



News•Run

Run with a friend ...

September 1996

From the Presidential Suite ...

The racing season is in full swing and members of the MTC are out in force either as runners or volunteers. Having recently completed L.L. Bean, Pat's Pizza, Newburyport, Peaks Island and Bowdoin and Back, I have had the opportunity to meet up with new and old members of the club and to encourage others to join our ranks. All five road races lived up to their reputations as well-run races with plenty of post-race food and camaraderie.

With the exception of the Bowdoin 10-miler, which occurred on a beautiful sunny (and warm) day, I have been fortunate enough to enjoy the fruits of hard training on the track and roads. The terrific thing about racing, though, is the constant lessons it teaches us about ourselves, if we let it. Bowdoin is a case in point. I arrived at the race feeling rested and ready to go; determined to place in my age group. However, this was not to be my destiny. From the very start of the race I felt like I had "lead" legs; and there wasn't a thing I could do about it but push myself and "feel" the pain. The pain felt in road racing, especially on a bad day, is not something to be wished away. On the contrary, the only way to deal with it successfully is to feel it with body and mind. I have found that by "getting into it", rather than just wishing for the finish line, it provides a source of strength and understanding. At Bowdoin I felt every mile of the discomfort. While this did not improve my time, it did allow me to walk away from the race knowing that I was aware every step of the way; and that I gave it all I had. No medal, but a large dose of satisfaction, because as the saying goes "you can run but you can't hide".

Our hats go off to John Pearson and Sumner and Carol Weeks for the fine job they have done over the past nine years directing the Peaks Island 5-mile road race. They are "retiring" as race directors this year but

(Continued on page 3)

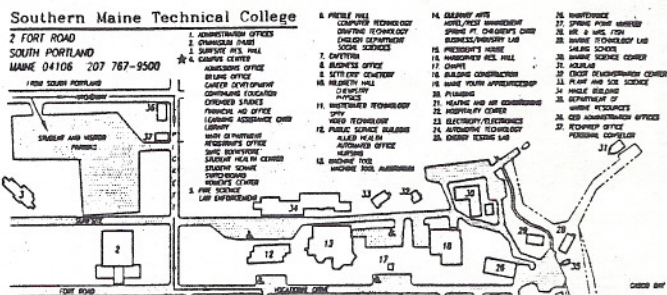
September MTC Meeting

Wednesday, September 11, 6:30 p.m.
Southern Maine Technical College
Machine Tool Auditorium
Fort Road, South Portland

Guest Speaker: MTC coach Steve Fluet
Topic: Final preparations for marathon

This month's speaker is MTC coach Steve Fluet, who will discuss marathon race strategy and provide tips for the final weeks of preparation leading up to the Maine Marathon or other fall marathons.

The Maine Track Club meets monthly, the second Wednesday of each month, at 6:30 p.m. in the Machine Room Auditorium at Southern Maine Technical College in South Portland.



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Coach's Corner

Recovery: An important aspect of your training

Everybody loves to train hard year round. They feel this is the key to becoming faster as a runner. Some runners rarely take a day off because they are afraid they will lose fitness. Their weekly training never changes. They follow the same training plan all the time. Yet they find that their race times often do not improve. Their only response to this dilemma is to train more. This is where the problem begins. Runners become over-trained because their programs do not include recovery time.

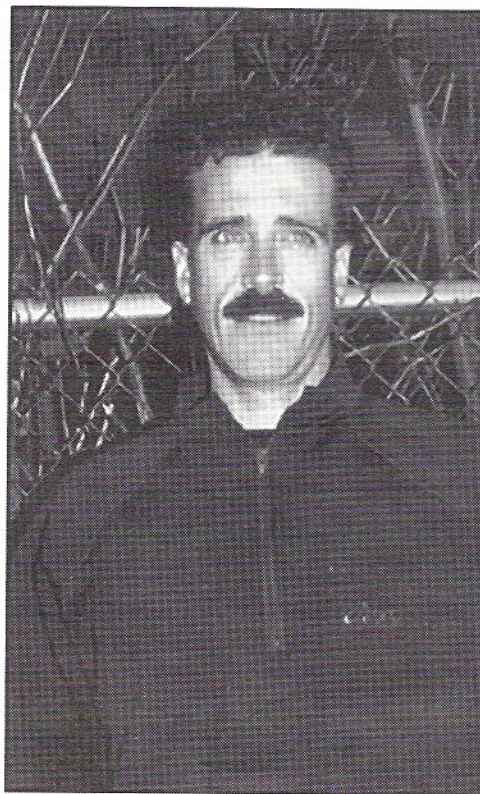
Why is recovery so important? When a runner completes a hard, quality workout or a long run, the muscles become broken down. These damaged muscles need to repair themselves. This repair process will make the muscles stronger. This is defined as adaptation. So, the next time you include a difficult workout, the muscles will require more work to break them down. The idea behind a good training program is to continue to break down the muscles and then build them back up again. This system allows us to continue to become stronger. This is defined as a progressive training program. Your training program should be progressive and systematic. This will allow for continued improvement.

Following any hard workout, a recovery period must follow. This can be accomplished by cross-training or taking a rest day. This is difficult for runners to do. But if you can discipline yourself to do this your performance will improve. Each week should include one complete day off, 1-2 days of cross-training, and one easy run day. Also, every fourth week of training should be decreased by about 30 percent. This will provide for additional recovery and rejuvenation.

