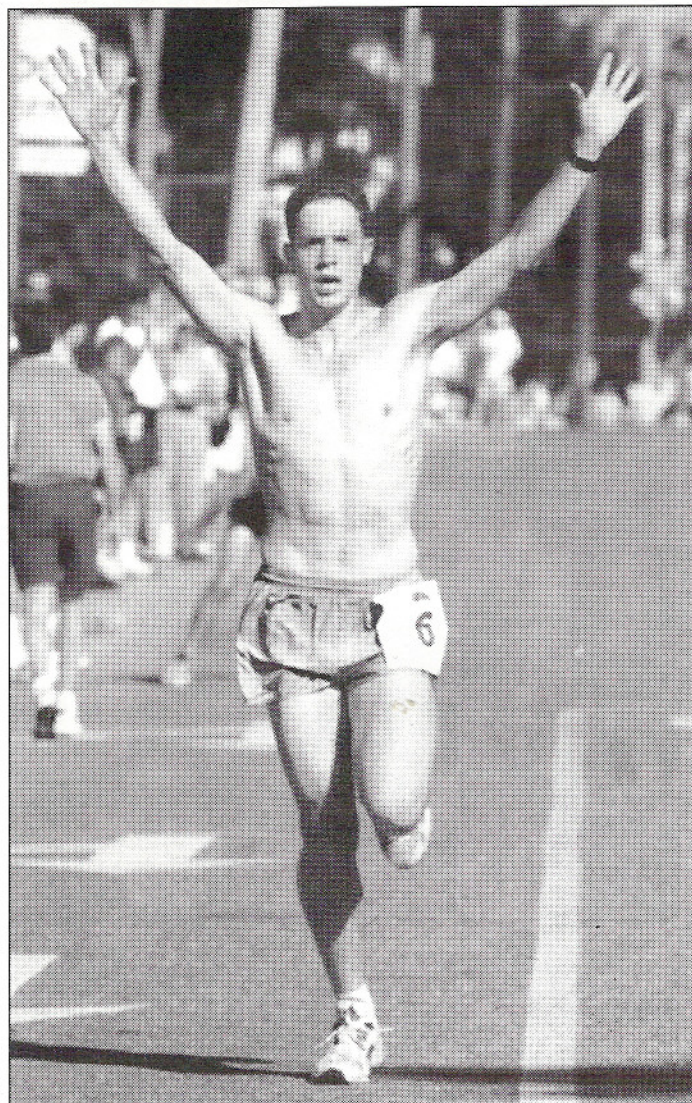




News•Run

Run with a friend ...

September 1998



Matt Lane crosses the finish line to win the Pat's Pizza Clam Festival Classic 5-Miler.

photo by Don Penta

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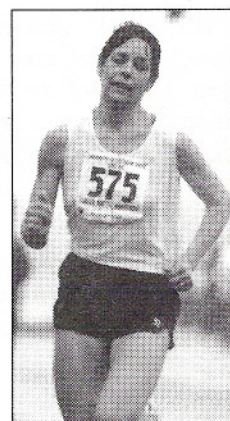


September MTC Meeting

Wednesday, Sept. 9, 1998, 6:30 p.m.
Southern Maine Technical College
Fort Road, South Portland

Guest speaker: Kim Moody

One of the best female runners that Maine has ever produced, Kim Moody, will be our guest speaker at this month's meeting. Her topic will be how running affects the rest of our lives. Please join us to listen to Kim and to catch up on the latest news in the club.



Upcoming events

September 13: Harvard Pilgrim Women's Fitness 5K

October 3-4: NYLCare Maine Marathon and Half Marathon, Race Expo and Pasta Dinner

**October 10:
Pasta Dinner, at Columbia Club, Portland**

(See back page for more details)

News•Run Notes

Half marathon trail run to be held this month

Those of you who didn't register in time for this year's Bar Harbor Half Marathon now have another option if they still wish to run 13.1 miles that weekend, thanks to Central Maine Striders Gene Roy and Ron Paquette. Roy and Paquette are organizing a half marathon run on the renovated rail trail between Solon and Bingham on Sunday, Sept. 20, beginning at 9:30 a.m. They're not calling this an official race, but the out-and-back course has been wheel-measured, and timing will be offered. There are also plans to have a couple of water stops on the trail if enough volunteers are found. For those of you unfamiliar with the rail trail, it's said to be a nice soft surface to run on, and more importantly for many of us, dead flat. Runners will begin in Solon, head north to Bingham, then turn around for the return trip.

