



News • Run

Run with a friend . . .

September 1995

From the Presidential Suite ...

Volunteers, volunteers, volunteers. The key to any successful running event is volunteers. The Maine Marathon and Casco Bay Half Marathon require more volunteers than any other race we manage during the year due to the nature of coordinating a 26.2-mile race that travels through four towns. Race directors Don Kent and Jim McCorkle deserve our thanks for the energy and work they put into this event during the year-long planning.

Jaime Chamberlain, Maine Marathon volunteer coordinator, may be calling you this month to solicit your assistance during the race. Don't wait for his call! Call Jaime at 883-0458 and offer to volunteer at the race. Recruit a friend, too! In addition to volunteering, recruit an additional friend or neighbor to cheer on the runners along the course on Sunday, Oct. 1.

Another great event this month is the Women's Distance Festival, organized by Sue Davenny and Ruth Hefflefinger. This event on Sept. 17 provides a great opportunity for women of all running and walking levels to participate in a quality race. Gentlemen, this is our opportunity to volunteer and cheer our spouse or significant other!

"S.O.S." is a new short-term effort that may turn into a longer project for the club. "Save Old Soles" will take your old running shoes ... no matter what the shape ... and send them to Africa. Ron Deprez, MTC vice president, reports that runners in Africa are in dire need of running shoes. Bring your "old soles" to the box located at the Maine Marathon registration on Sept. 30 and Oct. 1.

Good luck in your September training and running!

*Safe running,
Ron Pelton*

September MTC Meeting

Wednesday, September 13, 6:30 p.m.
Southern Maine Technical College
Fort Road, South Portland

Topic: POST MARATHON RECOVERY —
THE NUTRITION PERSPECTIVE

Guest Speaker: Tanya Horne,
Registered Dietitian

Should you change your diet once you've completed your intensive marathon training? And, if so, what changes are most important? Come with your nutritional questions for Tanya Horne, one of our newest members. Tanya will discuss the key aspects and answer your questions regarding post marathon nutritional needs.

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Profile of the Prez

Thomas Jefferson had Aaron Burr, Nixon had Agnew, Bill has Al, and in January 1995 former MTC president Mel Fineberg gave over his gavel to his own vice president, Ron Pelton. Since then, Ron has run the Maine Track Club with his distinctive touch, a combination of diplomacy and the seeing through of endless details. For the past two years he's also had the daunting job of co-directing one of Maine's largest road races, the Yarmouth Clam Festival Classic.

Ron's route to life in Maine was a circular one. Born in Illinois, he and his family moved to Los Angeles when he was six years old, then to Boston, and later to Washington, D.C.

True to his ability to "jump right in," Ron's very first organized running event, at age 15, was the completion of a 22-mile charity run for the Jimmy Fund. He ran some in college but didn't get serious until completing a marathon in Maryland in 1974 in 3:30, still his PR. Distance running is this guy's preference, and he's completed both the Boston and New York Marathons four times, Casco Bay twice, and the inaugural Disneyworld Marathon in 1994. He was willing to reveal

he has a favorite marathon course, and naturally we're not surprised. It's our own Maine Marathon route.

Ron has also completed the Maine Half-Marathon accompanying members of the Achilles Track Club, which he's done as well at both New York and Boston. Ron notes that his most unique marathon was one Boston when he ran with a man who punctuated his run with five or six stops in bars along the route to say "Hello" to his cronies who were taking in the race sitting down.

This man of challenges has also completed several triathlons, including a series in Hilton Head, S.C. He says he enjoys running in all kinds of weather — especially snow!

Ron attended his first MTC meeting with friend Steve Assante several years ago, to hear Joan Samuelson speak. Then, lucky for us, he joined the club. Ron and his wife, Sheri, have lived in the Portland area for 17 years, now residing in Yarmouth with children Erik, 12, and Ashley, 8.

— Pat Buckley

Getting Your Shirt the Old-Fashioned Way

In the 14 years of the Yarmouth Clam Festival Five-Mile Classic, the race's T-shirts seem to have become a big part of the tradition. As the shirts are given to the volunteers and (this year) the first 600 runners registered, that left several hundred other racers ... well, shirtless.

