

Maine Track Club



OCTOBER 1989

Run with a friend...

Next Meeting

Wednesday, October 11, 1989 at 7pm
Machine Tool Auditorium, S.M.V.T.I.

Program to be announced

Several meetings ago Phil Peirce spoke to the club about running the Western States 100. Now you can see it for yourself. NBC will be televising the race in a one-hour special on October 28th. Consult your directory for broadcast time.

Survey

At the last meeting we passed out a survey asking members to comment on the newsletter. The survey is reprinted here so that all members will have a chance to comment. All of your CONSTRUCTIVE suggestions are welcome. You can mail the survey back to the club at our box number, or bring it to the next meeting. Thanks for your help!

What would you like to see included in the newsletter that isn't already there? Please be as specific as you can.

Would like you like to see more articles? If so, what kind? Again, please make specific suggestions if you can.

Race results are an important part of this newsletter. What do you think about them?

Are you interested in writing for the newsletter? If so, supply your name, address, phone number, and a time when it would be convenient for me to call.

We are hoping to sell "sponsorship" slots (ads) in the newsletter to help offset the cost of printing and mailing. For this we have in mind local businesses with some connection to running and/or related sports--equipment stores, health food stores, health clubs, other newsletters, etc. Do you have any specific suggestions (or connections)?

Upcoming

MTC Awards Banquet

Your Banquet Committee is already hard at work to plan something special for the club's 10th Anniversary. Anyone who is interested in working on the banquet is welcome to participate. The Committee is collecting old slides, flyers, race t-shirts, pictures, and any other Maine Track Club memorabilia for the dinner presentation. All materials will be handled carefully and returned to you after the January banquet. If you have anything you'd like to contribute, please call either of the Committee's chairpersons--Nancy Stedman at 774-4013, or Sue Davenny at 772-1787.

Run with a Friend

Anyone is welcome to join these weekly runs:

Intervals, Wednesdays at 5:30 pm in Portland.
Call Herb Strom for information, 799-7705.

Morning runs from USM gym leave at 5:30 am on Mondays, Wednesdays, and Fridays, earlier on Tuesdays and Thursdays. Call Bill Davenny for information, 772-1787.

Long runs from Payson Park early Sunday mornings. Call John Gale for information, 775-5017.

Future Hashes

Sunday, October 29th/ Hallowell Hash #37

Halloween Costume Hash
hared by Lost in Space

Meet at the Waterfront Park behind the River Grille in Augusta at 3pm. For details, call Wick Johnson at 626-0188 (days).

Saturday, November 4th/ Portland Hash #4

Wild Turkey Hash
hared by Bigfoot and Mr. Magoo

Meet at the tennis courts behind Deering High School on Stevens Ave. in Portland at 11 am. Call Bill Davenny at 772-1787.

From the Editor

Dear Friends:

You will notice some changes in your newsletter this month, both in content and graphics. The reason for the change in graphics is that Deb and I have computers with different capabilities. The reason for the change in content was the survey that we circulated at the last meeting. The same questions appear on the front page of this newsletter because we'd like to have everyone's input. If there are things you'd like to see in your newsletter, let us hear about it.

Among the things that got high votes on the first survey were more articles by members, as opposed to reprinted articles, and a more extensive race listing. There were also several comments about the race results. We hope everyone knows how hard we try to include every MTC runner in the results. Sometimes we miss a few people, but not intentionally.

Finally, any and all submissions to the newsletter will be gratefully accepted, but please, the deadline is the LAST day to submit material for the upcoming issue. We badly need black & white race photographs, runner profiles, and race summaries.

Jim

Congratulations to Dr. and Mrs. William H. Leschey Jr. on the marriage of their daughter Dr. Katrinka H. Leschey to Eliot C. Heher Jr. of Princeton, N.J.

Congratulations to Cindy and Doug Aiken on the birth of their first child, Joseph Smith Aiken on September 25th.

May I use our newsletter to express my thanks for the party given by the Club at my good friends' (Hefflefinger) house. It made me feel important and embarrassed, being one who likes to effect a stoical pose. I was touched and honored by the turnout.

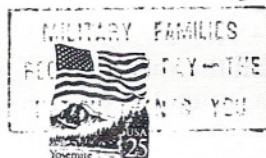
Our Club brings together people of all ages, types, shapes and capabilities to enjoy an enjoyment called running. And why not? The physical pleasure of performing like a kid just let out of school, full of energy, taking off in a combination of speed and power. I imagine myself at the start down the road, head up, chest out, making my nine minute miles with the same satisfaction that a Ken Flanders has with his five minute miles. We are celebrating ourselves at our natural paces.

The pleasure of moving ourselves in a graceful activity is rewarding. Other rewards are secondary.

Long live the Club.

Jim Carroll

THE WHITE HOUSE
WASHINGTON



*Ms. Susan Davenney
Secretary
Maine Track Club*

President Bush was sent one of our MTC sweatshirts during his summer vacation in Kennebunkport. We received this thank you note in return.



Thank you for your thoughtful remembrance and kind words. It was good of you to think of me, and I appreciate your gesture of friendship. Best wishes.

Ag Bush

Membership Meeting

September 13, 1989 7pm S.M.V.T.I.

Vice President, Bill Stuart opened the meeting and introduced the speaker, Paula Allen, a dietician affiliated with Shaw's Supermarkets. Guest, Ron Fenton, introduced himself. Vice-President's report, October speaker, TBA.

Treasurer's report, balance of \$6942.39, includes Cape Challenge sponsor money and Bruce Ellis Memorial Fund.

Central Maine Striders President, Jerry Saint Amand spoke about upcoming races, Sentinel 10K, Kingfield 10K and Sugarloaf Uphill Climb, and Pine Tree Marathon. MTC volunteers would be very much appreciated for the Marathon, Oct. 22, 9:00 A.M. in Waterville.

Race Reports

Women's Distance Festival, 92 entrants to date. Falmouth Lions' 10K cancelled.

50 Miler, 2 entries to date. Special volunteer experience, half or full day.

WCSH Back Bay 4, headquarters at USM gym, no race day registration, 45-50 volunteers, largest race management fee club earns.

Turkey Trot, Dru Jones and Kathy Gardiner will co-direct. Will need lots of help.

Corporate Heart Walk/Run, Sept. 24, Bill Stuart organizing volunteers for timing, chute and results.

Don Penta brought a copy of the Harrier, Cross Country Running Magazine, and subscription forms. See Don.

Newsletter, Erin MacLean circulated a survey regarding members feelings and ideas on the newsletter. Next Deadline, September 20.

Clothing, Mel Fineberg, thanked Danielle Jones for help at the Cape Challenge. More Moving Comfort women's clothing available.

Membership, new rosters available.

Old Business

Bob Jolicoeur received a letter thanking the MTC for offering to help spread stone ash on the Baxter Path, but our help is not needed. The City of Portland has funding and staff to do this.

New Business

Kathy Gardiner spoke about exchanging running materials with a running club in Archangel, Portland's sister city in the Soviet Union. Her employer had met with them on a recent trip and returned with a poster, a photo of the group and some medals. Kathy will be at the next meeting to collect things we would like to send.

Yard Sale, volunteer list circulated.

Have donations there Fri. night or early Sat. Banquet Committee Meeting, Sept. 26, 7:00 at Nancy Stedman's. Open to all interested.

Refreshments provided by Barbara Coughlin, Bill Stuart, Charles Scribner, Brenda Cushman, Rick Strout, and Maureen Sproul.

