

Maine Track Club

October 1992

Run with a friend...



NEXT MTC MEETING
Wed. October 14-7:00 pm
SMTC - Machine Tool Aud.

LYNN JENNINGS!

That's right folks; just when you thought all hope was lost, Lynn Jennings has again agreed to speak to the Maine Track Club. (Peter Bastow, take note.) Vice President Tom Dann has been in contact with Lynn and she is excited about coming to our October meeting. In addition, Lynn's husband, Dave Hill, an excellent runner himself, will speak a little about life with a world-class athlete. This is one meeting you won't want to miss.

As usual, the business meeting will follow after the evening's presentation.

FROM THE PRESIDENTS

The September Maine Track Club meeting was well attended. The discussion topic concerned "Running and Safety," and our guest speakers were Portland Chief of Police, Michael Chitwood and Officer Gary Agger.

On the positive side, it is helpful to know that incidents of violence against runners are relatively rare occurrences in Maine. We are fortunate to live in a state where we can all run without being hassled, most of the time. However, infrequent attacks of violence toward runners and especially female runners do occur.

Police Chief Michael Chitwood and Officer Gary Agger outlined some precautions that could prevent a possible attack. These included the following:

1. Run with a friend or a group rather than alone.

2. Change your route so as not to always run the same one.
3. Run during daylight hours if possible.
4. Be alert and carry yourself in a way that represents assertiveness.
5. Run on routes that are well traveled.

It is unfortunate that we live in a society where we need to protect ourselves in this manner. Some important questions remain. Why does this form of violence occur at all? Why are females so frequently the victims of this form of violence? Is there something more that we can do to address this problem in its earliest stages?

When our running safety is threatened it can take the joy that we find in our sport away. The problem is one that affects both men and women. We welcome your input and ideas.

Good running to you all,
Sumner & Carol Weeks

FROM THE EDITOR

As many of you know, this the last time I will edit the MTC Newsletter. This has been an experience that I will always value, one that has taught me more than I can tell you. Not only has this involved me with the great people of the Maine Track Club; it has also taught me lessons about the importance of teamwork, flexibility and patience. I would like to thank all the people who helped me get this Newsletter out over the years, most importantly Bill Stuart, Don Penta, Susan Davenny and Maureen Sproul. Without many members of the track club, there isn't any Newsletter.

This brings me to a point that
 (continued inside)

MAINE TRACK CLUB MEETING
September 9, 1992

OUR PROGRAM: Portland Police Chief Michael Chitwood and Officer Gary Aggar spoke to us on the Do's and Dont's of running safely. As was pointed out by both speakers, most situations are best dealt with by using common sense. Approximately 50 people attended.

PRESIDENT'S REPORT: A welcome back was issued by Sumner after a long absence of membership meetings. Highlights of summer races and personal accomplishments were mentioned, along with some experiences from the lighter side from several of our members!

Correspondance was read by Carol from MTC Scholarship winner Katherine Chabot.

After calling for nominations for the RRCA 2000 hr. Volunteer Award, it was pointed out that this was not the way it was orginally meant to be handled. A motion was made and carried that this mater be returned to the Board to be resolved.

Sumner next pointed out that items are desperately needed for the fall auction! Anyone wishing to donate items are asked to contact any of the following committee members: Reggie Sargent, Laurie Quint, or Sumner Weeks.

Concerning the MTC Newsletter, John LeRoy, club member and publisher of Mainely Running Magazine, had at one time given some thought to combining the two publications; however at this time a proposal is not imminent. Also brought to light was the fact that the Newsletter has grown in size since it's inception and may not necessarily need to continue in this direction, still, no one stepped forward with interest in taking over, even on an interim basis.

RACE COMMITTEE REPORT: Charlie gave us a presentation on a piece of race equipment the committe is proposing the club purchase. After comments by other committee members on the necessity of maintaining quality equipment, a motion was made and passed to purchase a new timer.