Hydration and nutrition can also speed the recovery process. Weigh yourself before and after you run. The difference in weight is water loss. You will need to hydrate until your weight is back up. As for nutrition, you have a 30-45 minute window of opportunity that allows your body to absorb the most nutrients possible. The foods you choose to nourish yourself after a workout should include protein, carbohydrates and fats. The key is quality food. One good choice is a protein powder supplement that can be put into a blender with juice and frozen fruit to make a tasty shake. This will greatly improve your recovery. These protein powders and other recovery supplements can be purchased at 5K Sports.

Remember that rest and rejuvenation is as important to your running program as your quality workouts. Make time for both!

Maine Track Club coach Steve Fluet conducts weekly workouts at Portland's Fitzpatrick Stadium. His column will appear monthly in the MTC newsletter.



News•Run Sponsors

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*.

Help the club; be a volunteer

Now that the racing season is upon us, please think about volunteering to work a race or two this year. Without volunteers, there is no racing season. Hopefully, all of you will help at least once, whether you're an elite runner on a back-of-the-packer. There is no excuse for not helping sometime this season.

The turkeys are
coming in November.
Stay tuned for more!

(Continued from page 1)

have pledged their assistance to whoever comes forward as the new race director(s). Please contact Everett Moulton if you are interested.

Special thanks also to Howard Spear for the terrific job he did in building the new MTC race finish archway. It got its debut at St. Peter's and then at Bowdoin, where it added prestige and pride to these MTC-run races. We also want to commend the especially fine design of the T-shirts Michael Reali provided to runners of the St. Peter's race. And finally, congratulations to Mary Ann Doss and her husband on the birth of their second child.

The membership meeting this month will feature a talk by the MTC coach, Steve Fluett. The meeting is on Sept. 11 at SMTC, 6:30 p.m. Steve will discuss marathon race strategy as well as how to prepare in the last few weeks before a marathon. Hope to see you there.

See you on the roads and at the races.

Ron and Martha Deprez
(e-mail: 102334.3720@compuserve.com.)

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Peaks Island race directors say farewell

The ninth-annual Peaks Island 5-Mile Road Race and Island Lobster Bake took place on Aug. 3. When we look back, it is hard to imagine that the time has passed so quickly. The passing years have certainly enhanced the quality of the Peaks Race as well as the performances turned in year after year by people such as record-holders Bob Winn (25:03 in 1988, 24:35 in 1995) and Christine Snow-Reaser (29:56 in 1989, 29:06 in 1996). Numerous other regular participants from as many as 20 states per year have also improved on their original times. Congratulations to all and thank you for participating.

John Pearson, former Peaks Island resident and Casco Bay Lines employee, originated the idea of an island race in 1987. He approached the Lions Club and Casco Bay Lines as sponsors and the MTC for technical race support. Five miles and a lobster bake sounded like the kind of road race Carol and I should volunteer to direct. We are very pleased we did. We made a great friend in John Pearson and hopefully helped to create a great venue for Maine road runners to compete in and enjoy a relaxing summer day in the Maine tradition.

As the race grew from approximately 200 in 1988 to a high of 453 finishers in 1994 (435 in 1996), we were able to add a Kids-K, support the Lions Club with a donation of \$600 per year and pay the MTC a \$500 race fee. We have also awarded running camp scholarships to male and female high school runners. This year we will be giving four scholarships to deserving runners.

Of course our race could not be successful without the help of the Peaks Island volunteers and the MTC volunteers. Peaks owes a special debt of gratitude to all of the volunteers who participated every year. Your help improved the quality of the event tremendously. This year, our volunteers enjoyed free ferry boat tickets, a Lions Club pancake breakfast and T-shirts as a reward for lending their services to the race. Thanks to all!

This year marks the last year that John, Carol and I will be directing the race. We would like to pass the baton to a new race director and crew for the 10th running of the Peaks 5-Miler in 1997.

— Summer Weeks

Thanks to Peaks Island volunteers

Gail Turner
Ann O'Reagan
Nancy Lund
Anne Hazzard
Ray Hefflefinger
Bill Davenny

Terry McGovern
Rae Pierce
Mary McGovern
Mel Fineberg
Austin Hardy
Erik Ortman

Angelo Litrocapes
Sue Davenny
Ron Read
Bob Hazzard
Gretchen Read
Bernadine Small

Ann Strohm
Mary Ann Champeon
Ruth Hefflefinger
Pam Lear
Laurie Quint
Betty Rines

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. E-mail your story, article or announcement to Bob Aube at 74270.2276@compuserve.com, or send it to:

Marge Parsons
178 Bruce Hill Road
Cumberland Center, ME 04021

If you have something to share for *News-Run* but don't feel like writing it, contact Larry Dyer (725-6962).

Race Results

Submitted by Don Penta

996 L.L. Bean 10 Kilometer Road Race
484 Finishers (131 Female & 353 Male)
Main Street, U.S. Route 1, Freeport
7 a.m., Thursday, July 4, 1996

"USAT&F" indicates that the finisher qualified for national ranking according to new 1996 standards established by the USA Track & Field National Running Data Center.

"(MTC)" indicates that the finisher is a Maine Track Club member.