Respectfully submitted,

Susan Davenny
Susan Davenny
Secretary

New Members

Name & Address	Phone	Occupation	Age
John Bird 211 Spring St. Portland, ME 04102	H774-0374	Self-employed Management Consultant	52
Robert Clarke Box 94A Spar Cove Road, RR2 Freeport, ME 04032	W289-3006	State of Maine	47
Ellen Grant Kevin Carley 428 Range Road Cumberland, ME 04021	W829-3148-E W774-0022-K	Marketing Consultant-Self Investment Adv.-R.M.Davis	32 34
Patricia Ianni 16 Tremont St. Portland, ME 04103	H775-0603 W775-5401	Environmental Scientist E. C. Jordan	30
Beth Payne 25 Birch Road So. Portland, ME 04106		MMC - Nurse Associate USM - Nursing Student	22
Glen Roy 1 Oxbow Circle Naples, ME 04055	H693-3199 W871-0111	RN - Maine Medical Center	28
Paul Stulgaitis 320 Steinmetz Drive Manchester, NH 03104			43
James Sullivan 12 N. Main St. Farmington, ME 04938	H778-6687	Self - Painting Wall Paper Hanging	43

All of these races need volunteers!

797-35316	October 14	50 Miler Bill & Bambi Lovett
829-3216	October 15	WCSH Back Bay 4 Rick Strout
873-3371	October 22	Central Maine Striders' Pine Tree Marathon Jerry Saint Amand
878-3881	November 19	Turkey Trot Dru Jones & Kathy Gardiner
729-4104	TBA	Candy Cane Run Rob Laskey

ANNUAL MAINE TRACK CLUB POT LUCK SUPPER

Wednesday, November 8, 1989 7:00P.M.

First Congregational Church

Guptil Hall

301 Cottage Road

So. Portland

Near mile 12 of the Cape Challenge Course,
top of Meeting House Hill.

If your last name begins with: Bring:
A-E Salad
F-G Soft drink
H-R Main dish
S-Z Dessert
Families Welcome!

Program:

A Good Time

Nominations for MTC Officers for 1990

Race Schedule

SATURDAY, OCTOBER 14

Maine Track Club 50 Miler, Brunswick, ME. 7 am. Bill and Bambi Lovett, 797-3531.

4th Annual Green Mountain Marathon/
Half Marathon, South Hero, VT. 9:30
am, Foison School. Howie Atherton,
RD #1, Box 236, Richmond 05477.

Glen Lakes Classic 10K, Goffstown, NH.
10 am, high school. Dave French,
Goffstown Parks and Rec., Goffstown
03045.

Scholarship Road Race 10K, Reading,
MA. 10 am, Camp Curtis Guild. S.O.I.
Scholarship Road Race, Box 584,
Medford 02155.

Reading Lions Club Journey for Sight
5 Mile Road Race, Reading, MA.
Lions Club, Box 66, Reading 01867.

The Human Race 8K, Jamaica Plain,
MA. 1 pm, Daisy Field. The Human
Race, Box 725, Jamaica Plain 02130.

SUNDAY, OCTOBER 15

Metacomet-Monadnock 50K Trail Race,
Northfield, MA. 9 am, Northfield
Rec. and Environ. Center. Fred Pilon,
114 Main St., Northampton 01060.

Stamford Classic Marathon & Half
Marathon, Stamford, CT. Noon.
Janis Pataky, Stamford Athletic
Association, 880 Canal St.,
Stamford 06902.

White Mountain Milers Half Marathon,
North Conway, NH. 10 am, North
Conway Community Center. Gail
Kinney, Box 993, Conway 03818.

Regional Medical Center/Salem Racquet-
ball Club Heart to Heart 10K, 2M,
Salem, NH. 2M at 9 am, 10K at 9:30
am, Salem Racquet Club, Manor Pkwy.
Fitness Resources, RFD #3, Box 198,
Concord 03301.

Oakwood Road Race 10K, Webster, MA.
10 am, Oakwood Conv. Home. Marge
Bernier or Dan O'Neil, Oakwood Conv.
Home, 86 Hartley St., Webster 01570.

Great Paper Chase 10K, Springfield, MA.
12:30 pm, Springfield Newspapers. Dick
Osgood, 1860 Main St., Springfield 01101.

Great Northern 10K/Fun Run, Revere, MA.
10 am, Pines Yacht Club. Great Northern
Mfg. Co, Box 9107, Chelsea 02150.

Bournewood 5M Road Race, South
Brookline, MA. 10 am, Bournewood
Hospital. Jim Curran, 300 South St.,
Brookline 02167.

8th Annual Fitchburg to Leominster 5M,
Fitchburg, MA. 2 pm, Rollstone Cong.
Church. Nick Storrs, 900 Lancaster Ave.,
Lunenburg 01462.

Gordon Dillon 5M, Lawrence, MA. 10 am,
Lawrence Rehab. Bldg., 102 Glen St. Felix
Signarelli, 276 Andover St., Lawrence
01840.

Baxter Boulevard 4M and Kid's 1K,
Portland, ME. 1K at 11:05 am, 4M at
11:20 am, Back Cove, Baxter Blvd.
Bill Green, WCSH, 1 Congress St.,
Portland 04101; 772-0181.

Downeast Roadrunners' 4M Classic,
Sanford, ME. 11 am, YMCA, River St.
324-4942.

7th Annual Yankee Runner Short Race,
5K, South Byfield, MA. 10:30 am, gym
on Middle Rd. David Abusamra, Gov.
Dummer Academy, Byfield 01922.

SATURDAY, OCTOBER 21

UNH 12th Annual 10K Homecoming
Road Race, Durham, NH. 9 am, UNH
Field House. Linda Luttrell, Rm 151 Field
House, UNH, Durham 03824.

Hillsborough Bank 5K/2K, Milford, NH.
12:45 pm, Hampshire Hills Sports &
Fitness Center. Anne Robert, Federal
Hill and Emerson Roads, Milford 03055.

SUNDAY, OCTOBER 22

1st Pinetree Marathon, Waterville, ME.
9 am, Thomas College. Jerry St.
Armand, Central Maine Striders, Box
1177, Waterville 04901; 873-6753.

Delta Dental of Rhode Island Marathon,
Newport, RI. 9:30 am, Rogers High
School. Kevin Pilkington, 591 Angle
St., Providence 02906.

Dick Childs Half Marathon,
Northampton, MA. 8 am, Northampton
YMCA. Michel George, 85 South St.,
Northampton 01060.

St. Joe's 10K Road Race, Fairhaven,
MA. Noon, St. Joseph's School.
Jim Dargon, 12 Oak St., Wareham
02571.

Boston Firefighters 10K, Dorchester,
MA. 10 am, Florian Hall. Jim
Fitzgerald, 55 Hallet St., Dorchester
02124.

6th Fenaux Scholarship 5K, Dartmouth
MA. 11 am, SMU Campus. Ray
Richards, SMU Chemistry, Old
Wesport Rd., No. Dartmouth 02747.

SATURDAY, OCTOBER 28

Perkins Lancaster Run, Lancaster, MA.
10 am, Town Green. Michael Raymond,
Perkins School, Lancaster 01523.

Ghoul's Gallop 5K, Augusta, ME.
Kennebec Valley YMCA. Dana
Colwill, 622-6391.

