



NEWS • RUN

Run with a friend . . .

September 1993

A Tribute Rick Strout

Rick Strout Finishes His Last Race

On August 5, 1993, the Maine Track Club lost a very active and loyal member. Rick Strout of Cumberland died after a determined battle against an extremely rare type of brain tumor.

Rick was a friendly and out-going person, who not only served the club for over 5 years as its treasurer, but also directed and assisted in many, many races. He was the director of the "Stroh's Run for Liberty," and the WCSH-TV's "Run for Kid's Sake" races. These events were some of the biggest road races that the MTC has organized and conducted.

See "Finishes" on page 4



The Strouts at the MTC auction



*Rick Strout received RRCA
National Volunteer Award*



The name Rick Strout means many things to me: Friendly, hard-working, competitive, and fair.

I joined the Maine Track Club in the Spring of 1986, just in time to work on the RRCA Convention. One of the many jobs Rick had, was the start and finish of the big 10K race at Deering Oaks Park. He was one of the first MTC officers that I met, and it was always a pleasure to work with Rick. One knew just what was expected, and in a friendly and fair way.

See "Tribute" page 5

Inside Features

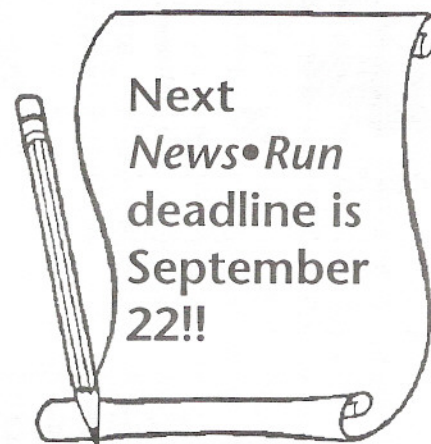
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From the Editor . . .



I cannot quite explain why this month's column has been so difficult to formulate....I have known that this issue is dedicated to the memory of Rick Strout. He was a highly valued member of the Maine Track Club, and will be missed by his friends and running comrades. The problem is making sense of the feelings surrounding this loss. I did not have the privilege to know Rick personally, although I was well aware of his medical battle, and his valiant will to live and persevere. It's this show of courage that leaves me feeling grateful and inspired. I know these are strange words to use in response to death. I just think Rick had a lot to give, and his purpose, if you will, in the final months, may have been to teach us some of these crucial lessons about living. Living well. Fighting the "good battle" as Peter Bastow writes.

I write this column today after editing and compiling the rest of the newsletter. I needed to sort things out for myself, and I am continually impressed with the level of energy for life that runners display. This issue contains personal essays from Dale Rines and Peter Bastow - two men who shared the path with Rick at different times and in different ways. It also contains news about members running for 24 hours, and cycling nearly as long. The Maine Marathon and Half-Marathon are coming together beautifully, as a result of incredible volunteerism!! It's such an honor to be able to participate in all of these feats!



So in the shadow of a major loss, we go on living with Rick Strout in mind. He has modeled living, and that's about running, sharing, educating, supporting, helping, and succeeding. Good luck.

See you on the road-Jeanne Hackett.

You Can With A Van!!!

The Marathon effort cannot be complete without the donation of vans to be used over and around the course in many capacities. Just think of the myriad ways in which you use your van. And think about needing to get from mile 3 to mile 15, in a hurry. Seriously, we need sag wagons. Call Diana Laskey at 729-4104.

News•Run Sponsors

The Maine Track Club gratefully acknowledges the generosity and support of those members listed below. If you would like to become an **individual News•Run** sponsor, please send \$10 to Maine Track Club, PO 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*.