Other Maine Track Club Finishers

Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Joan Samuelson (Hon.MTC) USAT&F	38	35:37	5:45
2 Rose Prest Morrison 2,overall	33	37:43	6:05
3 Juliet Blakeshagour 3,overall	32	39:47	6:25
4 Gail Turner (MTC) 1,30-39	36	39:54	6:26
5 Terry Sutton (MTC) 2,30-39	34	39:59	6:27
1 Todd Coffin 1,overall	35	32:18	5:13
2 Kevin Way 2,overall	27	32:48	5:17
3 Byrne Decker 3,overall	29	33:00	5:19
4 Mike Calazzo 1,19&under	19	33:27	5:24
5 Michael Grigware 1,30-39	31	33:39	5:26

Other Top Divisional Finishers

6 Jennifer Sawyer 20-29	20	40:18	6:30
7 Gretchen Read (MTC) 50-59 USAT&F	53	40:21	6:30
11 Sarah Frost 19&under	19	41:59	6:46
13 Maureen Sproul (MTC) 40-49	40	42:22	6:50
48 Jean Thomas (MTC) 60-69 USAT&F	60	52:25	8:27
7 Jeff Conant 20-29	21	33:47	5:26
25 George Towle (MTC) 40-49	46	36:10	5:50
40 Joel Croteau 50-59	52	37:54	6:07
149 Arnie Green 60-69	64	45:00	7:15
254 Russ Bradley (MTC) 70&over	72	50:41	8:10
331 Nelson Soule USAT&F	75	58:05	9:22

12 Ann Marie Strohman	32	42:19	6:50
14 Kerry Corcoran	31	42:36	6:52
18 Kathryn Tolford 3,40-49	41	44:18	7:09
19 Betsy Barrett	45	44:22	7:09
20 Rosalyn Randall	46	44:33	7:11
28 Deb Merrill	40	45:53	7:24
30 Betty Rines	39	46:25	7:29
33 Kim White	34	46:56	7:34
35 Theresa Gallupe	34	47:38	7:41
37 Julia Drinker	35	47:58	7:44
38 Cecile Fontaine	45	48:06	7:45
46 Susan Kolakowski	39	48:57	7:54
56 Carol J. Nale	45	50:20	8:07
61 Heidi McDonald	34	51:09	8:15
65 Martha Deprez 2,50-59	51	51:46	8:21
91 Doris Dubay	49	55:12	8:54
99 Annette Elowitch	53	56:07	9:03
100 Diane Covell	43	56:09	9:03
109 Beverly Doughty	44	58:11	9:23
114 Sally Paterson	54	60:09	9:42
116 Brigitte Edquid	48	60:16	9:43
124 Marcia Feller	49	62:41	10:07
125 Linda Metzger	53	63:38	10:16

26 David Roberts 2,40-49	41	36:12	5:50
27 James W. Toulouse 3,40-49	48	36:28	5:53
44 Mark Steege	41	38:22	6:11
45 Jim Bunnell	38	38:31	6:13
46 Craig Wilson	47	38:33	6:13
51 Tom Menendez	42	38:53	6:16
52 Michael Reali	42	38:54	6:16
60 Ron Deprez 2,50-59	52	39:30	6:22
64 Jamie Chamberlain	31	39:45	6:25
68 Stewart Jordan	39	39:57	6:27
71 Charles Iselborn	39	40:06	6:28
74 James McCorkle	41	40:12	6:29

(Continued on page 6)

Notice about race flyers

Anyone who wishes to have their race 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. The fee applies only to races not run by the MTC, so if a race fee is already being paid to the club, there is no charge for race flyers.

More Race Results

(Continued from page 5)

75 Bob Coughlin 3,50-59	57	40:13	6:29	181 Reggie Sargent	50	46:47	7:33
82 Gerard Conley	42	40:41	6:34	182 Dale Rines	44	46:47	7:33
83 Loren Lathrop	47	40:42	6:34	187 Benjamin Metzger	21	46:57	7:34
88 William Sproul	38	41:06	6:38	202 Howard Spear	46	48:12	7:46
90 Paul Lessard	39	41:10	6:38	203 Jim Stokes	34	48:16	7:47
93 Alburn Butler	42	41:36	6:43	206 Mike Brooks	50	48:34	7:50
100 James Boisvert	39	42:10	6:48	219 Michael McCarthy	45	49:12	7:56
102 Rex Holtan	44	42:13	6:49	227 Alex S. Metzger	24	49:24	7:58
103 John Rolfe	42	42:13	6:49	238 Bob Aube	30	49:29	7:59
104 Ron Cedrone	47	42:14	6:49	246 Dana Seguin	42	50:22	8:07
106 Larry Barker	47	42:15	6:49	247 Richard Cavanaugh	63	50:23	8:07
108 Glen Gallupe	36	42:26	6:51	251 Ron Pelton	43	50:35	8:10
109 Will Thompson	44	42:26	6:51	256 John Cullinane	52	50:50	8:12
112 Tim Corcoran	31	42:37	6:52	258 Maurice Harmon	46	50:52	8:12
114 Ed Doughty, Jr.	47	42:48	6:54	260 Rodger Smith	50	51:01	8:14
131 Peter McDonald	36	43:48	7:04	267 Don Russell	59	51:34	8:19
134 Joseph Guimond	37	43:53	7:05	284 Bill Robertson	56	53:27	8:37
137 Paul LaVangie	38	44:10	7:07	290 Gary Johnson	38	54:02	8:43
151 Hap Hazzard 2,60-69	64	45:01	7:16	292 Bob McArtor	56	54:06	8:44
157 Jim Estes	47	45:21	7:19	299 Daniel Day	59	54:30	8:47
159 Terry Clark	52	45:29	7:20	300 "Bangkok" Tom Atchison	47	54:31	8:48
161 Walter W. Webber 3,60-69	65	45:34	7:21	307 Tom Harlow	50	55:01	8:52
165 Craig A. Whiton	45	45:51	7:24	315 Ronald Read	54	55:47	9:00
172 Frank Knight	50	46:16	7:28	320 John Gale	40	56:14	9:04
173 Dick Lajoie	56	46:19	7:28	321 C.F. Vadakin	50	56:20	9:05
174 Gary Giffard	37	46:19	7:28	332 Stafford Soule	43	58:05	9:22
179 Keith Malone	38	46:35	7:31	Many thanks to Charles Scribner of SPLIT TIME RACE			
180 Michael Cavanaugh	45	46:42	7:32	MANAGEMENT for complete results!			