Marathon update: As of 9-2-92 we have 375 entrants in the two races. Thanks went out to the coordinators of the various committees. There is still a need for volunteers. Some workable problems arose and were discussed. Overall, things are progressing well.

VICE PRESIDENT'S REPORT: Tom is still promising us Lynn Jennings sometime this calendar year. Dare we hope?!

As mentioned earlier, the auction will be held on Nov. 11, 1992.

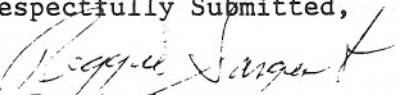
TREASURER'S REPORT: The report was given and high-lighted by the fact that there are back management fees due.

OLD BUSINESS: N/A

NEW BUSINESS: In addition to previously given Race Committee Report, another meeting will be scheduled in the near future. Mention was made of upcoming races by thier respective directors.

Long time member Tom Peterson joined us tonight with invites to Hawaii to run the Honalulu Marathon!

Respectfully Submitted,


Reggie Sargent



RUN TO OUR NEW LOCATION FOR THE MAINE TRACK CLUB'S POT LUCK SUPPER & AUCTION!

Due to unforeseen circumstances, we are unable to hold the November Pot Luck Supper and Auction at the North Deering Congregational Church as announced in last month's and this month's Newsletter.

We now have a new location for this event - don't forget to change your calendars!

MTC POT LUCK SUPPER AND AUCTION Wednesday, November 11 Cumberland Congregational Church Blanchard Road & Route 9 6:00 Pot Luck Supper Auction to Follow

Join us for this exciting evening of fun, food and finance as we gather for this Annual event during our November meeting. All members are asked to solicit at least one item for auction, the proceeds of which will benefit club activities such as the Youth Running Program, Scholarships, equipment and more. Please call Carol or Sumner Weeks with your donated items.

The Pot Luck Buffet Supper will begin at 6:00 pm and you are asked to bring the following items:

A-H Salads (pasta or Veggie)

I-P Entree

Q-Z Dessert

Drinks will be provided and the Auction will follow the Pot Luck. Bring your family and don't miss this special evening!

RACE RESULTS

1992 July 4th L.L. Bean 10K - 398 Fin.
Freeport, Maine - July 4th, 1992

Top Overall Finishers:

1	Jeremy King 1,open	28	32:38
2	James Doane 2,open	34	33:47
3	Scott Loomis 3,open	20	33:51
4	Jeremy Howard 1,19&- TAC	15	33:55
5	Jim Sturges 1,40-49	43	34:32
7	Joan Samuelson (H.MTC) TAC	35	34:55*
47	Sue Hawkins 2,open	30	38:56*
53	Cynthia Moreshead 3,open	18	39:21*
60	Julie McGee 1,30-39	32	39:42*
70	Sue Whittier 2,30-39	34	40:01*

Other Top Divisional Finishers:

8	Peter Ronco 20-29	22	35:03
36	Doug Ludewig 50-59	52	37:54
74	Hap Hazzard 60&+ (MTC) TAC	60	40:18
82	Rhonda McCrea 20-29	27	40:44*
117	Kathleen Jackson 19&under	17	42:07*
131	Joan Lavin (MTC) 40-49	44	42:50*
317	Nancy Baker 60&over TAC	61	53:03*
371	Alicia Harding 50-59	51	57:58*
333	Sally Amory TAC	66-67	54:06*

Other Maine Track Club Finishers:

6	Stephen Fluet FIRST,30-39	33	34:38
30	John Eldredge	37	37:25
33	Michael Reali	38	37:31
34	Tom Menendez	38	37:39
37	Terry Clark	48	38:06
39	Bill Devou	43	38:10
42	Ron Deprez	48	38:31
48	Alburn Butler	38	38:57
54	Tom Allen	36	39:21
63	Clyde Coolidge	53	39:48
72	Larry Barker	43	40:14
81	Steven Jacobsen	42	40:37
92	George Liming	41	41:06
93	Muzzy Barton	40	41:09
105	Robert Moyer	47	41:40
106	Ira Cohen	39	41:40
111	Christopher Rolfe	29	41:47
127	Maureen Sproul	36	42:33*
128	Walter Webber 2,60&over	61	42:41
130	George Campbell	45	42:49
133	John Rolfe	38	42:54
138	Bob Jolicoeur	55	43:07
146	William Sproul	34	43:30
157	Rosalyn Randall 2,40-49	42	43:48*
161	Dale Rines	40	43:54
164	Rocco Corsetti	44	43:58
166	Brigitte Edquid 3,40-49	44	43:59*
171	Gerard Salvo	37	44:05
179	John Merritt	42	44:24
188	Charles Iselborn	35	44:45
196	Russ Bradley 3,60&over	68	45:29
197	Richard Scribner	41	45:38
199	Kathryn Tolford	37	45:50*
214	Betty Barber	35	46:18*
218	Joan Lee	38	46:25*
233	Patti Tableman	33	47:19*
241	Reggie Sargent	46	47:55
271	Tom Atchison	43	49:18
272	Barbara Coughlin	49	49:20*
273	Jane Dolley	44	49:22*
302	Richard Cavanaugh	59	51:20
329	Loren Lathrop	43	53:37
338	Nancy Lovetere	48	54:14*
351	John Kendall	42	55:14
373	Wayne Newland	54	58:27
375	Sally Paterson	50	58:50*
377	Patricia Clark	32	59:02*
391	Albert Farris	44	62:26
392	Robert Wyman	55	62:30
396	Ruth Hefflefinger 3,60&over	63	63:53*

Many thanks to Mainely Running for complete results to the L.L. Bean 10K and to Doc's Tavern 3 Miler!

16th Annual Bridgton 4 on the 4th - 913 f.
Bridgton, Maine - July 4th, 1992

Top Open Finishers:

1	Gerry Clapper	31	19:20
2	Rusty Snow	22	19:23
3	Bob Winn	33	19:28
4	Art Sorrell	32	19:36
5	Jeffrey Young	22	20:03
33	Julie Peterson	32	22:07*
37	Kathy Tracy	25	22:23*
38	Charlotte Thomas	35	22:32*
40	Susannah Beck (MTC)	24	22:50*
47	Sally Perkins	29	23:07*

Top Divisional Finishers:

6	Greg Hale 19-29	29	20:07
8	Mick Grant 30-39	33	20:10
19	Tim Livingston 14-18	18	21:29
20	Ralph Fletcher 40-44	41	21:35
61	Wanda Binette 19-29 (MTC)	26	23:41*
62	Bob Payne (MTC) 50-59	54	23:44
67	Roger Foster 45-49	45	24:04
93	Pete Broomhall 11-13	13	24:45
96	Jamilyn Dunn 30-39	30	24:52*
163	Carol Weeks (MTC) 40-44	43	26:24*
215	Stacy Reilly 14-18	18	27:32*
227	Faye Gagnon 45-49	47	27:51*
283	John Chandler 60-69	65	29:11
306	Carlton Mendell (MTC) 70&+ 70	29	29:33
307	Mike Vernon 10&under	8	29:36
325	Kelly Riley 11-13	11	29:59
365	Maggie Solomon 50-59	58	30:47*
492	Bess Kargman 10&under	10	33:28*
616	Jean Miller 60-69	61	36:08*
846	Margaret Sawyer 70&over	78	49:58*

More Maine Track Club Finishers:

