

Maine Track Club

October 1991

Run with a friend...



FROM THE EDITOR

We have been so lucky this year with the weather. We came off a very mild winter, breezed right into the most beautiful Maine spring in recent memory, sailed into a spectacular summer and here we are, having all this glorious autumn sunshine. It's as if the gods took pity on all us poor fools chasing that perfect fall race. My Kennebunkport group is putting in one more long run before the Marine Corps in November. I know there will be a lot of Track Club members there -- let's be sure to find each other before and after the race. Good luck to you all!

Please read President Peter Bastow's words very carefully this month. The Club needs all of you to work at making this a thriving and successful endeavor.

Judging from the pictures, the Club Picnic was a huge success. The day was gorgeous and huge fun was had by all!

This month's story on Willie Emerson's 14 mile endurance swim is inspiring. Willie never ceases to amaze us with his energy and heart!

Richard Holleman, a new contributor to the Newsletter, has given us a real think-piece this month. Mr. Spots has proven to be the catalyst for some truly bizarre thoughts.

And finally, good luck to all the participants and volunteers at the Maine Track Club 50 Miler on October 12. Hope this is the best one ever!

COVER: Our featured Runner this month is the awesome Russ Connors, on his way to another age-group first at The Bowdoin and Back 10 Mile Race.

You will see photographs throughout this issue of MTC members and their families frolicking at the Summer Picnic. Look at them wistfully and count the days until next summer!



2

NEXT MTC MEETING

WEDNESDAY, OCTOBER 9 - 7:00 PM
SMTC - MACHINE TOOL AUDITORIUM

October's meeting will feature nationally ranked biathlon champion John Chase of Biddeford. John will tell of his experiences in the field of biathlons and will also speak about biathlons as adjunct training. In addition to his accomplishments in the biathlon, John has run a 2:27 marathon, a 31:04 10K and a 4:21 mile.

John will speak at 7:00 after which will follow the regular MTC business meeting. Please join us.

BANQUET NEWS

This just in from VP Summer Weeks. The annual MTC Banquet and Awards Ceremony will be held on Saturday, January 18 from 6 to 10 pm at the South Portland Marriott.

Mark this important date on your calendar and join your friends for an evening of fun and surprises!



Dedication, Thy Brother is Lunacy!

Everett Moulton deserves some sort of award for his efforts on Sunday, Sept. 15. At the MTC meeting the prior Wednesday, he decided to make a rare Sunday long run with Bill Stuart and Mel Fineberg to prepare for the Marine Corps Marathon. Usually, Ev, a South Portland police officer, works Sundays. Not this week, however. As he said, "My son is getting married at 4 p.m., so I have the day off. I can run 16 in the morning." At least Ev did not have to limp the bride down the aisle!

PRESIDENT'S PAGE

I am pleased with the willingness of those MTC members who have volunteered to help at our races and with special projects this year. Nevertheless, there are a couple of things that concern me regarding our club.

One of my goals this year is to have membership reach over 400. More important than the actual enrollment, however, is the number of people who are actually involved in Club activities.

We have had some outstanding monthly programs, with interesting and knowledgeable speakers giving us all kinds of information, helpful hints, and advice. Especially important to athletes is the opportunity to ask questions of these experts and get meaningful responses that will solve their own unique physical concerns. Members who attend the monthly meetings have expressed positive comments, but our attendance is about 15% of our membership.

One of the "requirements" of joining MTC is to help on three races during the year. Perhaps another responsibility of a member in good standing should be to attend at least three or four meetings during the year. It's good to have a large membership, but personally, I would rather have an active membership, even if it means a smaller number of people.

Along the same line, we are presently discussing next year's race schedule, and if we are going to maintain a similar number of races in 1992, we need more volunteers to assist or direct races, and other members to actively serve on Charlie Scribner's Race Committee. The same people cannot be expected to carry the burden year after year.

At November's meeting, nominations for next year's officers will take place. At this time there are two very important positions that will need to be filled: Vice President and Secretary. Both of these offices require someone who is willing to devote a few hours each week on Club business, and attend both the Executive Board and Membership meetings each month. Time and effort are involved, but there are rewards to be had: working together toward a common goal; making new friends that you might otherwise never have known; and watching your efforts and ideas materialize and become beneficial to the Club.

The Vice President's major responsibilities include preparing the program for each monthly meeting, and planning for the annual awards banquet in January. It is a three year commitment: Vice President, President and Past President.

The Secretary's position is a one year term. It requires record keeping of meetings, writing letters and notes, preparing information for the Newsletter, and attending both the Executive and Membership meetings each month.

We have a great group of friendly people in our Club. We continually get new members. Volunteers make things happen. If you want good things to happen in the MTC, either volunteer or persuade a friend or acquaintance to step forward. I especially encourage the newer members to get involved with such committees as Photography, Race Committee, Refreshments, Youth Projects and The Newsletter.

Current committee members and their telephone numbers are listed in the Newsletter each month. Please give The Maine Track Club's future direction some serious consideration during the next few weeks. Give any one of

us a call. *You can make a difference.* Just do it!