20th Annual Bridgton Four On The Fourth Road Race Stevens Brook Middle School, Bridgton 8 a.m., Thursday, July 4, 1996

(Note: Officially there were 1089 finishers in the race with 486 female and 603 male finishers. These results were based upon unofficial results that were provided race day by Granite State Race Services with 1087 total finishers. These results should be very close to perfect: not effecting times or places of overall, age division, or Maine Track Club finishers. If any errors are discovered concerning the above they will be corrected in an upcoming Maine Track Club NEWS*RUN.)

10 Kyle Rhoads 10,open	26	21:24	5:21
27 Julie Peterson 1,open	36	22:45*	5:42
48 Charlotte Thomas 2,open	39	23:46*	5:59
60 Denise Harlow 3,open	25	24:22*	6:06
67 Kelly Rodrigue 4,open	32	24:38*	6:10
75 Laurel Valley (MTC) 5,open	33	24:55*	6:14
76 Leanne Taylor 6,open	27	25:00*	6:15
95 Wanda Binette 7,open	30	25:28*	6:22
102 Kelley Cullenberg 8,open	35	25:40*	6:25
105 Linda Jowett 9,open	33	25:48*	6:27
109 Cathleen Allen 10,open	30	25:51*	6:28

Other Top Divisional Finishers

*** after time indicates a female finisher				11 Tom Wolff 40-44	40	21:46	5:27
Top Overall Finishers				13 Paul Morphy 35-39	35	21:59	5:30
PLACE/NAME	AGE	TIME	PACE	16 Ron Newbury 45-49	46	22:20	5:35
1 Rusty Snow 1,open	26	19:32	4:53	28 Jason Hobbs 14-18	18	22:51	5:43
2 Dave Dunham 2,open	32	19:34	4:54	51 Charles Permalee 50-54	52	23:56	5:59
3 Robert Pierce 3,open	35	19:55	4:59	96 Bob Payne (MTC) 55-59	58	25:30	6:23
4 Sean Livingston 4,open	27	19:59	5:00	112 Katie Burdette 14-18	17	25:52*	6:28
5 Dan Verrington 5,open	34	20:01	5:01	124 Anne Ricardelli 35-39	38	26:09*	6:32
6 Scott Brown 6,open	38	20:32	5:08	125 Nancy Kneeland (MTC) 40-44	41	26:12*	6:33
7 Pete Bottomley (MTC) 7,open	34	21:08	5:17	188 Clifford Smith 60-69	64	27:58	7:00
8 Don Legere 8,open	34	21:17	5:20	245 Kitty Kelley (MTC) 45-49	49	29:13*	7:19
9 Colin Moore 9,open	17	21:23	5:21	253 Faye Gagnon 50-54	51	29:19*	7:20

(Continued on page 7)

More Race Results

(Continued from page 6)

275 Eric Olafson 11-13	12	29:48	7:27
323 Julia Pudlin 11-13	11	30:55*	7:44
432 Carlton Mendell (MTC) 70&over	74	32:56	8:14
522 Asa Bearse 10&under	9	34:41	8:41
583 Helen Snodgrass 10&under	10	36:11*	9:03
665 Nancy Hill 60-69	63	38:02*	9:31
739 Carol Davis 55-59	59	39:32*	9:53
1008 Janet Miller 70&over	78	55:02*	13:46

Other Maine Track Club Finishers

21 Sean Keough 2,40-44	40	22:32	5:38
25 Paul Greene	24	22:42	5:41
30 Paul Nicolaides 3,40-44	40	23:01	5:46
46 Britt Wolfe	30	23:45	5:57
87 Larry Wold	36	25:17	6:20
150 Thomas Carl	52	27:10	6:48
166 Richard Scribner	45	27:30	6:53
169 Neil Martin	53	27:36	6:54
193 Phil Pierce	54	28:04	7:01
246 Don Bessey	50	29:13	7:19
302 George Conly	48	30:12	7:33

327 Denny Morrill 3,55-59	56	30:59	7:45
332 Tom Peterson	37	31:06	7:47
340 Sherry Carl 3,45-49	49	31:15*	7:49
592 Mark Coughlin	32	36:18	9:05
599 Robert Marzul	35	36:21	9:06
603 Sandy Utterstrom	52	36:24*	9:06
635 Tina Marzul	33	37:11*	9:18
642 Kenneth Spier	43	37:25	9:22
643 Sara Mayo	21	37:26*	9:22
697 Jennifer McGeoghegan	28	38:37*	9:40
767 Sally Williams	52	40:13*	10:04
771 Donald Johnson	65	40:22	10:06
775 Susan Reynolds	45	40:32*	10:08
783 Mark Clinch race walker	40	40:39	10:10
799 Bill Kerwin	60	41:02	10:16
809 Jan Williams	51	41:09	10:18
846 Virginia Cross	53	42:02*	10:31
918 Julius Marzul 2,70&over	70	46:16	11:34
962 Don Penta	50	48:58	12:15

Many thanks to Granite State Race Services for complete results!