In lieu of a race fee, Roy and Paquette will be accepting voluntary donations to the Kennebec Valley Trails Association, which is responsible for maintaining the trail. Anyone who is interested in running or volunteering is encouraged to contact Paquette at 437-9237 before 9 p.m.

Donna Moulton takes over as RRCA state rep

Donna Moulton was recently appointed as Maine's state representative for the Road Runners Club of America, succeeding her husband Everett, who was elected as RRCA's Eastern Region Director.

□□□

MTC member Alton Libby sent in the following note: "To the men, women and children of the MTC: I haven't been at our meetings, but that doesn't mean you're not in my heart whenever I run. I'll list the runs my family and I have run up until August: New Bedford Half Marathon, Unity 5K, Saucony 5K in Bangor; Cony 5K, Sugarloaf Marathon, Brooks 5-Miler, Monmouth Apple Blossom 15K, Tour du Lac 10-Miler in Bucksport, Nova Scotia Half Marathon. We'll see everybody in October, but thanks for the newsletters and all the support you give."

□□□

Clothing update: Steve Fox wishes to pass along a big thank you to Black Bear Graphics for donating the screening on our new singlets. "They look great! I am currently ordering more in time for the Maine Marathon; call me if you're interested," said Steve.

□□□

Sincere condolences to MTC member John Fyalka on the recent passing of his beloved wife. Anyone wishing to write to John can contact him at 4009 Fielding Dr., Springfield, IL 62707.

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 raube@sunjournal.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.

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. Or, if you would like to have your business card included in *News•Run*, you can do so for just \$5 per month.

Sponsor

The Nielsen family

Al and Carlene Sproul

Payne to enter Maine Running Hall of Fame

Congratulations to longtime MTC member Bob Payne, who will be one of six new inductees to the Maine Running Hall of Fame on Saturday, Nov. 7, in Waterville. Payne, the Hall of Fame's founder, has been one of the area's top master and senior runners for many years.

Others in this year's induction class are:

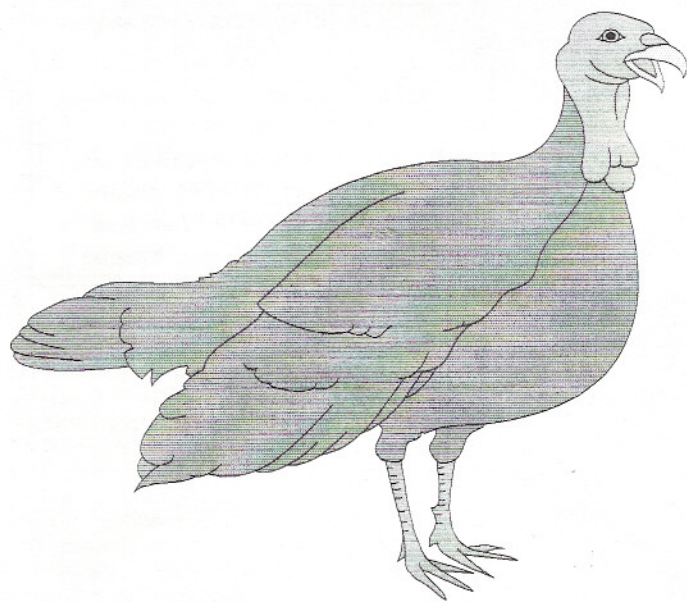
- University of Maine runners Francis Lindsay and Harry Richardson, who shared a National Intercollegiate Cross Country Championship and three New England championships in the 1920s. The duo always finished in a tie, holding hands as they crossed the finish line.