Peter



NEWSLETTER DEADLINES

Photos & Advertising: 15th of the month

Written Material: 20th of the month

Send to: Candace Karu
PO Box 2739
Ocean Ave
Kennebunkport, ME 04046
phone 967-4258 FAX 967-8412

Enclosures: 24th of the month
\$40 for non-MTC events
\$20 for MTC events

Deliver to: Diana Laskey
15 Coffin St
Brunswick, ME
729-4104

Change of Address: Immediately to
Ruth Hefflefinger
MTC Membership
PO Box 8008
Portland, ME 04104
797-4625

NOMINATION FORM FOR 1991 ANNUAL AWARDS

Cut out or copy this form and send to MTC Awards, PO Box 8008, Portland, ME 04104, by December 1st. Supporting information is helpful to the Committee.

MTC High School Runners of the Year

MTC Open Most Improved

MTC Most Improved 30-39

MTC Most Improved 40-49

MTC Outstanding Masters

MTC Most Improved 50-59

MTC Most Improved 60 and over

MTC Comeback Runner of the Year

MTC Triathletes of the Year

MTC Runners of the Year

Maine Runners of the Year

PAYSON PARK GROUP RUNS

Dates: October 6, 19 and 26

Time: 7:00am start

Special: On October 12, we will run 4 mile laps with the 50 milers in Brunswick, starting at 7:30am.

Note: Some of the runs are on Saturdays in an effort to conflict as little as possible with some of the races.

Distances: Boulevard - 3.6 miles

Depot Rd 8

Johnson Rd 12

Tuttle Rd 16

Yarmouth 21

Add-ons may be done to achieve other distances.

Post-Run Festivities: Bring fruit, juice or carbos to share in the park.

Questions: Call Susan Davenny 772-1787
Water and Exceed stops provided.

Outstanding MTC Race Director(s)

John Fyalka Award (for outstanding service to MTC)

Outstanding Contributors to MTC

Outstanding Contributor(s) to Running in Maine

Other

Banquet Date: January 18th at the Marriott.

FALL RACE VOLUNTEER OPPORTUNITIES

If you haven't worked your races yet, check this list and give a race director a real treat. Call first! Keep track of your three or more races worked and send in at banquet time for your 1991 limited edition volunteer t-shirt.

Oct 5 Brunswick Physical Therapy 8K John LeRoy 725-8680
Oct 12 MTC 50 Miler Al Utterstrom 797-4710
Oct 13 Citibank United Way 10K Phil and Rae Pierce 781-3769
Oct 20 Pine Tree Marathon MTC Coordinator, Susan Davenny 772-1787
Nov 24 Shop N' Save Turkey Trot 10K & 5K Mel Fineberg 774-8864 Tom Atchison 839-6159

CAN'T VOLUNTEER? YOU CAN.....

Be a Newsletter Sponsor
\$10, \$25 and \$50 Levels

Obtain Newsletter Advertising
Contact Candace for the rates

Be or Obtain a Club Patron
\$65 Contributor receives an MTC SS T-shirt or a Contributor's Plaque
\$75 Benefactor receives an MTC LS T-shirt or a Benefactor's Plaque
\$100 President's Club Patron receives an MTC sweatshirt or a President's Club Plaque

For each \$100 in advertising or patron donations you will receive 1 credit towards 3 needed for a volunteer t-shirt or free membership for the following year. Send all checks labeled with the appropriate category to MTC, PO Box 8008, Portland, ME 04104.

RACE RESULTS

Bowdoin & Back 10M Run to the Coast
Bowdoin College, Brunswick - 8 August '91
402 Finishers

Top Overall Finishers:

1 Robert Winn 1,30-34	32	50:29
2 Mike Lyons 1,19-29	20	51:04
3 Bob Sprague 2,19-29	21	53:47
4 Fred Randall 1,40-44	40	55:12
5 Scott Loomis 3,19-29	19	55:50
68 Mary Ann Doss 1,30-34	31	1:05:01*
69 Kelly B. Rodrigue 1,19-29	27	1:05:07*
78 Ruth Hall (MTC) 2,30-34	33	1:05:32*
92 Gail Turner (MTC) 3,30-34	31	1:06:10*
98 Eileen Dunfey (MTC) 1,35-39	35	1:06:57*

Other Top Division Finishers:

6 Paul Merrill (MTC) 35-39	37	56:37
9 Jim Toulouse (MTC) 2,40-44	43	56:59
18 Guy Berthiaume 45-49	45	58:37
21 Geoff Bates 18 & under	17	59:37
43 Bob Coughlin 50-54	52	1:02:27
64 Russ Connors (MTC) 55-59	59	1:04:47
134 Jane Rau 40-44	41	1:09:11*
186 Carlton Mendell (MTC) 60&+	69	1:13:02
187 Kathleen Jackson 18&under	16	1:13:07*
263 Jean Thomas (MTC) 55-59	55	1:18:44*
304 Heather Higbee 45-49	45	1:22:38*
327 Marcy McGuire 50-54	52	1:24:32*
400 Christine DeTroy (MTC) 60&+	62	1:49:10*

Other Maine Track Club Finishers:

12 Peter Hall	29	57:18
16 Alan Quinlan 2,35-39	35	58:11
17 Gordon Scannell 3,35-39	38	58:30
19 Stephen Fluet	33	59:28
24 Charles Snekvik 3,45-49	48	1:00:04
29 Harry Nelson	37	1:00:40
35 Michael Reali	37	1:01:43
39 John Eldredge	37	1:01:57
40 Sam Merrill	41	1:02:00
50 Bill Sylvester	43	1:03:25
56 Alburn Butler	37	1:04:03
58 Jim Bunnell	33	1:04:15
65 Ronald Deprez	47	1:04:55
74 Ron Cedrone	42	1:05:20
75 Tom Allen	35	1:05:27
79 Bill Fenderson	36	1:05:33
81 Scott Fone	31	1:05:41
89 Andrew Snekvik	19	1:06:06
93 Carl Fogg	43	1:06:10
95 Ed Doughty, Jr.	42	1:06:36
102 Richard Scribner	40	1:07:11
116 Yun Chong	31	1:08:30
123 Thomas Menendez	38	1:08:50
127 Michael Cowell	54	1:08:54



At The Bowdoin & Back
10 Mile Run. Above:
Gary Giffard. Below:
Eileen Dunfey. Left:
Judy Grassi.



