



News•Run

Run with a friend ...

September 1997

From the Presidential Suite ...

It's been a busy month for running and racing in Maine. With one of the sunniest, if not warmest summers in a long while, many of us daily runners have had to pile on the sunscreen and plan our runs strategically to avoid the high heat.

MTC races have been numerous. Pat's Pizza with a record turnout was blessed with one of the few cool mornings of the season and fast times were abundant. The road race gods were looking out for you, Marge and Ron (Pat's race directors). Peak's Island, typically hot and humid, was true to form. It was pulled off successfully by first-time race director Larry Dyer.

St. Peter's, directed by Mr. President himself, didn't suffer from the heat too much but saw its share of trials and tribulations. They began in the morning when Michael was driving through town and just happened to be crossing one of the roads that the race would cover that evening. To his horror he found DPW trucks and a ditch dug in the roadway that was not passable by runners. His pleadings for a solution that would allow runners to cross went unheeded and some last-minute scrambling turned up a minor detour. Although it might be difficult to top a last-minute course change when it comes to race director nightmares, a starting-line fiasco would probably place a close second. So when the runners were all lined up and ready to go and

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September MTC Meeting

Wednesday, September 10, 1997, 6:30 p.m.
Southern Maine Technical College
Machine Tool Auditorium
Fort Road, South Portland

Guest speaker: George Towle
Topic: Running in Kenya

Our featured speaker will be George Towle who will share his slides and memories from his trip to Africa.

We will begin with a short business meeting at 6:30 p.m. followed by our speaker at 7 p.m. Those who attend are asked to bring soft drinks and snacks to share after the meeting.

Coming events

OCTOBER: Our October meeting will be held on Wednesday, October 8 in the Machine Tool Auditorium at SMTC. We will ask Joe Teno to talk to us about his hiking and climbing trip to Bolivia and to share his thoughts with us on the then to be completed Maine Marathon. As we have been unable to reach him by our cellular signal drums, his formal invitation to speak will have to wait until his return from his trip.

NOVEMBER: MTC Pasta Dinner, Saturday, November 1 at Sprague Hall in Cape Elizabeth. Details to follow in the October newsletter.

DECEMBER: The December meeting will consist of a Christmas run and social on Wednesday, December 10. Time and location to be announced. Volunteer elves to help plan the event will be more than welcome.

News•Run Notes

Course changed for marathon

Latest word on the NYLCare Maine Marathon, for those of you who missed it, is that the course has been changed due to the ongoing construction on Route 9 in Falmouth. The detour begins near Mile 20 of the marathon course, where runners will take a right-hand turn off Route 9 onto Merrill Rd. This is followed by a left onto Falmouth Rd., another left onto Allen Ave. and one more left onto Pleasant Hill Rd., which rejoins Route 9 on the other side of the bridge.

MTC gathering at Falmouth

A handful of MTC members made the trip to Cape Cod a few weeks ago for the Falmouth Road Race. Marge and I bumped into Carlton Mendell and Donna and Everett Moulton while there, and Jaime Jackson was also spotted. Among others who made the trip (the list probably doesn't include everyone) were Russ Bradley, and Pam and Larry Barker.

We need your input

News•Run Notes features news of interest about fellow MTC members. If you have some news to share about yourself or someone else in the club, please pass along the information by calling Marge or Bob Aube at 829-5079, sending e-mail to Bob at 74270.2276@compuserve.com, or by mail to: Maine Track Club, Newsletter, P.O. Box 8008, Portland, ME 04104. The deadline for each issue is the 15th of the preceding month.

(Continued from page 1)

St. Peter's parish priest had given his traditional blessing to the crowd ... all that remained was for race founder Joe Discatio to fire the gun. Well, that should have been easy but he had managed to drop the chamber of the starter's pistol in the road and Michael stared in dismay as it rolled down the street. Oblivious to the situation, Joe attempted to fire it anyway. Mass confusion ensued — Joe shouting "GO", Michael shouting "NO" — and a false start was the end result. I don't think I've ever witnessed a false start in a road race before; it was really something. But all's well that ends well and the race went off the second time without mishap. Many of the runners hung around for the awards, familiar with the generous and sometimes quirky raffle prizes that go on for a half hour (at least); 95 raffle prizes this year — something for everybody!

A brief marathon update: Our fearless leader, Joe Teno, was away on one of his latest adventures — mountain climbing in Bolivia. But progress has been made on an alternative course (to cope with the bridge construction on Rt. 9). The applications have been out for over a month now, making their debut at various 4th of July races, and they get snapped up quickly; hope that's a good sign. Some early registrations have been received and planning is kicking into high gear as the October race date is fast approaching. Other good news includes sponsor support from SportShoe and Saucony joining up to provide some last minute and very much needed support. They are interested in being more of a major contributor for next year as well. Volunteers are still needed, so if you aren't planning on running in one of the races that day, please sign up to help. It promises to be a great event. Our Volunteer Coordinator is Rhonda Harrington and she can be reached at work at 865-4761.

In other club news, congratulations to Marge Parsons and Bob Aube on their marriage!

That's it for now. Hope you are enjoying what's left of this Maine summer.

