



Maine Track Club

OCTOBER 1990

Run with a friend...



FROM THE EDITOR

It is hard to imagine that in a couple of months we will be carefully side-stepping patches of ice, forcing ourselves out in the cold, dark morning (or night) to get a run in. The beauty of fall always comes as an enormous surprise to me. the colors, the smells, the crispness of the air are all things that I forget so easily and am so pleased with year in and year out. Running at this time of year is a privilege, something I hope never take for granted.

Autumn is a wonderful time to join or start a running group. As the weather gets colder, it gets easier to skip a run. But the cold months are the times we really benefit from the exercise and release running gives us. If you run with friends, the winds become less fierce, the snow less intimidating, the whole process is more enjoyable. There are groups for everyone and group within groups. If you can't join the Early Morning Group in Portland or the Brunswick Sunday Runners or the Rat Pack, send me your name, address and phone number and the kind of partners you'd like to find. I'll try to match you with other runners who contact me. Also think about coming to one of the Club-sponsored Long Runs and Pot Luck Brunches. These runs are a perfect way to meet and get to know other Club members. Last Saturday we ran from my house in beautiful, downtown Kennebunkport. There were people doing a brisk 20 miles, a bunch that ran 10K, and some who joined the 20's on the second loop of their course for a leisurely 10 miles. There was a pace and a distance for everyone and lots of good food at the end. I met new friends and caught up with old ones. It was a terrific start to my weekend and I look forward to next month's get-together at Jane and Ken Dolley's house.

Pay special attention to Nancy Stedman's announcement about November's Pot Luck Supper and Auction. The night promises to be an event to remember. If you have any Auction donations or ideas, call Nancy as soon as possible.

Canace

THANK YOU TO DENNIS SMITH

MTC member, Dennis Smith, donated his time and expertise this past summer on Wednesday nights, coaching any interested member of MTC at the Scarborough High School Track. This included preparation of individual total programs for each regular participant. Dennis is involved now with coaching at Yarmouth High School but has offered his services to MTC members again next summer, beginning in June. In the meantime, he is available for advice by phone, 839-4026. Thank you again, Dennis, for this tremendous contribution.

The Maine Track Club

*COVER: Peter Dube and Ron Cedrone
at the Inaugural Fore River Challenge
Half Marathon*

NEXT MTC MEETING OCTOBER 10th - 7 pm BAY CLUB - PORTLAND

BUSINESS MEETING: 7 - 7:45 pm
USE OF BAY CLUB FACILITIES: 7:45 - 9:15 pm

Please note the location of the October meeting. We have been invited to hold our meeting in the Bay Club's beautiful facility in Portland. If you have not seen the Bay Club before, this is your chance; if you have already been there, you know what a treat this will be.

We will begin with our business meeting in the Food Court on the first floor of One City Center where the Bay Club is located. During the business meeting, Jerry St. Amand of the Central Maine Striders will fill us in on the Pine Tree Marathon and other Strider Happenings.

After the business session, Jim Bunnell of the Bay Club will be our host for a night of free instruction and utilization of all their equipment and facilities! Believe me, this is a great opportunity to try out the latest in Stairmaster, Star Trac Treadmills, Nordic Trac, Schwinn Airdynes, Concept II Rowers, Nautilus and free weights. They also have two aerobic centers, saunas, steam and locker rooms.

Dress for exercise or bring your gear with you. This promises to be a fun and exciting meeting. Please make an effort to attend. Parking is available in the One City Center Parking Lot or the Temple Street Garage.



*Peter Bastow
Vice-President*



JERRY ST. AMAND and JIM BUNNELL

Maine Track Club

presents

An Ultra Fun Day

Saturday, Oct. 13, 1990

Brunswick, Maine

in connection with the MTC Ultramarathon

Members of the Maine Track Club are invited to join in the festivities at the MTC Ultra-marathon by participating in several members-only events that will be run during this 50-mile test of endurance.

The events are:

- 10:00** Men's Masters Championship
Four Miler - Male masters will compete for the club championship in the Masters (40's), Seniors (50's) and Veterans (60's) divisions. Cost: \$2.
- 11:00** Women's Mastes Championship
Four Miler - Women's championships in the same age divisions. Cost: \$2.
- 12:30** Twosome Trot - A fun relay race with teams of one male and one female, each running two miles. Open division only. Cost: \$4 per team.
- 2:00** Pie Relay - The ultimate experience in speed and coordination. Teams of four members (at least one male and one female per team) will run a relay race holding (and passing) a pie. A great taste, er, test of teamwork. Cost: \$6 per team.

These events are limited to Maine Track Club members only (except the Pie Relay, in which each team must have at least two MTC members). Sign-up race day only.

**THE BOSTON ATHLETIC ASSOCIATION'S
QUALIFYING STANDARDS FOR THE
1991 BOSTON MARATHON - GO FOR IT!**

Qualifying Times

Age group	Men	Women
18-34	3:10	3:40
35-39	3:15	3:45
40-44	3:20	3:50
45-49	3:25	3:55
50-54	3:30	4:00
55-59	3:35	4:05
60-64	3:40	4:10
65-69	3:45	4:15
70-over	3:50	4:20

3

NEW MEMBERS

Name & Address	Phone	Occupation	Age
Scott Brown Wendy Hall 42 Victor Road Portland, ME 04103	H773-7777	CPA - Self	45 25
Don & Kathy Harden Sarah, Laurie, Neal & Caroline 81 Douglass Street Portland, ME 04102	H774-2016 W871-7434-D W773-8557-K	Director - Holy Innocents Client Rep - Maine Svgs. Bk.	40 40 13 11 9 5
John Kazilionis 66 Bramblewood Dr. Portland, ME 04103	H878-8410 W799-8153	Osteopathic Physician	42
Lynn Patrick 135 Glenwood Ave. Portland, ME 04103	H772-3542 W775-8737	National Semiconductor Marketing	27
John Merritt, Jr. 30 Stoneham Drive Gardiner, ME 04345	H582-5918 W775-4900	Simons-Eastern - Engineer	40



NEW MEMBERS AND MTC'S MAN IN HAWAII: Standing L to R: Melissa Easley, Tom Easley, John Kazilionis, Linda Sorenson. Seated: Tom Peterson, Lynn Patrick.