This year, two enthusiastic racers from Orono — Doug and Todd — showed up to register the evening before at the race's booth at the Festival. Hearing they were too late to qualify for a shirt, they asked co-director Marge Parsons if there was some volunteer job they could do in order to earn one. Aware that here volunteer lists were filled, Marge told them, "Well, just show up in the morning and we'll try to find something for you to do."

When Doug and Todd arrived at the volunteer sign-in table at 6 a.m., its coordinator, Pat Buckley, walked around the registration area but just couldn't find a job that the two could do and still be free by 8 a.m. to run the race.

But wait, there were those hundreds of application forms on the table still attached to the full brochure, a computer volunteer's nightmare. Suddenly, Doug and Todd had a very useful occupation. They were put to work separating the applications from the brochures. Minutes later, somewhere in the bowels of the public library there would be a grateful volunteer typing the morning's registrations into the computer, very happy not to be fighting with 200% more paper than was necessary.

And Doug and Todd were the happy owners of Clam Festival Classic T-shirts.

— Pat Buckley and Marge Parsons

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, P.O. Box 8008, Portland, ME 04104.

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

Sponsor

Rute Stuffletoe

Your chance to serve the MTC!!!

**ASK NOT WHAT MTC CAN DO FOR YOU BUT WHAT
YOU CAN DO FOR MTC!!**

**NOMINATIONS FOR 1996 MTC OFFICERS
NOMINATIONS ANNOUNCED: October 11th Meeting
ELECTION: November 8th Meeting**

Assist the Nominating Committee in developing a list of candidates for the various offices

SEND YOUR NOMINATIONS TO:

Nominating Committee
Maine Track Club
P.O. Box 8008
Portland, ME 04104

OR

You may present your selections to one of the Nominating Committee Members at the September 13th club meeting.

Either way, we need your responses no later than September 15th to finalize a candidate listing for inclusion in the October Newsletter.

Write in your nominations for the offices listed below:

President: Ron Deprez (V. Pres., 1995)*

Vice President: _____

Treasurer _____

Secretary _____

Race Committee Chairperson _____

Newsletter Committee Chairperson _____

Membership Committee Chairperson _____

Board Members at Large (3) _____

*Traditionally the V. President for the current year becomes the President the following year.

Thank You from the Nominating Committee

Russ Bradley, Chairperson 799-3864
Everett Moulton 799-2894
Alyce Schultz 780-9805

Duties of MTC Officers

The Officers of the Maine Track Club shall be President, Vice President, Treasurer, Secretary, Race Committee Chairperson, Newsletter Committee Chairperson, Membership Committee Chairperson, and the Immediate Past President and three Members at Large.

The president shall preside at all meeting of the club and take charge of Club Business in general.

The vice president shall assist the President in conducting the Clubs' business as may be required and shall assume the duties of the President in his/her absence. The Vice President shall also serve as program coordinator for monthly meetings and be generally responsible for coordinating all social activities of the club.

The treasurer shall be responsible for Club Funds. The Treasurer shall collect dues, and make expenditures as authorized. The Treasurer shall provide an accurate report of the Clubs' financial activities and condition at each regular meeting.

The secretary shall keep minutes of all regular meetings and conduct correspondence for the club as necessary.

The race committee chairperson shall be custodian of all Club race supplies and shall be responsible for providing support to Club Race Directors and coordinating the Clubs' racing activities with the Clubs' Race Directors as may be necessary. The Race Committee Chair shall also coordinate the Clubs' race schedule with other local running clubs. No new races will be added to the clubs current schedule without the approval of the Race Committee.

The newsletter committee chairperson shall be responsible for assembling, drafting, and/or editing all materials for the clubs' newsletter. The Newsletter Committee Chair will work closely with the President or Vice President of the club which, as a group, will have the final authority over the contents of the newsletter.