Pat's Pizza Presents

The 15th Annual Clam Festival Classic 5 Mile Run
779 Finishers (258 Female & 521 Male)
Yarmouth Fairgrounds, Main Street, Yarmouth
8 a.m., Saturday, July 20, 1996

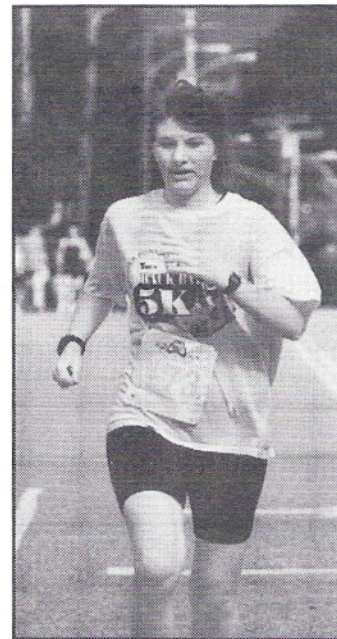
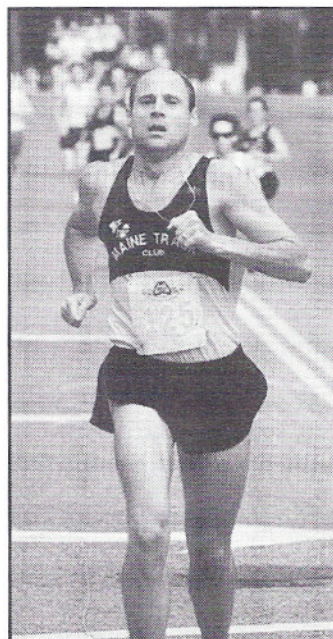
Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Christine Snow-Reaser overall	30	28:34	5:43
2 Rose Prest Morrison 1,30-34	33	29:01	5:48
3 Andrea Clark 1,20-29	20	30:20	6:04
4 Terry Sutton (MTC) 2,30-34	34	30:32	6:06
5 Molly Martin 2,20-29	26	30:34	6:07
6 Jennifer Sawyer 3,20-29	20	31:07	6:13
7 Gail Turner (MTC) 1,35-39	36	31:17	6:15
8 Susan Foster 2,35-39	38	31:22	6:16
9 Gretchen Read (MTC) Over.M. USAT&F	53	31:30	6:18
10 Wanda Binette	30	31:35	6:19

1 Kevin Way overall	27	24:44	4:57
2 Byrne Decker 1,20-29	29	24:48	4:58
3 Matt Lane 1,16-19 USAT&F	18	24:49	4:58
4 Stephen Sarkozy 2,20-29	28	25:12	5:02
5 Scott Brown 1,35-39 USAT&F	38	25:15	5:15
6 Todd Coffin 2,35-39 USAT&F	35	25:22	5:04
7 David Weatherbie 3,20-29	28	25:47	5:09
8 Anthony Anderson	26	25:56	5:11
9 Michael Rice	21	26:14	5:15
10 Michael McGregor 3,35-39	35	26:15	5:15

Other Top Divisional Finishers

13 Maureen Sproul (MTC) 40-44	40	32:09	6:26
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Charles Isleborn, left, and Julie Haskell.

photos by Don Penta

14 Carol Hogan (MTC) 45-49 USAT&F	45	32:18	6:28
17 Sarah Frost 16-19	19	32:27	6:29
28 Jane Rau 2,45-49 USAT&F	46	33:48	6:46
58 Martha Deprez (MTC) 50-54	51	37:44	7:33

(Continued on page 8)

More Race Results

(Continued from page 7)