CLEAN UP CREW AT LAST MTC MEETING: L to R: Robin Estey, Bill Stuart, Bill Davenny, Bill Lovett and Bambi Lovett.

PRESIDENT'S PAGE

FORE RIVER SUCCESS

Good things continue to happen to the Maine Track Club. The most recent example is the Fore River Challenge races, which were little more than a dream in June. When we were forced to cancel the Cape Challenge Half Marathon, it looked as though our tradition of a fall half marathon was dead. Thanks to MTC Race Chairman Charlie Scribner, however, we found two generous sponsors, The Bay Club and Elks Lodge 188. The commitment by Jim Bunnell, an MTC member, at Bay Club and Junior Crocker of Elks 188 allowed us to present a half marathon and four-mile race Sept. 9. I thought that rookie race directors Loren and Jane Lathrop did a terrific job coordinating both races. The nearly 500 finishers (304 half marathoners, 193 four-milers) brought revenue to MTC and the Maine Children's Cancer program. Special thanks go to Loren and Jane, Charlie (registration and results), Peter Bastow and George Towle (water stops), Ken Dolley (finish line) Martha Deprez (traffic), Pat Buckley (random prizes), Ray Hefflefinger (registration), Maggie Soule (data input), Ted Cunningham (timing), Everett Moulton (police relations) and Portland Parks and Recreation (Ted Musgrave, Larry Mead). was a terrific first effort and represents a foundation upon which we can build a super morning of races in the future.

AUCTION UPDATE

To meet our budget this year, we are organizing a runner's auction at the November pot luck dinner meeting. We need YOUR help. What can you do? First, plan to attend and bring your checkbook! Second, think of a business (perhaps your own, or a friend's) that might be willing to donate a gift certificate or something of value for

runners. We will offer any business that contributes a prize with a retail value of \$25 or more a business-card ad in our December newsletter - plus the satisfaction of helping the club support running and fitness in our community.

VOLUNTEERS NEEDED

We continue to need dedicated volunteers help us develop and implement programs to serve the needs of the running community. We need volunteers to head up certain committees as well as people to work on specific projects (such as banquet or auction). If you are willing to devote a little extra time and some expertise to the club, please call me at 799-5961.

RRCA CONVENTION

Okay, the convention is not until next June, but it will be here before you know it. (As proof, I ask you: How quickly did the three months of summer pass?). The convention is an opportunity to learn more about running events and running clubs, children's running programs and other topics related to running clubs. It also is a great opportunity to meet some great people, to find new ideas and to have a good time. The convention will take place in Kansas City in June 1991. Start making plans today to attend!

Keep your engines running!

Bill

NOVEMBER TRAINING RUN AND POT LUCK BRUNCH

Date: Sunday, November 4th
Location: Ken and Jane Dolley's Home
62 Blueberry Cove Road
Yarmouth, ME
846-6018
Time: 15 miles at 7:00am
10-12 miles at 8:00am
4-6 miles at 9:00am
Brunch at 10:00am
Bring: Bagels, muffins, breakfast breads, fruit or juice
Showers will be available. All MTC members are invited. Call Ken or Jane for directions.

Anyone interested in hosting a run and brunch open to all club members should call Bill Stuart 799-5961 or Susan Davenny 772-1787.

Inaugural Harrison 5-K Road Race - 75 F.
Harrison, Me - 1 September 1990

1	Erich Reed	15:30
2	Andrew Black	16:12
3	Peter Allen	16:56
4	Dennis McIver	17:00
5	Bob Poirer	17:05
6	Dennis A. Smith (MTC) Master	17:26
15	Sally Sundberg Master, Open Dv.	18:58*
16	Cathy (Livingston) Allen	19:00*
30	Erin MacLean (MTC) 3rd	20:56*
31	Andy MacLean (MTC)	20:57
35	Katheryn Brown 4th	21:21*
42	Stacey Lewis (LR X-C) 5th	21:46*
43	Maria Keefe (MTC)	22:46*
49	Denny Morrill (MTC)	23:14
50	Don Penta (MTC)	23:18
70	Pat Buckley (MTC)	28:38*
75	Barbara MacLean Veteran	31:14*

First Finishers - Fun Run:
Sarah Poirer* & Derek Foster

Special thanks to Roger & Susan Foster
for complete results.

31st Annual Yankee Homecoming Races
Newburyport, Ma - 31 July 1990

MTC Finishers --

10 Mile Race:

Yun Chong	30	1:07:32
Carlton Mendell 5,60-69	68	1:14:40
Carol Pierce 5,40-49	43	1:15:11*

5 Kilometer Race:

John Watson	46	24:01
Robert Perkins	47	25:01
Delores Billings 1,60-69	60	28:11*

Special thanks to Carol Pierce for Com-
plete results.

Inaugural Lost Valley Uphill Run - 66 F.
Auburn, Me - 4.3 Miles - 9 September '90

Top Women (11 total, 1 master):

1 J. Cusick	29:45
2 Mary James	30:08
3 Faye Gagnon (Master)	31:20
4 Alice Goodwin	31:38

Top Men (55 total, 13 master, 5 junior):

1 S. Brown	22:18
2 K. Siegel	23:09
3 Mike Waldo (Junior)	23:17
4 Ron Newbury (Master)	23:22
5 R. Hall	23:29
13 Bob Payne (MTC) (2nd Master)	25:45
14 John Eldredge (MTC)	25:51
27 Tom Menendez (MTC)	27:31

Special thanks to Bob Payne for complete
results.

