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Field Events:

Men's Senior Shot Put (12#):

1 John LeRoy (MTC)	27'2 1/2"
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Women's Master Shot Put:

1 Cynthia Smith (MTC)	21'11"
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Many Thanks to George Towle, Meet Coordinator, for complete results.

4th Annual Saint Peter's Bazaar 4 Miler
Portland, Me - 109 Fin. - 12 August 1990

Top Overall Finishers:

1 Rick Garcia open	19:57
2 Dan Paul	20:08
3 Steve Sarkozy	20:26
4 Rob Ashley	21:05
5 Andy Black	21:27
11 Veronica Knight open	23:01*
18 Lisa Wakem	24:08*
23 Amy Kretz	25:15*
25 Corrine Corsetti	25:34*
38 Gail Waitkun-Romanoff (MTC)	27:09*

Other MTC Finishers:

10 Dennis Smith	22:58
12 Chuck Snekvik	23:03
19 Dick McPaul	24:35
26 George Liming	25:36
31 Dale Rines	26:01
34 David Houser	26:39
36 Mike Cavanaugh	26:58
50 Carol Gillis	28:16*
54 Richard Downs	28:43
55 Carlton Mendell	28:44
61 Rick O'Brien	29:56
65 Larry Zellers	30:07
71 Wayne Newland	30:47
78 Don Penta	31:49
80 Warren Wilson	32:02
83 Susan Davenney	32:10*
89 Ingrid Snekvik	33:41*
108 Jim Carroll	39:01
109 Ruth Hefflefinger	39:21*

Thanks "con brico" to Ron Cedrone & the Rat Pack for complete results.

In the next MTC Newsletter "Results" section look forward to Peaks Island 5 Miler, J.B.I. Run 4 Miler, Casco Days 4 Miler, Doc's Tavern 3 Miler (hopefully, if Ken Dion isn't in Saudi Arabia!), and other recent results;

Many MTC individual notes; Many results courtesy of Central Maine Striders, most generally from Augusta and more north-easterly (thanks, Jerry, Gene et al!);

Results from the "Rat Pack": Ron Cedrone in the Adirondacks; Mt. Washington Road Race results (with new men's course record and record field), courtesy of John Gale;

News about Joan Samuelson's great 1990 season following the birth of her son, Anders;

Corporate and TAC track notes; And More!!

Many thanks to MTC Members (& others) who have sent me results & information that haven't yet made an appearance in the Newsletter. I know that you will "Keep your head", as Rudyard Kipling put it in his poem If. Everything of substance will be published sooner or later. However, please write to me about whatever is on your mind. Race results will be especially appreciated.

Don Penta, 54 Sebago Avenue,
Windham, ME 04062
Phone: (207)892-4526

Thanks,

Don.

THE ROY BENSON CLINIC

The Roy Benson Clinic on August 18th was a sellout with a waiting list. Roy is a nationally known coach, formerly with the University of Florida. He was in New England to supervise running camp programs in Vermont and New Hampshire. This was Roy's second visit with MTC. Two years ago he spoke at a regular summer meeting.

Saturday afternoon was filled with instruction on basic stretching exercises, filming the clinic participants as they ran, and instruction on methods used by sprinters which can be applied by recreational runners to improve performance. Back in the classroom, Roy analyzed the videotapes to help individual runners. Many age groups and levels were represented. All were able to benefit from Roy's teaching and encouragement. Many of us were able to utilize lessons from the clinic the next day at the Bowdoin 10 Miler. I found this clinic and the summer's interval coaching of Dennis Smith complemented each other.

A special thanks to Steve Muslawski and the Portland Boys-Girls Club for the use of the classroom and other club facilities. It was also very good to see Boys Club alumnus, Dave Paul, welcome the clinic participants.

Bill Davenny



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WANT TO BE A RACE VOLUNTEER?

- September 9 Bay Club/Elks 188 Fore River Challenge Call Jane and Loren Lathrop 772-8356
- September 30 Bud Light Women's Distance Festival Call Ruth Hefflefinger 797-4625 or Susan Davenny 772-1787.
- October 13 MTC 50 Miler Call Bill and Bambi Lovett 797-3531.
- October 21 Central Maine Striders' Pine Tree Marathon Call Susan Davenny 772-1787.

Race directors spend many hours phoning for volunteers. Help them out by calling first. Thank you!

HELP WANTED POSITIONS

Course Certification Trainees Call John LeRoy at 725-8680 or Loren Lathrop at 772-8356.

Race Committee Members Call Charles Scribner 772-5781.

Turkey Trot Co-Director Call Dru Jones at 878-3881.

MTC Masters Team Coordinator Call Bill Stuart at 799-5961.