Bowdoin & Back, continued:

130 Steven Jacobsen	41	1:09:00
131 James Hazzard	30	1:09:03
132 Maureen Sproul	35	1:09:06*
139 Dominic Reali	48	1:09:21
141 Lloyd LaFountain	29	1:09:30
148 Richard McFaul	47	1:09:52
154 Loren Lathrop	42	1:10:21
155 Gary Giffard	32	1:10:22
162 Bob Hazzard	59	1:10:45
163 Steve Robertson	32	1:10:47
164 Thomas Carll	47	1:10:48
173 Carol Pierce 2,40-44	44	1:11:20*
175 Malcolm Washburn	37	1:11:41
177 Don Rameau	34	1:11:49
188 Thomas Easley	27	1:13:09
196 Michael Cavanaugh	40	1:13:35
202 Stephen DiPalma	35	1:13:47
207 Bill Davenney	46	1:14:11
215 Gerard Salvo	36	1:14:36
221 Russ Bradley 3,60&over	67	1:14:50
224 John Merritt, Jr.	41	1:15:05
228 Richard Robinov	31	1:15:11
242 Jeri Schroeder 3,40-44	44	1:16:47*
248 Sue Daignault	29	1:17:03*
252 Eric Ellis	38	1:17:23
266 Stephen Assante	39	1:18:54
268 Carol Gillis	32	1:19:08*
272 Dan Sobel	43	1:19:29
291 Oscar Cloutier	56	1:21:26
298 Tom Atchison	42	1:21:59
319 Deb Merrill	35	1:23:50*
329 Craig Cunningham	32	1:24:36
339 Robert Wyman	54	1:25:42
340 Patti Tableman	32	1:25:47*
341 Candace Karu	38	1:25:50*
343 Robert Cushman	53	1:26:25
344 Dave Conley	51	1:26:31
346 Nanette Jolicoeur	30	1:26:50*
347 Robert Jolicoeur	54	1:26:51
355 Shells McDonough	19	1:27:54*
356 David Shennan	40	1:27:59
371 Susan Davenney	42	1:30:33*
372 Jane Dolley	43	1:30:34*
378 Sally Paterson 3,50-54	50	1:31:49*
390 Judy Grassi	32	1:37:04*
391 Mel Fineberg	55	1:37:44
393 Fran Brennan	54	1:39:25

Many thanks to Ted Cunningham for
complete results.

Carlton Mendell (Left)
and Yun Chong





Above: Paul & Kathleen DAmboise at the Shawnee Peak Great Mountain Chase.

Below: Jim Toulouse & Rick Krause at Bowdoin

- 6 -

3rd Annual Angie Abraham Scholarship Run
Deering H.S., Portland - 4Mi. - 8/25/'91

Top Overall Finishers:

1 Michael Acwood 1,20-29	20	20:29
2 Patrick Sullivan 1,30-39	30	20:49
3 Roland Thibault 2,20-29	23	21:04
4 Ken Botting 2,30-39	31	21:19
5 George Towle (MTC) 1,40-49	41	21:24
21 Jeanne Hackett (MTC) 1,30-39	32	25:11*
27 Kristin Lindholm 1,19&under 18	25	25:53*
35 Nancy Lund (MTC) 2,30-39	39	26:36*
37 Laurie Nicholas 1,20-29	23	26:42*
38 Connie Hallett	32	27:12*

Other Top Division Finishers:

10 Zachary Laidley 19&under 18	22	22:32
14 Bob Hawkes Wheelchair	69	24:03
15 Philip Pierce (MTC) 50-59	50	24:17
39 Carlton Mendell (MTC) 60&+ 69	27	27:22
50 Jeri L. Schroeder (MTC) 40-49	28	28:32*
78 Dottie Gray 60&over	66	33:07*
87 Ann McDonough 50-59	53	36:17*

Other Maine Track Club Finishers:

12 Dennis Smith	41	23:19
16 Richard Scribner	40	24:26
19 Yun Chong	31	24:58
20 Gary Giffard	32	25:03
26 Dale Rines	39	25:50
28 David Houser	41	26:02
29 George Liming	40	26:07
43 David Shevenell	29	28:07
46 Russ Bradley 2,60&over	67	28:22
66 Wendy Hall PR	26	30:58*
68 Kathleen Duddy	40	31:11*
70 Harry K. Change	51	31:30
76 Linda Richards	28	32:28*
79 Pat Murphy	46	33:29*
81 Mark Clinch	35	34:05
86 Donald Penta	45	36:03
89 Melvin Fineberg	55	36:27
96 Virginia Cross	48	38:25*

(Note: there were 126 finishers in 1991.)

Many thanks to Charlie Scribner for complete results.

NOTE: Fore River 5-Miler Finishers--
80 Women & 125 Men.



At the Angie Abraham Scholarship Run.