2nd Annual Ralph Thomas Masters Mile
20 Finishers - Winslow - 25 July

1 Dennis Croteau	40	4:43
2 Steve Reed	42	4:45
3 Rick Lane	43	5:00
8 Gary Larson	45	5:19
9 Joe Richards (MTC)	47	5:20
12 Robin Emery Rappa	43	5:38*
18 Bruce Bell	51	6:00
19 Jane Rau	40	6:05*

Special thanks to the Central Maine
Striders for complete results to the
above races.

RACE RESULTS

Bath Heritage Days 5 Miler - 78 Finis.
Bath, Me - 4 July 1990

1	Todd Coffin	29	25:25
2	Jim Murphy	31	27:41
3	Steve Reed	42	28:02
5	Alan Reilly (MTC)	37	28:50
10	Joe Richards (MTC)	46	30:35
12	Scott Pone (MTC)	30	31:08
14	Yun Chong (MTC)	30	31:32
20	Mary Meehan	24	32:18*
21	Rhonda Morin	23	32:30*
22	Jim Paterson	49	32:40
28	Sue Daignault (MTC) 3rd	28	34:34*
67	Harry Giddings (MTC)	57	42:08

Special Thanks to the Central Maine
Striders for complete results to above.

5th Annual Sugarloaf 15K Road Race
Kingfield, Me - 20 May 1990 - 154 F.

1	Stah Bickford	26	47:33
2	Gordon Hartwell	32	50:06
3	Dennis Croteau	39	51:50
4	Rick Lane	43	52:51
7	Alan Reilly (MTC)	36	54:11
16	Joe Richards (MTC)	46	56:42
19	Karen Bapallo	32	56:50*
29	Jennifer Allen	23	58:48*
30	Mary Ann Doss	30	58:50*
32	Veronica Knight	22	59:16*
36	Roy Morejon (MTC)	47	59:48
54	Jim Sullivan (MTC)	43	1:02:35
55	Jack Ireton-Hewitt (MTC)	52	1:02:40
57	Carey Trimble (MTC)	56	1:03:05
59	John LeRoy (MTC)	53	1:03:21
62	Jane Rau	40	1:03:34*
64	Dale Rines (MTC)	37	1:03:41
78	Craig Robinson (MTC)	43	1:06:41
80	Russ Bradley (MTC)	66	1:06:43
92	Patti Tableman (MTC)	31	1:08:24*
104	Peter Allen (MTC)	46	1:11:30
109	Robert Cushman (MTC)	52	1:12:32
110	Ed Saint John (MTC)	50	1:12:36
115	Barbara Coughlin (MTC)	47	1:13:49*
121	Robert Wyman (MTC)	53	1:14:19
123	Sandy Utterstrom (MTC)	46	1:14:54*
124	Barbara Trafton (MTC)	40	1:16:07*
128	Dennis Connelly, Sr (MTC)	41	1:16:58
131	Jean Thomas (MTC)	51	1:17:53*
138	Everett Moulton (MTC)	43	1:20:47
148	Margaret Soule (MTC)	48	1:24:31*
153	Jenny Kim (MTC)	49	1:35:02*

5th Annual Roland Dyer Memorial 5K
Winslow, Me - 25 July 1990 - 143 Fin.

1	Peter Lessard	28	16:02
2	Kyle Hobbs	22	16:08
3	Richard Hartford, Jr.	21	16:52
5	Jon Rose	17	17:17
7	Randy Hastings	36	17:23
9	Dennis Croteau	40	17:35
12	Alan Reilly (MTC)	37	17:49
45	Joe Richards (MTC)	47	20:26
46	Robin Emery Rappa	43	20:31*
61	Jane Hammond	40	21:45*
65	Lynn Korubeil	25	22:13*
91	Carlton Mendell (MTC)	68	24:26
105	Donald Penta (MTC)	44	25:44
111	Dennis Morrill (MTC)	50	26:23
121	Linda Richards (MTC)	27	28:05*

12th Annual Bert 'N I 5 Miler - 49 Fin.
East Vassalboro, Me - 29 July 1990

1	Gerry Clapper (CR)	29	25:19
2	Cliff Matthews	39	27:30
3	Roger Stevens	19	28:12
4	Steve Reed (M CR)	42	28:15
14	Peter Bastow (MTC)	53	32:47
17	Margaret Clapper	26	34:22*
21	Cathy Faucher (MTC) 2nd	24	35:01*
40	Carlton Mendell (MTC)	68	40:20
45	Warren Wilson (MTC)	56	43:45

30th Annual Mount Washington Road Race
Gorham, NH - 6/16/90 - 7.6 M - 839 F1.

Women's Teams (best 3 times, 10 total):
1 Greater Lowell Road Runners 4:39:42
9 Central Maine Striders 5:27:52

Men's Teams (best 5 times, 23 total):
1 Greater Lowell R.R. 5:39:23
6 Central Maine Striders 6:39:08
8 Maine Track Club 6:56:16
23 Bridgton Academy 8:28:19

Top Women Finishers (137 total, edited):

1	Lynn Brown	29	1:19:57
10	Lynn Kellogg	42	1:31:38
26	Anne-Marie Daves (ME)	34	1:38:31
34	Bette Davis	46	1:39:38
43	Marsha Giglio (ME) 2nd-D	46	1:43:48
62	Diana Avery	52	1:51:07
86	Hildy Fossee	61	1:59:45
107	Donna Jean Pohlman (ME)	39	2:05:33
119	Karen Cummings (ME)	44	2:10:35
128	Joanne Kane (ME)	32	2:24:39

Top Men (702 total, Div's.(ed) & MTC):

1	Derek Froude (CR)	31	59:17
16	Thomas Carroll	40	1:09:52
25	Sumner Brown	46	1:11:41
26	Paul Merrill (MTC)	36	1:11:53
39	Alan Reilly (MTC)	37	1:15:51
64	Richard Mulhern (MTC)	36	1:19:33
80	Ronald Cedrone (MTC)	41	1:21:33
87	Ronald Johnston (MTC)	38	1:22:04
94	John Gale (MTC)	34	1:22:57
107	Chad Sutcliffe (ME)	17	1:24:49
136	Henry Golet	53	1:26:34
145	John Saarinen	55	1:27:06
226	Philip Coffin (MTC)	34	1:31:56
247	Sean Kerwin (MTC) 5,19&-	17	1:33:40
263	Leon Beverly	63	1:34:26
353	Michael Frost (MTC)	39	1:40:20
451	C. Mendell (MTC) 1,65-69	68	1:46:44
532	Charles Iselborn (MTC)	33	1:52:58
577	Harvey Rohde (MTC)	48	1:56:27
614	Howard Kellogg	74	2:01:45
640	Dennis Connelly (MTC)	42	2:05:12

Special thanks to Ron Cedrone for compl
ete results.