Newsletter Advertising Manager Call Candace at 967-4257.

RUN WITH A FRIEND

Portland Area

Early Morning Group, USM, Portland, Gym Lobby. No showers unless you have a Lifeline membership. Parking in USM lots by sticker. Start time (5:15-6:00am) and mileage (4-10 miles) varies each day. Call Bill Davenny 772-1787 or Bill Stuart 799-5961. Pace: 8-10 min. per mile. Long runs on weekends from homes, Sat/Sun. Call for location.

The Rat Pack, call All Butler at 772-6463 or John Gale at 775-5017. Pace: 7:00-7:30 min. per mile. Call for location.

The Portland Hash House Harriers, watch the newsletter and Sara's column.

Brunswick

Call John LeRoy at 725-8680. Sunday runs at 9:00am from Brunswick Junior High School, 4-8 miles. Also Saturday long runs and intervals. Call John for time and location.

Saco, Biddeford, Kennebunkport, Kennebunk?

We have a large number of members in these towns. Want to start a training group? Send a name and number to the newsletter editor for this column.

CAN'T VOLUNTEER? YOU CAN.....

Be a Newsletter Sponsor

- \$10 Individual is listed in each newsletter for the year
- \$25 Corporate Level is also listed in each newsletter for the year

Obtain Newsletter Advertising

- 1/4 page \$25 a month \$125 for 6 months \$250 for 12 months
- 1/2 page \$50 a month \$250 for 6 months \$500 for 12 months
- Full pg. \$75 a month \$375 for 6 months \$750 for 12 months

Be or Obtain a Club Patron

- \$65 Contributor receives aMTC SS T-shirt or a Contributor's Plaque
- \$75 Benefactor receives a MTC LS T-shirt or a Benefactor's Plaque
- \$100 President's Club Patron receives a MTC sweatshirt or a President's Club Plaque

For each \$100 in advertising or patron donations you will receive 1 credit towards 3 needed for a volunteer T-shirt or free membership for the following year. Send all checks and information to the PO Box labeled with the appropriate category. Thank you!

50 MILER SPONSORS NEEDED

We have a \$150 sponsor. We still need \$150-\$200 for this classic race, October 13th, to break even. If you can find or be a sponsor for any portion of this amount, call Bill and Bambi Lovett at 797-3531.

THANK YOU'S FROM NATIONAL TAC JUNIOR OLYMPIANS

Thank you notes have been received from Ethan Crain of Windham and Dan Demers of Bonny Eagle for donations approved by the MTC Board of Directors towards their expenses for the competition in Nebraska. Dan came in 11th in his event and feels with this experience and proper training he will aim for 1st next year. Ethan placed 17th out of 40 in the young men's division steeple-chase, improving his time in 95 degree heat and 95% humidity.

Susan Davenny
Secretary

WEDNESDAY NIGHT INTERVAL WORKOUTS

MTC Coach, Dennis Smith, will not be available in person after August 29's last session. Members may contact him by phone for advice. Members doing intervals and looking for company are encouraged to send in names, times, and locations for newsletter notices.

UPCOMING MAINE EVENTS

September

- 9 Bay Club/Elks 188 Fore River Challenge, Half-Marathon and 4 Miler, Portland, 8:00am, Loren and Jane Lathrop 772-8356.
- 9 Lost Valley Uphill Run, Ski Maine Assoc., PO Box 991, Portland, 04104.
- 12 Maine Track Club Meeting, SMTC, 7:00pm.
- 15 Family Health 5K, Camden, 9:30am, Diane Peterson, Pen Bay Medical Center, Rockland, 04841.
- 15 13th Bar Harbor 13 Miler, Mt. Desert Island, 10:00am, Michael Reisman, Bar Harbor YMCA 288-3511.
- 15 Passadumkeag 5K, 9:00am, Howard Clements, PO Box 74, Passadumkeag, 04475
- 16 6th Sentinel 10K Classic, Waterville, 9:00am, Jerry Saint Amand 873-6753 or Central Maine Striders, Box 1177, Waterville, 04901.
- 22 Kingfield 10K/Kids K. Kingfield, 10:00am, Chip Carey 237-2000 or 265-2273.
- 23 Sugarloaf Uphill Climb, 11:00am, Carabasset Valley, Chip Carey 237-2000 or 265-2273.
- 29 Hilda Barstow 5K, Farmington, 10:00am, U. of Maine
- 29 Homecoming 5K, Presque Isle, 10:00am, U. of Maine.
- 30 BudLight Women's Distance Festival 5K, Portland, 8:30am, Susan Davenny 772-1787 or Ruth Hefflefinger at 797-4625.
- 30 2nd Shawnee Peak Great Mountain Chase, Bridgton, 10:30am, Amy Richardson 647-4625.