SUNDAY, OCTOBER 29

Cape Cod Marathon, Falmouth, MA.
11 am, Village Green. Courtney Bird,
Box 699, West Falmouth 02574.

Sam Gomez Classic 15K/3M, North
Adams, MA. 11:30 am, North Adams
State. Robert Aldenberg, North Adams
State College, North Adams 01247.

Race Schedule

SUNDAY, OCTOBER 29 cont.

Irish American 10K/Medford Mile, Medford, MA. 1M at 9 am, 10K at 10:30 am, Harvard Comm. Health Plan, City Hall Mall. Irish American T.C., Box 282, Medford 02155.

Harry the Hat 10K, Wareham, MA. 1 pm, Tabor Academy. Decas Race Committee, Box 13, West Wareham, 02576.

Tony Kent 10K, South Dennis, MA. 10 am, Tony Kent Arena, Gage's Way. Brett Webber, Tony Kent RR, Box 165, South Dennis 02660.

First Winthrop Corporation 10K, Nantucket, MA. 11 am, Harbor House. Harbor House, S. Beach St., Nantucket 02554; (508) 228-1500.

Wilkie 5M, Weymouth, MA. 10 am, Weymouth Commons Apartments. Sandy Souza, 74 Donald St. #21, Weymouth 02188.

Very Fine - Littleton Rotary RR 5M/2.3M, Littleton, MA. 2.3M at 1:05 pm, 5M at 2:30 pm. Fitness Resource, RFD #3, Box 198, Concord, NH 03301.

Belmont Home 5K, Worcester, MA. 1:30 pm, Belmont Home. Nancy Johnson, 255 Belmont St., Worcester 01605.

Run for the ARC 3M, Newburyport, MA. 11 am, Belleville School. Deb Plummer, 8 High Rd., Newburyport 01951.

SATURDAY, NOVEMBER 4

Germaine Lawrence School 5M, Arlington Heights, MA. 9 am, Germaine Lawrence School. Susan Kahn, 18 Claremont Ave., Arlington.

SUNDAY, NOVEMBER 5

Marine Corps Marathon, Washington, D.C. 9 am, Iwo Jima Memorial. Marine Corps Marathon Office, Box 188, Quantico, VA 22134; (703) 640-2225.

10th Falmouth in the Fall Road Race, 7M, Falmouth Heights, MA. 1 pm, Wharf Restaurant. Don Facey, 393 Jones Rd., Falmouth 02540.

Fred J. Hackett Autumn Run 10K, Concord, NH. Noon, Beaver Meadow Clubhouse. Bob Tescheck, Box 990, Newport 03773.

Rafferty's Pub 5M, Marchfield, MA. Marshfield Shopping Center. Paul Daly, 16 Atlantic St., Marshfield 02050.

SUNDAY, NOVEMBER 12

10th Annual Run Your Turkey Off 15K, Tewksbury, MA. 10:30 am, Tewksbury High School. John Aegerter, 22 Mason Ave., Billerica 01862.

Old Reliable Run 10K, TAC/USA Men's 10K Championships, Raleigh, NC. Butch Robertson, Box 1229, Raleigh 27602.

11th Annual Race Against Cancer 10K, Andover, MA. Noon, Phillips Academy. Sharon Dennis, American Cancer Society, 853 Main St. #205, Tewksbury 01876.

5th Annual Donnelly's Tavern Fast Five, Fitchburg, MA. 1 pm, Donnelly's Tavern. Chuck Powers, 78 Wilder Rd., Fitchburg 01420.

Instron Turkey Trot 5M, Canton, MA. Noon, Blue Hills. Pam Cosgrove, Instron Corp., 100 Royall St., Canton 02021.

Turkey Trot 5M, Taunton, MA. 11 am, Taunton YMCA. Sue Fields, Box 908, Taunton 02780.

RRCA News

RRCA Convention Colorado Springs

The Road Runners Club of America had its annual business meeting on June 10th this year. Among other things, the RRCA chose a new "logo for the 1990s." The logo was designed by Lessley Michael Kidd, an Ohio-based artist, and replaces a 10-year old design. Below, left, is the old design, below, right, the new one.



The RRCA also voted to recommend against the use of strollers or baby joggers in road races. The approved guidelines read: "The RRCA strongly recommends against the participation of baby strollers/joggers in road races and against race organizers creating baby stroller divisions. The reason for this recommendation is that the inclusion of strollers in races increases the potential for injury to race participants and the children. The RRCA has no objection to, and does not discourage, the safe and prudent use of strollers or baby joggers in training situations."

RRCA is compiling a list of running camps to be held in 1990. If you can supply any information, please send it to: 1990 Running Camps, RRCA National Office, 629 Washington St., Alexandria, VA 22314.

Look for a new RRCA women's running flyer to be out soon. A sneak preview of the practical advice you can expect to see expanded upon: don't wear headphones, don't make your daily routine predictable, don't stop near someone who asks for directions or seems to be hurt. Ask if there is a problem and then go for help.

San Francisco's Presidio 10

When I learned earlier this year that I would have to travel to San Francisco in August, I was excited. The city is like no other, for every block brings a new adventure in atmosphere, architecture or culinary arts. San Francisco truly is an explorer's delight.

I was excited for another reason. I love running in the city, and I knew that a summer weekend by the bay would include several prime choice races from which to choose. When I consulted Running Times, I was not disappointed in the selection. I chose the Presidio 10, a 10-mile race that billed itself as the only race across both sides of the Golden Gate Bridge.

The night before the race, I drove around the city with a friend. We drove along part of the course in the Presidio, the military base located on prime real estate that was the processing point for thousands of soldiers on their way to the Pacific Theater during the Second World War. The base has been targeted for decommissioning as part of the recently-passed legislation to close military bases, though it remains an active base today. It is unlike most other military bases, though, in that civilians are free to enter the grounds without clearing security.

The pre-race drive also reacquainted me with many of the sights and neighborhoods I had seen for the first time two years before, when I ran the San Francisco Marathon—my first marathon. This race is the perennial victim of politics, as elected officials allow an all-city marathon one year and bow to constituent pressure the next year

and confine the race to Golden Gate Park. I was fortunate to run it during a year in which the course went throughout the city, beginning in Golden Gate Park and ending at the Civic Center, with such sights as Chinatown, Fort Mason Park, Pier 39, Castro District, Coit Tower and Market Street along the way.

During the week before the Presidio 10, I doubted that I would run. I had been feeling sluggish for two months prior to the event, with fatigue, low-energy levels and lots of lousy runs. Only once during the month leading up to the trip had I run more than five miles without "hitting the wall" - not too comforting a feeling that early in a run.

Somehow, though, as it always does, the "City by the Bay" had a magical effect on my running. Two days before the race, I ran a slow, but strong, nine miles without feeling the fatigue that I had been experiencing. With that run under my belt, I decided that I would run - not race - the Presidio 10 two days later.

When I awoke Sunday morning, the weather was cool and overcast - common in San Francisco. I left my hotel at 7 to begin the hour walk to the Presidio (allowing extra time for getting lost, something that I often do!). I arrived at the starting line shortly after 8 and immediately began to hear runners complaining about the lousy design on the race T-shirt. Apparently an unattractive color and design is one of the special characteristics of this race, a curious phenomenon since the Gap is one of the co-sponsors. By the time the race was about to start, about 2000 runners - 1000 less than race organizers

The Cape Challenge

The 6th annual Cape Challenge half marathon held 9/10 was without a doubt the warmest and most muggy day for the race in its history. Despite these conditions, new course records were set by Russ Connors 1:24:43 (vs. 1:28:50) for the 50-55 age div. and by Joyce Rankin of Virginia 1:29:51 (vs. 1:34:52) for the 40-44 age div. Carol Week's finish time for this div. also beat the previous best. Danny Paul, a well known running favorite in the area, won 1st place in 1:10:46 and was very happy with this accomplishment. Wanda Haney-Binette looked particularly fit and proved it with a 1st place finish for the women with a finish time of 1:23:40. Wanda's time was just a few seconds away from the women's record. Good luck next year, Wanda!