Sponsors

Milt Bailey
Charles Iselborn

Mystery Sponsor (?)
Kurt Nielsen

Carol Pierce
Maggie Soule

John Woods

September Race Schedule:

- 4 "Blue Hill Fair 40 Furlongs"-5 mi-Blue Hill-9:30 am-x-ctry-Stephen Elliot-326-9097
- 4 "James Gang 10K"-Gorham,NH-9am-Paul Letarte-603-752-3718.
- 5 "Waterville Police High Speed Chase 5K"-Waterville-1 mi fun run & Tot Trot-9am-Mark Barney-872-5551.
- 5 "Special Olympics Fund Run"-Portland-5Krun-10am-5K walk-9am-Bob Payne-665-2165.
- 6 "Bangor Labor Day Road Race"-Bangor-5mi-9am-Park&Rec-947-1018.
- 6 "Caribou Labor Day Viking Run"-8K-Caribou-11am-Neil Genz-496-3026.
- 11 "Women's 3K Cross Country Race-10 am Westbrook College-Brian Gillespie-772-2753.
- 11 "Family Health Run/Walk"-Camden-5K-10am-fun run-9:30-596-8485.
- 11 "Maple Leaf Half Marathon"-Manchester Village, VT-nno-Colin Lawson-(802)-824-4508.
- 11 "Quoddy Head"-Lubec-5mi,3mi,1mi-10 am-Bion McFadden-773-4496,733-5541.
- 11 Maine Running Hall of Fame-6pm-Waterville-Jerry Saint Amand-873-6753.
- 12 Cardiac Run/Walk-5K-Bangor-walk 9am-run-10am-Paul Hammond-941-2966.
- 12 Septemberfest 5K-Kittery-8:30am-Kittery Trading Post-David Labbe-439-2700.
- 12 Sentinel 10K Classic-Waterville-9am-Jerry Saint Amand-873-6753.
- 12 Book Around the Bay-5K-Portland-12pm-Claire Sheldon-874-0859.
- 18 Bar Harbor 13 Miler-Bar Harbor 1\2 marathon-10am-MDI YMCA-288-3511.

- 18 Goldsmith Miler-Presque Isle-9am-Mike Czosneck-#?
- 19 Clarence Demar Marathon-Keene,NH-8am-Richard Lecuyer-603-357-1215.
- 19 Bud Light 5K Women's Distance Festival-Portland-8:30am-Sue Davenny-772-1787.
- 25 Eliot Festival Day-5K-8:30-Dick McKenney-439-2866.
- 25 Kingfield 10K-11:15am-Chip Carey-265-2273.
- 26 SugarloafUSA Uphill Run-Kingfield-10am-Chip Carey-265-2273.
- 26 Common Ground 5 Miler-Windsor-Chris Bovie-622-1267.
- 26 UMPI Homecoming 5K-Presque Isle-10am-Chris Smith



Group Runs:

Portland - early mornings - USM - Bill Davenny 772-1787

Portland - Rat Pack - varying times - Mike Reali 767-5218

Cape Elizabeth High - Sunday 7:30 AM - RTW Team - Brian Gillespie 772-2753

South Portland - Tuesday PM - Donna Moulton 799-2894

Kennebunk - Thursday PM- Village Marketplace - Steve Jacobsen-h-985-4107,w-985-2941

Finishes — Continued from front page



*Peter and Rick at the
MTC 50 Miler
(Master's Run)*

Rick was recognized for his achievements and contributions and was the recipient of the MTC's most prestigious annual award: The John Fyalka Award. This past year Rick received the Road Runners Club of America's medal for outstanding help and countless hours of volunteer assistance in the running community.

In 1989 and 1990, Rick concentrated on improving his racing times at distances from the 5K to the Marathon. His diligent training and determination paid off, and in 1990, Rick received the MTC's most-improved runner's trophy in the 50-59 age group for his outstanding accomplishments throughout the year.

In the spring of 1991, Rick was on a training run for the Boston Marathon. He had qualified for Boston with a 3:19 performance at the Pine Tree Marathon in Waterville. While running in Portland, on his way to Cumberland, he blacked out. The next thing he realized was that he was in the Maine Medical Center, and was told later that he had a tumor on his brain.

Rick was given a few options, and his decision was, "Let's get it out of there." He faced the situation both physically and mentally, as if preparing for a marathon.

He had brain surgery to remove the tumor, and another operation for radiation capsules to be implanted for a week. Radiation and

chemotherapy treatment followed. That same spring, Rick ran and finished the April Amble and the DARE 4-Miler in May. Continuous treatment slowed him down, but he did not drop out of this, his most important race of all.

Later in the fall, Rick ran the Turkey Trot 5K in the cold and windy rain at Cape Elizabeth, followed-up with the Thanksgiving Day 4-Miler several days later in Portland.