October

- 6 or
- 13 ? Run 'O The Irish 5 Miler, Carmel, 10:00am, Kevin Vickers 848-3601 or CMS, Box 1177, Waterville, 04901.
- 6 Columbus Day 5K, West Farmington, 1:00pm, Elks Club.
- 6 Sunday River Uphill Run, Bethel, Ski Maine Association, PO Box 991, Portland, 04104.
- 7 3rd Pepsi 10K, Bangor, Sub 5 Track Club, Chuck Morris, Box 3399, Brewer, 04412
- 10 Maine Track Club Meeting, SMTC, 7:00pm.
- 13 Limestone Autumn Classic 5K, Limestone HS, 10:00am, Aroostook Mustards.
- 13 Maine Track Club 50 Miler, Brunswick, Bill and Bambi Lovett 797-3531.
- 21 2nd Pine Tree Marathon, Waterville, 9:00am, Jerry Saint Amand or Central Maine Striders.
- 28 13th Great Pumpkin 10K, 11:00am, Ken Dion, PO Box 233, Saco, ME 04072.

Always verify information with race directors.

NEW ENGLAND MARATHON "POSTPONED"

The New England Marathon, formerly Boston Peace, scheduled for November 18, has been postponed indefinitely. The reason given was an unfavorable political situation.

WOMEN'S DISTANCE FESTIVAL

**A RACE FOR WOMEN OF ALL ABILITIES
BUD LIGHT WOMEN'S DISTANCE FESTIVAL 5K
SEPTEMBER 30th 8:30am**

Our 2nd women's race, this year's Bud Light Women's Distance Festival 5K is starting strong. Applications were out by the July 4th races and began coming in immediately. Last year 235 registered: 193 finished the race. First time racers totalled 38. We expect well over 300 registrants this year and hope for even more first time racers.

The winner in 1989 was Tina Meserve of Livermore Falls with a time of 17:49. The last finisher walked the course in 53:25. This year's course is certified. It was remeasured after the new calibration course was devised and will be a few feet shorter than 1989. It still includes Munjoy Hill and the great view from the top! This year's first three Maine finishers will qualify for the Maine TAC team to Freihofer's Run for Women in Albany, NY, May 4. Lodging and ground transportation will be arranged by Maine TAC.

Bud Light, distributed by National Distributors, is our major sponsor this year. Poland Spring Water will co-sponsor. Continental Airlines is providing the grand prize drawing of two round trip tickets for anywhere in the domestic U.S. Anyone registered for the race is eligible. The Sonesta Hotel is providing us with the use of their facilities and the Awards Breakfast at a break-even \$5 per person. Friends and family are welcome. Volunteers wishing to stay for breakfast will also have to purchase tickets this year.

Our race is part of a program of the Road Runners Club of America. Current goal of this program is to publicize the lack of a women's Olympic 5K event and to encourage all women to run and race. There are over 75 festivals held by member clubs across the nation. National sponsors are Tom's of Maine, Moving Comfort, Women's Sports and Fitness Magazine, and Runner's World Magazine.

The Maine Track Club race will again benefit McAuley Residence of Portland, a transitional housing for women alone or with children.

For applications, write Bud Light Women's Distance Festival, Maine Track Club, PO Box 8008, Portland, ME 04104, or call Susan Davenny at 772-1787 or Ruth Hefflefinger at 797-4625. Pre-registration of \$7 and Awards Breakfast fee of \$5 per person must be received by September 24. First time racer and mother/daughter awards done by pre-registration only. Packet pickup 7:00-8:00am race day. Race day registration fee is \$9, 7:00-8:00am. T-shirts to the first 300 pre-registrants.

Susan Davenny
Co-Director

P.S. There really will be showers at the YMCA between the race and the awards breakfast.

Name & Address	Phone	Occupation	Age
Michael Cloutier PSC#2, Box 13879 APO San Francisco, CA 96367		Sr. Msgr. U.S. Air Force	33
Thomas & Melissa Easley 607 Lisbon Rd. #c Lisbon Falls, ME 04252	353-9615 921-2305	Aviation Storekeeper, USAF Social Worker-Montello Manor	26 24
Cathy Faucher 35 Crossmeadow Lane So. Portland, ME 04106	799-4696	Electrical Engineer Oak Point Assoc.	24
Ivan Herschenfeld 650 Gibson Ave. Kingston, PA 18704	717-288-3732	State University of New York at Binghamton	18
Carol Hooper 8 Juniper Ledge Yarmouth, ME 04096	846-9733 772-5444	Fitness Director - Bay Club	30
Herb Hoppe 13 Farwell Ave. Cumberland, ME 04021	829-3637	Teacher/Coach Falmouth School Dept.	48
Sue Inches 90 Royal Rd. Pownal, ME 04069	846-4405 883-2911	Advertising - Hannaford	35
John Kendall 9 Cascade Rd. B-5 Old Orchard Beach, ME 04064	934-1454 775-8654	Senior Operator National Semi	40
Jeanine May 18 High Pt. Rd. Scarborough, ME 04074	883-6639	Student - UM Orono	21