- Elbridge Stevens of Bangor, another standout runner from the 1920s who was a member of five New England and three national cross country championship teams.

- Shot putter Ann Turbyne Andrews, who qualified for the 1980 Olympics but was denied a chance to compete due to the U.S. boycott. She was national high school champion in 1975 and national indoor champion the following year.

- Peter Millard, a top runner during the '70s and '80s who qualified for the 1980 Olympic Marathon Trials.

The induction banquet is scheduled for Saturday, Nov. 7, from 6-9 p.m. at the Holiday Inn in Waterville. Anyone who would like to attend should contact Phil Pierce at 781-3769.



Turkey Trot to celebrate 30th anniversary

Keep this date open on your calendars — Sunday, Nov. 22. The 30th annual Shop 'n Save Turkey Trot will be a memorable occasion, with lots of special events. Be a part of the second oldest continuous race in Maine.

Watch for the 5K race application in next month's newsletter.

Welcome to our newest members

Elizabeth Irwin (71)
2 Breckan Road
Brunswick 04011-3414
729-9087
Retired

Paul Stulgaitis (52)
62 Exeter Street
Portland 04102
780-0960
Recruiter

Clay Whiting (30)
7 Pleasant Street, Apt. 9
Portland 04101
874-9945 (H)
921-2972 (O)
Physician, U.S. Navy

"I've been a runner since high school. Have started running marathons since Dec. '96: Honolulu, 3:05; Boston 1998, 3:08. Preparing for NYC Marathon. Ran Beach to Beacon 10K in 38:42. Looking for long-distance group in Greater Portland area for weekend runs & midweek track workouts."

Recent renewals: John & Arabella Eldredge, Rosalyn Randall, Patrice Roy.

Upcoming Races

September 4

Maine Running Hall of Fame 5K, Portland, 6:45 p.m. Contact: Bob Payne 655-2165.

September 7

Bangor Labor Day Road Race (5 miles), 9 a.m. Contact: Mike Lucas 947-1018.

Caribou Labor Day 5-Miler, 10 a.m. Contact: Marrayl Welch 498-3756.

September 12

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

September 13

Harvard Pilgrim Women's Fitness 5K, Portland, 8:30 a.m. Contact: Ron Deprez 772-4312.

Terry Fox 5K, Bangor, 11:30 a.m. Contact: 862-3737.

September 19

Maine Children's Cancer Foundation 5K, Portland, 9 a.m. Contact: 5K Sports 781-3134.

September 20

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

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

Rise 'n Shine 5K, Augusta, 6:30 a.m. Contact: John Coughlin

September 26

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

Falmouth Forecaster 5K & 10K. Contact: Cindy Barnes 781-3661.

Kingfield 10K, 11 a.m. Contact: Glenn Eddy 237-2000.

Cornish Apple Festival 5K, 8 a.m. Contact : Paul Howe 625-3222,

Riverfest 3 Mile Road Race, Old Town, 8:30 a.m. Contact: 827-3961.

September 27

Sugarloaf Uphill Climb, Kingfield, 10 a.m. Contact: Glenn Eddy 237-2000.

October 3

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

October 4

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

October 10

Windham High School 4-Miler, 10 a.m. Contact: Cindy Blackie 892-8951.

Silent Hills 5K, Hinckley, 9 a.m. Contact: Mike Gordon 453-7368.

1st Edition 5K, Kennebunk, 10 a.m. Contact: Janet Cote 985-2173.

October 11

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

October 17

MTC 50-Miler, Brunswick. Contact: 741-2084.

October 18

Physical Therapy 8K, Brunswick, 9 a.m. Contact: Sarah Bronson 892-5357.

October 25

Great Pumpkin 10K, Saco. Contact: Charlie Scribner 781-RACE.

Halloween Classic (2K), Portland. Contact: Brian Gillespie 797-7261.

November 7

Capital City 5K, Augusta, 9:30 a.m. Contact: Tom Wells 685-3332.