Terry Sutton

News•Run Sponsors

If you would like to become an individual *News•Run* run sponsor, please send \$10 to: Maine Track Club, P.O. Box 8008, Portland, ME 04104.

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

Sponsor

The Nielsen family



MTC hike in the White Mountains

Come join us for a fall hike on Mount Chocorua on Saturday, September 20. We will ascend Chocorua by the Liberty Trail. Chocorua is one of the most photographed mountain in New Hampshire and is a pretty mountain for a fall hike. We will hike as a group at a reasonable pace. Round trip mileage on the Liberty Trail is approximately 8 miles. Chocorua is a great hike for both beginning and experienced hikers and offers superb views from the open summit on a clear day.

Those coming should wear proper footwear (hiking boots not running shoes!). Please also plan to carry a daypack with water, snacks, lunch, and warm clothing such as a fleece jacket, wind breaker, gloves, hat, etc.

We will assemble at the parking lot adjacent to the soccer fields on Preble Steet (across from Shop 'n Save) at 6 a.m. We will depart as a group by 6:15 a.m. after we consolidate cars. The rain date will be the next day, Sunday, September 21 at the same time.

**Coming next month:
Maine Running Hall of
Fame inductees**

MTC Runners Carry Peace Torch

By John LeRoy

Members of the Maine Track Club were well-represented at the Peace Run on August 10. A special Maine Spur of the World Wide Peace Run ran from Brunswick to Portland displaying the Peace Torch for the 27-mile distance down Route One. Despite the high humidity and 90-degree heat, 15 runners and 3 bicycles left Brunswick, with many others joining the run in progress.

Steve Assante set a new record for the run as he ran all but about 2 or 3 miles. Keith Lawrence of Brunswick also ran most of the way, retreating to the support vehicles only after dehydration overtook him. Other MTC members included Diana Champeon, Russ Bradley, Jim & Dianne McCorkle, Deb Merrill, Marge & Bob Aube, Christine DeTroy and Tom Keating.

In-Line Skate Race

By John LeRoy

If you do in-line skating as cross training or just like to roll with the kids, here is your chance to put this ability to having some real fun. As part of the Help Can't Wait 10K Run, a 10K in-line skate race will be held. If you haven't been in a skate race before you probably think that everyone skates at 20 mph and you will finish last and be very embarrassed. I assure you that the in-line skate races are just like running events: people from all skill levels participate. You will find many who are doing it for the first time hoping to just finish.

The great thing about the Help Can't Wait race is that it is held at the Naval Air Station in Brunswick and they close the roads to traffic, making it especially safe for the beginner. Also, after the race you can gorge yourself on free ice cream and pizza.

Help Can't Wait events will be held on Saturday, September 20, with the running race starting at 9 a.m. and the skate race at 10 a.m. Awards for skate races are given in age categories, but also are divided into beginner, intermediate and advanced divisions. Registration is \$12 (T-shirt included) by September 9; after which the entry fee skyrockets to \$15 without a shirt, so sign up early. For more info, call 729-6779.

By the way, both the run and the skate courses are flat!!

Upcoming Races

September 6

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

September 7

Women's Distance Festival (5K), Portland. Contact: Jim McCorkle 781-3134.

Septemberfest 5K Road Race, Kittery, 8:30 a.m. Contact: 439-2700.

September 13

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

September 14

Terry Fox 5K, Bangor, 10 a.m. Contact: Ed Rice 989-2383.

Saco Sport & Fitness 1M/5K/10K. Contact: Everett Moulton 799-2894 or Paul Burnell 284-5953.

September 20

Bar Harbor Half Marathon, 8:30 a.m. Contact: Sharyn Kingma 288-3511.

Children's Cancer Foundation 5K, Portland. Contact: Dianne McCorkle 781-4152.

Help Can't Wait 5K, Brunswick, 9 a.m. (in-line skating race at 10 a.m.). Contact: 729-6779.

September 21

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

September 27

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

Kingfield 10K, 11 a.m. (kids 1K at 10 a.m.). Contact: Chip Carey 237-2000.

September 28

Sugarloaf Uphill Climb, Kingfield, 10 a.m. Contact: Chip Carey 237-2000.

October 4

Lifeline 5K, Portland, 10 a.m. Contact: Patty Medina 780-4642.

October 5

NYLCare Maine Marathon & Casco Bay Half Marathon, Portland, 8 a.m. Contact: Joe Teno 741-2084.

October 11

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

Silent Hills 5K, Hinckley, 9 a.m. Contact: Steve Razidlo 453-7368.

October 12

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

October 18

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

October 19

Physical Therapy 8K, Brunswick, 9 a.m. Contact: John LeRoy 725-8680 or Sarah Bronson 892-5357.

October 26

Great Pumpkin 10K, Saco, 9:30 a.m. Contact: Bob LaNigra 883-8662.

November 23

Brewer Turkey Trot 5K, 1 p.m. Contact: Dave Jeffrey 825-3403.

November 27

Portland Thanksgiving Day 4-Miler, 9 a.m. Contact: George Towle 780-5182.

Gasping Gobbler 10K and 2-Miler, Augusta, 10 a.m. Contact: John Schwerdel 623-8086.