We had 359 entrants this year - a 19% increase over past years. We introduced a new award in the memory of Bruce Ellis who holds the record for this course. The award was a plaque given to the 1st Me. Track Club finisher which was Jim Toulouse

who ran a very respectable time only 6 min. off his PR after warming up with an 8 mi. jog!

Volunteers numbered over 160 and we'd like to send a special thanks to Carl Comstock for water stop management and Bill Stuart for course traffic management. Also, we'd like to thank our primary sponsor again this year - Boise Cascade and to supporting sponsor Thom's of Me. A full list of volunteers will be published in the next issue. Thank you volunteers for coming out for this race many of you repeats from previous years. Without you we couldn't do it at all!

We were very impressed with the turnout by Central Me. Striders - thanks for your participation. Portland Wireless again volunteered to keep track of lead and last runners on the course. Professional massages were provided by Scott Buerhaus and team. Refreshments, drawings and awards were aplenty along with the heat, lots of hills and course challenges for all. We are already working with the Cape Police to smooth out traffic problems for next year. Hope everyone enjoyed the morning as much as Jane and I did. See you next year! Barb Coughlin and Jane Dolley

had hoped for - lined up and awaited the sound of the gun.

West Coast races are not like their East Coast counterparts. Runners in California seem to place a premium on not only running well, but also looking good doing so. The latest fashions - fluorescent shorts, triathlete sunglasses, boxer's shorts - are always present in West Coast races. This contest was no exception.

As the race began, the clouds cleared and the sun began to beat down on the runners as we ran the first mile downhill. The second and third miles, run along the flat Fort Mason Park near the waterfront, brought back memories of the painful point at which I hit the wall in the San Francisco Marathon. Eighteen miles into that race, and suddenly the crowds were gone, replaced by a headwind. Ah, memories...

The fourth mile was uphill in the Presidio as we climbed up to the south side of the Golden Gate Bridge. As I struggled up the incline, I began to imagine what the next four miles might bring as I crossed the Golden Gate Bridge.

We ran along the sidewalk next to the road, protected by steel fencing from the speeding autos with which we shared the bridge. The two-mile stretch of the bridge to Sausalito was pleasant, with a slight cooling breeze and a spread-out field. The return trip, though, was something else: I remember crossing under the bridge on the pedestrian catwalk and being greeted back on the bridge by a strong wind. That wind would be our nagging companion for the next two miles. While winds are common on the bridge and

are annual visitors to this race, I spoke with several runners after the race who said that wind was the stiffest they had ever felt in the Presidio 10.

By the ninth mile, I was beginning to feel tired - a feeling that was not entirely unexpected, inasmuch as I had not run farther than nine miles in seven weeks. The final mile had several uphill stretches, which did little for my confidence. I decided, though, that I would push myself, see how many people I could pass and let the chips fall where they may.

Fortunately, I was able to muster the energy to make a strong finish. As I crossed the finish line, I was pleased to hear the announcer, who obviously had looked at my singlet, say, "And here comes a final sprint by a runner from Maine."

My time was embarrassingly slow in the race, but what I remember most was the exhilaration of running on the Golden Gate Bridge, the beauty of the surroundings, the people whom I passed near the end of the race and the feeling of accomplishment that was mine after the race.

Perhaps I reveal my back-of-the-pack bias by making this statement, but I think it's true that the rewards of the race do not go necessarily to those who win, but rather are enjoyed by those who enjoy themselves along the way.

Bill Stuart travels about five days a month on business and says that the best thing about the travel is that he gets to run races all over the country.

Thanks Volunteers!

Bowdoin 10 Miler Volunteers
August 20, 1989

Don Penta
Tom Atchison
Rae Pierce
Phil Pierce
Wende Menendez
Barbara Coughlin
Theresa Finnerty
Donna Blackman
Mel Fineberg
Ben Davenny
Patience Buckley
Ted Cunningham
Charles Scribner
Ruth Saint Amand

The second club yard sale, held September 16th, yielded a profit of \$348.50 for the club. Thank you to the following members who donated goods:

Pat Buckley	Ruth & Ray Hefflefinger
Barbara Coughlin	Carlton Mendell
Brenda & Bob Cushman	Mark & Ramona Metz
Bill & Sue Davenny	Maureen Sproul
Jane & Ken Dolley	Richard & Lynn Vail
Mel Fineberg	Don Penta
Kathy Gardiner	Sandy & Al Utterstrom
Julie Grant	Flo Alberti (MTC friend)
Kathy & Warren Foye	Kathy Winslow (MTC friend)

Thank you also to the members who volunteered their time: Barbara Coughlin, Julie Grant, Ray & Ruth Hefflefinger, Donna Hubert, Mark & Ramona Metz. Special thanks to Fred Beck, Mel Fineberg, Sue Davenny, and my husband Bruce for putting the yard sale signs up at 6:30 am, and for his help all day. -- Nancy Stedman

Race Results

2nd Ann. Peaks Island 5 Miler - 252 Fin.
Peaks Island, Portland, Me - 29 July 1989

Top Finishers (overall):

1 Mark Hatch open	24	26:43
2 Roy Morris	26	27:19
3 Ken Flanders 35-39	37	27:40
4 Larry Greer 30-34	34	27:45
5 Dan Barker	35	27:55
18 Christine Snow open	23	29:58*
19 Wanda H. Binette (MTC)	23	30:08*
30 Christine Braceras (MTC)	26	31:41*
33 Mary Ann Doss 4th open	29	32:11*
50 Diane Roy 5th open	19	33:00*

Other Top Divisions:

13 Bob Jones (MTC) 18&under	16	29:44
14 Gary Cochran 45-49	47	29:45
15 Bob Coughlin 50-59	50	29:47
20 Joe Hayes 40-44	44	30:11
60 Sarah Andrus 30-34	34	33:53*
73 Carol MacRea 35-39	35	34:41*
82 Faye Gagnon 40-44	44	35:02*
125 Russ Bradley (MTC) 60&over	65	37:23
133 Rhonda Benner 18&under	17	37:40*
165 Sandy Utterstrom(MTC)45-49	45	40:02*
176 Jean Thomas (MTC) 50-59	53	40:48*
243 Ruth Hefflefinger(MTC) 60+ 60	60	50:34*

Other MTC Finishers:

8 Willie Emerson	25	28:45
16 Bill Bristol	32	29:50
34 George Liming	38	32:15
38 Bill Rouse	33	32:23
40 Lloyd LaFountain	27	32:33
42 John Gale	33	32:37
43 Bob Jolicoeur 3,50-59	52	32:44
45 Mike Towle	41	32:51
46 Phil Pierce 2,45-49	47	32:51
47 Andrew MacLean	27	32:53
56 Mark Finnerty	30	33:36
58 Rich Robinov	29	33:46
59 Cheryl MacMahon	26	33:51*
74 Dale Rines	37	34:45
84 Carol Pierce 2,40-44	42	35:15*
83 Rosalyn Randall 2,35-39	39	35:07*
107 Marc Lusignan	37	36:44
120 Nancy Rouse	36	37:11*
124 Warren Foye	41	37:21
140 Tom Menendez	35	38:13
146 Marla Keefe	35	38:34*
147 Jeri Schroeder 3,40-44	42	38:41*
157 Tom Atchison	40	39:22
171 Rick O'Brien	42	40:26
181 Candace Karu	36	41:32*
187 Diane Flanders	32	41:46*
189 Georgianna Haskell	34	42:02*
190 Katherine Gardiner 2,45-49	47	42:17*
193 Jim Donald	47	42:34
196 Jane Dolley	41	42:50*
197 Erin MacLean	26	43:00*
198 Bill Davenney	44	43:01
202 Herb Strom	59	43:06
204 Beth Thompson	29	43:09*
205 Adrienne McGuigan	30	43:12*
207 Amy Brennan	20	43:14*
208 Fran Brennan	52	43:18
217 Everett Moulton	43	45:25
222 Maggie Soule	47	46:42*
224 Mel Fineberg	53	47:10
231 Jennifer Pierce	21	47:47*
240 Linda Hunt	42	50:12*
248 Donna Moulton	40	52:05*

The Lobster Festival 10K - 129 Finishers
Rockland, Me - 6 August 1989

1 Tom Thibau open	31	33:18
2 Paul Cole wheelchair		33:26
3 Tom Rhodes	28	35:10
4 Brian Doughvatt	28	35:10
5 Jim Wyatt 40-49	46	36:07
30 Diane Roy open	19	40:26*
34 Dick Cummings 50-59	52	41:01
44 Carol Weeks (MTC) 40-49	40	41:53*
45 Sarah Andrus 30-39	34	41:55*
48 Anne-Marie Davee 4th	33	42:12*
52 Jack Ireton-Hewitt (MTC)	51	43:05
86 Carlton Mendell (MTC) 60+ 67	67	46:21
95 Robert Wyman (MTC)	52	48:43

Life Sports/Schoodic 15K - 213 Finishers
Winter Harbor, Me - 12 August 1989

1 Hiram Cuevas open	47:03
2 Tim Wakeland	47:03
3 Todd McGraw	47:48
4 Patrick O'Malley	48:02
5 Roy Morris	49:08
12 Peter Hall (MTC)	51:46
24 Paul Cole wheelchair	55:37
28 John Eldredge (MTC)	56:33
29 Cynthia Lynch open	56:35*
54 Susan Hawkins 2nd	59:40*
74 Ruth Hall (MTC) 3rd	1:02:29*
84 Nancy Ellis (MTC) 4th	1:03:20*
90 Bill Rouse (MTC)	1:03:40
92 Tom Kirby (MTC)	1:03:53
97 Sarah Andrus 5th	1:04:06*
105 John LeRoy (MTC)	1:06:07
115 Bob White (MTC)	1:07:20
132 Paul D'Amboise (MTC)	1:09:37
151 Nancy Rouse (MTC)	1:13:04*
156 Rob Laskey (MTC)	1:13:29
157 Warren Foye (MTC)	1:13:33
158 Bill Davenney (MTC)	1:13:33
174 Jean Thomas (MTC)	1:17:58*
184 Georgianna Haskell (MTC)	1:21:18*
199 Mel Fineberg (MTC)	1:26:08
200 Diana Laskey (MTC)	1:26:08*
205 Fran Brennan (MTC)	1:31:53

3rd Annual St. Peter's Bazaar 4 Miler
Portland, Me - 72 Fin. - 13 August '89

1 Danny Paul open	19:53
2 Tom Dann	20:03
3 Rick Garcia	20:43
4 John D. Strout	20:59
5 Larry Greer	21:17
11 Sally Perkins open	22:29*
14 Wanda Haney-Binette (MTC) 2nd	22:48*
15 Michael Towle (MTC)	23:34
16 Joe Richards (MTC)	23:37
18 Richard Scribner (MTC)	24:18
24 Rick Strout (MTC)	24:58
27 Andrea J. Elder 3rd	25:11*
33 Cathy Jurgelvitich 4th	25:42*
30 George Liming (MTC)	25:32
34 Brian DiPalma (MTC)	25:44
37 Michael Cavanaugh (MTC)	26:50
39 Raphael DePrez (MTC)	27:46
48 Nancy Rouse (MTC)	29:59*
49 Marla Keefe (MTC)	30:09*
52 Bob Cushman (MTC)	30:41
62 Wayne Newland (MTC)	33:03
63 Don Penta (MTC)	33:13
70 Brenda Cushman (MTC)	37:02*

1989 Bowdoin & Back Run To The Coast
Brunswick, Me - 10 Mi - 311 F. - 8/20/89

Top Finishers (overall):

1 Peter Lessard 1,19-29	27	53:04
2 Lance Gulliani 1,30-34	30	54:37
3 Jim Toulouse (MTC) 1,40-44	41	55:21
4 Thomas Bennett 2,30-34	32	56:36
5 Lanle Hickey 2,19-29	19	56:46
82 Nancy Grant 1,30-34	32	1:06:50*
83 Ellen Grant 2,30-34	32	1:06:50*
92 Kelly Rodrigue 1,19-29	25	1:07:44*
101 Nancy Ellis (MTC) 1,35-39	36	1:08:12*
105 Ruth Hall (MTC) 3,30-34	31	1:08:37*

Other Top Divisions:

7 Rock Green 35-39	35	57:17
10 Sam Wilbur 18&under	16	57:57
28 Bob Coughlin 50-54	50	1:00:24
34 Herb Ludwig 45-49	49	1:01:40
41 Russ Connors (MTC) 55-59	56	1:02:56
165 Carlton Mendell (MTC) 60+	67	1:12:51
179 Rene Collins 45-49	47	1:14:37*
191 Carol Pierce (MTC) 40-44	42	1:15:36*
212 Carlene Sproul 50-54	50	1:18:06*
311 Margaret Sawyer 60+	75	2:01:39*

continued...

he Great Bandid Race 4 Miler - 35 Fin.
Waterboro, Me - 17 June 1989

1 Jamie LaChance open	18	21:15
2 Carl Moulton	30	22:47
3 Tony D'Amelio	37	22:58
4 Joe Richards (MTC)	45	23:23
5 Donald Wilson	41	24:20
14 Barry Howgate (MTC)	40	26:04
18 Carol Weeks (MTC) open	40	26:35*
20 Rosalyn Randall (MTC) 2nd	39	27:47*
22 Carol Pierce (MTC) 3rd	42	28:06*
26 Sandy Utterstrom(MTC) 4th	45	30:48*
29 Wendy Estabrook (MTC)	25	31:56*
34 Stanley Harmon (MTC) 60+	67	40:15
35 James Carroll (MTC) 2,60+ 79	79	40:16

olycockett Day Classic 5 Miler - 92 Fin.
Bethel, Me - 15 July 1989

1 Kevin McDonald open	27:07
2 Greg Taylor	27:55
3 Norman DeRoche	28:07
4 Mitchell Lovering	28:25
5 Kevin Connor	28:42
8 Bob Payne (MTC)	29:18
16 Sean Kerwin (MTC)	30:55
29 Jack Ireton-Hewitt (MTC)	34:18
35 Joan Lavin (MTC) open	34:51*
39 Kate Wright 2nd	35:51*
40 Elizabeth Balduc 3rd	36:14*
41 Mary Rossi 4th	36:52*
53 William Kerwin (MTC)	38:40

alph Thomas Masters Mile - 19 Finishers
Winslow, Me - 26 July 1989

1 Alton Stevens open	41	4:52
2 Steve Reed	41	4:53
3 Rick Lane	42	5:02
4 Tom McGuire	42	5:09
5 Bob Payne (MTC)	51	5:13
6 Dick Cummings	52	5:30
7 Peter Bastow (MTC)	52	5:32
9 David Paul (MTC)	44	5:41
14 Jo Comeau open	45	6:08*
15 Joan Merriam	41	6:17*