13	Tom Dann	35	20:49
41	Sean Keough	36	22:53
56	Dennis Smith	42	23:27
70	Joe Richards 2,45-49	48	24:11
99	Phil Pierce	50	24:55
102	David Cate	24	24:59
121	Michael Towle	44	25:22
133	Sumner Weeks, Jr.	43	25:43
136	Andy MacLean	30	25:46
145	Bradford Davis, Jr.	37	25:57
164	Carol Hogan 2,40-44	41	26:25*
166	Richard Gifford	45	26:26
182	Gary Powers	31	26:49
189	Dave Paul	47	26:59
200	Stephen Assante	40	27:10
224	Greg Parker	34	27:49
232	Nancy Kneeland	37	27:57*
253	Dan Hogan	41	28:29
269	Malcolm Washburn, Jr.	38	28:47
292	Paul Alpert	57	29:19
357	Marla Keefe	38	30:35*
368	Lori Towle	19	30:59*
408	David Conley	52	31:48
430	Don Kent	39	32:14
437	Richard Holleman	55	32:27
474	Linda Richards	29	33:03*
485	Jean Thomas 2,50-59	56	33:23*
524	Donald Johnson	61	33:56
528	Sandy Utterstrom	48	34:01*
595	Bob Cushman	54	35:39
596	Warren Wilson	58	35:39
643	Jessica Parker 3,10&under	9	36:41*
662	Sherry Carll	45	37:15*
683	Jack Oppen	59	38:16
723	Judy Grassi	33	39:28*
743	Pat Buckley	54	40:08*
767	Deb Merrill	36	41:30*
768	Donald Penta	46	41:30
782	Virginia Cross	49	42:11*

These were compiled from official results published in September issue of Mainely Running. Also: many thanks to Co-director Jay Spenciner for complete results.

4th Annual Angie Abraham Scholarship Run
Portland, Me - 4 Mi. - 106 F. - 8/23/'92

Top Overall Finishers:

1	Ryan McCalmon 1,open	16	20:54
2	Ken Botting 2,open	32	21:07
3	Sean Keough 3,open	37	21:17
4	Roland Thibault 1,20-29	26	21:25
5	Joe Boardman 2,20-29	26	21:56
14	Christine Reaser 1,open	26	24:15*
24	Carol Weeks (MTC) 2,open	43	25:14*
31	Laurel Valley 3,open	29	25:56*
33	Mary Martin 1,30-39	35	26:06*
41	Connie Hallett 2,30-39	33	26:46*

Other Top Divisional Finishers:

6	Kevin Gile 30-39	37	22:31
10	Matthew Lewis 19&under	18	23:06
11	Guy Roberge 40-49	41	23:13
15	Arnie Green 60-69	60	24:23
26	Bob Hawkes wheelchair	70	25:39
28	Ray Shevenell (MTC) 50-59	51	25:44
42	Nancy Lund (MTC) 40-49	40	26:49*
62	Carlton Mendell (MTC) 70&+ 70	29	29:37
96	Bonnie McGarvey (MTC) 50-59	51	40:58*

Other Maine Track Club Finishers:

21	George Liming	41	24:57
22	Kevin Gordon	38	24:59
25	Ira Cohen	39	25:27
32	John Rolfe	38	25:58
34	Rocco Corsetti	44	26:19
39	Bob Jolicoeur	55	26:39
43	Richard Scribner	41	26:50
45	Rick Gifford	45	27:08
52	Russ Bradley 2,60-69	68	27:58
58	Suelene Houser	29	29:22*
66	Herb Hoppe	50	30:57
72	Kathleen Duddy	41	32:53*
75	Stanley Simpson	44	33:25
76	Dave Conley	52	33:41
79	Migs Handcock	42	33:58*
81	Susan Gifford	45	34:32*
91	Elizabeth Dubois	29	38:33*
93	Denny Morrill	52	39:34
94	Don Penta	46	39:47
98	Gary Powers	31	42:14

Many thanks to Charlie Scribner for complete results!

12th Annual Doc's Tavern 3 Miler - 240 F.
Biddeford, Maine - June 19th, 1992

Top Overall Finishers:

1	Byrne Decker	14:43
2	Kim Wettlaufer	14:51
3	Tom Dann (MTC)	14:59
4	Scott Brown	15:10
5	George Bochus	15:19
21	Sally Perkins	16:45*
36	Wanda Binette (MTC)	17:34*
78	Emily Glatz	19:22*
84	Nancy Kneeland (MTC)	19:29*
86	Leslie Couture	19:33*

Other Maine Track Club Finishers:

33	Terry Clark	17:29
37	Corey Daniels	17:40
38	Joe Richards	17:45
45	Carlos Philbrick	18:10
53	Bradford Davis, Jr.	18:26
56	David Cate	18:40
61	Lloyd LaFountain, III	18:44
65	Rocco Corsetti	18:55
68	Summer Weeks	19:04
69	Ken Thompson	19:05
82	James Boisvert	19:27
87	Malcolm Washburn, Jr.	19:34
90	John Pettorini	19:40
93	Nancy Lund	19:52*
97	Carol Hogan	20:05*
98	Richard Campbell	20:10
101	Bob Jolicoeur	20:26
116	Carol Pierce	20:49*
119	Suelene Houser	20:52*
126	Kathryn Ring-Thompson	21:03*
130	Erin Thompson	21:10*
134	Bob Cushman	21:13
136	Carlton Mendell	21:14
137	Reggie Sargent	21:17
150	David Shevenell	21:50
152	Marilyn Champagne	21:52*
174	Stoddard Chaplin	22:56
178	Larry Dyer	23:03
185	Alex Dann	23:15
195	Linda Richards	23:54*
199	Mary Anne Peck	24:07*
200	Rute Stuffletoe	24:08
207	John Kendall	24:56
221	Judy Grassi	26:40*
222	Sally Paterson	26:49*
229	Donald Penta	28:28
233	Dolores Billings	28:56*
236	Ruth Hefflefinger	29:20*
237	Kathy MacDonald	29:32*
240	Ted Cunningham	29:48

RACE RESULTS ARE CAREFULLY
COMPILED EACH MONTH BY
DON PENTA.

KBIA "a Day at the Beach" 5K - 226 Fi.
Kennebunk Beach, Maine - July 12th, 1992

1	Jason Barnes 1,19-39	29	15:31
2	Kim Wettlaufer 2,19-39	35	16:26
3	Michael Cryans 1, 40&over	41	16:31
5	Steve Reed 2,40&over	44	16:39
6	Joel Croteau 3,40&over	48	17:35
10	Corey Daniels (MTC)	40	18:39
12	Michael Macomber 1,18&under	15	19:08
16	Ira Cohen (MTC)	39	19:30
17	Lloyd LaFountain (MTC)	30	19:35
20	Ken Thompson (MTC)	46	19:57
30	Nicole Campbell 1,19-39	27	20:28*
31	Cynthia Miller 1,18&under	16	20:31*
33	Francis Kleeman	58	20:54
34	Caroline Fitzgerald 2,19-39	21	20:57*
35	Dan Fitzgerald (MTC)	32	20:58
37	Gary Powers (MTC)	31	21:11
46	Alison Clark 3,19-39	38	21:41*
50	Peter Scontras	63	21:52
54	Karol Dermon 1,40&over	46	22:04*
56	Erin Thompson (MTC) 1,18&-	16	22:11*
58	Kathryn Ring-Thompson (MTC)	32	22:17*
67	Reggie Sargent (MTC)	46	22:57
70	Allison Reid (MTC)	26	23:19*
76	Mary Peck (MTC)	34	23:42*
77	Marguerite Comerford	52	23:43*
89	Colleen Brady (MTC)	28	24:20*
103	David Darr (MTC)	45	25:44
107	John LaFlamme (MTC)	64	26:08
109	Candace Karu (MTC)	39	26:11*
150	Patricia Chick	66	35:45*
152	Jonathan Roy TAC	5	36:17

Many thanks to Bob Teschek of Granite
State Race Services for complete results!