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



Above: Carol Hooper & Friend
at Bay Club 4 Miler.
Right: Stephanie Lugg of the
Run to Win Ladies Team.



Inaugural Fore River Challenge Half
Marathon -- Portland, Me - 304 Fin.
9 September 1990

Top Open Division Finishers:
(top 5 women and men awarded)

1 Tom Dann	33 1:08:36
2 Danny Paul	36 1:09:30
3 Rob Spaulding	35 1:10:32
4 Daniel Dearing	28 1:11:51
5 Joan Samuelson (H.MTC)	33 1:12:05
6 George Towle (MTC)	40 1:12:11
52 Gail Turner (MTC)	30 1:23:28
58 Mary Ann Doss	30 1:24:07
60 Christie Hendrich	23 1:24:43
76 Rhonda Prime	25 1:25:55

Top Age Divisions:

(2 places/division awarded - W & M)	
7 Jay Jenkins 40-44	40 1:13:31
8 Andrew Black 20-29	28 1:13:53
9 Allan Muir 35-39	35 1:14:09
10 Dave Tyler 30-34	31 1:14:47
21 Bob Coughlin 50-59	51 1:18:02
32 Chas. Snekvik (MTC) 45-49	47 1:20:09
101 Eileen Dunfee (MTC) 30-34	34 1:28:56
108 Kim Mangun 20-29	26 1:29:33
113 Joan Lavin (MTC) 40-44	42 1:29:59
128 Carol McRea 35-39	36 1:32:21
142 Walter Webber (MTC) 60-69	60 1:33:33
200 Joan Tremberth (MTC) 45-49	45 1:39:44
205 Jean Thomas (MTC) 50-59	54 1:40:05
262 Mike Hewitt 19&under	14 1:47:58
263 Joe Hewitt 2,19&under	14 1:48:03

Other MTC Finishers:

12 Gordon Soannell	37 1:15:44
19 Harry Nelson	36 1:17:34
22 Joel Titcomb	31 1:18:16
27 Jim Bunnell	32 1:19:50
29 Michael Reall	36 1:19:56
37 Kevin Carley	35 1:21:30
41 Ronald Deprez	46 1:22:11
44 Alan Brooks	43 1:22:41
50 Peter Dubé	27 1:23:12
53 Ron Cedrone	41 1:23:30
55 Gary Salamone	33 1:23:48
67 Lloyd LaFountain	28 1:25:26
72 Rick Strout 2,50-59 PR	51 1:25:40

More Fore River Challenge:

79 Philip Pierce	49 1:26:04
82 William Hazzard	25 1:26:49
84 Edison Doughty	41 1:26:59
88 Al Butler	36 1:27:12
92 Robert Jolicoeur	53 1:27:37
96 Scott Fone	30 1:28:35
102 Paul LaVangie	32 1:28:59
104 Michael Cowell	53 1:29:07
109 Les Berry	42 1:29:37
110 David Dowling	36 1:29:45
117 James Hazzard	29 1:30:49
133 Loren Lathrop	41 1:32:41
138 John LeRoy	53 1:33:18
141 Jeanne Lamontagne	27 1:33:30*
144 Craig Robinson	44 1:33:37
154 Carol Pierce 2,40-44	44 1:34:37*
157 Eric Ellis	37 1:34:52
160 Don Stanhope	47 1:34:59
162 Stephanie Fischer	22 1:35:04*
166 Kathryn Tolford 2,35-39	35 1:35:29*
167 Carlton Mendell 2,60-69	68 1:35:40
169 Russ Bradley	66 1:35:58
175 Robert Green	42 1:36:43
178 Raphael DePrez	50 1:37:37
181 Orlando Delogu	53 1:37:59
203 Frank Morong	57 1:40:03
228 Carol Gillis	31 1:42:53*
232 Hubert Strom	61 1:43:43
234 Patti Tableman	32 1:43:48*
236 Richard Robinov	30 1:43:54
241 Eileen Harris	38 1:44:20*
246 Beth Thompson	30 1:45:46*
249 Adrienne McGuigan	31 1:45:57*
252 Dennis Connelly, Sr.	42 1:46:37
256 Robert Wyman	53 1:47:02
267 Diana Laskey	30 1:48:30*
268 Rick O'Brien	43 1:48:53
277 Jane Dolley (training run)	42 1:51:33*
279 Barbara Coughlin (tr. run)	46 1:51:38*
286 Roger Dionne	37 1:53:35
293 Sally Peterson	49 1:57:33*
296 Craig Cunningham	31 2:00:01
297 Linda Hunt	43 2:00:05*
299 Marlene Russell	48 2:03:36*
300 Kathleen Duddy	39 2:16:22*
301 Jenny Kim	49 2:27:22*
302 John Kim	54 2:27:53

Quote: Jay Jenkins, Newmarket, NH - "A
very well organized race ... a pleasant
experience ... We will be back next year."

Fore River Challenge 4 Miler Results --
November MTC Newsletter

Top to Bottom: Dolores Billings
at the Fore River 4 Miler, Harry
Nelson-Half Marathon, Dick
McFaul-Half Marathon.