November 14

Great Osprey Ocean Run 10K, Freeport. Contact: Charlie Scribner 781-RACE.

November 22

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

Shop 'n Save Turkey Trot 5K, Cape Elizabeth. Contact: 741-2084.

November 26

Portland Thanksgiving Day 4-Miler, 9 a.m. Contact: George Towle 780-5595.

Note: MTC races are in bold

For the latest race schedules and information, call the MTC hotline at 741-2084 or visit the Sub5 web site at <http://www.finishlynx.com/sub5>

Race Results

Submitted by Don Penta

The 1998 L.L. Bean 10K Road Race
544 Finishers (178 Female & 366 Male)
Certified Loop Course From Main Street, Freeport
7:30 a.m., Saturday, July 4, 1998

Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Todd Coffin overall	37	32:01	5:10
2 Kevin Way 1,20-29	29	32:27	5:15
3 Byrne Decker 1,30-39	31	33:10	5:21
4 Michael Payson (MTC) 2,30-39	35	33:19	5:23
5 Robert Ashby 2,20-29	29	33:45	5:23
25 Susannah Landreth overall	30	37:08*	6:00
38 Katie Payson 1,30-39	33	38:22*	6:12
51 Mary Bates 2,30-39	32	39:50*	6:26
61 Andrea MacPherson 1,20-29	29	40:34*	6:33
76 Lisa Sullivan 3,30-39	30	41:47*	6:45

Other Top Divisional Finishers

15 Erik McCarthy 19&under	17	35:58	5:49
17 Jim Toulouse (MTC) 50-59	50	36:18	5:52
26 Tom Thibeau 40-49	40	37:14	6:01
90 Gretchen Read (MTC) 50-59	55	42:24*	6:51
94 Maureen Sproul (MTC) 40-49	42	42:29*	6:52
127 Dick Cummings 60-69	60	43:39	7:03
130 Molly Landreth 19&under	15	43:44*	7:04
378 Polly Kenniston (MTC) 60-69	61	53:24*	8:37
528 Nelson Soule (MTC) 70&over	77	63:31	10:15

Other Maine Track Club Finishers

22 Robert Fast	35	36:55	5:58
28 George Towle 2,40-49	48	37:19	6:02
35 Michael Boucher	41	38:04	6:09
41 Britt Wolfe	32	39:07	6:19
44 Tom Menendez	44	39:30	6:23
55 Gerard Conley, Jr.	44	39:55	6:27
64 Ron Deprez	54	40:56	6:37
79 Carrie McCusker 2,20-29	28	41:51*	6:45
82 Ron Cedrone	49	41:55	6:46
86 Bob Coughlin	59	42:11	6:49
93 Stewart Jordan	41	42:29	6:52
96 Loren Lathrop	49	42:33	6:52
98 Rex Holtan	46	42:42	6:54
101 James Boisvert	41	42:53	6:55
106 Nancy Kneeland 3,40-49	43	43:00*	6:57
108 Terry Sutton	36	43:04*	6:57
121 Les Berry	50	43:28	7:01
123 Kim White	36	43:30*	7:01
128 Michael Doyle	33	43:41	7:03
131 Eric Ellis	47	43:45	7:04
138 George Campbell	51	43:59	7:06