8th Annual Sentinel 10K Classic - 100 F.
Waterville, Maine - September 13th, 1992

Top Overall Finishers:

1	Danny Paul overall	38	32:47
2	Jeff Meserve 1,30-34	34	33:07
3	Jim MacKenzie 1,25-29	27	33:40
4	Tom Thibeau 2,30-34	34	33:41
5	Jim Toulouse (MTC) 1,40-44	44	33:43
8	Tina Meserve overall CR	25	35:17*
12	Edie Dubord 1,30-34	34	36:26*
21	Paula Emery 1,35-39	36	38:03*
39	Carol Weeks (MTC) 1,40-44 CR	39	39:54*
45	Susan Clark Whittier 2,30-34	34	40:23*

Other Top Divisional Finishers:

9	Guy Berthiaume 45-49	46	35:40
18	Doug Ludewig 50-59	52	37:43
20	Jeff Holmes 20-24	23	38:00
33	Derek Veilleux 19&under	14	39:27
87	Carlton Mendell (MTC) 60&+ TAC	47	47:19
89	Louisa Dunlap 50-59	51	47:33*
91	Nancy Ludewig 45-49	47	49:04*
94	Carolyn Hickey 25-29	26	51:46*
100	Mardie Brown 60&over TAC	75	79:27*

Other Maine Track Club Finishers:

15	Terry Clark	48	37:23
31	George Liming	41	39:21
42	Steve Jacobsen	42	40:06
46	Richard Scribner	41	40:48
59	John LeRoy	55	42:27
82	Reg Sargent	46	46:31

Many thanks to Jerry Saint Amand of
the Central Maine Striders for complete
results!

Inaugural Live Your Dreams 5 Miler
Kennebunkport - 5/31/92 - TAC Qualifiers

Walter Murphy (35-39)	38	25:06
Tom Dann (35-39) (MTC)	35	25:08
Bob Sholl (45-49)	45	26:47
Lawson Noyes (50-54)	50	28:51
Joanne Scianna (35-39)*	38	29:29
Hap Hazzard (MTC) (60-64)	60	32:35
Carlton Mendell (MTC) (70-74)	70	36:02
Jean Thomas (MTC) (55-59)*	56	40:05
Edmund Stewart (70-74)	70	40:38
Margaret Sawyer (75-79)*	78	60:17

4th Annual Bud Light 5K - 241 Finishers
Portland, Maine -- September 20th, 1992

Top Overall Finishers:

1	Tina Meserve 1,open	25	17:22
2	Edie Dubord 2,open	34	17:33
3	Wanda Binette (MTC) 3,open	26	18:00
4	Marty Shue 1,20-24	24	18:44
5	Kathy Jenkins 1,30-34	32	19:11
6	Ellen Bowden 1,35-39	39	19:22
7	Mary Meehan 1,25-29	26	19:23
8	Carol Weeks (MTC) 1,40-44	43	19:27
9	Coreen Corsetti (MTC) 2,25-29	19	19:30
10	Katherine Chabot 1,15-19	19	19:33

Other Top Divisional Finishers:

35	Faye Gagnon 45-49	47	21:42
57	Alysa Curtis 14&under	14	23:00
72	Aletha DeVos-Dunn 50-54	50	23:27
130	Wendy Sayres 55-59	58	25:53
136	Sally Amory TAC 60&over	67	26:19
233	Mardie Brown TAC	75	35:30

Other Maine Track Club Finishers:

14	Carol Hogan 2,40-44	41	20:05
16	Jeanne Hackett	33	20:08
18	Eileen Dunfey	36	20:19
19	Nancy Kneeland	37	20:18
23	Erin MacLean 2,25-29	29	20:30
24	Nancy Lund	40	20:30
26	Joan Lee	38	20:45
27	Brigitte Edquid	44	20:50
34	Sue Daignault	30	21:30
42	Suelene Houser	29	22:14
43	Cynthia Smith 2,45-49	45	22:15
48	Jane Dolley	44	22:22
50	Marla Keefe	39	22:33
51	Allison Reid	26	22:42
63	Daria McNamara	43	23:10
78	Renae Lathrop 2,14&under	14	23:44
83	Karol Call	29	23:55
91	Sue Inches	37	24:22
100	Carol-Ann Days-Merrill	28	24:44
101	Connie Kennedy	35	24:44
104	Wendy Hall	27	24:44
105	Judy Bastow	29	24:44
122	Cathy Kilburn	26	25:27
133	Terry Finnerty	32	26:07
149	Kathleen Duddy	41	26:53
153	Tonya Shevenell	25	27:09
156	Lori Robertson	28	27:27
160	Sherry Carll	45	27:30
170	Elizabeth DuBois	29	28:14
173	Marlene Russell	50	28:33
174	Cindy Parsons	25	28:40
175	D.M. Shaw	36	28:47
192	Donna Moulton	43	29:10
195	Maggie Soule	51	29:27
202	Deborah Poore	43	29:50
203	Kelly Kilburn	12	29:53
205	Christine DeTroy	63	30:04
206	Virginia Cross	49	30:14
207	Nora Stetson	64	30:15
213	Laurie Quint	31	31:17
215	Patti Tableman	34	31:30
236	Janice Bastow	56	38:09
241	Jane Lathrop	45	51:42