One week before Christmas, Rick had yet another brain operation to clean out some dead tissue. He was determined to be home for Christmas, and arrived in Cumberland on Christmas Eve!

Rick was presented the "Comeback Runner of the Year Award" at the MTC annual banquet in January 1992, exactly one year after receiving the outstanding age group trophy!

Rick dealt with his brain tumor illness with the same determination he had in his training runs and road races. He continued to fight the good battle to the very last minute.

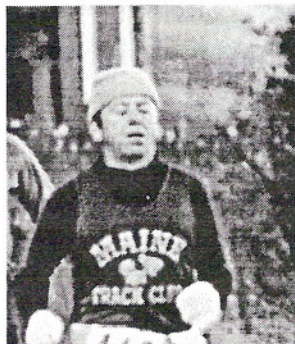
I had the honor and privilege to speak at Rick's funeral. I was happy to see so many MTC members among the large turn out of friends and relatives.

In closing, I will use the same words that I mentioned in his eulogy: Our MTC slogan is "Run with a Friend." When you ran with Rick Strout, you got the Club's message. So for today, and in the future, keep Rick's memory alive, and then, you too will always, Run with a Friend.

Peter F. Bastow



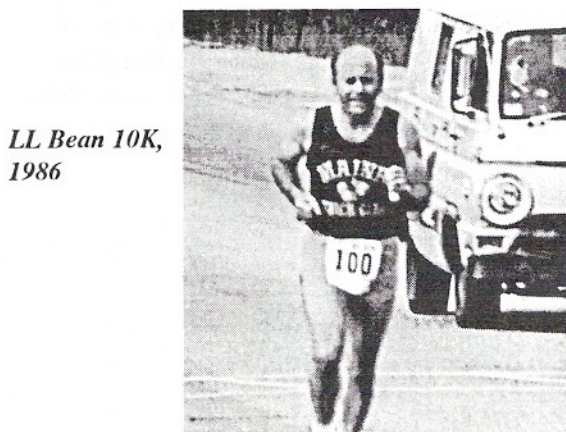
Tribute — Continued from front page



Casco Bay Marathon



*Maine Coast
Marathon 1986*



*LL Bean 10K,
1986*

I also worked the finish line at another "Strout Race;" the last WCSH Kid's Sake 4-Miler. Here, it was not just Rick, but his whole family helping out with the infamous Triple Chute. This race had grown to nearly 600 runners on a confined course, so the finish line was a busy place. Rick had his own idea how to run the chute, and I remember most clearly the tension as the first finishers, followed by bigger packs, hit the line. Rick would jump from lane to lane with the rope and soon the anxiety gave way to that grin, with the comment, "It's going to work."

As a competitor, Rick was as steady as they come. We saw him at many races, always friendly, with that challenging, "What's it going to be today?" Our pre-race chit-chat about our new Ford pickups soon gave way to the RACE. No idle talk here, as Rick Strout meant business.

As my running improved through 1990, I began to see Rick's MTC singlet come into clearer view. I reeled him in to within 4 seconds at the '90 Boy's Club, and 2 seconds at the '90 Shaw's 4-Miler. But I never saw the front side of Rick Strout until the Mid-winter Classic in March '91, when I feared something was wrong.

Rick's running during his illness, and then his help and interest when he was unable to run, will always be an inspiration to us all. Whenever I run a race, I will always be looking up ahead, trying to catch that friendly and determined green singlet.

Dale Rines

Runs From Away . . .

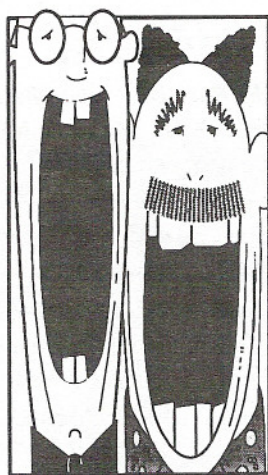
*submitted by Race Director Robert
Lopez, D.V.M., Westport, NY*

Strong Maine Ultra-Marathoners dominated the 18th Annual Westport running race—placing 2nd, 6th, 7th, and 8th. Richard Fedion (91 miles), and MTC's Bill Davenney (72.5), Carlton Mendell (70), and Loren Lathrop (66) finished, aided by ideal weather ranging from 57-80 degrees with overcast skies and a brief shower. The event began in Lake Placid and moved to a half mile dirt track (certified & measured by surveyors) on the shores of beautiful Lake Champlain. Oranges, watermelon and bananas were served continually with a dawn breakfast of chicken broth and coffee. Carlton Mendell had a hamstring problem, though competed for his eighth straight year.