**8th Ann. Bath Heritage Days Shipbuilders
Triathlon - (S:1.2M;B:25M;R:10K) - 7/7/90
Bath, Me -- 93 Individuals / 25 Teams**

Individual Age Group Leaders:
(Partial results mostly involving MTC
participants)
(order of events: Swim, Bike, Run)

Women, 30-34:
Jody King (MTC) 32:41;1:14:08; 43:07
(1st, overall) Total: 2:29:56 (1st, div.)
Nancy Grant (MTC) 33:15; 1:24:52; 44:52
Total: 2:42:59 (2nd, div.)
Connie Hallett 28:48;1:25:42; 49:04
Total: 2:43:34 (3rd, div.)
Ellen Grant (MTC) 37:48;1:23:18; 44:24
Total: 2:45:30 (4th, div.)

Women, 40-44:
Jeri Schroeder (MTC) 35:20;1:26:03; 54:09
Total: 2:55:32 (1st, div.)

Men, 25-29:
Stephen Witkus 29:32;1:04:36; 35:41
(2nd, overall) Total: 2:09:49 (1st, div.)

Men, 30-34:
Joel Titcomb (MTC) 28:46;1:02:18; 38:35
(1st, overall) Total: 2:09:39 (1st, div.)

Men, 35-39:
Ray Kusche 27:14;1:09:22; 39:09
Total: 2:15:45 (1st, div.)
Corey Daniels 32:51;1:07:47; 43:20
Total: 2:23:58 (2nd, div.)
Jeff Babino (MTC) 32:47;1:13:35; 48:05
Total: 2:34:27 (3rd, div.)
Erich Reitenbach (MTC) 32:38;1:22:02; 41:14
Total: 2:35:54 (5th, div.)

Men 50 & over:
Roger Zimmerman 40:26;1:21:29; 48:00
Total: 2:49:55 (1st, div.)
Michael Cowell (MTC) 37:45;1:28:12; 45:43
Total: 2:51:40 (2nd, div.)

Special Thanks to Pattie Titcomb for
complete results.

**2nd Annual MAINElacs Spring 10 K - 75 F.
Bangor, Me -- 28 April 1990**

1 Ed Dean 35:42
16 Carey Trimble (MTC) 43:19
23 Sheila Hodges 44:15*
33 Carlton Mendell (MTC) 46:33

**China, Maine 5 Mile Classic - 116 Fin.
May 12th, 1990**

1 Peter Millard 25:27
25 Jim Sullivan (MTC) 31:30
31 Linda Larue-Keniston 31:50*
48 Jane Rau 1st master 33:27*
90 Bob Perkins (MTC) 40:09
101 Harry Giddings (MTC) 42:34

*Top to Bottom left: Tom Peterson
of Hawaii in the 4 Miler, Volun-
teers Nancy Stedman and Linda
Havencamp (New Member), Kath-
leen Duddy (center) in the Half
Marathon supported by Run to Win
teammates Nancy Lund (left) and
Jennifer Gould (right).*

**2nd Annual Angie Abraham Scholarship Run
Portland, Me - 4 M - 157 F. - 8/26/90**

Top Overall Finishers (top 3 (M/F) open):
1 Myron Whipkey 32 19:57
2 Rick Garcia 26 20:25
3 Brian Turner 19 20:50
4 John Strout 1,30-39 30 20:57
5 George Towle (MTC) 1,40-49 40 21:07
25 Mary Ann Doss 30 24:40*
32 Christine Hendrich 23 25:27*
35 Coreen Corsetti 1,20-29 25 25:46*
42 Deb Rasmann 1,30-39 37 26:15*
52 Jeanne Lamontagne (MTC) 27 26:45*

Other Top Divisions: (top 2-(M/F) awarded
7 Robert Jones (MTC) 19&- 17 21:28
19 Bob Hawkes wheelchair 68 23:57
63 Carlton Mendell (MTC) 60&+ 68 27:37
68 Aubin Huertas 50-59 53 28:02
84 Christine Messier 19&under 18 29:45*
111 Jessica Hayes 40-49 40 34:22*
137 Nora Stetson 60&over 62 42:35*
151 Patricia Aeto 50-59 52 60:49*

Other MTC Finishers:
16 John Eldredge 36 23:22
37 George Liming 39 25:50
38 Dale Rines 38 25:55
48 Dave Paul 45 26:43
51 Loren Lathrop 41 26:55
55 Gail Romanoff 35 27:08*
64 Russ Bradley 2,60&over 66 27:38
67 Nancy Lund 38 28:00*
71 Mike Cavanaugh 39 28:27
76 Richard Scribner 39 28:43
78 Maureen Sproul 34 28:50*
85 Tiffany Toblissen 2,19&- 17 29:55*
86 Rick O'Brien 43 29:56
92 Stephanie Lugg 35 30:55*
96 Don Penta 44 31:11
118 Lori Garon 41 35:03*
138 Bonnie Black 35 42:46*

Special thanks to Charlie Scribner
for complete results.

**2nd Annual Country Kitchen 10K - 75 Fin.
Auburn, Me - 3 June 1990**

1 Tom Thibeau 32 34:32
2 Dennis Croteau 39 37:03
3 Norman DeRoche, Jr. 32 37:21
6 Harry Nelson (MTC) 35 38:13
18 Kris Sorensen (MTC) 38 42:28
19 Kelly Rodrigue 26 42:30*
21 Michael Boyson (MTC) 36 43:04
45 Faye Gagnon 45 47:06*
49 George Liming (MTC) 38 48:40
57 Candace Karu (MTC) 37 51:42*

**12th Annual Gardiner Common 5 Miler
Gardiner, Me - 23 June 1990 - 98 Fin.**

1 Tom Thibeau 32 26:52
2 Hugh McLean 31 26:58
4 Rusty Taylor 38 27:52
5 Rick Lane 43 27:56
25 Gail Turner (MTC) 1st 30 31:14*
44 Jane Rau 40 33:31*
51 John LeRoy (MTC) 33 34:16
67 Patti Tableman (MTC) 31 36:21*

Special thanks to the Central Maine
Striders for the complete results to the
above races.