(Continued from page 7)				88 Thomas Menendez	42	30:33	6:07
86 Kathleen Monaco 15&under	15	39:13	7:51	90 Scott Strout	34	30:34	6:07
100 Polly Kenniston 55-59 USAT&F	59	39:52	7:58	94 William Sproul	38	30:48	6:10
121 Patricia Terrill 60-64 USAT&F	61	40:38	8:08	96 Gerard Conley	42	30:51	6:10
				97 Harry Nelson	42	30:53	6:11
11 Michael Payson 30-34	33	26:17	5:15	101 Paul Lessard	39	31:00	6:12
16 Steve Podgajny over.mas. USAT&F	45	26:42	5:20	113 Bob Coughlin 2,55-59	57	31:24	6:17
21 Colin Moore 3,16-19 USAT&F	17	27:11	5:26	122 James Boisvert	39	31:45	6:21
23 Dennis McIver 45-49 USAT&F	45	27:24	5:29	125 Rex Holtan	44	31:49	6:22
25 David Roberts (MTC) 40-44	41	27:32	5:30	126 Dennis Smith	46	31:52	6:22
32 Guy Berthiaume 50-54 USAT&F	50	28:04	5:37	129 Joseph Guimond	37	32:03	6:25
75 Jacob Toman 15&under	15	29:58	6:00	130 Les Berry	48	32:04	6:25
87 Bob Milner 60-64 USAT&F	61	30:32	6:06	137 Larry Barker	47	32:26	6:29
109 Bob Payne (MTC) 55-59	58	31:16	6:15	138 Scott Hinckley	38	32:26	6:29
402 George Merrill 65&over	65	39:55	7:59	139 Peter West	32	32:29	6:30
478 Nelson Soule 2,65&over USAT&F	75	44:34	8:55	149 Charles Foehl	31	32:50	6:34
				150 Scott Hamilton	45	32:50	6:34
				152 Ed Doughty, Jr.	47	32:51	6:34
				155 John Rolfe	42	32:54	6:35
				156 Bob McCormack	45	32:59	6:36
				169 Thomas Carl	52	33:32	6:42
				180 George Prescott	49	33:44	6:45
				184 Peter Bastow 3,55-59	59	33:48	6:46
				185 Hap Hazzard 2,60-64	64	33:49	6:46
				188 Neil Martin	53	33:53	6:47
				191 John LeRoy	59	33:58	6:48
				201 Craig Whiton	45	34:14	6:51
				203 Phil Pierce	54	34:22	6:52
				236 Keith Malone	38	35:09	7:02
				246 Dick Lajoie	56	35:24	7:05
				267 Ralph Butts	35	36:08	7:14
				284 Daniel Gray	39	36:42	7:20
				289 Mike Brooks	50	36:46	7:21
				308 Michael McCarthy	44	37:21	7:28
				312 George Liming	45	37:27	7:29
				316 Joe Teno	43	37:32	7:30
				319 Stephen Strand	42	37:35	7:31
				333 Richard Cavanaugh	63	37:55	7:35
				340 Milt Dudley	44	38:02	7:36
				348 Joseph O'Donnell	45	38:18	7:40
				360 John Cullinane	52	38:47	7:45
				365 Chris Dowe	38	38:50	7:46
				388 Orlando Delogu	59	39:24	7:53
				404 Dick Lancaster	38	40:03	8:01
				410 John Cole	43	40:25	8:05
				417 Gary Giffard	37	40:36	8:07
				421 Doug Aiken	43	40:43	8:09
				439 Ronald Read	54	41:49	8:22
				440 Daniel Day	59	41:55	8:23
				446 Carey Wilson	51	42:07	8:25
				456 Tom O'Connor	45	42:45	8:33
				491 John Holmes	45	45:56	9:11
				508 Wayne Newland	58	48:46	9:45
				511 Mark Clinch race walker	40	49:32	9:54
				519 Julius Marzul 3,65&over	70	55:01	11:00
				Many thanks to Bob Aube for complete results!			
Other Maine Track Club Finishers							
16 Jeanne Hackett 3,35-39	37	32:24	6:29				
20 Ann Stairs	27	33:06	6:37				
35 Sarah Putney	35	35:17	7:03				
43 Lisa Belisle	25	35:54	7:11				
44 Patti Tableman	37	36:06	7:13				
50 Susan Kolakowski	39	37:04	7:25				
54 Dianne Kazilionis	36	37:26	7:29				
58 Martha Deprez 2,50-54	51	37:44	7:33				
68 Carol Nale	45	38:20	7:40				
74 Sherry Carl	49	38:34	7:43				
111 Maryanne Strand	41	40:09	8:02				
113 Diane Covell	42	40:13	8:03				
123 Cindy Aiken	42	40:46	8:09				
126 Beth Wilson	40	40:49	8:10				
127 Patrice Roy	33	40:54	8:11				
137 Doris Dubay	49	41:25	8:17				
164 Deb Merrill	40	42:58	8:36				
177 Nancy Hewitt	49	44:04	8:49				
178 Sally Paterson 2,55-59	55	44:07	8:49				
185 Tina Guerrette-Practico	29	44:23	8:53				
196 Laura Harlow	18	45:07	9:01				
205 Elizabeth Hoermann	36	45:36	9:07				
207 Sarah Gray	21	45:52	9:10				
209 Sally Gore	33	45:57	9:11				
215 Cathy Siebold	45	46:14	9:17				
227 Katherine Tranbarger	28	47:28	9:30				
228 Jennifer McGeoghegan	28	47:31	9:30				
247 Julie Haskell	23	51:55	10:23				
257 Claire Robbins	33	56:31	11:18				
27 Paul Greene	24	27:38	5:32				
34 Paul Nicolaides 3,40-44	40	28:14	5:39				
39 Robert Fast	33	28:25	5:41				
50 John Eldredge	42	28:55	5:47				
63 Mike Practico	30	29:40	5:56				
68 Michael Reali	42	29:45	5:57				
76 Daniel Hutchins	36	29:59	6:00				
77 Ron Deprez 3,50-54	52	29:59	6:00				
85 Charles Iselborn	39	30:23	6:03				

More Race Results

9th Annual Peaks Island Five Mile Road Race
446 Finishers (170 Female & 276 Male)
Peaks Island Lions Club, Peaks Island
10:30 a.m., Saturday, August 3, 1996

Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Christine Snow-Reaser 1,overall	30	29:10	5:50
2 Jeanne Hackett (MTC) 2,overall	37	32:37	6:31
3 Carol Hogan (MTC) 3,overall USAT&F	45	32:38	6:32
4 Ellie Tucker 1,40-49	41	33:37	6:43
5 Jennifer Sawyer 1,20-29	20	33:50	6:46

1 Bob Winn 1,overall USAT&F	37	25:21	5:04
2 Michael Payson 2,overall	33	26:54	5:23
3 Bill Gray 3,overall	22	27:25	5:29
4 Chuan Napolitano 1,19&under	19	27:42	5:32
5 Jeff Drouin 2,19&under	19	27:52	5:34