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One City Center, Portland, ME 04101

* Offer expires September 30, 1990

"RUN TO WIN" LADIES TEAM

As a member of the Maine Track Club, I thought the club might be interested in some background information on the "Run to Win" Ladies Team, as most of our team members are Club members too. The team was started to help myself and some friends. We were novice runners who had no racing experience at all. I am Brian Gillespie's sister, so naturally my friends were always giving me questions for him. It became apparent that there might be more women in our position that could benefit from Brian's expertise. At first he was not sure he wanted to take on a bunch of female beginners. At the time, he was already coaching Wanda Haney-Binette and Edie Dubord. He knew we could truly use his advice and might be able to improve over a six month period, so he incorporated us all into a team. He charges us a small fee for all his time and effort. We are individual runners training within a team atmosphere. We have individual training schedules set monthly by Brian. We do team speed workouts on Wednesday nights and a group long run of up to 12 miles on Sundays. Brian has taught us so much about running and racing, he has helped us develop confidence and pride in our running, which will always be with us. We have monthly meetings which usually include a guest speaker, and we are able to discuss problems, both physical and mental, with regards to our running. Being an all-women's team has had many wonderful surprises. We encourage each other, but at the same time are very competitive with each other. Brian has taught us the fine line between the two and how to use the

team for future success with our racing. We are a varied group, our ages range from 20 to 39. At least half of us have small children and hold either full or part-time jobs.

The team consists of Wanda Haney-Binette, Edie DuBord, Bonnie Black, Christie Hendrich, Betty Barber, Kathleen Duddy, Carrie Croft, Jennifer Gould, Gail Waikun-Romanoff, Stephanie Lugg, Hanley Denning, Cindy Howdysshell, Leslie Couture and myself.

Another rewarding aspect of our team is that we run races to raise money for the McAuley Women's Shelter in Portland. We have three Sponsors: Pride Financial Services, Artic Insulation, and Dr. Wendy Neal of the Chiropractic Center of Portland. When a team member either wins or places in her age group, the sponsors each donate a certain amount of money to the McAuley Residence. In five months we have raised \$250.00 for the shelter.

The team was started as a six-month commitment, but everyone has improved so much and enjoyed the team concept, we have asked Brian to consider "Run to Win II" from September to March. He has agreed. We would like to add five ladies to the team, so if anyone is interested, she should call Brian at 772-2753. It has been a very rewarding six months in our lives.

Nancy Lund



*Standing: Brian Gillespie, Gail Waikun-Romanoff, Kathleen Duddy, Betty Barber, Edie DuBord, Bonnie Black, Cindy Howdysshell, Christie Hendrich.
Kneeling: Carrie Croft, Jennifer Gould, Nancy Lund, Wanda Haney-Binette, Stephanie Lugg, Leslie Couture. (Not pictured: Hanley Denning.)*

MAINE TRACK CLUB MEMBERSHIP FORM

12

MEMBERSHIP APPLICATION

I hereby make application to the Maine Track Club as follows: (Check 1)

☐ Individual (\$12.00)

☐ Family (\$15.00)

☐ Student (\$5.00) (18 yrs. old maximum)

TODAY'S DATE _____

LAST NAME _____	FIRST NAME _____	SEX (M/F) _____	D.O.B. _____
LAST NAME _____	FIRST NAME _____	SEX (M/F) _____	D.O.B. _____
LAST NAME _____	FIRST NAME _____	SEX (M/F) _____	D.O.B. _____
LAST NAME _____	FIRST NAME _____	SEX (M/F) _____	D.O.B. _____

ADDRESS _____, HOME PHONE _____

CITY _____, STATE _____, ZIP CODE _____

EMPLOYER _____,	OCCUPATION _____,	PHONE _____
EMPLOYER _____,	OCCUPATION _____,	PHONE _____

IF STUDENT: SCHOOL _____, YEAR OF GRADUATION _____

IF STUDENT: SCHOOL _____, YEAR OF GRADUATION _____

SEND TO: Membership c/o Maine Track Club, P.O. Box 8008, Portland, Maine 04104

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Maine Track Club

P.O. Box 8008
Portland, Maine
04104



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