. . . Or More Accurately, A Ride Away

Certainly you remember Willie Emerson, the first of 90 Americans to cross the finish line of the Greece Marathon three years ago. And how he was the first person to swim the 14 mile length of Long Lake in New York. So I'm sure it will come as no surprise to learn that he has completed a 300 mile, 21 hour RATS race on his 14 speed bicycle.

On Saturday, July 17, at 12:40 a.m., while the rest of Old Town, Maine slept, Willie prepared to set yet another personal record. He and four friends gathered outside of a small bicycle shop and began their Ride Across Three States (RATS) which would take them from Maine through New Hampshire, to finish in Burlington, VT. He talked about the importance of keeping together as a group to bout monotony and to provide motivation. Hills and a steady headwind made for challenging cycling, with pace averaging around 16mph. They were treated to occasional 45 mph downhills, and were well prepared with power bars and carbo drinks as their fuel source. So what, pray tell, is next???



ANNOUNCEMENTS

News•Run Needs YOU

by Virginia Wilder Cross

A year ago I volunteered to re-design and desktop publish this publication . . . for a year. Well, with this issue, the year is coming to an end. I have thoroughly enjoyed this volunteer effort and thank the Club for its trust in my judgment and artistic license.

For those of you who don't know who I am . . . I am the slightly chubby old woman who usually finishes near the end of the pack in the 5K races around town. I also own a public relations business called

Working Words and among the services I

offer are desktop publishing, editing, etc. While *News•Run* is right up my alley . . . so is eating. Since I am a "sole-practitioner" I find that I must go back to working for money and cut back on my volunteer jobs. If I had a wish, it would be that I were wealthy enough to 1) give away lots of money to good causes (of my choice) and 2) work ONLY as a volunteer.

But, alas, I am not, so I must carry on with the reality of life and get on with earning my living.

So, where does all this leave the MTC? The Club needs a desktop publisher, or anyone with a computer to take over. The newsletter is currently designed on Mac using PageMaker 5.0, but there's no reason why another computer program can't do it. I would be happy to provide the new volunteer with a formatted template (using PageMaker), so there would be no need to spend time on re-design. Of course, if an artist has a desire to re-design, there's no objection to that either!

This is how it has been working . . .

Material goes to Jeanne Hackett who edits and puts it all on a disk. Marla Keefe has been transferring the 5-1/4" disks to the 3-1/2" diskettes so I can then translate the IBM files to Mac format. This has worked out great — I don't spend much time typing. I also have a color scanner so I have been able to produce the half-tones at no extra charge. The photos can be "dropped in" conventionally if a scanner is not available. I spend about 8 hours per issue depending on the size of it.

So, if you have 8 hours per month, a computer and a desire to exercise your artistic license, please let Jeanne Hackett know right away. WE NEED YOU!!

Where are They?

Can you imagine racing a 10K, or any distance greater than a 5K for that matter, without a 2, 4, or 5 Mile marker? Well, if MTC puts the race on you will have to. It seems our large wooden green and white markers have walked away. The 2 Mile marker has been replaced with a rough handmade substitute.

If you have any information about these items, please contact Charlie Scribner at 772-5781. Thank you.

Maine Track Club Members Only -

Get your discount at Coastal Athletics, 502 Woodford St. in Portland — Ron Kelly is the man to see — 772-4530.

Looking for Nominations . . .

Road Race Management, the newsletter for race directors, seeks nominations for its 7th annual Road Race Director of the Year Award. The 1993 winner will be announced at their meeting in November. "The goal is to recognize excellence (not perfection) and to make race directors a more appreciated, albeit weary, species before they become extinct."

Any race director or coordinator is eligible, though you may not nominate yourself. Previous winners are not eligible. Nominations must be received by September 18, 1993, so contact Jeanne Hackett (879-0678) for the ballot form. There is a minimal processing fee for each application. Let's get an MTC director in there!!!