The membership committee chairperson shall be responsible for promoting membership in the club by whatever means available and processing new applications. The Chair shall see that adequate supplies of membership application forms are available to the membership at all times, and keep supplies available at all major running goods outlets in the Greater Portland area. Membership application forms shall also be regularly distributed at all MTC Road Races. The Membership Committee Chair shall also see that new members are advised of upcoming meetings and races, and otherwise assure they are properly indoctrinated into the club.

Yes, Virginia, There Will Be Another Gorham Trails Race

Many of us MTC members have been aware over time of friendly race rivalries, like Bob and Phil or Joan and Jane. These mini-competitions are usually near the front of the pack — but they can also occur way at the back.

In the past I've been able to eclipse one member of my age category, Virginia Wilder-Cross, at the annual Gorham Trails 5K. Not this year, though. On Aug. 26, I was thoroughly whipped by Virginia's ever-fading form over the pleasant rural roads near Gorham High School. I won't bore the readers with lame excuses. My only purpose in writing is a public declaration to Virginia to enjoy this year's success. I'm going to get you next year!

— Pat Buckley

Team competition to take place at PT8K

The Physical Therapy 8K race in Brunswick on Oct. 22 is offering a unique team competition that should bring team racing back to Maine.

Years ago, team competitions in Maine were very popular as most races had a team division and friendly rivalries between clubs flourished. Since a large portion of the runners who would be interested in team competition are now masters and seniors, open team competition has almost disappeared.

Now there is a way for team with mixed sexes and ages to compete against one another. National age-graded tables that adjust competitors' times based on age and sex will be used to determine the winning team. Thus, teams can be composed of all club members — male, female, young or old; not just the youngest and fastest. Although the number of members on a team will be limited, only the first five finishers in the age-graded results will be counted toward the team awards. The first five members of the winning team will receive valuable gift certificates from Maine sports stores. The age-graded tables are in the computer software used by the Maine Track Club, so determining the results isn't as difficult as it sounds. Club members need only put the club's name on the registration form. The PT8K will only recognize legitimate club or company teams; ad hoc teams, put together only for the purpose of this competition, will not be allowed.

Each year, participation in the PT8K continues to increase because of the many popular features of the event. The \$3,000 in merchandise prizes and awards combined with a fast course attract most participants. However, some come back for the post-race massages given by the Maine Physical Therapy Association members, the long-sleeve T-shirts and the low entry fees. In a hurry? The race starts at 9 a.m., and the award ceremony starts at 10:15 sharp. Also, super fast runners who can beat any of the open or age-division course records will be rewarded with a sizeable merchandise award.

Call John Leroy at 725-8680 if you have any questions.

Want to improve your running? Try the weekly MTC track sessions

Maine Track Club members have the opportunity to receive coaching again this year under the guidance of Steve Fluet, who has been contracted to serve as the club's coach for the full season. Steve will conduct weekly track sessions each Tuesday evening at Portland's Fitzpatrick Stadium. These sessions begin at 5:30 p.m., so members should arrive early to allow time for a warmup. Sessions will continue through the end of September. Join fellow track club members in an effort to improve your running skills and peak in time for the Maine Marathon and Half Marathon in October.

Share your recipes

Please share your recipes with your hungry fellow runners. Just send a favorite recipe or two to:

Newsletter
P.O. Box 8008
Portland, ME, 04104

We need your input

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

If you have a story or a news item that you think belongs in *News•Run*, please bring it to our attention. Send your story or other article or announcement you'd like submitted to:

Maine Track Club
Attention: *News•Run*
P.O. Box 8008
Portland, ME 04104

If you have something to share for *News•Run* but don't feel like writing it, contact Pat Buckley (775-4817) or Larry Dyer (892-2508) and we'll be glad to help you put it together.