December 6

Season's Greetings 5.5-Miler, Madison, 11 a.m. Contact: Ron Paquette 437-9237.

Note: MTC races are in bold

For the latest race schedules and information, call the MTC hotline at 781-5887 or visit the Sub5 web site at <http://www.finishlynx.com/sub5>

Notice about race fliers

Anyone who wishes to have their race fliers included in the Maine Track Club newsletter must submit the fliers and a payment of \$40 by the 15th of the month. Fliers will not be included in any mailing if not accompanied by the \$40 service fee. The fee applies only to races not run by the MTC, so if a race fee is already being paid to the club, there is no charge for race fliers.

Race Results

Submitted by Don Penta

Pat's Pizza And The Maine Track Club Present
The 16th Annual Clam Festival Classic Five Mile Run
826 Finishers (277 Female & 549 Male)
Certified Loop Course From Main Street, Yarmouth
8:00 a.m., Saturday, July 19th, 1997

USAT&F = Finisher qualifies for national ranking
according to standards established by the
National Running Data Center of USA Track & Field

Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Joan Samuelson (HON.MTC) USATF	40	27:35	5:31
2 Denise Harlow 1,20-29 USAT&F	27	27:59	5:36
3 Kara Patterson 2,20-29	22	29:59	6:00
4 Kelly Rodrigue 1,30-39	33	30:07	6:01
5 Marjorie Graff	29	30:21	6:04

1 Bob Winn overall USAT&F	38	23:56CR	4:47
2 Todd Coffin 1,30-39 USAT&F	36	24:22	4:52
3 Byrne Decker 2,30-39	30	24:38	4:56
4 Scott Brown 3,30-39 USAT&F	39	24:42	4:56
5 Kevin Way 1,20-29	28	24:57	4:59

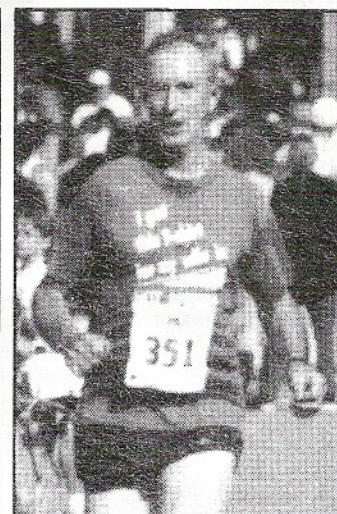
Other Top Divisional Finishers

11 Robin Bates 16-19	19	31:21	6:16
12 Donna Hurley 2,40-49 USAT&F	40	31:26	6:17
15 Carol Hogan (MTC) USAT&F	46	31:32	6:18
31 Nancy Lund USAT&F	45	33:23	6:41
41 Amy Potvin 15&under	15	34:35	6:55
64 Kitty Kelley (MTC) 50-59 USAT&F	50	36:30	7:18
65 Faye Gagnon 2,50-59 USAT&F	52	36:30	7:18
79 Gail Reinertsen 3,50-59 USAT&F	55	37:18	7:28

7 Don Legere USAT&F	35	25:40	5:08
8 Andrew Legere 16-19 USAT&F	18	26:09	5:14
20 Jared Moore 3,16-19 USAT&F	17	27:01	5:24
28 Ron Newbury USAT&F	47	27:23	5:29
35 Chris Strout 15&under USAT&F	15	28:14	5:39
51 Joel Croteau 50-59 USAT&F	53	28:55	5:47
235 John LeRoy (MTC) 60-69	60	34:50	6:58
471 Russ Bradley (MTC) 70&over	73	41:35	8:19
532 Nelson Soule (MTC) 2,70&+ USATF	76	49:48	9:58

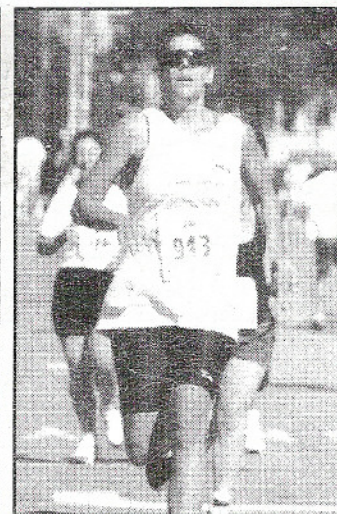
Other Maine Track Club Finishers

13 Carrie McCusker-Brady	27	31:27	6:17
19 Monica MacDonald	31	32:08	6:26
28 Gail Turner	37	33:11	6:38
37 Maryellen Fitzpatrick	36	34:06	6:49
40 Colleen Redmond	32	34:33	6:55
68 Wendy Williams	43	36:46	7:21
76 Cindy Aiken	43	37:12	7:26
78 Patti (Tableman) Hinckley	38	37:17	7:27
90 Carol Nale	46	38:06	7:37
105 Martha Deprez	52	38:49	7:46
107 Suzanne Umland	49	38:52	7:46
110 Sherry Carl	50	38:58	7:48
117 Diane Cormier	40	39:24	7:53
121 Beth Wilson	41	39:42	7:56
129 Sheri Clement	23	40:15	8:03
136 Betsy Lane	45	40:28	8:06
170 Karen Baker	43	42:24	8:29
176 Beverly Doughty	46	42:36	8:31
189 Wendy Berthiaume	32	43:37	8:43
205 Lisa Kelley	32	44:24	8:53