Above: Phil Pierce

Below: Mel Fineberg

Left: Dick Douns



**2nd Ann. Fore River Challenge 1/2-Marathon
Portland, ME - 277 Fin. - 8 September '91**

Top Overall Finishers:

1	Eddie Dubord 1,30-34	33	1:21:13*
2	Michelle Veilleux 1,20-29	26	1:26:32*
3	Mary Ann Doss 2,30-34	31	1:28:05*
4	Maureen Sproul(MTC) 35-39	35	1:28:17*
5	Eileen Dunfee(MTC) (2nd)	35	1:29:10*
1	Mike Cook 1,30-34	33	1:09:55
2	Tom Dann (MTC) 2,30-34	34	1:11:25
3	Danny Paul 1,35-39	37	1:12:09
4	Andrew Howard 1,20-29	24	1:13:56
5	Tom McCartay	31	1:14:04

Other Top Division Finishers:

9	Carol Pierce (MTC) 45-49	45	1:35:00*
18	Jean Thomas (MTC) 50-59	55	1:46:10*
28	Betsey Barrett 40-44	40	1:49:40*
6	Jay Jenkins 40-44	41	1:14:31
12	Guy Berthiaume 45-49	45	1:17:15
30	Bob Coughlin 50-59	52	1:22:25
144	Carlton Mendell (MTC) 60&+	69	1:38:30

Other Maine Track Club Finishers:

6	Donna Hubert 2,20-29	24	1:30:35*
15	Katheryn Tolford	36	1:41:59*
19	Lynn Patrick	28	1:46:22*
22	Suelene Houser	28	1:47:09*
23	Carol Gillis	32	1:47:43*
29	Diane Flanders	34	1:49:40*
32	Diana Laskey	31	1:51:14*
37	Nanette Jolicoeur	30	1:55:47*
40	Sally Paterson 2,50-59	50	2:02:35*
41	Beverly Doughty	40	2:09:24*
46	Jenny Kim	50	2:36:40*
7	Gordon Scannell 2,35-39	38	1:15:00
10	Jim Toulouse	43	1:17:03
13	Alan Quinlan	36	1:18:02
16	Harry Nelson	37	1:19:19
23	Charles Snekvik 2,45-49	48	1:21:18
24	Brian McCrea	31	1:21:26
28	Michael Reali	37	1:22:11
33	Kurt Nielsen	36	1:23:49

Fore River Challenge 1/2-Marathon, cont.:

38	Jim Bunnell	33	1:25:15
39	Bill Sylvester	44	1:25:30
41	Carl Fogg	43	1:25:58
42	Alburn Butler	37	1:26:14
45	Tom Allen	35	1:26:30
49	Ronald Deprez	47	1:28:00
51	Ron Cedrone	42	1:28:08
54	Dick McFaul	47	1:29:06
57	Scott Fone	31	1:29:25
63	Larry Barker	42	1:29:53
94	Lloyd LaFountain	29	1:32:45
96	Yun Chong	31	1:33:24
99	Gary Giffard	32	1:33:54
100	Mark Finnerty	32	1:34:11
101	Edison Doughty, Jr.	42	1:34:11
112	Loren Lathrop	42	1:35:18
119	Malcolm Washburn, Jr.	37	1:36:04
121	Gerard Salvo	36	1:36:20
127	Dominic Reali	48	1:37:33
139	James Hazzard	30	1:39:24
142	Michael Cowell	54	1:39:37
151	Russ Bradley 2,60&over	67	1:41:27
153	Orlando Delogu	54	1:41:46
154	Thomas Easley	27	1:41:51
155	Jeff Thaler	38	1:41:52
163	Stephen Assante	39	1:42:52
176	Frank Morong	58	1:45:45
182	Charles Iselborn	34	1:47:05
190	Thomas Carl	47	1:48:37
191	Michael Cavanaugh	40	1:48:44
195	Dan Sobel	43	1:49:50
201	Oscar H. Cloutier	57	1:51:35
202	Rick Meinking	30	1:52:15
210	Robert Wyman	54	1:55:47
213	Mark Doucette	29	1:56:39
216	Daniel Gray	34	1:57:36
217	Larry Dyer	47	1:58:42
218	David McMahon	34	1:59:10
223	Everett Moulton	45	2:06:59
225	Dave Shennan	40	2:09:24

(Totals: 46 Women & 231 Men)

Many thanks to computer operator Ruth Hefflefinger for complete results!

**Fore River Challenge Five Miler - 205 Fi.
Portland, ME - September 8th, 1991**

Top Overall Finishers:

1	Sally Perkins open	28	30:11*
2	Jeanne Lamontagne(MTC) 20-29	28	33:33*
3	Elisabeth Gendron(MTC) (2nd)	28	33:48*
4	Deb Merrill (MTC) 1,35-39	35	34:31*
5	Nancy Kneeland (MTC) 2,35-39	36	34:34*
1	David Weatherbie open	23	26:32
2	Andrew Black 1,20-29	29	26:52
3	Roland Thibault 2,20-29	23	27:11
4	Bob Payne 1,50-59 (MTC)	53	29:22
5	Sam Merrill (MTC) 1,40-44	41	29:38

Other Top Division Finishers:

6	Connie Hallett 30-34	32	34:49*
8	Brigitte Edquid (MTC) 40-44	43	35:48*
19	Joan Lausier 45-49	47	40:00*
29	Sara Libby 16&under	14	41:50*
47	Alicia Harding 50-54	51	45:32*
6	Walter Crockett 30-34	32	29:41
8	Bill Fenderson (MTC) 35-39	36	29:58
20	Bob Hazzard (MTC) 55-59	59	32:53
21	Tony Jones 16&under	15	32:59
27	Michael Beaudoin 45-49	48	33:20
42	David Volin 17-19	19	34:53
93	Herb Strom (MTC) 60&over	62	40:39

Other Maine Track Club Finishers:

11	Jeri Schroeder 2,40-44	44	37:01*
13	Patty Medina	33	37:50*
23	Kathleen Duddy	40	40:45*
27	Wendy Hall	26	41:21*
28	Linda Richards	28	41:32*
34	Jane McCrodden	37	42:34*
41	Larissa Sylvester	43	44:14*
43	Theresa Finnerty	30	44:23*
55	Deborah Poore	42	51:01*
59	Jennifer Alpern	8	61:45*
60	Deborah Alpern	41	61:46*
63	Laura McMahon (Walker)	14	67:52*
70	Kate McMahon (Walker)	12	76:51*

More Fore River 5 Miler::

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

Fore River Five Miler, continued:

22	Mark Giroux	22	33:00
24	Lee Allen	36	33:09
25	Ray Shevenell	50	33:11
28	Dale Rines	39	33:23
29	Dana Sequin	37	33:46
32	Dick Lajoie	51	34:07
35	George Liming	40	34:16
36	Larry Mead	38	34:26
46	James DiVirgilio	34	35:24
70	David Shevenell	29	38:00
76	Lloyd Cook 2,55-59	57	38:39
90	Harvey Rohde	49	40:10
95	Paul D'Amboise 2,60&over	61	41:15
122	James Carroll	82	54:10

A portion of the entry fee from each 5-mile runner or walker participant will be donated to the Portland Park & Rec. Dep't.'s maintenance of the Back Cove fitness path.

Many thanks to Maine Track Club Tech. Race Committee Chair Charlie Scribner for complete results,

**1991 Standish Festival 3.4 Miler - 41 Fi.
Standish, Maine - June 29, 1991**

1	Dennis Croteau	18:09
2	Greg Parlin	19:01
3	Brian Staples	19:58
4	Christopher Osterrieder	20:06
5	Skip Ford	20:20
8	Bradford Davis (MTC)	20:53
9	Sylvie Charrault	21:05*
10	Wanda Binette	21:15*
12	Deb Merrill (MTC)	21:24*
13	Emily Glatz	21:43*
15	Maureen Sproul (MTC)	22:12*
16	Rocco Corsetti (MTC)	22:24
20	Brigitte Edquid (MTC)	22:58*
21	Gail Waitcun (MTC)	23:35*
25	Sandra Wyman	24:59*
27	Larry Dyer (MTC)	25:36
28	Ambrose Berry	25:58
29	David Conley (MTC)	25:59
30	Jane McCrodden (MTC)	26:37*
35	Donald Penta (MTC)	28:28

Many thanks to Race Director John M. Wilkinson for complete results.

NEW MEMBERS

NAME & ADDRESS	TELEPHONE	OCCUPATION	AGE
Dwight Blease Casco Bay Podiatry 10 Cushing Street Brunswick, ME 04011	W725-2800	Podiatrist	
James Boisvert 4 Shady Ln. Old Orchard Beach, ME 04064	H934-1825	Teacher-Biddeford School Dept.	34
Tony D'Amelio 10 Walkers Ridge Drive Sanford, ME 04073	W324-7481	Electrical Engineer Whitman & Howard	39
Mary & Tom McCarthy 340 Promenade East #232 Portland, ME 04101	H773-3176 W775-6001-T	Link Performance & Recovery Physiologist Moon, Moss & McGill-Attorney	30 31
Robert Moyer 20 Baston Road Cumberland Ctr., ME 04021	H829-5197 W786-6182	Professor - Bates College	46
Mary Peterson P.O.Box 15020 Portland, ME 04101	H767-5350 W772-3004	Sales Rep. - MCI	30
Ken Simpson 70 Forest Ave. YMCA #326 Portland, ME 04101	H874-1111 W775-8741	Computer Clerk - Dunhill Systems	42

UPCOMING EVENTS

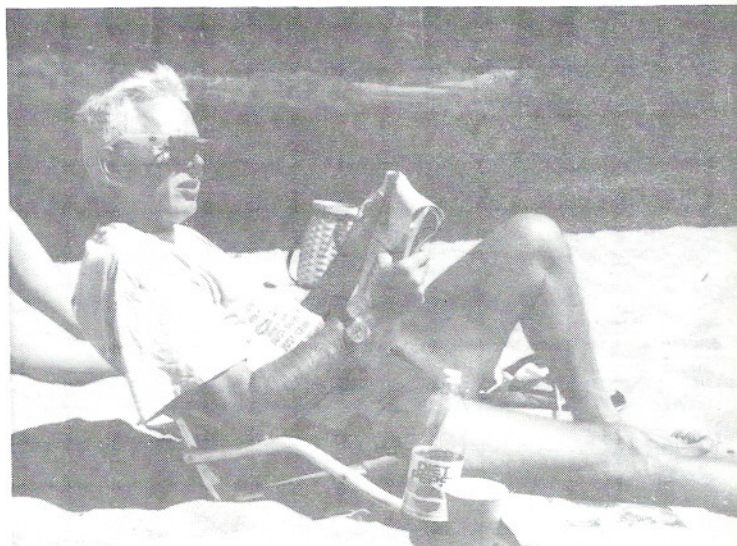
Saturdays:

Fresh Pond Runs (2½ & 5M); 10AM;
Cambridge, MA; Fred Brown, (617)
391-1899.