Other Top Divisional Finishers

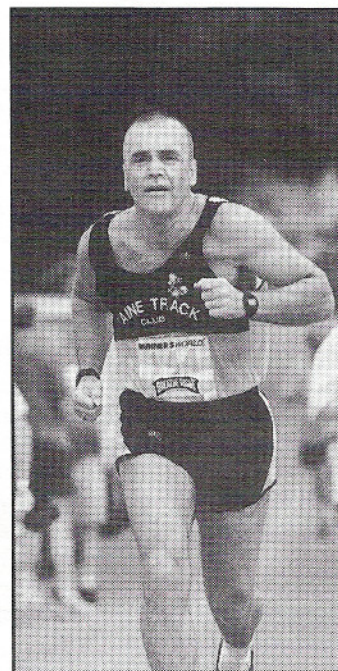
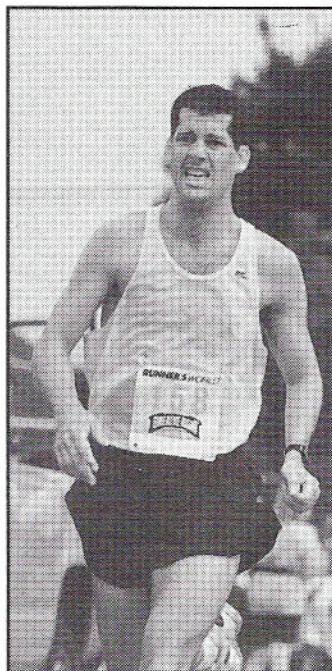
6 Susan Kolp 30-39	30	33:53	6:47
12 Monica Hostettar 19&under	19	35:17	7:03
36 Martha Deprez (MTC) 50-59	51	37:55	7:35
57 Polly Kenniston 2,50-59 USAT&F	59	40:16	8:03

6 Kevin Hynes 30-39	31	28:02	5:36
8 Paul Greene (MTC) 20-29	24	28:48	5:46
9 Guy Berthiaume 50-59 USAT&F	50	28:57	5:47
17 Michael Moran 40-49	40	29:55	5:59
126 Doug Blanchard 70&over USAT&F	70	37:25	7:29
131 Robert Trevor 60-69	60	37:40	7:32

Other Maine Track Club Finishers

8 Ann Stairs	27	34:41	6:56
11 Melissa Murphy	23	35:16	7:03
21 Lisa Belisle	25	36:11	7:14
29 Diane LaVangie	37	37:14	7:27
31 Susan Kolakowski	39	37:27	7:29
47 Nancy Murphy	49	39:31	7:54
50 Martha Crawford	33	39:46	7:57
126 Beverly Doughty	45	47:55	9:35
129 Marge Parsons	45	48:10	9:38
137 Marlene Russell	54	49:05	9:49
143 Jennifer McGeoghegan	28	50:52	10:10
152 Jennifer O'Donnell	54	52:24	10:29
153 Diane McCullough	38	52:35	10:31

20 Craig Wilson	47	30:11	6:02
23 Britt Wolfe	30	30:32	6:06
27 Ron Deprez 2,50-59	52	30:39	6:08
29 Dan Hutchins	36	31:01	6:12
30 Charles Iselborn	39	31:12	6:14
31 Nate Parsons	18	31:13	6:15



Britt Wolfe, left, and Mike Brooks.

photos by Don Penta

40 Gerard Conley	42	31:52	6:22
59 John Rolfe	41	33:57	6:47
63 Steve Jacobsen	46	34:04	6:49
76 David McCullough	44	34:39	6:56
79 Phil Pierce	54	34:53	6:59
85 Steve Murphy	52	35:16	7:03
91 Ed Doughty, Jr.	47	35:39	7:08
105 Dale Rines	44	36:12	7:14
109 Dick Lajoie	56	36:19	7:16
121 Paul LaVangie	38	37:15	7:27
142 Bob Aube	30	38:13	7:39
144 Lloyd LaFountain	34	38:14	7:39
146 Mike Brooks	50	38:22	7:40
156 Don Russell	59	38:58	7:48
158 Joseph O'Donnell	45	39:10	7:50
176 Harry White	53	39:52	7:58
178 John Cole	43	39:53	7:59
186 Jim Estes	47	40:25	8:05
196 John Cullinane	52	41:01	8:12
205 Carlton Mendell 2,70&over	74	41:49	8:22
212 Don Burnham	55	42:20	8:28
230 Mark Coughlin	32	44:02	8:48
251 Neil Chivington	48	46:46	9:21
258 Kenneth Spier	53	48:17	9:39
259 Robert Marzul	35	49:54	9:59
270 Julius Marzul	70	55:47	11:09

Many thanks to Ruth Hefflefinger for complete results!