Top: Tom Peterson, left, and Warren Wilson
Bottom: Sally Paterson, left, and Mary Olmstead

photos by Don Penta



208 Nancy Hewett	50	44:36	8:55
225 Cathy Siebold	46	46:18	9:16
240 Mary Olmstead	37	47:46	9:33
252 Cheryl McCall	40	49:53	9:59
256 Julie Adams	24	50:16	10:03
270 Donna Trout	45	53:28	10:42
275 Linda Adams	44	58:10	11:38
6 Michael Payson	34	25:23	5:05
23 Robert Ashley 3,40-49	40	27:11	5:26
36 Paul Nicolaides	41	28:15	5:39
39 Matt Lunt	17	28:25	5:41
42 Marlin Conrad	45	28:36	5:43
45 Will Lund	42	28:39	5:44
47 Michael Boucher	40	28:50	5:46
55 Thomas Menendez	43	29:12	5:50
56 David Chamberlain	35	29:13	5:51

(Continued on page 6)

More Race Results

(Continued from page 5)

57 Britton Wolfe.....	31	29:15	5:51	267 Thomas Carll.....	53	35:33	7:07
80 John Nale.....	17	30:36	6:07	275 Craig Whiton.....	46	35:46	7:09
81 John Carpenter.....	39	30:37	6:07	278 Mike Brooks.....	51	35:50	7:10
86 Harry Nelson.....	43	30:39	6:08	279 Brent Graham.....	27	35:51	7:10
101 Dennis Smith.....	47	31:08	6:14	302 Tom Peterson.....	38	36:26	7:17
103 Ronald Deprez 2,50-59.....	53	31:15	6:15	304 Don Bessey.....	51	36:31	7:18
104 Alburn Butler.....	43	31:18	6:16	329 Ralph Butts.....	36	37:10	7:26
109 Willie Sproul.....	39	31:32	6:18	339 Ron Schopp.....	47	37:28	7:30
129 Gregg Wood.....	38	31:51	6:22	346 Ronald Chase.....	56	37:38	7:32
130 Ed Doughty, Jr.....	48	31:54	6:23	347 Don Russell 2,60-69.....	60	37:39	7:32
139 Ron Cedrone.....	48	32:03	6:25	376 Eric Lagios.....	38	38:13	7:39
154 James Boisvert.....	40	32:37	6:31	382 John Nale.....	47	38:16	7:39
161 Carlos Philbrick.....	44	32:55	6:35	408 Arthur Bell.....	45	39:07	7:49
166 George Prescott.....	49	33:03	6:37	409 Dan Gray.....	40	39:08	7:50
181 Michael Doyle.....	32	33:31	6:42	417 John Littlefield.....	41	39:22	7:52
184 Mick McCall.....	43	33:36	6:43	420 Robert Cormier.....	49	39:30	7:54
186 James McCorkle.....	42	33:39	6:44	426 Doug Aiken.....	44	39:37	7:55
190 Paul Lessard.....	40	33:43	6:45	436 Neil Chivington.....	50	39:55	7:59
192 Scott Hinckley.....	39	33:47	6:45	457 Jack Nyhan.....	65	40:41	8:08
210 Les Berry.....	49	34:11	6:50	470 Scott Cook.....	36	41:28	8:18
227 Frank Knight.....	51	34:42	6:56	505 Tom O'Connor.....	46	44:35	8:55
238 Claton Conrad.....	15	34:55	6:59	511 Warren Wilson.....	63	45:50	9:10
244 Keith Malone.....	39	35:12	7:02	519 John Holmes.....	46	46:51	9:22
251 Kevin Butterfield.....	26	35:15	7:03	549 Julius Marzul 3,70&over.....	71	55:18	11:04
259 Roger Fenn.....	51	35:20	7:04	Many thanks to NEWS*RUN Co-Editor Bob Aube for complete results!			

**The Newburyport Lions Club Presents
The 38th Annual Yankee Homecoming 10 Mile Road Race
2211 Finishers, Tuesday, 6:30 p.m., 7/29/97**