October:

- 12 **Maine Track Club 50 Miler**; Middle Bay Road (off Route 123 near Harpswell line), Brunswick; 7:30 AM; Al Utterstrom, 19 West Circle, West Falmouth, ME 04105-1110, 797-4710 evenings.
Mahoosuc Arts Council's 4th Sunday River Hike/ Walk/ Run; 3 Miles; South Ridge base, Sunday River Resort, Bethel; 10:15AM; Grand Finale (#6) of Key Bank Peak-to-Peak Maine Alpine Running Series; \$10/\$12 post entries; Sunday River Ski Resort, Hike/Walk/Run, PO Box 450, Bethel, ME 04217 or Wendy at 824-3000.
Run of the Irish 5 Mile; Caravel Middle School, Carmel; 10AM; \$6 entry/ \$7 post; Kevin Vickers, 848-3601 or Central Maine Striders, P.O. Box 1177, Waterville, ME 04901.
Limestone Autumn Classic 5K; 10AM; Limestone; Peter Cuff.
- 13 **The Citibank United Way 10K**; Tennis of Maine, 196 Route One, Falmouth; 10AM; 1991 RRCA Maine 10K Champ.; Cash awards to \$100, Awards 5-deep in 12 divisions; \$10 entry/\$12 post; Phil & Rae Pierce, 781-3769 or Maine Track Club, P.O. Box 8008, Portland, ME 04104.
Highland Gold 10K; Highland Lake Beach, Bridgton; 12 Noon; Beautiful challenging certified course; \$8/\$9 post; Steve Collins, 17 Highland Road, Bridgton, ME 04009, 647-2196.
8th Downeast 4 Mile Classic; Sanford Springvale YMCA, Sanford; 11AM; \$7/\$9 post; Richard L'Heureux, P.O.Box 1340, Sanford, ME 04073 or the YMCA at 324-4942.
Aspirations 10K; University of ME, Orono; 10AM; Jerry Ellis, 942-3582.
Rockland Biathlon Classic; (R:10K, B: 20M); Johnson Memorial Park, Route 117, Rockland; 8:30 AM; Trade Winds Health Club, 2 Park View Drive, Rockland, ME 04841 or Harry Schmitke, 596-6889.
Nute Ridge Half Marathon; Town Hall, Farmington, NH; 1PM; \$8/\$10 post; Linda Ghareeb, (603)755-2405 or (603)673-8283.
Taylor Wineglass Marathon; Taylor Winery, Hammondsport, NY; 10AM; Allen Togut, Taylor Wineglass Weekend, Box 98, Corning, NY 14830-0900, (607)936-9971.

- 14 **Tufts Health Plan 10K for Women**; Boston Common, Boston, MA; 11AM; \$10/\$12 post; Meg Crowley, Conventures, Inc, 250 Summer Street, Boston, MA 02210, (617)439-7700.
- 19 **6th Fryeburg Academy Homecoming Hustle 5K**; Fryeburg Academy Track; approx. 2:30 PM; Free Entry!!; Alumni Office, Fryeburg Academy, Fryeburg, ME 04037 or 935-2001.
6th Green Mountain Marathon/½ Mar.; Folsom School, So.Hero, VT; 8:30AM; \$20/\$15; Howie Atherton, PO Box 209, Huntington, VT 05462, (802)434-3228.
- 20 **3rd Pinetree Marathon**; Thomas College, West River Road, Waterville; \$15 entry; Central Maine Striders, P.O.Box 1177, Waterville, ME 04901 or Jerry Saint Amand, 873-6753; 9AM.
Lifetime Marathon (& ½Mar.); Gr. Lowell (Mass.) Voc. H.S.; John Meehan, (508)957-3178; 8AM.
- 26 **New England Corporate X-C Champs**; Great Brook Farm State Park, Carlisle, MA; 10AM; Sue Smith, (508) 655-6270.
GMAA 50 Miler (& 5X10M Relay); Essex Elem.S., Essex Ctr., VT; Bill Everett, (802)879-1687.



Marine Corps Gathering

Are you part of the MTC volunteer forces participating in the Marine Corps (Corpse?) Marathon? More than two dozen club members will be traveling south to run or watch this Nov. 3 marathon. Let's bring the Maine platoon together formally before the race. Let's plan to meet at 4:30 p.m. Saturday, Nov. 2, in the lobby of the Sheraton National, the headquarters hotel (and packet pick-up point). We can pose for a group portrait, wish each other luck and perhaps participate in a little hops-loading or Bud-doping. Also, we will plan to have the MTC banner at the start and finish of the event so that we can congregate race day. Any questions? Call Bill Stuart at 799-5961.

Missing Equipment

What do I have in common with a banana? We both have a peel. Here is my appeal: The race committee is trying to round up **missing equipment**. We recently had to purchase more than \$300 worth of water jugs, flags and vests to replace supplies that never were returned after races. As these items have little value outside of a race context (plastic orange vests have the sex appeal and comfort of a leisure suit, for example), we assume that they have been tossed in the bowels of members' garages or basements. If you have any MTC flags, vests, blue water jugs, stop watches, clip boards or other equipment, please call Charlie Scribner at 772-5781 or Bill Stuart at 799-5961 to arrange to reunite these lost members with the rest of their siblings. Thank you.