140 Glen Gallupe	38	44:05	7:07
142 Steve Jacobsen	48	44:09	7:08
144 Richard Scribner	47	44:18	7:09
145 Dan Hutchins	38	44:21	7:10
150 Carlos Philbrick	45	44:38	7:12
152 John Rolfe	44	44:42	7:13
163 Ed Doughty	49	45:02	7:16
164 Colleen Redmond	33	45:04*	7:17
165 Erich Reitenbach	47	45:05	7:17
170 Mick McCall	44	45:18	7:19
187 Terry Clark	54	45:55	7:25
196 Rich Robinov	38	46:11	7:27
197 Michael S. Reali	44	46:14	7:28
202 Dale Rines	46	46:25	7:30
204 John LeRoy 3,60-69	61	46:28	7:30
218 William Sproul	40	47:00	7:35
224 John Merritt	48	47:20	7:39
230 Theresa Gallupe	36	47:28*	7:40
243 Merle Hartford	51	47:50	7:43
266 Ronald Chase	57	48:17	7:48
258 Mike Brooks	52	48:18	7:48
263 Joan Lee	44	48:31*	7:50
267 Harry White	56	48:38	7:51
269 John Stevens	55	48:51	7:53
276 Wendy C. Williams	44	49:04*	7:55
279 Ralph Butts	37	49:09	7:56
289 Larry Barker	49	49:28	7:59
290 Howard Spear	48	49:33	8:00
294 Jim Estes	49	49:40	8:01
304 Richard Cavanaugh	65	50:08	8:06
309 Frank Knight	52	50:17	8:07
337 Martha Deprez	53	51:19*	8:17
358 Cathy Burnie	49	52:23*	8:27
374 Jan Conley	35	52:58*	8:33
377 Jeff Flynn	41	53:16	8:36
393 George Spatoulas	47	53:47	8:41
400 Chuck Burnie	44	54:11	8:45
442 Jean Thomas 2,60-69	62	56:21*	9:06
443 Bob Aube	32	56:22	9:06
444 John Gale	42	56:27	9:07
456 Maurice Harmon	48	57:02	9:12
457 Carlene Anderson	48	57:05	9:13
468 Diana L. Connell	42	57:52*	9:20
471 Cheryl McCall	42	58:06*	9:23
491 Sally Paterson	56	58:40*	9:28
504 Donna Trout	46	59:58*	9:41
515 Yvette Knight	52	61:02*	9:51
517 Beverly Doughty	46	61:06*	9:52
535 Doreen Morrow	45	65:09*	10:31

Many thanks to Jim McCorkle for complete results!

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.

More Race Results

The 22nd Annual Bridgton 4 On The Fourth Road Race 1250 Finishers (588 Female & 662 Male) Certified Modified Loop Course From Steven's Brook 8 a.m., Saturday, July 4, 1998

Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Kristin Pierce 1,overall	24	22:53	5:44
2 Ann Bokman 2,overall	29	23:05	5:47
3 Julie Peterson 3,overall	38	23:12	5:48
4 Lindsey Scherf 4,overall	11	23:25	5:52
5 Stacey Nicholson 5,overall	35	23:26	5:52
6 Edie Dubord 6,overall	40	24:11	6:03
7 Kelly Rodrigue 7,overall	34	24:15	6:04
8 Christine Snow-Reaser 8,overall	32	24:25	6:07
9 Lorrie Butterfield 9,overall	35	24:46	6:12
10 Andy Hogue 10,overall	25	24:51	6:13

1 Rusty Snow 1,overall	28	20:02	5:01
2 Colin Peddie 2,overall	35	20:08	5:02
3 Dan Verrington 3,overall	36	20:16	5:04
4 Maurits Van Der Ven 4,overall	30	20:34	5:09
5 Pete Bottomley (MTC) 5,overall	36	21:09	5:18
6 Kyle Rhoads 6,overall	28	21:11	5:18
7 Jason Hobbs 7,overall	20	21:19	5:20
8 Justin Valliere 8,overall	25	21:31	5:23
9 Tom Howard, Jr. 9,overall	21	21:36	5:24
10 Gregg Knaption 10,overall	28	21:51	5:28

Other Top Divisional Finishers

13 Linda Jowett 35-39	35	25:29	6:23
15 Charlotte Lanahan 40-44	41	25:39	6:25
18 Patricia Robinson 45-49	45	26:48	6:42
24 Julia Pudlin 11-13	13	28:01	7:01
26 Elizabeth Bradley 14-18	17	28:09	7:03
39 Kitty Kelley (MTC) 50-54	51	29:32	7:23
57 Christine Curtis 60-64	60	30:45	7:42
153 Sydney Moland 10&under	10	35:12	8:48
173 Mary Lou Dubeau 55-59	58	36:04	9:01
387 Bobby MacLean 65-69	68	47:25	11:52
562 Perry Martin 70&over	72	71:16	17:49
573 Terry Hovagimian 2,70&over	93	72:31	18:08
14 Stanley Pyle 14-18	17	22:13	5:34
16 Bobby Clark 40-44	42	22:16	5:34
17 Ralph Fletcher 45-49	47	22:17	5:35
21 Andrew Black 35-39	36	22:32	5:38