New members

Jim and Jo Marie McAuley Family
PO Box 461
East Lebanon, ME 04027-0461
207-457-1673
Truck Driver, Conway Central

Jennifer Hanic
3 Old Stage Coach
Woolwich, ME 04579
207-386-0173

Paul Nicolaides
1016 Kampmann Blvd., #8
San Antonio, TX 78201
210-737-8336
Teacher/Coach, Northside ISD

Laura Lee Burke
40 Raven Road
Lowell, MA 01852-5998
Student, Notre Dame Academy

Derry Rundlett
257 Deering Avenue
Portland, ME 04103-4898
767-4331
Attorney

Jim and Amy Grant Family
Mill Street
Caratunk, ME 04925-0008
207-672-0919
Owner, Black Bear Graphics

Kevin Callahan
376 Tasker Hill Road
Conway, NH 03818-6218
603-447-8487
Self-employed, Marketing

Wendy Williams
107 Maine Avenue
Portland, ME 04103
797-7517
UNUM

Kris Caterina
207 Dartmouth Street
Portland, ME 04103-4811
773-0454

Catherine Hurrell
271 Ray Street
Portland, ME 04103-3916
797-0994
Grad Student, USM

Kate Meyers
6 Castle Road
New Gloucester, ME 04260-9783
926-5071
Court Reporter, Self-employed

Peter & Linda Hanson
Great Diamond Island
Portland, ME 04109
766-9719
Teachers, Yarmouth and Portland
High Schools

Jaime Jackson
PO Box 41
Portland, ME 04112-0041
879-9713
Law Clerk, Cloutier, Barrett, Cloutier
& Conley

Kimberly White
19 Depot Road
Falmouth, ME 04105
781-4594
Aerobics Director, Portland Athletic
Club

Notes from our newest members

The reason for my joining the club is because I am looking for people to run with. I am not a competitive runner and I am currently only running 3 or 4 miles, 3-4 times a week. I am interested in becoming a more serious runner and possibly running in some races in the future. I am anxious to hear more about the club.

—Catherine Hurrell

Approximately five years ago, I belonged to MTC and enjoyed running in road races. I have been running for about 10 years now but have really slacked off in the last 5 years as I changed careers and started my own business. I am ready to train to race again and want to become involved once again with MTC to meet new people, learn about my sport, race, have fun and help out when I can. Can't wait to get started.

—Kate Meyers

Upcoming races

September 7

Cannonball Run 5K, Caribou, 10 a.m. Contact: Neil Genz 896-3026.

September 8

Women's Distance Festival 5K, Portland, 8 a.m. Contact: Jim McCorkle 781-3134.

September Fest 5K, Kittery, 8:30 a.m. Contact: Kittery Trading Post 439-2700, ext. 500.

Terry Fox 5K, Bangor, 10 a.m. Contact: 862-3737.

September 14

Run-For-The-Heart (4 miles), Old Orchard Beach, 9 a.m. Contact: Jay Flaker 878-5333 (evenings) or 775-5226, ext. 226 (days).

Family Health Run/Walk 5K, Camden, 10 a.m. (1-mile and 1/4-mile fun runs at 9:30 a.m.). Contact: Keith Siegel 596-8485.

Hilltop Biathlon Series, Lewiston, 9 a.m. (3-mile run, 10-mile bike ride, 3-mile run). Contact: Hilltop Community Sports Center 786-4820.

September 21

Bar Harbor Half-Marathon, 8:30 a.m.. Contact: 288-3511.
Maine Children's Center Program 5K, Portland, 8 a.m. Contact: Jim McCorkle 781-3134.

September 22

Common Ground Fair 5-Miler, Windsor, 8 a.m. Contact: Skip Howard 223-4715 or Chris Bovie 622-1287.

September 28

Eliot Festival 5K, 8:30 a.m. Contact: Randy Bartlett 439-

3707 or Dick McKenney 439-2866.

October 5

Lifeline 5K Run/Walk, Portland, 10 a.m. Contact: 781-5887.

October 6

Maine Marathon and Casco Bay Half-Marathon, Portland, 8 a.m. Contact: Jim McCorkle 781-5887 or 781-3134.

October 13

Pancake 5K, Belfast, 9 a.m. Contact: Dale Nealey 338-5201.

October 19

MTC 50-Mile Ultra Marathon, Brunswick, 8 a.m. Contact: Al and Sandy Utterstrom 797-4710.

October 20

Physical Therapy 8K, Brunswick, 8 a.m. Contact: Sarah Bronson 892-5357 or John LeRoy 725-8680.
Harvestfest 5K, York, 1 p.m. Contact: 363-1040.

October 27

White Mountain Milers/Joe Jones Half-Marathon, N. Conway, N.H. Contact: 603-447-1974.

Note: Races in bold are MTC events



Other MTC events in 1996

Date — Event	Contact
November 19 — Turkey Trot 5K & 10K, Cape Elizabeth	Malcolm Washburn 727-5653/Mary Anne Champeon 799-0456
November 28 — Thanksgiving Day 4-Miler, Portland	George Towle 878-8419
December 11 — MTC Jingle Bell Fun Run	Everett Moulton 799-2894



MTC 1996 Officers and Committee Chairs

USA Track & Field



Ron and Martha Deprez	Co-President	772-4312	Clyde Coolidge	At Large	603-742-9405
Mike Reali and Terry Sutton	Co-Vice Pres.	829-2014	Don Penta	Statistician	892-4526
Ron Pelton	Past President	846-9039	Maureen Sproul	Photography	926-4681
Andrew Coffin	Treasurer	777-3740	Howard Spear	Clothing	856-6496
Mary Ann Doss	Secretary	799-0896	Dale Rines	Course Certification	854-2481
Alyce Schultz	Membership	780-9805	John Gillis	Course Certification	879-0222
Everett Moulton	Race Committee	799-2894	Bob Aube	Newsletter	946-7681
Donna Moulton	At Large	799-2894	Larry Dyer	Newsletter	725-6962
Russ Bradley	At Large	799-3864			

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 Sept. 30 are good through December of the following year.

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

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