September Membership Meeting

Wednesday, September 8

6:30 PM at SMTC

September 8, 1993, at 6:30 pm at SMTC, the Maine Track Club will conduct its monthly meeting. A business meeting to bring you up to date on all the current events starts at 6:30 pm., followed by our most significant speakers to date: YOU!!!

We are planning a Back to School Brainstorming Session, and the topic is Membership Development. We plan to make this an interesting and interactive night, one that will generate lots of opinions and ideas about the course of the club. The board will take the feedback for future planning.

Come prepared to talk to each other in small groups, or to just listen to the creative ideas. New members are especially welcome, and veteran members may want to consider bringing a prospective member.

Refreshments will follow



United We Run!

Show club spirit by wearing MTC clothing at races and other running events. Clothing is sold at monthly membership meetings, or call clothing chair, Judy Grassi at 774-9656.

Volunteer Opportunity!!

The Maine Marathon, Half-Marathon, and Fitness Festival weekend is fast approaching. The events have outstanding organization and enthusiastic personnel assisting with the sponsorship. It is our job, the Maine Track Club, to organize, present, and follow through, so that October 2nd and 3rd is a successful weekend.

In order to accomplish this, we all have to chip-in and participate in some way. Those who do, will feel good and have fun at the same time!

Volunteer t-shirts, and a big post-race party for volunteers are also incentives to pitch-in. Registration, traffic control, water, fitness festival set-up, public relations, child-care activities, refreshments, finish-line, clean-up, are some of the areas where you could help.

I need your name and telephone number, so that I can assist the various team captains field their positions. It's easier for you to make one phone call, than for me to make 300. Please call me so that we can make this truly an MTC success. Peter Bastow, Volunteer Coordinator, 829-3669.

Team Development

The Run to Win Ladies Team will promote and organize three races this fall. Proceeds of these races will go towards the expenses of the 15 member RTW team in a 3-day trip to the 1994 National Women's 5K Championships, in Albany, NY. Mark your calendars for the following events:

Sept. 11 - Women's 3K Cross-Country Race - 10 am Westbrook College.

Oct. 31 - Halloween Classic - 1 pm - Westbrook College - (Must wear a mask or costume.)

Nov. 6 - Women's 3K Cross Country Race - 10 am - Westbrook College.

The next Run to Win Team session will go from October to April. Call Brian Gillespie for more information at 772-2753.



New MTC Members

Let's have a warm Track Club welcome to all our new members. Welcome aboard!!!

NAME AND ADDRESS	TELEPHONE	OCCUPATION	AGE
Bob Davis M 398 U.S. Rt. 1 Scarborough, ME 04074-9772	H793-4333 W883-9707	Massage Therapist	07/18/38
Jacob Morrill M 160 Fickett St RD2 So. Portland, ME 04106-6874		6th Grader-Memorial Middle School	11/26/80
Jay Kovensky M 147 Bolton St Portland, ME 04102-2503	H773-1358 W772-7277	Gen. Mgr.-Dive Boat Inc	06/15/57
Suzy & Craig Hurwitz 110 Foreside Rd Falmouth, ME 04105-1720	W775-5481	(C)Physician-ME Children's Cancer Program	(S) 10/21/57 (C) 02/24/56
Scott Decker M 9 Edna Lane No. Yarmouth, ME 04097	H829-3355 W829-6994	Civil Engineer-Squaw Bay Corp	01/07/47
Elizabeth Johns F P.O. Box 347 Yarmouth, ME 04096-0347	H846-4443 W777-1551	Mortgage Processor-Homeowners Assistance Corp	08/10/60
Andrew Coffin M 393 Center St #69C Auburn, ME 04210-6160	H777-3740 W784-5739	Accountant-Albin, Randall & Bennett	10/25/67
Don Burnham M 14 Sylvan Circle Kennebunk, ME 04043-2327	H985-7239 W283-4063	Key Bank of Maine	05/12/41
Tracey Hall / Honey Swinburne 6 Val Terrace Scarborough, ME 04074-8738	F/F H883-4628 W773-4225	(T)Prog. Director-JA	(H)08/02/77 (T)12/11/63
Chris Dowe M RR3 Box 521 Gorham, ME 04038-9455	W800-272-2070	Med. Equip Sales Ophthalmic Instrument Co.Inc	04/14/60
Jim Watson M 65 Wellwood Rd Portland, ME 04103-4236	H772-6036 W800-678-7423	Sales Rep-Triad Systems Corp	03/12/60
Robert Berube M 81 Western Ave Auburn, ME 04210-4924	H786-5914 W784-9327	Oral Surgeon-Androscoggin Oral & Maxillofacial Surgeons	09/15/59
Katherine Clarcq F 15 Deering St. #13 Portland, ME 04101-2183	H879-7945	Job Coach-Creative Work Systems	10/13/70