Upcoming Events, continued:

- 27 Great Pumpkin 10K; TENTATIVE; Camp Ellis, Saco; Ken Dion, 45 Old Salt Road #10, Old Orchard Beach, ME 04064; 934-2242.
White Mountain Milers 6th Half Marathon; North Conway (NH) Comm. Ctr; 10AM; Gary Howard, Box 1999, Conway, NH 03818; (603)447-1974.
Cape Cod Marathon; PO Box 699, West Falmouth, MA 02574, (508)548-0348.
Chowder Run 5K; Mike Sullivan, York Rec. Dept., PO Box 9, York, ME 039-09, 363-2723.
Chicago Marathon; Mayor Daley Plaza, Chicago; \$20; Old Style Marathon, 223 W.Erie St., Chicago, IL 60610, (312)951-0660.

November:

- 3 Delta Dental of RI Marathon; Rogers H.S., Newport, RI; 9:30AM; \$21 until 10/15, \$24 post; Delta Dental of Rhode Island Marathon, c/o Meredith Nelson, 80 Lincoln St., No. Kingstown, RI 02852, (401)885-1382.
Marine Corps Marathon; Iwo Jima Memorial, Washington, D.C.; 9AM; Marine Corps Marathon Office, P.O. Box 188, Quantico, VA 22134, (703) 640-2225 or (703)690-3431.
NYC Marathon; Entries Closed; 10:47 AM; Broadcast on ABC TV.
10 Alamo Alumni Run; Christian Herter Park, Boston; 11AM; Image Impact, 4 E.89th St. N.Y., NY 10128; (212) 289-3011 or NEAC, (617)396-3001.
12th Columbus Marathon; High & Spring Streets, Columbus, Ohio; 9AM; TAC/USA Mar. Champ.; Columbus Marathon, P.O. Box 26806, Columbus, OH 43226; (614)433-0395.

Please verify above listings with race contacts!!



MTC Members at the Timeclock Workshop

MEMBERSHIP MEETING

MAINE TRACK CLUB MEETING SEPTEMBER 11, 1991

Speaker for the evening was Dr. Dwight Blease of Casco Bay Podiatry on Understanding and Caring for Sports Injuries. Approximately 65 people attended.

Rock Green also spoke about his 24 Hour Run to Cure Aids on September 21st. Volunteers are needed.

New members and guests included Bill Fender-son, Cindy from Alaska, Stoddard Chaplin, Bob Moyer, Reggie Sargent, Laurie Quint, Terry Wiley, John Gallagher, Tom & Mary McCarthy, John Chase, and John LeRoy's stepdaughter, Susan. Welcome!

President Peter Bastow, also co-director of the Fore River Challenge, thanked all volunteers and runners. Openings for officers for 1992 include Secretary and Vice-President.

Vice-President Sumner Weeks reported that Olympic athletes are lined up for speakers at the next two meetings.

Secretary's report was approved from the June meeting. Thank you note from Bruce Ellis Memorial Campership recipient will be in newsletter.

Treasurer's report shows a balance of \$5516.90 as of Sept. 5th. Rick Strout is serving as treasurer pro tem while Rob Laskey is in Washington.

Clothing was shown by Mel Fineberg. Special order gym bag available by forms supplied to all members.

Races The Fore River Challenge raised \$1600 for the Back Cove Path. Race Previews were given on the Bud Light 5k, Citibank United Way 10K, Physical Therapy 8K, MTC 50 Miler and Shop n' Save Turkey Trot 10K & 5K. Tom Clemence has extra Marine Corps Marathon applications (781-5122)

Phil Pierce completed the Wasatch Trail 100 mile race in 32 hours and 51 minutes, enduring serious difficulties. He will be writing about it soon.

Pre-meeting runs will be hosted by Herb Strom if there is interest. Call Herb 799-7705.

A donation of \$200 was approved by vote of those members present to go to **David Crawford**, U.S. Masters Triathlon Champion and MTC member, toward expenses for the World Triathlon Championships in Australia this fall.

Also approved by the membership was a donation of \$100 to the **24 Hour Run to Cure Aids** and an effort to have a Maine Track Club Relay Team for this event. Rick Meinking will coordinate the relay team recruitment.

Don Bessey won the 50/50 raffle.

Respectfully submitted,

Susan Davenney
Susan Davenney
Secretary

THANK YOU FROM BRUCE ELLIS MEMORIAL CAMBERSHIP RECIPIENT

Thank you for such a great opportunity. I had so much fun and I met a lot of nice people. I'm glad that I was awarded the Bruce Ellis Memorial Scholarship.

I learned so much at Colby and I would like to thank Jim Wescott, Michelle Severance, Karen Kilmer, and the rest of the staff.

I enjoyed all of the activities and also the talks about improving yourself. I was taught many new things and I'm sure they will help me in future running. Thanks again for everything! I had a great time and it meant a lot to me to be given this scholarship. I'm planning on going to the camp next year.

Thank you!
Robin Bates
Winslow, ME



PRE-MEETING FUN RUNS

Past President Herb Strom has offered to arrange a run and use of the SMTC showers before the club meetings. The run would begin at 5:30pm. Call Herb if you are interested, 799-7705.

FROM GREECE TO LANOLIN

The following article appeared in the Kaman Industrial Technologies Newsletter about MTC member Willie Emerson.