4th Annual Roland Dyer Memorial - 86 Fin.
Winslow, Me - 5K - 26 July 1989

1 Danny Paul open	35	15:59
2 Rich Khorigan	28	16:13
3 Gordon Hartwell	31	16:21
4 Nate Ruder 18&under	16	16:24
16 Edie Dubord open	31	18:31*
22 Tom McGuire 40-49	42	19:02
30 George Liming (MTC)	38	19:54
29 Peter Bastow (MTC) 50-59	52	19:50
36 Wendy Hosea 18&under	16	20:09*
38 Eric Ellis (MTC)	36	20:13
39 Scott Pone (MTC)	29	20:18
46 David Paul (MTC)	44	21:12
48 Midori Saeki 3rd	29	21:21*
49 Deb Merrill (MTC) 2,30-39	33	21:25*
60 Clint Merrill (MTC)	41	23:23
61 Dennis Morrill (MTC)	49	23:32
62 Martin Weiss (MTC)	32	23:54
72 Connie Towne 50-59	50	25:06*
82 Linda Benn 40-49	41	30:29*

Hancock Lobster Classic 10 Miler - 63 F.
Hancock, Me - 29 July 1989

1 Hiram Cuevas open	51:33
2 Tom St. Germain	54:34
17 Marcy Thomas open	1:06:05*
21 Nancy Ellis (MTC) open, 2nd	1:09:00*
41 Carlton Mendell (MTC)	1:16:56

Other MTC Finishers:		
6 Peter Hall 3,19-29	27	57:08
14 Alan Quinlan	33	58:47
20 Joel Titcomb	30	59:38
21 Bill Bristol	32	59:39
23 Richard Mulhern	35	59:41
32 Ron Cedrone	40	1:01:28
36 Harry Nelson	35	1:02:28
37 Steven Robertson	30	1:02:39
39 Joe Richards 2,45-49	46	1:02:41
42 Alburn Butler	35	1:03:01
47 Bob Jolicœur 3,50-54	52	1:03:20
53 Andrew MacLean	27	1:04:15
61 Ronald Deprez	45	1:05:09
63 Richard Scribner	38	1:05:14
68 Roy Morejon	46	1:05:53
72 Lloyd LaFountain	27	1:06:06
75 Chuck Snekvik	46	1:06:18
77 John Braccio	35	1:06:22
78 Tom Allen	33	1:06:24
81 Mark Finnerty	31	1:06:45
84 John Gale	33	1:06:56
90 Rick Strout	50	1:07:29
97 Thomas Carll	45	1:07:58
109 Cheryl MacMahon 2,19-29	26	1:08:52*
115 Loren Lathrop	40	1:09:22
118 Scott Fone	29	1:09:28
123 Michael Cowell	52	1:10:00
128 John LeRoy	52	1:10:30
135 Stephen DiPalma	33	1:10:54
139 Robert Laux	34	1:11:20
140 Joan Lee 2,35-39	35	1:11:21*
146 Craig Robinson	43	1:11:46
148 Walter Webber 3,55-59	59	1:11:47
151 Maureen Sproul	33	1:11:50*
153 Bob Hazzard	57	1:12:03
157 Deb Merrill	33	1:12:14*
190 Cindy Vokey	31	1:15:23*
193 Orlando Delogu	52	1:15:56
196 Oscar Cloutier	54	1:16:37
197 Don Stanhope	46	1:16:42
199 Michael Goodwin	25	1:17:05
205 Edward St. John	49	1:17:32
207 Rob Laskey PR	26	1:17:50
215 Thomas Menendez	36	1:18:22
216 Eric Ellis	36	1:18:27
217 Frank Morong	56	1:18:33
218 Richard Robinov	29	1:18:34
220 Brian Cullen	47	1:18:35
229 Candace Karu	36	1:19:46*
230 Herb Strom, Pres. 2,60+	60	1:19:48
234 Russell Bradley 3,60+	65	1:20:01
236 Erin MacLean	26	1:20:22*
238 Bill Davenney	44	1:20:23
243 Jean Thomas 2,50-54	53	1:20:47*
247 Diane Flanders	32	1:21:19*
254 Robert Wyman	52	1:23:09
258 Sandy Utterstrom 3,45-49	45	1:24:12*
259 Rick O'Brien	42	1:24:12
270 John Woods	71	1:26:08
271 Kathy Gardiner	47	1:26:15*
281 Beth Thompson	29	1:28:06*
282 Adrienne McGuigan	30	1:28:06*
289 Susan Davenney	40	1:29:27*
293 Warren Wilson	55	1:30:02
294 Evelyn Kietlyka	35	1:30:36*
295 Sally Paterson	48	1:31:20*
297 Fran Brennan	52	1:33:04
298 Sherry Carll	42	1:33:48*
301 Kathy Urban	39	1:34:14*
307 Linda Hunt	42	1:37:35*

Congratulations to the 76 MTC Finishers:
76/311 = 24.4 % MTC!

Inaugural Angie Abraham Scholarship Run
Portland, Me - 4 M. - 189 Fin. - 8/27/89

Top Finishers (overall):		
1 Harris Hardy 19-29	26	19:56
2 Rick Garcia	34	20:07
3 Larry Greer 1,30-39	34	20:42
4 Thomas McCarthy	29	20:46
5 Kevin Connor	26	21:06
20 Wanda Binette (MTC)	23	23:20*
39 Andrea Elder 1,19&under	19	25:30*
40 Jean Lamontagne	26	25:32*
43 Dara Jones 1,30-39	32	25:39*
45 Erika Maddaleni	23	25:48*

Other Top Divisions:		
7 Brian Turner 19&under	18	21:15
16 Dan McCarthy 40-49	41	23:07
58 Clifford Hall 50-59	54	26:59
71 Carlton Mendell (MTC) 60+	67	27:54
78 Sandra Hodnett 40-49	41	28:14*
139 Ann McDonough 50-59	51	34:42*
186 Isabelle McNally 60+	69	59:28*

Other MTC Finishers:		
8 Peter Dube	26	21:43
11 Bill Bristol 3,30-39	32	22:13
12 Robert Jones 2,19&under	16	22:19
15 George Towle	39	22:59
18 Richard Scribner	38	23:15
19 Steven Robertson	30	23:17
21 Joe Richards 2,40-49	46	23:23
42 Stephen DiPalma	33	25:37
74 Marc Lusignan	37	28:06
76 Russ Bradley 2,60&over	65	28:11
90 Cindy Vokey 2,30-39	31	28:44*
93 Dennis Morrill	49	29:02
94 Tom Atchison	40	29:03
105 Fran Brennan	52	30:25
113 Bill Lovett	47	31:03
119 Tiffany Tobiassen	16	31:34*
121 Don Penta	43	31:47
140 Sara Hobson	29	34:42*
143 Linda Hunt	42	35:47*
151 Pat Buckley 3,50-59	51	36:12*
166 Donna Moulton	40	40:40*
167 Everett Moulton	43	42:40