56 Bill Reilly 50-54	50	24:34	6:09
72 Lawson Noyes 55-59	56	25:39	6:25
112 Bob Payne (MTC) 60-64	60	26:51	6:43
124 Brandon Bonsey 11-13	12	27:13	6:49
252 Deven McAfee 10&under	10	30:08	7:32
294 John Chandler 70&over	71	31:17	7:50
481 Thomas Campbell 65-69	66	37:57	9:30

Other Maine Track Club Finishers

103 Debra Aceto	32	32:58	8:15
105 Sherry Carll 3,50-54	51	32:59	8:15
150 Linda McAfee	32	35:06	8:47
198 Marla Keefe	44	37:00	9:15
209 Sandy Utterstron	54	37:22	9:21
271 Karen Connolly	39	40:19	10:05
280 Nina Lajoie	48	40:34	10:09
333 Virginia Cross	55	43:12	10:48
419 Linda Adams	45	49:41	12:26

42 David Chamberlain	36	23:29	5:53
58 Marlin Conrad	46	24:43	6:11
60 Paul Aceto	32	24:47	6:12
105 Tom Peterson	39	26:36	6:39
147 Kevin Callahan	45	27:40	6:55
161 William Cookson	37	28:07	7:02
174 Neil Martin 3,55-59	55	28:28	7:07
195 Phil Pierce	56	29:01	7:16
199 Bruce Akers	40	29:05	7:17
223 Mike Paterniti	33	29:37	7:25
258 Dick Lajoie	58	30:21	7:36
305 Neil Chivington	51	31:35	7:54
320 Joe Teno	45	31:55	7:59
324 Don Bessey	52	31:57	8:00
327 Jim Thornton	40	32:08	8:02
354 Stephen Fox	32	32:57	8:15
367 Denny Morrill	58	33:20	8:20
382 Bill Kerwin	63	33:47	8:27
412 Carlton Mendell 2,70&over	76	35:05	8:47
413 Ed Haley	41	35:06	8:47
427 Phil Bartlett	50	35:35	8:54
508 Kenneth Spirer	55	39:44	9:56
522 Donald Johnson 3,65-69	67	40:36	10:09
595 Julius Marzul	72	47:31	11:53
598 Don Penta	52	47:44	11:56

Many thanks to Jay and Loraine Spenciner and GRANITE STATE RACE SERVICES for complete results!

Pat's Pizza And The Maine Track Club Present The 17th Annual Clam Festival Classic 5-Miler 890 Finishers (300 Female & 590 Male) Certified Loop Course From Main Street, Yarmouth 8 a.m., Saturday, July 18, 1998