Don Penta

Race Results

Results submitted by Don Penta

12th Annual Clam Festival Classic 5 Miler Yarmouth, ME - 657 Fin. - July 17, 1993

Top Open Division Finishers:

1 Todd Coffin	32	24:29
2 Stephen Sarkozy	25	24:57
3 Michael Grigware	28	25:22
4 Kevin Way	24	25:28
5 Pete Bottomley (MTC)	31	25:42
18 Joan Samuelson USAT&F	36	27:12*
54 Molly Dinan USAT&F	17	29:29*
57 Ann Bokman	24	29:41*
60 Wanda Binette	27	29:47*
87 Rose Prest-Morrison	30	30:44*

Other Top Divisional Finishers:

6 Danny Paul 35-39 USAT&F	39	25:47
7 Jeff Young 20-29	23	25:52
11 David Howe 16-19	19	26:35
14 Ryan McCalmon (MTC) USAT&F	17	26:59
17 Teague Dyer USAT&F	17	27:10
19 Gordon Scannell (MTC) 40-44	40	27:24
23 Matt Lane 15&under USAT&F	15	27:53
27 Jim Murphy 45-49	46	28:17
47 Conrad Walton 50-54 USAT&F	54	28:58
59 Bob Payne (MTC) 55-59 USAT&F	55	29:46
100 Gail Turner 30-34	33	30:56*
126 Mary Meehan 20-29	27	31:35*
127 Deb Raszmann 40-44	40	31:36*
139 Jane Palmer 35-39	38	31:54*
187 Toby Nowak USAT&F	14	33:13
192 Robin Bates 15&under USAT&F	15	33:20*
212 Joan Lavin (MTC) 45-49 USAT&F	45	33:41*
247 Kimberly Monaco 16-19	19	34:40*
337 Barbara MacArthur USAT&F	52	36:52*
340 Herb Strom (MTC) 60-64	63	36:54
398 Russ Bradley (MTC) 65+	69	37:50
554 Polly Kenniston 55-59	56	42:33*
604 Mead Brownell 60-64 USAT&F	62	44:32*
635 Victoria Poole 65+ USAT&F	65	47:43*

Other Maine Track Club Finishers:

35 John Eldredge	38	28:37
44 Michael Reali	39	28:54
50 Thomas Menendez	39	29:12
58 Terry Clark	49	29:43
64 Kevin Burke	28	29:54
71 Alburn Butler	39	30:11
72 Harry Nelson	39	30:16
76 Ron Cedrone	44	30:24
86 Glen Gallupe	33	30:40
91 Richard Mulhern	39	30:47