Race Results

Submitted by Don Penta

1995 Sugarloaf/Veryfine Marathon
178 Finishers (34 Female & 144 Male)
Cathedral Pines to Kingfield Maine
May 21st, 1995

"*" Indicates Female Finisher

USAT&F = Meets Or Exceeds National Standards Of Recognition

Top Overall Finishers

1 Mohamed Hamcha 1,open	27	2:33:12
2 Scott Brown 1,35-39	36	2:40:26
3 Patrick Sullivan 1,30-34	33	2:41:34
4 Joseph Kaiser, Jr. 2,35-39	38	2:43:20
5 Robert Carusso 3,35-39	35	2:44:33
10 Terry Sutton (MTC) 1,30-34	33	2:52:45*
28 Kelly Rodrigue 2,30-34	31	3:06:31*
44 Julie Nielsen 1,open	25	3:13:03*
49 Elaine Stockdale 1,40-49 USAT&F	46	3:14:38*
61 Suzanne Gagnon 3,30-34	34	3:18:33*

Other Top Divisional Finishers

11 Stephen Reed 40-49	47	2:54:38
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24 Leo Tomasetti 50-59 USAT&F	57	3:03:21
62 Lynn Hughes 35-39	38	3:20:09*
100 Al Becken 60&over USAT&F	66	3:34:14
153 Carlton Mendell (MTC) USAT&F	73	4:09:12
159 Louisa Dunlap 50-59	54	4:15:12*

Other Maine Track Club Finishers

20 Erich Reitenbach	44	3:01:13
73 Laurel Valley	32	3:26:36*
87 William Sproul	37	3:30:44
121 Rosalyn Randall 3,40-49	45	3:45:12*
123 Carol Nale	44	3:45:45*
137 Cindy Aiken	41	3:54:41*
145 Malcolm Washburn, Jr.	41	4:00:32
148 Rex Holtan	43	4:03:58
149 Charles Vadakin	54	4:06:17
150 Bill Davenney	50	4:06:25
163 Jeff Thaler	41	4:17:10

Many thanks to the Central Maine Striders "INTERVAL" for complete results to the Sugarloaf/Veryfine Marathon!

1995 Sugarloaf/Veryfine 15K
Valley Crossing, Carabasset Valley To Kingfield
159 Finishers (36 Female & 123 Male)
May 21st, 1995

Top Overall Finishers

1 Brent Leighton 1,open	25	51:39
2 Robert Ashby 2,open	26	52:28
3 David Drew 1,30-34	30	52:51
4 Rick Chalmers 2,30-34	33	53:27
5 Ludovic Bruyere 3,open	26	54:27
15 Christine Snow-Reaser 1,open	29	57:54*
31 Sue Foster 1,30-34 USAT&F	36	1:01:26*
38 Kerry Keenan-Corcoran 2,30-34	30	1:02:31*
42 Ellen Bowden 1,40-49 USAT&F	42	1:02:59*
44 Sheila Hodges 2,40-49	40	1:03:06*

Other Top Divisional Finishers

6 Thomas Bennett 35-39	37	54:28
12 Dennis Croteau 40-49	44	56:12
18 Terry Clark (MTC) 50-59	50	59:16
40 Bob Gillespie USAT&F	56	1:02:34
61 Carol Weeks (MTC) USAT&F	46	1:04:33*
95 John Chandler 60&over USAT&F	68	1:09:34
124 Russell Bradley(MTC) 2,60+ USAT&F	71	1:14:07
145 Jean Thomas (MTC) 50-59	59	1:24:52*

157 Leona Clapper 60&over USAT&F	65	1:41:39*
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Other Maine Track Club Finishers

20 Michael Reali	41	59:40
33 Gary Johnson	47	1:01:49
37 Richard Scribner	43	1:02:20
39 Edison Doughty, Jr.	46	1:02:31
47 Steven Jacobsen	45	1:03:35
51 Peter McDonald	35	1:03:56
53 Bob Payne	56	1:04:04
54 Nancy Kneeland	40	1:04:08*
74 Kathryn Tolford	40	1:06:44*
77 Bob Brosius	42	1:06:54
81 Maureen Sproul	39	1:07:13*
86 John LeRoy	58	1:07:46
94 Lance Tapley	50	1:09:19
115 Heidi McDonald	32	1:13:19*
136 Lee Akerley	59	1:18:20
152 Beverly Doughty	43	1:34:50*
153 Maggie Soule 2,50-59	53	1:36:29*
156 Mark Clinch race walker	39	1:39:54
158 Julius Marzul	68	1:45:18

Many thanks to the Central Maine Striders "INTERVAL" for complete results to the Sugarloaf/Veryfine 15K!