Top Overall Finishers

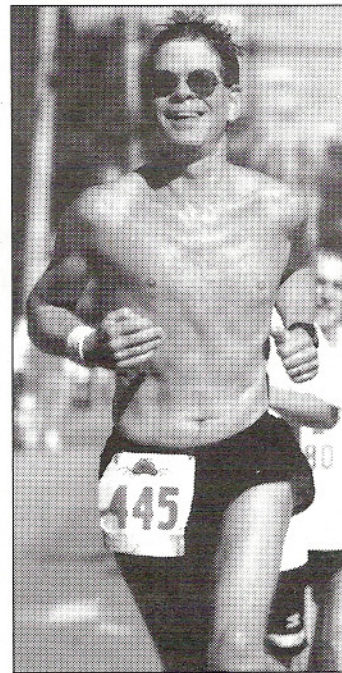
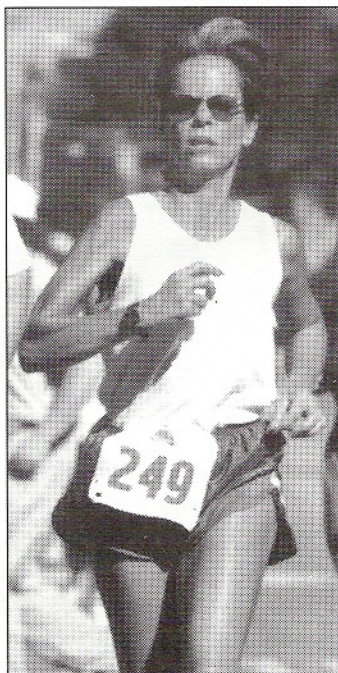
PLACE/NAME	AGE	TIME	PACE
1 Julia Kirtland overall	33	28:46	5:45
2 Molly Vreeland 1,20-29	28	30:45	6:09
3 Kara Patterson 2,20-29	23	31:03	6:13
4 Carol Hogan (MTC) 1,40-49	47	31:51	6:22
5 Wendy Ouillette 3,20-29	25	32:09	6:26
1 Matt Lane overall	20	25:21	5:04
2 Kevin Way 1,20-29	29	25:46	5:09
3 Marc Gilbertson 2,20-29	29	26:22	5:16
4 James Hommes 3,20-29	27	26:32	5:18
5 Kyle Rhoads	28	26:39	5:20

Other Top Divisional Finishers

10 Rebecca Webber 30-39	39	33:11	6:38
20 Carissa Tudryn 16-19	19	34:34	6:55
81 Kyle Cowen 15&under	14	39:42	7:56
101 Martha Deprez (MTC) 50-59	53	40:53	8:11
140 Polly Kenniston (MTC) 60-69	61	42:44	8:33
299 Elizabeth Irwin 70&over	71	61:14	12:15
7 Michael Payson (MTC) 30-39	35	26:51	5:22
14 Chris Strout 16-19	16	28:29	5:42
15 Ralph Fletcher 40-49	47	28:39	5:44
18 Bob Hawkes wheelchair	76	29:03	5:49
26 Steve Reed 50-59	50	29:33	5:55
69 Al Conti 15&under	15	31:36	6:19
98 Bob Milner 60-69	63	32:46	6:33
569 Nelson Soule (MTC) 70&over	77	52:17	10:27

(Continued on page 7)