Maine Finishers

PLACE/NAME	CITY	AGE	TIME	PACE
12 Bob Winn 2,35-39.....	Ogunquit	38	51:36	5:10
21 Robert Pierce 4,35-39.....	Alfred	36	52:36	5:16
40 Michael Payson (MTC).....	Falmouth	34	54:00	5:24
123 Paul Nicolaides (MTC) San Antonio, Tex		41	58:26	5:51
128 Chuck Jepson.....	S.Berwick	37	58:38	5:52
139 Bob Wanamaker.....	Eliot	38	59:09	5:55
187 Chris Snow-Reaser.....	Hollis	31	1:01:15*	6:08
249 Adam Tyson.....	Brunswick	37	1:03:08	6:19
362 Brian Noyes.....	Freeport	39	1:05:45	6:35
374 Duncan McEachern.....	Kittery	56	1:06:01	6:37
380 Roger Clements.....	York	42	1:06:07	6:37
427 Alburn Butler (MTC).....	Portland	43	1:07:08	6:43
428 Michael Reali (MTC).....	Cumberland	43	1:07:09	6:43
444 Gerard Conley, Jr. (MTC).....	Portland	43	1:07:24	6:45
468 Ken Cotton (MTC).....	Bristol	48	1:07:42	6:47
490 David Legg.....	York	38	1:08:09	6:49
534 Joe Hayes (MTC).....	York	48	1:08:54	6:54
606 Stanley Sheldon.....	Berwick	50	1:09:56	7:00
654 Kevin Conley (MTC).....	Portland	28	1:10:51	7:06
699 Paul Lessard (MTC).....	Portland	40	1:11:38	7:10
732 Joseph Guimond (MTC).....	Portland	38	1:12:03	7:13
766 Matthew Ferry.....	W.Kennebunk	29	1:12:30	7:15
812 Allan Carlisle.....	Springvale	45	1:13:17	7:20
954 Bill Schenck.....	York	46	1:15:19	7:32
1001 Clyde Coolidge (MTC) Rollinsford, NH		58	1:16:17	7:38
1089 Howard Spear (MTC).....	Westbrook	47	1:17:36	7:46
1151 Mike Brooks (MTC).....	Danville	51	1:18:24	7:51
1157 Rodger Smith (MTC).....	Scarborough	51	1:18:27	7:51
1234 Michael Froning.....	Sanford	27	1:19:33	7:58
1256 Ronald Paquette.....	Albion	56	1:19:53	8:00
1428 Jan Semba.....	Bangor	38	1:22:26	8:16
1453 Marilyn Gugliucci.....	K*bunkport	43	1:23:08*	8:19



**Left: Al Butler followed by Mike Reali
Right: Clyde Coolidge**



photos by Don Penta

1457 Mary Jane Grant.....	K*bunkport	43	1:23:12*	8:20
1460 James Ramsey.....	York	36	1:23:13	8:20
1664 Russ Bradley (MTC).....	Cape Eliz.	73	1:26:38	8:40
1709 Kelly Philbrick.....	S.Berwick	37	1:27:12	8:44
1748 Neil Chivington (MTC).....	Hollis Ctr	50	1:28:04	8:49
1814 Carlton Mendell (MTC).....	Portland	75	1:29:23	8:57
1848 Dawna Labrecque.....	Sanford	41	1:30:06*	9:01
1870 Philip Street.....	Washington	39	1:30:28	9:03
1880 Jean Thomas (MTC).....	Portland	61	1:30:45*	9:05
1897 Erin Semba.....	Bangor	30	1:30:59*	9:07
2026 Nancy Kelley.....	Winthrop	40	1:35:24*	9:33
2139 Debra Emmons.....	Sanford	39	1:42:15*	10:14
2203 Julius Marzul (MTC).....	Gorham	71	1:57:28	11:45

More Race Results

The Newburyport Lions Club Presents
The 38th Annual Yankee Homecoming 3 Mile Road Race
990 finishers, 6:20 p.m., Tuesday, 7/29/97, Newburyport, Mass.

*** following runner's time indicates a female finisher.

Maine Finishers

PLACE/NAME	CITY	AGE	TIME	PACE
18 Mike Paulhus	Wells	22	16:53	5:38
39 Kelly Rodrigue 3,30-39	Lewiston	33	18:09*	6:03
58 Donald Foshay (MTC)	S.Portland	38	18:51	6:17
84 Laura Webber	York	32	19:44*	6:35
88 Lance Stuart 2,11-13	Machias	13	19:55	6:39
107 Brian Lathrop (MTC)	S.Portland	17	20:27	6:49
115 Loren Lathrop (MTC)	S.Portland	48	20:38	6:53
131 D.Scott Hamilton(MTC)	N.Waterboro	46	20:57	6:59
153 Paul Johnson	Eliot	40	21:18	7:06
184 Amanda Wood	Casco	22	21:48*	7:16
218 Phil Stuart	Machias	49	22:23	7:28

355 M.F. Harmon (MTC)	Scarborough	47	24:18	8:06
359 Dennis Morrill (MTC)	Portland	58	24:24	8:08
420 Robyn Turin	Scarborough	33	25:11*	8:24
463 Paula Reed	Westbrook	21	25:43*	8:35
481 Douglas Perley	K'bunkport	36	25:55	8:39
514 Kristin Andrews	Portland	27	26:20*	8:47
563 Veronica Drown	Kennebunk	24	26:47*	8:56
564 Donald Drown	Kennebunk	47	26:47	8:56
656 Elaine Provencher	Berwick	40	27:46*	9:16
704 Sandy Utterstrom(MTC)	W.Falmouth	53	28:18*	9:26
766 Judy Cotton (MTC)	Bristol	48	29:15*	9:45
904 Maggie Soule (MTC)	Yarmouth	55	32:16*	10:46
918 Don Penta (MTC)	Windham	51	32:52	10:58
937 Ruth Hefflefinger(MTC)	Portland	68	33:54*	11:18
975 Alyce Schultz (MTC)	Portland	54	37:00*	12:20
990 Al Utterstrom (MTC)	W.Falmouth	56	47:33	15:51

Many thanks to Maggie Soule for complete results (via COOL RUNNINGS) to the Yankee Homecoming Three & Ten Milers!