Notice about race flyers

An organization sponsoring a road race that wishes to have their flyers included in the Maine Track Club newsletter must submit the flyers and a payment of \$40 by the 15th of the month. Flyers will not be included in any mailing if not accompanied by the \$40 service fee.

More Race Results

1995 Camp Fire Boys And Girls 5K Race/Walk 78 Finishers (37 Female & 41 Male) Camp Ketcha, Scarborough, Maine June 11th, 1995

Top Overall Finishers (WOMEN)

1 Carol Hogan (MTC)	44	19:39	6:20
2 Cheryl Bascomb	35	19:47	6:23
3 Ruth Hall	37	20:11	6:31
4 Christina Morin 1,20-29	23	20:23	6:35
5 Bridget MacLaughlin 1,16-19	19	20:41	6:46

(MEN)

1 Bob Winn USAT&F	36	14:59	4:50
2 Steve Sarkozy	27	16:01	5:10
3 Robert Ashby	26	16:24	5:17
4 Bill Desrosier 1,30-34	32	16:39	5:22
5 David Roberts 1,40-44	40	16:49	5:25

Other Top Divisional Finishers (WOMEN)

8 Joan Lee (MTC) 40-44	41	21:01	6:47
10 Nancy Krum 30-34	32	21:24	6:54
17 Polly Kenniston 55-59	58	25:10	8:07
21 Cindy Perry 12-15	12	25:29	8:13

22 Yvette Knight (MTC) 45-49	49	25:51	8:20
37 Marie Nicholas 60-64	61	47:24	15:17

(MEN)

8 Sean Keough (MTC) 35-39	39	17:19	5:35
10 Austin Hardy 16-19	16	18:27	5:57
13 Lawson Noyes 50-54	53	18:45	6:03
16 Brian MacLaughlin 12-15	14	19:14	6:12
32 Carlton Mendell (MTC) USAT&F	73	24:16	7:50
38 Larry Nichols 65-69	65	30:37	9:53

Other Maine Track Club Finishers (WOMEN)

9 Betsy Barrett 2,40-44	44	21:10	6:50
14 Deborah Cassidy	38	23:34	7:36
25 Dianne McCorkle	35	28:28	9:11
27 Brenda Tanguay	32	29:35	9:33

(MEN)

15 Jim McCorkle	40	19:08	6:10
23 Frank Knight	49	21:49	7:02
39 Don Penta	49	31:14	10:05
40 Julius Marzul 2,65-69	69	31:55	10:18

Many thanks to Charles Scribner and Split Time Race Management for complete results!

Inaugural Maine Cancer Research & Education 5K 280 Finishers (141 Female & 139 Male) Certified Back Cove 5K Loop, Portland, Maine June 24th, 1995

Top Overall Finishers (WOMEN)

1 Kelly Rodrigue	31	18:44	6:03
2 Laurel Valley (MTC)	32	19:16	6:13
3 Becky Patten 1,20-29	21	19:17	6:13
4 Wendy Ouelette 2,20-29	22	19:35	6:19
5 Kimberly Moody 1,40-49	40	20:37	6:39

(MEN)

1 Robert Ashby	26	16:26	5:18
2 Dave Drew	30	16:52	5:26
3 Bill Desrosier 1,30-39	32	16:57	5:28
4 Ron Plourde 1,20-29	25	17:20	5:35
5 Guy Segars 2,30-39	35	17:28	5:38

Other Top Divisional Finishers (WOMEN)

6 Ann Rasmussen 1,30-39	31	20:46	6:42
9 Bridget MacLaughlin 19&under	19	21:14	6:51
29 Joan Tremberth (MTC) 50-59	50	24:13	7:49
99 Ruth Hefflefinger (MTC) 60-69	66	34:11	11:02