101 Phil Pierce 2,50-54	51	30:57
110 Ira Cohen	40	31:19
115 Charles Iselborn	36	31:25
124 Dennis A. Smith	43	31:33
130 Paul LaVangie	35	31:38
134 Gary Giffard	34	31:46
138 Tom Allen	37	31:53
143 Peter Bastow 2,55-59	56	32:03
146 Timothy Higgins	33	32:06
148 Clyde Coolidge 3,50-54	54	32:08
161 James McCorkle	38	32:31
169 Neil Martin	50	32:46
174 John Rolfe	39	32:53
191 Rocco Corsetti	45	33:19
207 Daniel Fitzgerald	33	33:37
209 George Prescott	45	33:39
216 Mary Ann Doss	33	33:47*
241 John Kim 3,55-59	57	34:33
256 William McCalmon	51	34:49
264 Brian Flynn	32	34:53
274 Dominic Reali	50	35:10
284 Elizabeth Ehrenfield	34	35:24*
294 Michael Crowley	42	35:38
297 Dick Lajoie	53	35:41
312 Ann Strohm	29	36:10*
316 Theresa Gallupe	31	36:18*
317 Ray Oneglia	45	36:19
321 John Dorsey	46	36:24
327 Robert Green	45	36:40
345 Richard Cavanaugh 2,60-64	60	36:58
386 Tom Atchison	44	37:38
404 Patti Tableman	34	37:56*
408 Nancy Lovetere 2,45-49	49	38:12*
435 Diane Daley	37	38:56*
467 John Kazilionis	45	39:41
468 William York	51	39:41
472 Carleen Davis	29	39:45*
473 Dan Davis	26	39:45
474 Cleve Folger	44	39:46
479 Bob Cushman	55	39:49
483 Bob McArtor	53	39:54
501 Elizabeth Curtis	18	40:33*
505 Tom O'Connor	42	40:46
506 Brian Brown	36	40:48
507 Joseph O'Donnell	42	40:49
521 Stoddard Chaplin	53	41:16
545 Laurie Curtis	46	41:53*
573 Kathryn Yates	42	43:17*
579 Sally Paterson	51	43:29*
601 Ken Dolley	57	44:25
602 Jane Dolley	45	44:25*
615 Richard Levesque	57	45:05
632 Wayne Newland	55	47:33
645 Widge Thomas 3,65+	68	49:49
646 Gay Thomas	36	49:50*
647 Beverly Doughty	42	49:59*
656 Julius Marzul	67	55:05

Many thanks to Ruth Hefflefinger for complete results!

Continues next page

Race Results

17th Annual Bridgton 4 on the 4th Bridgton, ME - 988 Fin. - July 4, 1993

Top Overall Finishers:

1 Stan Bickford	29	20:02
2 Dan Verrington	31	20:08
3 Sean Livingston	24	20:12
4 Byrne Decker	26	20:42
5 Mike Graham	31	20:45
34 Charlotte Thomas	36	23:17*
38 Cynthia Moreshead	19	23:24*
40 Renee Rombaut	25	23:36*
49 Cathy Allen	27	24:09*
53 Dorcas Wonsavage	28	24:23*

Other Top Divisional Finishers:

12 Henry Finch 40-44	44	21:33
21 Teague Dyer 14-18	17	22:00
43 Charlie Pratt 50-59	51	23:39
50 Bill Reilly 45-49	45	24:10
113 Carol Weeks (MTC) 40-44	44	26:12*
151 Robin Bates 14-18	15	27:06*
221 Faye Gagnon 45-49	48	28:33*
231 Brandon Reynolds 11-13	13	28:42
247 John Chandler 60-69	66	28:56
264 Juliana Lagin-Nasse 11-13	13	29:23*
285 Andy Brosius 10&under	9	29:55
371 Maggie Solomon 50-59	59	31:38*
432 Carlton Mendell (MTC) 70+	71	33:00
673 Kerry Busold 10&under	9	37:54*
816 Bobbie MacLean 60-69	63	43:25*
909 Janet Miller 70+	75	51:45*
956 Margaret Sawyer 2,70+	79	58:32*
Rick Millett Wheelchair	21	60:58



Sumner Weeks, Mollyockett Days
5 Mile Race



George Conly, Mollyockett
Days 5 Mile Race

Other Maine Track Club Finishers:

6 Pete Bottomley	31	20:59
32 Craig Wilson	44	23:00
58 Bob Payne 2,50-59	55	24:33
82 Phil Pierce	51	25:22
87 Joe Richards	49	25:31
119 Catie Dean	23	26:23*
125 Sumner Weeks, Jr.	44	26:33
142 Carol Hogan 2,40-44	42	26:51*
176 Neil Martin	50	27:35
214 Rick Meinking	32	28:26
222 Rocco Corsetti	45	28:34
227 George Conly	45	28:38
244 Andy MacLean	31	28:53
246 Dan Hogan	42	28:55
304 Howard Spear	43	30:21
313 Paul Alpert	58	30:38
365 Erin MacLean	30	31:30*
366 Scott MacLean	29	31:31
370 Bob Cushman	55	31:36
385 Don Kent	40	32:02
391 Ed Francis	50	32:17
394 John Legere	50	32:18
396 Lorraine Paradis	37	32:19
403 Barbara Coughlin 3,50-59	50	32:28*
435 Phil Bartlett	45	33:01
437 Marla Keefe	39	33:05*
449 Jean Thomas	56	33:17*
460 Greg Parker	35	33:26
488 Linda Richards	30	33:53*
496 Sandy Utterstrom	49	34:00*
500 Joanne Raymond	26	34:08*
541 Janise Monaghan	43	35:04*
565 Donald Johnson	62	35:44
603 Migs Handcock	42	36:29*
663 Maggie Soule	51	37:47*
675 Thomas Decker	49	37:58
739 Jessica Parker 2,10&under	10	40:02*
781 Virginia Cross	50	41:49*
832 Julius Marzul	67	44:48
833 Robert Marzul	32	44:49
855 Don Penta	47	46:09