From left to right: Kim White, Wendy Williams, Lisa Kelley and Mary Nadeau

photos by Don Penta

Tufts Health Plan 5K Run For Women
129 Finishers
9:30 a.m., Sunday, August 3rd, 1997, Portland

Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Carole Zajac	25	16:34	5:20
2 Maggi Murray USAT&F	35	16:53	5:26
3 Elizabeth Whitney	30	17:12	5:32
4 Christine Reaser	31	17:18	5:34
5 Denise Harlow	26	17:24	5:36
6 Kara Patterson	22	18:31	5:58
7 Kelly Rodrigue	33	18:39	6:00
8 Carol Hogan (MTC) USAT&F	46	18:56	6:06
9 Rose Prest-Morrison	34	19:14	6:12
10 Mary Meehan-Bates	31	19:24	6:15

Other Top Age Group Finishers

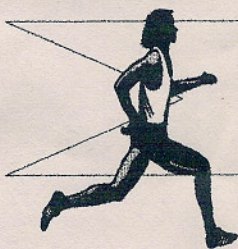
11 Pamela Maryanski	18	19:31	6:17
15 Ellie Tucker	42	20:16	6:32
27 Mandy Bowden	13	21:39	6:59
40 Eileen Jordan	54	22:59	7:24

61 Polly Kenniston	60	25:25	8:11
115 Ashley Ryder	67	31:41	10:12

Other Maine Track Club Finishers

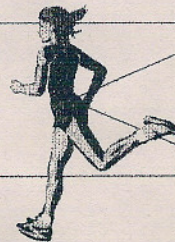
12 Monica MacDonald	31	19:44	6:22
16 Jeanne Hackett	38	20:19	6:33
19 Kimberly White	35	20:40	6:39
22 Betsy Barrett	46	21:02	6:46
25 Betty Rines	40	21:32	6:56
29 Kate Meyers	37	21:47	7:01
32 Wendy Williams	43	22:03	7:06
44 Lisa Kelley	32	23:34	7:36
48 Sherry Carl	50	23:52	7:41
52 Beth Wilson	41	24:13	7:48
60 Karen Baker	43	25:23	8:11
65 Brenda Tanguay	35	25:43	8:17
88 Annette Elowitch	54	27:30	8:51
93 Mary Nadeau	50	28:15	9:06
106 Marlene Russell	55	30:06	9:42

Many thanks to GRANITE STATE RACE SERVICES for complete results!



The Maine Track Club presents the

**Saco Sport & Fitness
Kid's K, 5K & 10 K Adult Races**



Sunday September 14, 1997 10:00AM 1K 10:15AM 5K 10:30AM 10K
PLACE: Saco Sport & Fitness 329 North Street (Route #112) Saco, Maine

The Courses are flat and fast with plenty of Post Race Enjoyment. Showers and changing rooms available.
Post Race Refreshments -Tour our facilities as well - don't forget to check out the pool - just enjoy yourself !!

T-shirts to first 100 registrants

Awards: 1st 2nd & 3rd Male & Female plus 1st & 2nd place in the following age groups: 19 & under 20-29
30-39 40-49 50-59 60-69 70 & over plus 1st & 2nd Male and Female Saco Sport & Fitness members to finish

Proceeds to benefit: the **Wolf Hirschhorn Syndrome (4P-)**

1st Annual Kid's K (for kids 10 and under only)

2nd Annual 5K & 10K Races sponsored by : **Saco Sport & Fitness and Brady Screen Print**

Entry Fee: \$10.00 5K/10K (1K is FREE)

Registration open at Saco Sport & Fitness Friday (12th) 10:00AM-7:00PM

Registration & Packet pick-up Saturday (13th) 9AM-5PM

Sunday (14th) 8AM-9:30AM at Saco Sport & Fitness

Register early at Saco Sport & Fitness or mail entry with check payable to: Saco Sport & Fitness
329 North Street Saco Maine 07072

For Further Information contact : **Paul Burnell at Saco Sport & Fitness 284-5953**

First Name Last Name Sex Age Date of Birth

Mailing Address City State Zip

Team/Organization

() () ()
Phone Number 1K 5K 10K

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, its officers and agents, the City of Saco, Saco Sports & Fitness Center, all sponsors, their representatives and successors, including the Road Runners Club of America, its officers, directors, agents and employees, from all claims of any kind arising out of my participation in this event even though that liability may arise out of



Signature

Date

Signature / Parent if under 18 YOA

Date



Welcome to our newest members

Linda Adams
P.O. Box 205 Main Street
North Bridgton, ME 04057-0000
Social Worker, Fryeburg Health Care Center

Arthur Bell
14 Atlantic Reach
Yarmouth, ME 04096-0000
Consultant, self-employed

Mark Bruns
32 Lawrence Road
Gray, ME 04039-0032
H: 428-3566
W: 657-3111
Sales & Material Mgr., Bruns Bros. Process Equip.