**1990 Pat's Pizza 5 Miler
Yarmouth, Me. - 21 July**

Top Overall Finishers (All open div.):

1 Bob Winn	31	24:12
2 Todd Coffin	29	24:26
3 Mike Lyons	19	24:33
4 Tom Dann	33	25:05
5 Rick Garcia	25	25:25
75 Mary Ann Doss	30	30:30*
76 Gail Turner (MTC)	30	30:32*
83 Alecia Rhoads	26	30:44*
92 Christie Hendrich	23	31:06*
103 Jennifer Allen	19	31:22*

Top Age Divisions:

6 George Bochs, Jr. 20-29	23	25:42
7 Rob Spaulding 35-39	37	26:19
9 Scott Loomis 16-19	18	26:33
14 George Towle (MTC) 40-44	40	27:16
15 Thomas Bennett 30-34	32	27:17
22 Joel Croteau 45-49	46	27:57
45 Bob Coughlin 50-59	51	29:29
54 Eric Goodwin 15&under	15	29:58
106 Erika Maddaleni 20-29	24	31:25*
131 Carolyn Court 35-39	36	32:03*
154 Dara Jones 30-34	33	32:35*
221 Linda Coffin 45-49	49	34:13*
242 Lori Roth 16-19	19	34:49*
247 Diane Pournier 40-44	43	34:56*
300 Russ Bradley (MTC) 60&over	66	36:09
512 Dana Brown 15&under	15	42:16*
542 Gail Browning (MTC) 50-59	53	43:20*

Other MTC Finishers:

12 Gordon Scannel 2,35-39	37	27:03
27 Jim Bunnell	32	28:07
28 Alan Reilly	37	28:09
34 Harry Nelson	36	28:47
38 Richard Mulhern	36	29:00
40 Dennis Smith	40	29:10
42 Ron Cedrone	41	29:20
60 Alan Quinlan	34	30:05
68 Thomas Allen	34	30:18
70 Ron Deprez	46	30:22
73 Philip Coffin	34	30:29
82 Brian Milliken	37	30:43
91 Scott Fone	30	31:05
94 Paul LaVangie	32	31:13
100 George Prescott	42	31:21
102 Kris Sorensen	38	31:22
104 Rick Strout 2,50-59	51	31:23
110 Tom Menendez	37	31:37
113 Frank Ferland	41	31:40
114 Phil Pierce	48	31:41
118 Yun Chong	30	31:45
126 Lloyd LaFountain	28	31:56

(More Pat's Pizza):

**6th Annual Sentinel 10K Classic - 172 F.
Waterville, Me - 16 September 1990**

1 Greg Hale	27	30:03
2 Peter Lessard	28	30:40
3 Todd Coffin	29	30:44
4 Bob Everett	30	31:26
8 Steve Podgajny	40	32:15
18 Joel Croteau	46	35:00
24 Kathy Tracy (CR)	24	36:24*
32 Bill Dubord	43	37:13
33 Al Sproul	52	37:15
40 Edie Dubord (MTC) 2nd	32	37:40*
61 Dara Jones	33	40:05*
68 Anne-Marie Davee	34	40:40*
77 Mary James	34	41:23*
81 Richard Scribner (MTC)	39	41:38
82 Dale Rines (MTC)	38	41:55
87 Nancy Ellis (MTC)	37	42:20*
89 Mike Cavanaugh (MTC)	39	42:41
128 Leah Yates	14	47:32*
129 Carlton Mendell (MTC)	68	47:40

Special thanks to Jerry Saint Amand for complete results.

More MTC Finishers:

175 George Liming	39	33:15
185 Jim Hazzard	28	33:31
188 John LeRoy	53	33:34
189 Neil Martin	47	33:35
201 Bob Hazzard	58	33:50
202 David Hutchinson	51	33:50
212 David Houser	40	34:00
223 Jeff Babino	35	34:15
225 Harley Lee	36	34:18
235 Pat Ianni	31	34:38*
239 Stephanie Fischer	22	34:46*
240 Dale Rines	38	34:46
246 Cathy Faucher	24	34:54*
256 Nancy Lund	38	35:12*
261 Orlando Delogu	53	35:20
262 Nathan MacDuffie	32	35:22
264 Jonathan Stuart	22	35:23
270 Richard Robinov	30	35:31
282 Eric Ellis	37	35:46
284 Carol Pierce 3,40-44	43	35:49*
287 Roy Morejon	47	35:51
288 Richard Cavanaugh	57	35:53
292 Dana Seguin	36	35:57
301 Patti Tableman	31	36:10*
309 Michele Ohman	32	36:16*
333 Tom Atchison	41	36:35
346 Doug Aiken	37	37:00
401 Edward St. John	50	38:38
402 Bob Cushman	52	38:39
419 Brigitte Edquid	42	39:04*
426 Wayne Newland	52	39:12
430 Richard Downs	44	39:19
432 Dave Shennan	39	39:22
440 Martha Deprez	45	39:35*
450 Craig Cunningham	31	39:52
462 Claire Edwards	34	40:08*
472 Sue Inches	35	40:30*
474 Katherine Gardiner	48	40:44*
475 Robert Wyman	53	40:49
478 Warren Wilson	56	40:56
511 Allen Pusch	56	42:11
524 Linda Sorensen	34	42:51*
552 Bill Lovett	48	43:37
561 Marianne Gagne	49	43:49*
574 Kathleen Duddy	39	44:27*
581 Maggie Soule	48	44:46*
582 Widgery Thomas, Jr. 3,60&+ 66	66	44:47
594 Stephen Monaghan	63	45:55
615 Claire Jordan	44	47:46*
633 Mary McAleney	45	48:56*
641 Linda McPhee	39	49:25*
656 Michelle Mondor	42	51:00*
660 Jenny Kim	49	51:49*
665 Susan Morejon	37	52:52*

Many Thanks to our President, Bill Stuart for complete results.