(MEN)

6 Jim Toulouse (MTC) 40-49	47	17:41	5:42
9 Paul Johnson 19&under	17	18:10	5:52
20 Bob Coughlin 50-59	56	19:21	5:52
60 John Gilbride 60-69	63	22:48	7:21
123 Frank Long 70&over	77	35:48	11:33

Other Maine Track Club Finishers (WOMEN)

8 Alison Kisch	29	20:55	6:45
12 Joan Lavin 2,40-49	47	22:03	7:07
13 Diane Lavangie	36	22:20	7:12
14 Renee Lathrop	17	22:24	7:14

16 Dianne Kazilionis	35	22:27	7:15
18 Patti Tableman	36	22:48	7:21
23 Daria McNamara	46	23:31	7:35
56 Jackie Katz	36	27:48	8:58
58 Beverly Doughty	44	27:57	9:01
68 Deborah Cassidy	38	29:14	9:26
73 Brigitte Edquid	47	29:50	9:37
80 Betty Rines	38	29:56	9:39
86 Carol Hogan	44	30:00	9:41
89 Marjorie Graff	27	30:01	9:41
97 Virginia Cross	52	32:32	10:30
98 Donna Moulton	46	33:49	10:55
109 Sue Lolley	41	40:31	13:04
117 Anne Hazzard 2,60-69	61	47:16	15:15

(MEN)

15 Richard Mulhern	41	18:52	6:05
24 Ed Doughty, Jr.	46	19:39	6:20
31 John Cain	33	20:15	6:32
34 Paul Lavangie	37	20:24	6:35
39 Peter Bastow	58	20:35	6:38
51 Brian Lathrop	15	21:48	7:02
56 Dominic Reali	52	22:23	7:13
57 Jeff Thaler	42	22:34	7:17
104 Jim Lolley	45	28:27	9:11
108 Wayne Newland	57	29:43	9:35
109 Frederic Edquid	27	29:50	9:37
110 Terry Clark	50	29:56	9:39
111 Ray Shevenell	54	29:57	9:40
112 Hap Hazzard	63	30:02	9:41
113 Dana Seguin	41	30:04	9:42
115 Dale Rines	42	30:06	9:43
125 Jim Lolley	13	38:21	12:22
126 Ted Cunningham	67	39:20	12:41
132 Robert Moulton	38	61:29	19:50
134 Everett Moulton	49	62:08	20:03

Many thanks to Sue Davenny for complete results!

More Race Results

Yankee Homecoming 5K and 10-Miler Newburyport, Mass. August 1, 1995

Maine Finishers 10-Miler

10. Andrew Spaulding	24	53:02
109. Julia Kirtland	30	59:37
195. Paul Goransson	41	1:03:48
225. Christine Snow-Reaser	29	1:04:39
233. Michael Reali	41	1:04:51
272. Brian Noyes	37	1:06:00
281. Terry Sutton	33	1:06:12
309. Daniel Sacco	21	1:06:58
345. Randy Spencer	33	1:07:52
375. Laura Hodnett	22	1:08:36
388. Alburn Butler	41	1:08:50
416. Joe Hayes	46	1:09:34
423. Richard Scribner	44	1:09:38
458. Daniel Rooney	51	1:10:27
461. Gary Goss	49	1:10:34
471. Larry Barker	46	1:10:48
544. Stanley Sheldon Jr.	48	1:12:02
568. Yng Chong	35	1:12:23
602. Paul Lavangie	37	1:13:20
604. Allan Carlisle	43	1:13:22
617. John Morrissey	23	1:13:37
619. Hung Bul	23	1:13:38
620. Loren Lathrop	46	1:13:38
625. Wendy Cryan	28	1:13:44
629. David Legg	36	1:13:50
751. Reggie Sargent	49	1:15:57
782. Steven Gorman	40	1:16:34
793. Ron Pelton	42	1:16:45
873. Scott Hamilton	44	1:18:00