Will A. Davis
P.O. Box 8299
Portland, ME 04104-8299
Carpenter, The Paumanok Co.; student, Savannah College
Art & Design

Kevin Fifield
43 McKinley Street
South Portland, ME 04106-0000
Human Resources Rep., L.L.Bean

"I am new to road racing the last 15 months. I have completed a couple of 5-milers and a half marathon. Currently, I'm training for the Maine Marathon in October. I am joining the MTC for the educational information on training and running as well as meeting other runners."

Jack Knebel
P.O. Box 220
Isleboro, ME 04848-0000
734-8814

Law teacher; coach

"I am interested in the club because I am the cross-country coach at Isleboro Central School and am interested in keeping up with Maine running news. My racing days are probably over, but I was a college quarter-miler and as a masters runner ran 800 meters in 2:00; mile in 4:27; 10K in 33:45; marathon in 2:58. I am looking forward to being part of the club."

Allison Loebs
110 Main St., #202
Saco ME 04072-0000
Computer Programmer, Computer Merchant Ltd.

"I'm working in the metro Portland area for up to a year and looking to participate in some races. I'm mainly a recreational runner now after many years. When I was in my late teens and 20s I competed extensively. I ran four marathons and mostly 10Ks over those years. I'm a volunteer at the Vermont City Marathon (where my residence is) for the last 3 years."

Carrie McCusker-Brady
257 Vaughan Street
Portland, ME 04102-0000
774-9245

Teacher/grad.student/mom

David Wilson
69 Fifth Street
Bangor, ME 04401-0000

A wonderful club trip

By Alyce Schultz

Where were you on July 29th?

If you can't remember, then you weren't among the 26 MTC members having a great running and comradeship experience in:

N New friends and Not-so-New friends; Not too late to sign up for next year
E Easy course; Evening run, what could be more beautiful!
W Weather was incredible; Watermelon; We missed you!
B Buns with hot dogs; Even a little brew; Bus; Bodies with new aches (that's for Al & I who hadn't run a step in years)
U Unarguably, the best MTC club trip
R Running with a friend; Results in this newsletter
Y Yeup, a Yankee Homecoming; Yearly event
P People cheering along the way, including Clara Mendell and Ray Hefflefinger; PowerBars
O Ocean views; Ocean breezes
R Russ Bradley, unarguably, the best MTC club trip captain, the trip wouldn't happen without him
T Time to mark your calendar for next year...it's always the last Tuesday of July; Try the Three Miler or the Ten Miler

Beauty is in the earphone of the beholder

By Will Lund

Lying face down in the pine needles beside the wooded trail, I had a moment to ponder the dangers of running with a stereo headset.

I had been running along the path through the forest, listening to a recorded cassette tape of the group Weezer (not "geezer" or "wheezer" — ask your son). Suddenly, I heard a high-pitched, whining song by that famous rock group, Two-Cycle Engine.

"Wait a minute," I said to myself. "I don't remember recording a song by that group. In fact, there's no such group as Two-Cycle Engine."

I dove head-first off the trail onto the forest floor, just as several dirt bikes, two-cycle engines buzzing, flew past on the narrow trail.

My coach had always told me, "real runners don't wear earphones." Ignoring his advice, I purchased a good-quality, sport model cassette player, with a lightweight headset. It turned a boring noon run into one filled with music and a pounding beat.

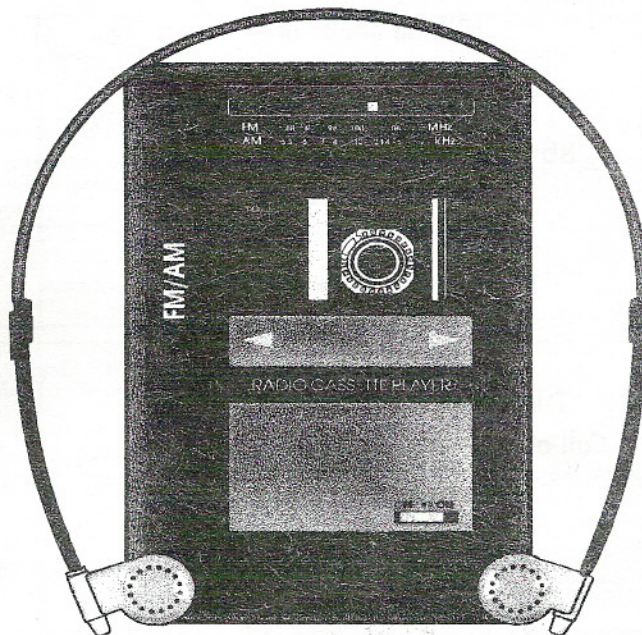
I prefer listening to "alternative" groups such as Green Day, Smashing Pumpkins and Fun Lovin' Criminals (ask your son-in-law). Other runners, however, have vastly different musical tastes. The other day at the Bowdoin and Back 10-Miler, I peeked into three gym bags to see what type of music well-known members of the Maine Track Club were listening to on their portable cassette players. The results?

1) **Gerry Conley Jr.:** "River Dance", the Irish dancers whose legs kick and stomp, but who don't move their arms ("It keeps them from spilling their beer," said Gerry).

2) **Carlton Mendell:** Pat Boone, "In a Heavy Metal Mood".

3) **Mike Reali:** "Volare" and Billy Joel's "Scene's from an Italian Restaurant".