Wipberty Thomas



Above: John Eldredge
Below: George Towle



MAINE TRACK MEMBERSHIP MEETING SEPTEMBER 12, 1990

The meeting took place in the Machine Tool Auditorium at SMTC. President, Bill Stuart opened the meeting at 7:10pm. Approximately 60 people attended.

Herb Strom introduced speaker, Dr.

William Wyatt, on Manipulative Medicine. Dr. Wyatt introduced his partners, Dr. Peter File and Dr. Samuel Nawfel, for their presentations.

Tom Peterson, visiting from Honolulu, offered an invitation to the Honolulu Marathon. Tom's address is 845 University Ave., #404, Honolulu, HI 96826.

New Members present included John Kazilionis, Tom & Melissa Easley, John Kendall, Linda Sorenson, and Lynn Patrick. Welcome!

Vice-President, Peter Bastow reported on programs. October 10 - Meet at the Bay Club, November - Pot Luck Supper at the Cumberland Congregational Church, Banquet at Keeley's on January 19th, still working on Lynn Jennings.

Treasurer's Report shows a balance of \$6086.03 as of August 11, 1990.

No secretary's Report.

President's report highlighted the summer picnic, the Roy Benson Clinic and the Fore River Challenge.

Races

Pine Tree Marathon, call Sue Davenny to volunteer, **Women's Distance Festival**, volunteers need to sign up for "Dutch treat" breakfast, **Turkey Trot**, Mel Fineberg and Dru Jones will co-direct, **Jingle Bell Run** will be announced, **50 Miler** has two sponsors and should break even, special MTC only races will be held along with this (see schedule elsewhere), **Fore River Challenge** had over 600 registrants for the two races, a donation will be made to the Children's Cancer Program after all bills are paid. Loren Lathrop read a note of congratulations from Jerry Saint Amand, President of the Central Maine Striders. Comments are welcome at the post race meeting on Wednesday at 5:00pm at the Elks Club.

Membership, will try to have an updated list for the next meeting.

No Old Business.

No New Business.

Training Run and Brunch September 22 at Candace Karu's House.

Next Board Meeting October 3 at Bill Stuart's house

Donna Moulton announced the Countdown USA Blood Cholesterol Screening at One City Center.

Healthfair at the Bay Club Monday 11:00-1:00 and 4:00-7:00. Need someone for MTC booth.

Race Water Containers need to be returned to Bill Stuart's garage. Many are missing.

Compliments to Erin MacLean on her Sunday Telegram columns.

50/50 Raffle Winner was Mel Fineberg. Proceeds for the convention fund were \$36.

Respectfully submitted,

Susan Davenny

Susan Davenny
Secretary

UPCOMING MAINE EVENTS

October

- 10 **Maine Track Club Meeting**, The Bay Club, One City Center.
- 13 **Maine Track Club 50 Miler**, Brunswick, Bill and Bambi Lovett 797-3531. 7:30am.
- 13 **Run O' The Irish 5 Miler**, Carmel, 10:00am, Kevin Vickers 848-3601.
- 13 **Limestone Autumn Classic 5K**, Limestone HS, 10:00am, Aroostook Musters.
- 14 **7th Sanford 4 Mile Classic**, 11:00am, Sanford-Springvale YMCA, 324-4942.
- 14 **Rockland Biathlon Classic**, Rockland, 8:30 am, Trade Winds Health Club, 2 Parkview Dr.
- 21 **2nd Pine Tree Marathon**, Waterville, 9:00am, Jerry Saint Amand, Central Maine Striders, Box 1177, Waterville 04901, 873-6753.
- 28 **13th Great Pumpkin 10K**, Saco, 11:00am, Ken Dion, PO Box 233, Saco 04072.

November

- 14 **Maine Track Club Pot Luck Supper and Auction**, Cumberland Congregational Church, Cumberland Center.
- 17 **9th Great Osprey 10K**, Freeport, 10:00am, Freeport Comm. Education, Holbrook St., Freeport 04032.
- 18 **22nd Turkey Trot 10K**, Cape Elizabeth, 1:00pm, Dru Jones 878-3881 or Mel Fineberg 774-8868.
- 18 **9th Turkey Trot 5K**, Brewer, 11:00am, David Jeffrey, Brewer HS, Parkway South, Brewer, 04412.
- 22 **11th Gasping Gobbler 10K**, Augusta, 10:00 am, Jerry Saint Amand, Central Maine Striders, PO Box 1177, Waterville 04901.
- 22 **11th Turkey Two**, Augusta, 10:15am, same as above. 2 mile run.
- 22 **Thanksgiving Day 4 Miler**, Portland, George Towle 878-8419 or 874-8250.
- 25 **3rd Christmas Classic**, Farmington, 11:00 am, Jack Paul, 5 Pleasant St., Farmington 04938 5K

Always verify information with race directors.





10



1990 Officers and Committee Chairpersons

Bill Stuart	President	799-5961
Peter Bastow	Vice President	829-3669
Susan Davenney	Secretary	772-1787
Rob Laskey	Treasurer	729-4104
Charlie Scribner	Race Committee	772-5781
Candace Karu	Newsletter Editor	967-4257
Barbara Coughlin	Member at Large	799-0463
Carleton Mendell	Member at Large	797-7806

John Leroy	Course Certification	725-8680
Loren Lathrop	Course Certification	772-8356
Ruth Hefflefinger	Membership	797-4625
Herb Strom	Past President	799-7705
Melvin Fineberg	Clothing	774-8868
Don Penta	Statistician	892-4526
Rick Strout	Member at Large	829-3216

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



WANTED: NEWSLETTER SPONSORS!

MTC gratefully acknowledges the generosity and support of those members listed at right. If you would like to become an individual sponsor, please send \$10 to the Maine Track Club, Box 8008, Portland 04104.

To become a corporate sponsor, your donation of \$25 should be mailed to the same address. Prime sponsorships in the amount of \$50 will reserve you advertising space in the newsletter. For details, contact the Editor at the number listed above.

All donations are gratefully accepted!