Last October, we told you about Willie Emerson, professional account manager for Auburn, Maine. At that time, Willie was on his way to Greece to run in the famous race from Marathon to Athens. He placed 39th out of 1,250 runners, and was the first of 90 Americans to cross the finish line. But, he injured his ankle during the race and had to give up running for nearly three months.

Not one to sit idle, Willie began looking for a new sport that would offer the same challenges without causing further damage to his ankle. Swimming was the obvious answer, and before long, he began thinking of the next goal he would set for himself.

Willie returned to his native town of Long Lake, New York, this summer for the challenge of a lifetime -- to be the first ever to swim the 14-mile length of Long Lake. Willie first conceived the idea as a memorial for his father, a life-long resident of Long Lake who passed away in March. He also decided to use the swim as an opportunity to raise money for the Long Lake Emergency Rescue Squad.

Willie made his first attempt on July 1, but cold temperatures and an extreme headwind kept him from finishing. On August 23, he tried again, and after 10 hours and 45 minutes, he reached the opposite side of the lake. "I started out at 6:07 am and finished at 4:50 pm. I rested periodically by holding onto the side of the support boat that followed me throughout the swim."

To keep his stamina up, Willie ate peaches, plums, bananas and baked potatoes during his rest periods and also drank herb tea with honey. "To keep warm, I wore a nylon/lycra suit that covered my whole body with a sleeve-less wet suit over it. I coated the areas not covered by the wet suit with lanolin to act as an insulator and also to protect me from the sun. Also, drinking hot tea was essential to keep my body temperature normal. Using an SKF thermometer, my support team made sure the tea was between 135 and 140 degrees--the hottest temperature I could drink. The tea acted like a hot water bottle in my stomach."

Through his momentous swim, Willie raised \$1,000 for the Emergency Rescue Squad and will forever be remembered as the first person to swim Long Lake.

Congratulations Willie!



RUNNING AND THE INFINITE UNIVERSE

Last week I was out walking Mr. Spots around the back cove when it occurred to me that in our imagination we can go anywhere and do anything. We can even visualize our Universe as having some kind of finite shape, and we can imagine traveling to the edges of it. But my imagination is baffled by the problem of what lies beyond the edge of this bounded Universe. Boundless nothingness? I think most of us expect there to be an end or an edge even to nothingness. Well, for me it's as hard to imagine boundless nothingness as it is to imagine and endless Universe. Being a finite human, homo absurdus as it were, I have trouble imagining nothingness, period. So, I'm figuring that the Universe has no edge. It, as it were, goes on forever. FOREVER. And this immediately puts us in the realm of time. So what has this got to do with running? Imagine sitting down in your favorite chair while reading the latest MTC newsletter. Though you're actually sitting still, time is indeed passing. But when you're just sitting there, time really seems to lack substance. What is it, anyway? If time actually constitutes a realm, it must have some kind of substance, or being, eh what? Well, I don't know. But I have a theory, called The Mr. Spots Theory of Infinite Mobility. In a nutshell, or a kibble dish, if you will, WE ARE TIME. Because we are in motion, as is the Universe. As we run, we are pushing a little bit of time ahead of us and sucking a little bit of it in our wake, so that as we run, time is inseparable from our existence. (We already knew that.) But it is our existence which has created time in the first place. So, not only does our Universe go on forever, we, as long as we "keep on runnin'," go on forever, as well.

Richard Holleman



CLASSIFIEDS

Looking for someone to share accommodations at the Eastern Slope Inn for the White Mountain Milers Half Marathon, Sunday, October 27. The rate is \$60 per room, double occupancy (\$30 per person, plus tax). I'll be staying Saturday night only, October 26. Call Ed Patton 879-0859.

WANTED TO BUY: Used racing stroller with two seats. Please call Cindy Aiken at 846-6030.

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)

Note: Applications received after Sept. 30 are good through the following year.

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 _____ 9-Digit Zip Code* _____

Employer _____ Occupation _____ Phone _____
 Employer _____ Occupation _____ Phone _____

If Student: School _____ Year of Graduation _____
 If Student: School _____ Year of Graduation _____

*Please include 9-digit zip code to ensure newsletter delivery. If you do not know your zip, please consult a utility bill.

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

1991 Officers and Committee Chairpersons

Peter Bastow	President	829-3669	John Gilliss	Course Certification	879-0222
S. & C. Weeks	Vice-Presidents	774-7302	Dale Rines	Course Certification	854-2481
Susan Davenney	Secretary	772-1787	Maureen Sproul	Photography	926-4681
Rob Laskey	Treasurer	729-4104	Ruth Hefflefinger	Membership	797-4625
Charlie Scribner	Race Committee	772-5781	Bill Stuart	Past President	799-5961
Candace Karu	Newsletter	967-4258	Melvin Fineberg	Clothing	774-8868
Barbara Coughlin	Member at Large	799-0463	Don Penta	Statistician	892-4526
Carelton Mendell	Member at Large	797-7806	Rick Strout	Member at Large	829-3216
			D.&E. Moulton	Refreshments	799-2894

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

Al Farris & AB Properties, Inc.
 Carol Pierce
 Widgery & Jonnie Thomas

SPONSORS

Clyde & Patricia Coolidge
 John Woods
 Mel Fineberg
 Maggie Soule
 Richard & Nancy Lemieux
 Malcolm & Adrienne Kidd
 Cynthia Smith