Many thanks to Ruth Hefflefinger for
complete results!

FROM THE EDITOR (continued)
needs to be stressed. You may have noticed that in the past few months, the Newsletter has been drastically reduced in content. This is due to the fact that I haven't received any pictures or articles from track club members. There really isn't any Newsletter unless there is input from the club. It is impossible for one person to create a publication from scratch (unless we are offering that person vast sums of money to get the job done). Over the years I have been Editor, the best things about the Newsletter have been submitted by club members.

Please, help the new Editor, whoever it may be. Submit your race photos, write an article about your last race experience, get involved! Without you, there is no Newsletter!

MTC AUCTION AND POT LUCK SUPPER

**Wed., Nov. 11
North Deering
Congregational Church
1364 Washington Avenue
6:00 Pot Luck Supper
Auction to Follow**

Join us for this exciting evening of fun, food and finance as we gather for this annual event during our November meeting. All members are asked to solicit at least one item for auction, the proceeds of which will benefit club activities such as the Youth Running Program, Scholarships, equipment and more. Please call Carol or Sumner Weeks with your donated items.

The Pot Luck Buffet Supper will begin at 6:00 pm and you are asked to bring the following items:

A-H Salads (pasta or veggie)

I-P Entree

Q-Z Dessert

Drinks will be provided and the Auction will follow the Pot Luck Supper. Bring your family and don't miss this special meeting.

WE NEED YOUR HELP!

The Maine Track Club needs volunteers of all sorts. Would you like to help organize the Auction? Can you write? How about using your skills on the Newsletter. Race Directors always need volunteers. There is a job for each of us.

Remember that the Club is only as good as the participation of *all* its members. Please call today to volunteer your time and special skills.

RACE COMMITTEE NEWS

There will not be another meeting of the Race Committee until after the Maine Marathon and Half Marathon.

NAME & ADDRESS	TELEPHONE	OCCUPATION	AGE
Gary Agger 11 Newman Street Portland, ME 04103	H772-2663	Police Officer, City of Portland	40
Sally Amory Box 145 South Freeport, ME 04078	H865-6032		67
Michael Chitwood 109 Middle Street Portland, ME 04101	W874-8300	Police Chief, City of Portland	48
Michael Cowell Box 243K, Cousins Island Yarmouth, ME 04096	H846-0776 W770-4325	UNUM - VP & Actuary	55
Rick Daniel P.O.Box 411 Kittery, ME 03904	H985-3001 W438-1681	Mgt. Analyst Portsmouth Naval Shipyard	37
Nanette Dyer 502 Deering Avenue Portland, ME 04103	H772-5039 W878-3749	Program Coordinator Muscular Dystrophy Association	30
Nikki Kagan Steve Wilson Emily Peters Jesse Peters 412 Woodford St. Portland, ME 04103	H774-0676 W781-3180	Mktg. Analyst - G.H.Bass & Co.	35 31 11 8
James McCorkle 23 Woodville Road Falmouth, ME 04105	H781-4152 W797-7503	Sales, Radio Communication Mgmt.	37
Sabina Walsh P.O.Box 10645 Portland, ME 04104	H874-3319	Student USM	28