PRIME SPONSORS

John Davis
Carol Pierce
Widgery & Jonnie Thomas

SPONSORS

Mel Fineberg
Maggie Soule
Richard & Nancy Lemieux
Malcolm & Adrienne Kidd
Robert Perkins
Claire Edwards
John Woods

NOVEMBER MEETING POT LUCK SUPPER

Mark your calendars for the evening of November 14th. The club is having a Pot Luck Supper and Auction. The proceeds from the Auction will be used to support important Club projects throughout the year. We will have an all-you-can-eat buffet and after you'll get a chance to bid on some great products and services while supporting the Club.

How about taking home five gallon of pure maple syrup for those carbo-loading pancake breakfasts...a year's supply of health care products from Tom's of Maine...monthly gourmet desserts made just for you...a personal massage...a stationery package from the Grace Press...Jane Dolley's famous Presidential Christmas Candy...and much more!

Make plans to join us all at this annual event. Look for more information about the Pot Luck Supper and Auction in November's Newsletter. If you have any questions or Auction donations, call Nancy Stedman at 774-4013.

WANT TO BE A RACE VOLUNTEER?

October 13 **MTC 50 Miler**, call Bill or Bambi Lovett, 797-3531.
October 21 **Pine Tree Marathon**, call Susan Davenney, 772-1787.
November 18 **Turkey Trot 10K**, call Dru Jones at 878-3881 or Mel Fineberg at 774-8868.

Race directors spend many hours phoning for volunteers. Help them out by calling first. Thank you!

CAPE COD MARATHON

Walter Webber would like to carpool to this marathon, October 28th. Send him a note at PO Box 36, Walpole, ME 04573.

NOMINATIONS FOR 1991 MTC OFFICERS

The Board of Directors in its role as the Nominating Committee is seeking suggestions for officers for 1991. Nominations will be presented at the November Pot Luck Supper and elections will take place at the December meeting. Contact any officer listed in the newsletter with your suggestions.

THE PHIL PIERCE STORY CONTINUES

I talked to Phil while helping lay out the Hash Run for the Club Picnic. He tells me that he now has a Lung Trainer and that I don't have a chance at Boston in '91. Phil explained that the Lung Trainer cuts the oxygen he is breathing in half. Now, thinking back to my school days, oxygen is 21 percent of the air we breathe. If you reduce that by 50 percent, that gives you 10.5 percent oxygen. If my memory is correct, we become unconscious at 18 or 19 percent. Poor Phil is running around in a coma and is going to asphyxiate himself.

I understand that Phil was seen running on Route 88 with his Lung Trainer and someone called the Rescue Squad that someone with a neck splint was running around Route 88 and probably needed to be taken to the hospital. If they had found him, they probably would have taken him away for good.

Phil was expecting great results at the Bowdoin and Back 10 Miler, but Rick Strout kicked up so much dust that Phil had trouble breathing.

Phil told me that he has hired a coach to work with him and pace him through Boston ahead of me. Poor Fred Judkins has his work cut out for himself. You just can't develop a talent that is not there. You can't make a fast runner out of an oxygen deficient old slug. Fred could probably beat me at Boston, but not while he is carrying Phil. Fred, best of luck with your training. I hope you're getting big bucks for this job.

Bob Payne



PHIL PIERCE: *The thrill of victory, the agony of defeat.*



CROSSTRAINING WITH THE BRUNSWICK SUNDAY RUNNERS

On New Years Day, 1989, The Brunswick Sunday Runners started their Sunday morning runs from the Brunswick Junior High School. Since then, Saturday long runs, Thursday night track intervals and parties have become regular activities.

With all the publicity about crosstraining, the group decided to travel to the White Mountains instead of their regular run on August 5. Eight people attended and successfully completed the nine and a half mile hike up Mt. Washington using the Lions Head Trail going and the Boot Spur on the return. Although the climb kept everyone's pulse above the level prescribed by Coach Benson, most were pleasantly surprised with the ease of the climb up. The group arrived at the summit much earlier than predicted for good solid PRs.

When they arrived at the top and viewed the large parking lot and all the people, there was a brief let-down. Where was the justice in sharing our well-earned view with people whose only cost had been the toll for driving up or the price of a ticket for the cog railway? I doubt that they really had the same view as one who is exhilarated with the fresh feeling of accomplishment. In any case, the let-down feeling was fleeting as we discovered that the cafeteria offered such delights as chili and coffee to go with our granola and sandwiches.

The climb down proved to be much more difficult than the ascent. Tired legs and having to use some of our non-running muscles resulted in a lot of next day soreness. Some compared the condition of their quads to their experience after a hard marathon.

Did crosstraining improve our running performances? Hard to say, but there is talk of climbing Mt. Katahdin and a bike trip.

John LeRoy

12

MAINE TRACK CLUB MEMBERSHIP FORM

MEMBERSHIP APPLICATION

I hereby make application to the Maine Track Club as follows: (Check 1)

☐ Individual (\$12.00)

☐ Family (\$15.00)

☐ Student (\$5.00) (18 yrs. old maximum)

TODAY'S DATE _____

LAST NAME _____	FIRST NAME _____	SEX (M/F) _____	D.O.B. _____
LAST NAME _____	FIRST NAME _____	SEX (M/F) _____	D.O.B. _____
LAST NAME _____	FIRST NAME _____	SEX (M/F) _____	D.O.B. _____
LAST NAME _____	FIRST NAME _____	SEX (M/F) _____	D.O.B. _____

ADDRESS _____, HOME PHONE _____

CITY _____, STATE _____, ZIP CODE _____

EMPLOYER _____,	OCCUPATION _____,	PHONE _____
EMPLOYER _____,	OCCUPATION _____,	PHONE _____
IF STUDENT: SCHOOL _____,	YEAR OF GRADUATION _____	
IF STUDENT: SCHOOL _____,	YEAR OF GRADUATION _____	

SEND TO: Membership c/o Maine Track Club, P.O. Box 8008, Portland, Maine 04104



Maine Track Club

P.O. Box 8008
Portland, Maine
04104



First Class Mail