William Sproul, Mollyockett Days
5 Mile Race

Many thanks to Jay & Loraine Spenciner for
complete results!

Race Results



*Gorham Days 5K Mary Ann Doss
Winner!*



Gorham Days 5K — David Paul



Gorham Days 5K — Roz Randall

Inaugural Wells Week 10K - 61 Finishers Wells, Maine - June 20, 1993

1 Robert Jordan	33	37:02
2 Joel Croteau	49	37:09
4 John Burke, DMD	47	38:30
6 Lawson Noyes 1,50-59	51	39:11
8 Terry Clark (MTC)	48	39:43
10 Denis Tranchemontagne	23	40:27
13 Bob McCormack (MTC)	42	40:45
14 Russ Connors (MTC)	60	40:50
17 Carol A. Weeks (MTC)	44	41:57*
21 Clyde Coolidge (MTC)	54	44:33
22 Sumner C. Weeks, Jr. (MTC)	44	44:40
25 Rosalyn Randall	43	44:56*
30 Julia Cunningham	26	46:44*
36 Elizabeth Crowley	27	49:53*
41 Mary Claire DiGiacomo	38	52:22*
51 Christa Curtis	61	56:55*
58 Thomas Decker (MTC)	49	60:34

Many thanks to Ted Cunningham for complete results!



Gorham Days 5K — Ann Strom

2nd Annual Maine Coast 5K - 55 Finishers Univ. of New England, Biddeford - 7/10/93

1 Bob Winn (MTC)	34	15:29
2 Paul Gadbois	39	18:29
3 Hal Stewart	31	18:36
5 Terry Clark (MTC)	49	18:55
7 Marjorie Haney (MTC)	25	19:21*
9 Ray Shevenell (MTC)	52	19:25
11 Rose Prest-Morrison	30	20:00*
15 Leslie Couture	25	20:19*
18 Bob Hazzard (MTC)	61	20:25
19 Carrie Croft	33	20:44*
24 Brigitte Lafin	16	21:02*
27 Nancy Lund (MTC)	41	21:28*
32 Suelene Houser (MTC)	29	23:18*
33 Carol Pierce (MTC)	46	23:21*
47 Bob Conroy (MTC)	51	27:11

Many thanks to Charlie Scribner for complete results!



Gorham Days 5K — Dennis Morrill



Maine Track Club 1993 Officers and Committee Chairs

Tom Dann	President	985-2727	Donna Moulton	At Large	799-2894
Mel Fineberg	V. President	774-8868	Pat Buckley	At Large	773-4562
Reggie Sargent	Secretary	967-5629	Russ Bradley	At Large	799-3864
Steve Assante	Treasurer	642-4298	Dale Rines	Course Cert.	854-2486
Carol and Sumner Weeks	Past Pres.	774-7302	John Gilliss	Course Cert.	879-0222
Charles Scribner	Race. Comm.	772-5781	Don Penta	Statistician	892-4526
Laurie Quint	Membership	657-2426	Rick Meinking	Equipment	772-8301
Jeanne Hackett	Newsletter	879-0678	Judy Grassi	Clothing	774-9656
Maureen Sproul	Photography	926-4681			

Maine Track Club Membership Application

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

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

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

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

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

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

Street address _____ Home phone _____

City _____ State _____ Nine-digit ZIP* _____

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

Employer _____ Occupation _____ Bus. phone _____

Employer _____ Occupation _____ Bus. phone _____

If student, school _____ Yr. of grad. _____

If student, school _____ Yr. of grad. _____

Volunteer Waiver

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

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

Signature _____ Date _____

Signature _____ Date _____

Signature _____ Date _____

Signature _____ Date _____

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