More Race Results



From left to right: Julia Kirtland, Nancy Lovetere, Rita Moulen and Roger Fenn

photos by Don Penta

Other Maine Track Club Finishers

6 Carrie McCusker.....	28	32:26	629	100 Rex Holtan	46	32:50	6:34
12 Maureen Sproul	42	33:36	643	122 Loren Lathrop	49	33:30	6:42
14 Ann McGovern.....	34	34:08	6:50	124 Ron Cedrone	49	33:35	6:43
15 Maryellen Fitzpatrick.....	37	34:19	6:52	127 Les Berry	50	33:39	6:44
16 Kate Meyers	38	34:22	6:52	129 Charles Iselborn.....	41	33:40	6:44
25 Kimberly White.....	36	34:58	7:00	133 Don Foshay	39	33:50	6:46
27 Colleen Redmond.....	33	35:27	7:05	134 Bob Coughlin.....	57	33:52	6:46
38 Joan Lee.....	44	36:07	7:13	136 Dan Hutchins.....	38	33:55	6:47
46 Betsy Barrett	47	37:03	7:25	137 Claton Conrad	16	33:56	6:47
53 Betty Rines.....	41	37:39	7:32	144 Michael Doyle	33	34:11	6:50
62 Jean Nale	20	38:29	7:42	171 Gary Giffard	39	34:59	7:00
68 Leah Edwards	28	39:03	7:49	175 Richard Robinov	38	35:20	7:04
83 Patti Hinckley	39	39:44	7:57	190 Ed Doughty, Jr.....	49	35:37	7:07
149 Betsy Lane	46	43:06	8:37	193 Carlos Philbrick	45	35:41	7:08
160 Melanie Collins.....	33	43:56	8:47	194 Harlee Lee.....	44	35:41	7:08
199 Shelley Lathrop.....	22	46:09	9:14	203 John Rolfe	44	35:51	7:10
206 Nancy Lovetere.....	54	46:41	9:20	211 Neil Martin.....	55	36:02	7:12
224 Rita Moulen.....	40	47:40	9:32	216 Phil Pierce	56	36:11	7:14
227 Cheryl McCall	41	48:09	9:38	217 Mick McCall	44	36:12	7:14
233 Beverly Doughty.....	47	48:32	9:42	234 Scott Hinckley	40	36:55	7:23
263 Donna Trout	46	50:27	10:05	236 Terry Clark	54	37:02	7:24
				249 Bob Hefflefinger.....	39	37:13	7:27
13 Paul Greene	26	28:29	5:42	256 Roger Fenn.....	52	37:23	7:29
23 Robert Fast	35	29:28	5:54	288 Merle Hartford	54	38:19	7:40
35 Britt Wolfe.....	32	29:59	6:00	305 Mike Brooks	52	38:43	7:45
36 Tim Clement.....	37	30:02	6:00	342 Dan Gray.....	41	39:35	7:55
46 David Chamberlain.....	36	30:23	6:05	352 Ron Chase	57	40:01	8:00
47 Tom Menendez.....	44	30:27	6:05	396 Jeff Flynn.....	41	41:49	8:22
51 Michael Boucher.....	41	30:41	6:08	451 Chuck Burnie.....	44	43:28	8:42
77 Marlin Conrad	46	32:04	6:25	505 M.F. Harmon.....	48	46:10	9:14
85 David Cookson.....	41	32:12	6:26	525 Joe Teno.....	45	47:32	9:30
86 Gerard Conley	44	32:14	6:27	528 Scott Cook	37	47:52	9:34
87 Willie Sproul	40	32:15	6:27				
92 Dennis Smith	48	32:26	6:29				

Many thanks to computer chief Bob Aube for complete results!

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 1998 club ID card when requesting discounts.

Peak Performance Sports
59 Middle St., Portland
15% on all purchases

Olympia Sporting Goods
Maine Mall, South Portland
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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.

Support these MTC members in business

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39 Bonnybank Terrace
South Portland, ME 04106

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W: (207) 799-5511

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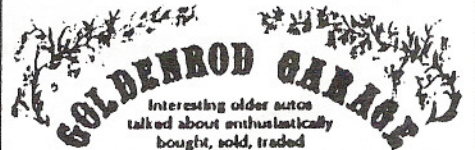
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USA Track & Field



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Maggie Soule	Membership	846-3631	Dale Rines	Course Certification	854-2481
Everett Moulton	Race Committee	799-2894	Bob Aube	Newsletter	829-5079
Ann McGovern	At-Large	934-1825			



MTC Pie Run

A small but enthusiastic group of runners turned out at Portland's Payson Park on Wednesday, August 12, for the MTC Pie Run. There were about a dozen club members in attendance, seven of whom ran just over two miles on the Back Cove Path with pies in hand. The results were as follows: Steve Fox, 15:57; Bob Aube, 16:23; Dennis Morrill, 18:06; Sandy Utterstrom, 18:24; Marge Aube, 20:03; Carlton Mendell, 22:52; John Gale, 23:05. It should be noted that Carlton dropped his pie before crossing the finish line, and John ran without a pie. As a penalty, John got a pie in the face after the run, courtesy of Dennis Morrill.



Pasta Dinner planned for October 10

Instead of a regular club meeting next month, we're planning a pasta dinner to be held on Saturday, October 10 at the Columbia Social & Athletic Club, located at 17 Wordsworth St. (off Veranda St.) in Portland. Cost of the dinner will be \$7 for adults, \$4 for children. Hope to see you there!