When my friends heard that I'd purchased a stereo headset, they bought me a cassette in honor of what I'd hit during my first and only marathon effort: Pink Floyd's "The Wall". But now, I have a plan. I've been saving all my old, depleted AA batteries. They make the tape spin so slowly that, as my friends in North Shapleigh say, Tanya Tucker sounds like Johnny Cash. Just the thing to help maintain that steady, slow pace all the way to the finish line.



Reminder — Always put MTC on race application

By John LeRoy

Many race applications have a blank for "team" or "club", be sure that you write in the Maine Track Club.

For the upcoming (October 19) PT8K, it could mean a big prize for you and fellow MTC members. For the last three years the PT8K has had a team competition using the national age-graded table. This allows competition between teams with diverse sex and age compositions. For the last two years, MTC has won this team competition, but it has been close. Last year, the first five members of the Central Maine Striders were only 28 seconds behind — 2:10:49 to 2:11:17. The order of finish for last years team was (times are age-graded): Gretchen Read 24:05, George Towle 25:19, Ron Deprez 26:06, Peter Bastow 27:22 and Maureen Sproul 27:57. Martha Deprez 29:07 and Dick Lajoie 29:12 were close behind.

Despite the large increases in many race entry fees, pre-registration (without a shirt) entry to the PT8K is still only \$5.

MTC Discounts

The following area sporting goods stores have agreed to give MTC members discounts on running shoes and running clothing. It is necessary that you show your 1997 club ID card when requesting discounts.

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

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

Coastal Athletics
84 Cove St, Portland
Asics shoes exclusively
Discounts according to model
Call ahead for Ron Kelley 772-4530

George and Phillips, Inc.,
Route 1, Kittery;
295 Water St., Exeter, N.H.

These are Nike Outlet Stores featuring slightly defective or blemished shoes at reduced prices. All top quality regularly.
Shoes 20% off

Lamey Wellehan
Maine Mall; Falmouth Shopping Center;
Cook's Corner; Auburn Mall
10% on running shoes

MVP Sports
333 Clarks Pond Pkwy., South Portland
10% on non-sale running shoes and clothing

Famous Footware
330 Clarks Pond Pkwy., South Portland
Also Auburn and Kittery
10% on running shoes



Group runs

The Maine Track Club includes all kinds of runners doing many different distances and paces ... from the weekend jogger to the daily 20-minute runner to the serious road racer.

Whatever your pleasure may be (social, speed, long distance), we probably have a running/training group near your area. For more information, contact any of the following:

Brunswick

Long runs on weekends and track and tempo workouts during the week. Times vary, so it's best to call. Contact John LeRoy (725-8680).

Kennebunk

The Kennebunk Road Warriors run weeknights in Kennebunk. Contact Steve Jacobsen (985-4107) or Nancy Kneeland (985-8100).

Portland

The USM Morning Group runs at 5:45 a.m. daily from the USM gym. Contact Mel Fineberg (774-8868) or Ruth Hefflefinger (797-4625).

The Rat Pack runs Sunday mornings at 7 a.m. from Payson Park. Contact Ron Deprez (772-4312) or Mike Reali (829-2014).

YMCA Noon Runs from the YMCA on Forest Ave. Contact Marla Keefe (775-9620) or Mike Pratico (874-1111).

The Maine Front Runners, a gay and lesbian running club, runs from Back Cove across from Shop 'n Save on Saturday mornings at 9 a.m. Contact Jim Estes (761-2059).

South Portland

South Portland Road Runners run Thursday nights at 5:30 p.m. from the high school. Contact Russ Bradley (799-3864) or Donna Moulton (799-2894).

If you know of a group run that isn't listed above, please contact either Bob or Marge Aube (829-5079) to let us know where, when and a contact person for inclusion in the monthly newsletter.



MTC 1997 Officers and Committee

USA Track & Field



Mike Reali and Terry Sutton	Co-Presidents	829-2014	Russ Bradley	At-Large	799-3864
John Gale	Vice President	775-5017	Ann McGovern	At-Large	839-8332
Ron and Martha Deprez	Past Presidents	772-4312	Howard Spear	At-Large and Clothing	856-6496
Joe Guimond	Treasurer	797-9463	Al Butler	Equipment	772-6463
Mary Ann Doss	Secretary	799-0896	Don Penta	Statistician and Photography	892-4526
Maggie Soule	Membership	846-3631	Maureen Sproul	Photography	926-4681
John Eldredge	Membership	829-4540	Dale Rines	Course Certification	854-2481
Everett Moulton	Race Committee	799-2894	Bob and Marge Aube	Newsletter	829-5079

Maine Track Club Membership Application

(Please check one) ☐ Individual (\$15) ☐ Family (\$20) ☐ Student — 18-year-old maximum (\$10)

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 _____
 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 _____ Business phone _____
 Employer _____ Occupation _____ Business phone _____
 If student, school _____ Year of graduation _____
 If student, school _____ Year of graduation _____
 If student, school _____ Year of graduation _____

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 participate 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 _____
 Signature _____ Date _____

Please mail form and check to: Membership, Maine Track Club, P.O. Box 8008, Portland ME 04104