885. Matthew Ouelette	27	1:18:12
945. Kitty Kelley	48	1:19:08
978. Clyde Coolidge	56	1:19:35
1002. Gary Gifford	36	1:20:49
1065. Howard Spear	45	1:21:26
1080. Al Sproul III	57	1:21:46
1084. Richard Fernald	51	1:21:51
1210. Jacob Morrill	14	1:24:11
1237. Russ Bradley	71	1:24:56
1258. Claire Robbins	32	1:25:30
1371. John Leroy	58	1:28:08
1385. Don Foshay	36	1:28:21
1419. Herb Strom	65	1:29:00

5K

Steve Jacobsen	45	20:43
Peter Bastow	58	20:57
John Cain	33	21:11
Jerri Bushey	51	23:45
Julie Tillotson	23	24:47
Kenneth Woodbury	48	24:57
Andrew Coffin	27	25:12
Christo Stratos	48	27:39
Hoddy Goodell	27	27:42
Larry Dyer	51	28:19
Jamie Chamberlain	30	28:33
Maggie Soule	53	30:46
Laurie Quint	34	31:19
Mel Fineberg	59	32:35
Everett Moulton	49	33:39
Ruth Hefflefinger	66	35:09
Jan Bastow	59	36:11
Donna Moulton	46	36:52
Sheri Pelton	41	43:24

New Members

Please welcome the following new Maine Track Club members:

Individuals

Robert Fast
16 Stornoway Road
Cumberland, ME 04110-1417
781-7826
Sales Officer, Duncanson & Holt Group

Joseph Guimond
52 Sturdivant Drive
Portland, ME 04103-2262
797-9463
Commercial Services, Peoples Heritage Bank

Kenneth Spiter
18 Neal Street
Portland, ME 04102-3527
828-8081
Attorney, Merrill Lynch

Steve Strand
12 Village Brook Road
Yarmouth, ME 04096
846-0738
Owner, Pro Search, Inc.

Angie White
21 Rosemont Ave.
N. Waterboro, ME 04061
247-5185
Benefits Manager, Bernstein, Shur, Sawyer & Nelson

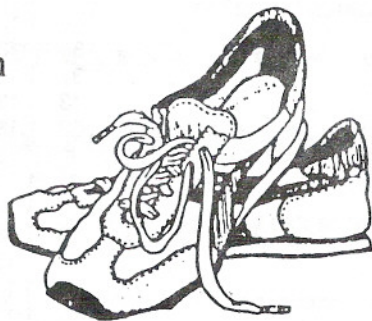
Family

Timothy & Kerry Corcoran
10 Willis St.
Portland, ME 04101-2750
774-4495
Marketing & Product Development, LL Bean, Inc.

Do you enjoy running, walking and being fit ?

Come in to 5K Sports today

- Check out our great selection of shoes, apparel and gear.
- We offer personal service where you can talk to a runner for the best fit.
- Great prices, the same or lower than *Road Runner Sports* catalog.
- Test drive your new shoes on our treadmill.
- We will find any item you are looking for.



Maine Track Club Special

30-50 % off selected merchandise to Maine Track Club members and their family



**Running, Walking
& Fitness Center**

190 U.S. Route 1 • Falmouth, Maine • (207) 781-3134

**Open Monday, Tuesday, Wednesday and Friday 10:00 a.m. - 6:00 p.m.;
Thursday 10:00 a.m. - 8:00 p.m.; Saturday 9:00 a.m. - 5:00 p.m.**

Asics • Adidas • New Balance • Saucony • Brooks • Avia and Ryka • Hind • Moving Comfort • Pearl Izumi • Frank Shorter • InSport • Champion • Sporthill • Polar Monitors

Upcoming Races

September 9

12th Family Health Run/Walk, 5K, Camden, 9:30 a.m. 1-mile and ¼-mile fun runs, 10 a.m. 5K, Pen-Bay Medical Center, 596-8474 or 596-8472.

September 10

Septemberfest 5K, Kittery, 8:30 a.m. Contact: Gary Beers, 439-6313.