6th Annual Cape Challenge Half Marathon
So. Portland, Me - 301 Fin. - 9/10/89

Top Finishers (overall):		
1 Danny Paul 1,open	35	1:10:46
2 Mark Hatch 2,open	24	1:11:31
3 Rick Garcia 3,open	25	1:11:52
4 George Boehus 4,open PR	22	1:13:47
5 John McGarry 5,open PR	31	1:14:24
26 Wanda H. Binette (MTC) PR	23	1:23:40*
28 Mary Anne Wear 2,open	35	1:23:54*
37 Michelle Linsalata	29	1:26:13*
57 Joyce Rankin 4,open	42	1:28:51*
58 Mary Ann Doss 5,open	29	1:29:25*

Top Divisions:		
6 Thomas Bennett 30-34	32	1:14:44
7 Larry Litscher 35-39	37	1:14:53
10 Ken Houle 40-44	42	1:17:05
30 Russ Connors (MTC) 55-59	57	1:24:43
43 Doug Ludewig 45-49	49	1:27:01
84 Ben Fudge 50-54	53	1:32:34
101 Carol Weeks (MTC) 40-44	40	1:34:01*
108 Nancy Ellis (MTC) 35-39	36	1:34:44*
125 Maureen Sproul (MTC) PR	33	1:37:13*
138 Kim Youngdahl 50-54	53	1:38:56*
162 Carlton Mendell (MTC) 60+	67	1:41:08
219 Lorna Jewell 45-49	45	1:50:48*
231 Christa Curtis 55-59	58	1:52:39*

Other MTC Finishers:		
16 Jim Toulouse 2,40-44	41	1:19:46
24 Richard Mulhern	35	1:22:05
49 Steve Robertson PR	30	1:27:56
72 Charles Snekvik	46	1:31:20
80 Lloyd LaFountain	27	1:32:24
85 Jennifer Rood 3,19-29	28	1:32:40*
98 Loren Lathrop PR	40	1:33:41
103 James Bunnell PR	31	1:34:08
109 Michael Cowell 2,50-54	52	1:34:51
114 Jack Ireton-Hewitt 3,div	51	1:35:35
115 Cheryl MacMahon	26	1:35:38*
123 Craig Robinson	43	1:37:10
126 Andrew MacLean	27	1:37:14
129 Thomas Carll	45	1:37:35
130 Bill Davenney	45	1:37:44
141 Richard Scribner	38	1:39:18
143 Stephen DiPalma PR	33	1:39:27
147 Raphael DePrez PR	49	1:39:41
148 Robert Laux PR	34	1:39:46
149 Joan Lavin 2,40-44	41	1:39:51*
173 Orlando Delogu	52	1:42:14
180 Russ Bradley 2,60&over	65	1:43:21
181 Robert Green	41	1:43:41
191 Thomas Menendez	36	1:45:05
192 Erin MacLean	26	1:45:06*
194 Cindy Vokey 2,30-34	31	1:45:21*

200 Michael Cavanaugh	38	1:46:39
204 Phil Tinkham	42	1:47:34
205 Frank Morong 3,55-59	56	1:47:39
206 Michael Goodwin	25	1:47:48
210 Kathryn Tolford	34	1:48:26*
216 Candace Karu PR	36	1:49:56*
232 Jean Thomas 3,50-54	53	1:52:48*
238 Dennis Connelly, Sr. PR	41	1:53:44
244 Warren Foye PR	41	1:56:00
245 Rick O'Brien	42	1:56:15
253 Marla Keefe	36	1:58:19*
254 Nancy Rouse	37	1:58:23*
259 Katherine Gardiner 2,div	47	1:59:13*
261 Nancy Lund	37	1:59:23*
265 Sally Paterson 3,45-49	48	2:00:37*
272 Adrienne McGuigan	30	2:04:03*
273 Beth Thompson	29	2:04:59*
280 Georgianna Haskell	34	2:07:35*
281 Linda Hunt	42	2:08:14*
289 Marianne Gagne	48	2:14:06*
290 Robert Wyman	52	2:15:07
300 Claire Jordan	43	2:30:55*
301 William Schoolcraft	44	2:59:43

Congratulations to the 55 Maine Track Club finishers and especially to the ten who set personal distance records under very difficult conditions.

Race Results are carefully
compiled and edited by
Don Penta each month.

Notes:

Congratulations to Gordon Chamberlain (MTC) & Rachael Veilleux, participating under MTC II in the Great Pine Tree Triathlon (8/20, at Colby College, Waterville, Me) as a mixed 2-Person Team finished first in their division. They, also, beat ALL 2-Man Teams & many 4-Man Teams. Gordon finished 10th/48 overall in the bike and Rachael ran 32:10 in the 5 Miler.

Virginia Connors Holmes continued her outstanding racing winning the Dedham, Mass Fourth of July 10K in 34:45.

David Crawford has been placing well in submasters & masters competition in major triathlons around New England and beyond including a 3rd/30-39/ at the Warwick, RI, New England Series, 6/11, in 1:26:06.

Jane Dolley ventured forth to Montpelier, VT, 6/24, to participate in their 10 Miler, & garnered a 2nd/40-49/ in the highly respectable 1:14:25.

Willie Emerson also participated in the Great Pine Tree Triathlon in a 3-Man Masters team, CEM, finishing 1st in 2:09:34. Willie's run time was 28:36.

Marianne Gagne, this summer, has been busy focusing on the longer distances between 5 and 13.1 miles including the following: 7/26, Stratham, NH, 5.7 M, 47:39; 8/11, Pickering Wharf 10K, Salem, MA, 52:34 PR; 8/17, Rye Beach NH 10K, 53:48; 8/26, Cornish Charity Classic 10K, Exeter, NH, 53:31; 9/17, Chubb Life Ins. 10 M, Concord, NH, 1:29:27.

Peter & Ruth Hall's times were omitted from the September Newsletter results of the Inaugural Bruce Ellis Memorial 5K (sorry, my fault -- D.P.). They were respectively 16:30 and 19:17.

Donna Hubert participated in the Union Bank/Chrystal Light 8M, 7/23, in Stow, VT. She was the 10th woman finisher in 52:29. Way to go!

continued...

Hash News

A REHASH OF THE "CALL THE COPS HASH"

The Portland Hash House Harriers met at the Gazebo in Fort Allen Park on the Eastern Prom at 6 p.m. on Friday, August 25th. It was a cool, dry evening--perfect for a hash.

The hares, Bill and Sue Davenny, were given a 15-minute head-start to chalk-mark a "live" hash course. They were informed that a terrible fate befalls hares who are caught and thus moved quickly. The course wound down through the neighborhoods of Munjoy Hill and the industrial areas of Back Cove. It then proceeded to the USM area, the Police Stables, and up Bramhall Hill to the Maine Medical Center. The pack turned back toward the center of town via Brackett and Congress streets to Cumberland Avenue. Hashers who were not already lost became confused as the course led through the Village Green. A mini-tour of the Old Port led all hashers, sooner or later, to the final destination--Bruno's Restaurant.

The hares learned some lessons from this hash. For example, it may be prudent to use a distinctive colored chalk because some of the hashers were misled by other white marks on the road. The course also ended up being over-long for some hashers ("hare-friendly" bystanders added distance by giving false directions!) After some muttering and cursing, the hares were forgiven.