The Terry Fox Run, 5K, Bangor, 10 a.m. Contact: Peter Daigle, 862-3737.

September 16

18th Bar Harbor Half Marathon, 13.1 miles, 10 a.m. Contact: Sharon Kingma, 288-3511.

September 17

Saucony/RRCA Women's Distance Festival 5K Race & Walk, Portland, 8:30 a.m. Contact: Susan Davenny, 772-1787 (6-9 p.m.) or Ruth Hefflefinger, 797-4625 (6-9 p.m.).

September 23

Homecoming 5K, Presque Isle, University of Maine at Presque Isle, 10 a.m.

Kingfield Bank 10K, Kingfield, 11:15 a.m., kid's K 10:15 a.m. Contact: Chip Carey, 237-2000.

Help Can't Wait 10K, Brunswick Naval Air Station, 9 a.m. Contact: Julie Groom-Thompson, American Red Cross, 729-6779.

Maine National Guard Minuteman 5K, Augusta (Togus), 10 a.m., 1-mile fun run 9:15 a.m. Contact: Charles Burnie, 626-4261.

September 24

Sugarloaf Uphill Climb, approx. 3 miles, Sugarloaf USA, Carabassett Valley, 10 a.m. Contact Chip Carey: 237-2000.

September 25

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

September 30

Eliot Festival Day 5K Road Race; Eliot, 8:30 a.m. Contact: Dick McKenney, 439-2866 or Randy Bartlett, 439-3707.

Lifeline 5K Walk/Run, Portland, 10 a.m., 1K fun run 9:30 a.m. Contact: Pati Medina, 780-4642.

October 1

Maine Marathon and Half Marathon, Portland, 8 a.m. Contact: Don Kent 871-7870 or Jim McCorkle 781-4152.

October 14

MTC 50 Mile Ultra Marathon, Brunswick. Contact: Al or Sandy Utterstrom 797-4710.

October 22

Physical Therapy 8K, Brunswick. Contact: Sarah Bronson 892-5357 or John LeRoy 725-8680.

November 19

Turkey Trot 5K, 10K and youth run, Cape Elizabeth. Contact: Malcolm Washburn 727-5653 or Mary Anne Champeon 799-0456,

November 23

Thanksgiving Day 4 Miler, Portland. Contact: George Towle 878-8419.

NOTE: Races in bold are Maine Track Club events

PT8K to be held on October 22

Please note that the Physical Therapy 8K is scheduled for Oct. 22, not Oct. 15 as originally listed on the Maine Track Club pull-out schedule.

Maine Track Club clothing available

Plenty of Maine Track Club clothing is available to those members who like to show their club spirit whenever they race. Just contact Howard Spear at 856-6496 if you're interested in purchasing MTC singlets, shorts, gymbags or other paraphernalia. Howard also can obtain wind suits by special order. MTC clothing is produced by Bill Rodgers Sportswear, so the quality is very good. Be sure to get some MTC gear of your own and display the club's green and white colors at your next race.



Maine Track Club 1995 Officers and Committee Chairs

Ron Pelton	President	846-9039	Don Penta	Statistician	892-4526
Ron Deprez	Vice President	772-4312	Maureen Sproul	Photography	926-4681
Mel Fineberg	Past President	774-8868	Howard Spear	Equipment/Clothing	856-6496
Larry Barker	Treasurer	761-0137	Dale Rines	Course Certification	854-2481
Mary Ann Doss	Secretary	799-0896	John Gillis	Course Certification	879-0222
Alyce Schultz	Membership	780-9805	Bob Aube	Newsletter	946-7681
Everett Moulton	Race Committee	799-2894	Ann Blanchard	Newsletter	883-6905
Donna Moulton	At Large	799-2894	Pat Buckley	Newsletter	775-4817
Russ Bradley	At Large	799-3864	Larry Dyer	Newsletter	892-2508
Clyde Coolidge	At Large	603-742-9405	Susan Roberts	Newsletter	829-6288

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