David Paul had arranged for the group to end up at Bruno's in a private room, where they all enjoyed deep, thick pan pizzas and plenty of beer and other beverages. There was a terrific mix of about 20 hashers, virgin and veteran, and some spouses.

Hashing is a growing sport in the Portland area. Watch for the next notice! -- Bill Davenny

Hashers

Bob Payne	Dan Jacobson
Larry White	Patience Buckley
Carlton Mendell	Bill Davenny
Susan Davenny	Barbara Coughlin
Dennis Morrill	David Page
Mark Finnerty	Jean Thomas
Sandy Utterstrom	Herb Strom
Dale Rines	J.J. Kazalski
Dave Paul	John Rasmussen
Jane Rasmussen	

Bruno's

John Davis	Bill Stuart
Terry Finnerty	Clara Mendell

Who are the Hash House Harriers?

There has been a good deal written about hashing lately, some of which has been, well ... a little misleading. So to put another twist on the things you've already read, here's a little more to chew on.

The first hash began in the 1930s in Malaysia as a "gentleman's" hound-and-hare run. These early jaunts concluded at a hash house. There are some 140 hashes all over the world--naturally traditions vary from place to place....

The truth about hashing is that there is no truth. Most hashers have two things in common: they like to run, and they like to drink beer. But then, not all hashers are runners, and some don't like beer (or any other kind of alcohol). It doesn't matter if you do or don't, because there are no rules. Not only is cheating allowed, it's encouraged.

A hash is NOT a race. A hash is a social run--you just don't happen to know where you're going until you get there. The chalk (or flour) "hashmarks" keep you on the trail, but the hares always throw in a few devious moves to make it interesting ("you mean we have to WADE across?").

There's no secret to reading the markings. The hares drop a hashmark approximately every 25 yards on the open road, more often in the bush, and within 100 yards or less after a "checkmark." Harriers are supposed to give two short blasts on their whistle (or horn) as they pass each hashmark--this keeps the pack together.

✗ Checkmarks are chalked at any location where there are two or more possible paths. Harriers should give two long blasts on their whistle when they come upon a checkmark. Here it's important for the pack work together to search out the true trail.

↗ Arrows are drawn (usually in white chalk) to indicate the proper trail. A "backtrack" is three lines chalked or drawn across the trail (sometimes with the letters B.T.) indicating that the hare has reversed the trail at that point. Hares must place the backtrack sign for all false trails. Harriers should give one long blast on their whistle when they find a backtrack and go back to the last checkmark to search out the true trail.

Tradition requires a "down-down" or a chug-a-lug of one can/bottle of beer after 1st, 5th, and 25th runs, and every 25th run thereafter (minors may drink water or soda). A down-down is also required of hares when caught. While frowned upon as "alcohol abuse," it is permissible for non-drinkers to pour the beer over their heads.

Words indicating direction or encouragement are chalked along the trail to remind harriers that the hares are of sadistic mind and believe that they won't get caught (otherwise they wouldn't waste time chalking graffiti on public thoroughfares). Common terms include "on-on," "on-up," "on-down," "HHH," or "beer near."



1989 Officers and Committee Chairpersons

Herb Strom	President	799-7705	Ruth Hefflefinger	Membership	797-4625
Bill Stuart	Vice President	799-5961	Charlie Scribner	Past President	772-5781
Susan Davenny	Secretary	772-1787	Melvin Fineberg	Clothing	774-8868
Rick Strout	Treasurer	829-3216	Don Penta	Statistician	892-4526
Charlie Scribner	Race Committee	772-5781	Nina Stoddard	Photography	799-6954
Erin MacLean	Newsletter Editor	761-9582	Nancy Steadman	Photography	774-4013
John LeRoy	Course Certification	725-8680	Bob and Brenda	Refreshments	797-3467
Loren Lathrop	Course Certification	772-8356	Cushman		

Maine Track Club, Box 8008, Portland, Maine 04104 * A non-profit organization

Wanted: Newsletter sponsors!

The MTC newsletter staff gratefully acknowledges the generosity and support of those members listed in the box at right. If you would like to become an individual sponsor, please send \$10 to the MaineTrack Club, Box 8008, Portland, ME 04104.

To become a corporate sponsor, your donation of \$25 should be mailed to the same address. Prime sponsorships in the amount of \$50 can also be mailed to MTC at the address listed above. All donations are gratefully accepted.

Thank you MTC Newsletter sponsors

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Treasurer's Report

September 6, 1989

\$ 6,942.39

Receipts:

Deering Oaks Track Meet	\$ 991.20	
Memberships	\$ 24.00	
Cape Challenge Sponsor	\$ 650.00	
Clothing	\$ 153.50	
Interest	\$ 37.18	\$ 1,855.88
		\$ 8,798.27

Disbursements:

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*John Gale - TAC, Ins. Turkey Trot	\$ 25.00	
*Dale Rand Printers flyers - Cape Challenge	\$ 71.40	
*Coastal Silkscreen - clothing	\$ 64.68	
*Ruth Fefflefinger - postage	\$ 100.00	\$ 871.83

**Funds on Deposit September 6, 1989 \$ 7,926.44

**includes approximately \$3,400 in undisbursed Cape Challenge funds.

Richard K. Strout

Richard K. Strout
Treasurer

Race Results

Rob Laskey participated in the 11th Annual "Bert 'N I" 5 Miler, 7/29, in East Vassalboro, finishing 31/56 overall in 37:14.

Cheryl MacMahon was the first Maine finisher of the L'Eggs Mini Marathon, N.Y. City, 6/24. Her time was 42:42. Great job, Cheryl!

Carlton Mendell has been as busy as usual (see races elsewhere) racing everywhere: including 6/10, Market Square Day 10K, Portsmouth, NH, 44:23, 2nd/60 & over/, and 3rd Annual Mt. Cranmore Hill Climb 3M, 7/9, N. Conway, NH, 31:47, 1st, /60 & over/.

Richard Mulhern has had a fine racing year including a 55:50, 6th/46 overall finish at the 9/23, Winthrop, ME, Lions 15K.

It was great to see Jennifer Rood in Maine again and running well at this years hot & humid Cape Challenge (see results elsewhere). Jennifer has also raced closer to home at the Portsmouth Market Square 10K, in the fine time of 40:56, finishing 10th overall in a deep women's field.

Martin Weiss went up to Winthrop, ME, 9/23 to run in the Lion's 5K, finishing 25th/59 overall in 23:02.

Robert Wyman has been busy training for his subsequent Stamford, CT, Marathon, including the following recent races: 7/26, Stratham, NH, 5:7M, 43:23; 8/11, Pickering Wharf 10K, 52:34; 8/13, Bristol, ME, 4M, 30:44; 8/17, Rye Beach, NH, 10K, 48:55; 8/26, Cornish Charity Classic 10K, 48:09; and 9/17, Chubb Life Ins. 10M, 1:18:54.

MAINE TRACK CLUB MEMBERSHIP FORM

___ Individual (\$12.00) ___ Family (\$15.00) ___ Student (\$5.00)
(18 yrs. old maximum)

LAST NAME _____, TODAY'S DATE ____/____/____

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1ST. NAME _____, INITIAL ____, SEX (M/F) ____, D.O.B. ____/____/____

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YOUR SPONSOR (IF ANY): _____

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