



NEWS • RUN

Run with a friend . . .

October 1993

MTC Group Takes 2nd in Kiwanis 10K Charity Classic

This group of women represented the Maine Track Club well by placing second in the August Kiwanis 10K Charity Classic held in Exeter, New Hampshire.

*l-r Maureen Sproul, Ann Strohm,
Nancy Kneeland, Joan Lavin, Jane Dolley,
Becky Sproul (in front)*



Peak's Island Road Race

by Tom Miller

The Peak's Island Five Mile road race on August 7 was a memorable race; it is a race I shall run as often as possible. A memorable race is one that compels me to return and again sample its personalities and renew old acquaintances.

A memorable race can happen to a first time runner as well as a seasoned veteran. Although, it helps to have a few events under your shoes for sake of comparison.

Continues on page 4

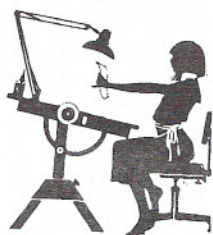


Ferry approaching Peak's Island

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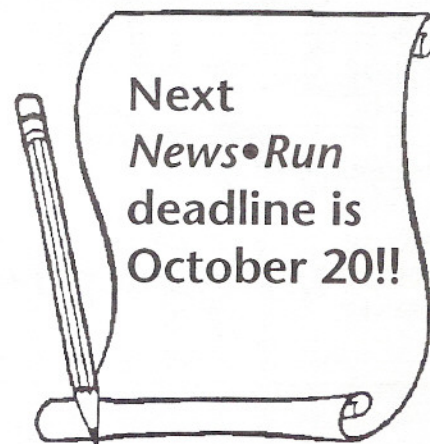
From the Editor . . .



This past weekend I participated in the Women's Distance Festival 5K Road Race. . . What a wonderful event that is! It is so exciting for me to see women runners of all levels of ability coming together to benefit such an important cause. . . The McAuley Residence for women in transition is a much needed program in the community, and in fact, is an example of the type of program we need more of! I want to thank all the fabulous women who ran, and the supportive volunteers who made it possible. . . Great job Sue and Ruth. . .

By now, our MTC President is a married man. . . Congratulations Tom and Terry. . . I hope you're honeymooning someplace exotic. . . And Deb and Clint Merrill had a baby last month. . . Congratulations!

I want to take this opportunity to respond to a letter from MTC member Jeff Thaler of Yarmouth. . . I'm sorry your name was omitted from the results of the Clam Festival. . . Hopefully it won't happen again. . . Regarding your suggestions for articles. . . Go for it Jeff! I think it's a great idea to research and write about the decline in runner's supplies at area sporting goods stores. . . I think I can speak for the membership when I say that any running related topic for an article is welcome content for this publication. . . And since we are a volunteer enterprise, it takes people like you with ideas to make this substantive. . . Unfortunately there is no staff to send on



assignment. . . Pat Buckley, on the other hand, has volunteered to look into area retailers who will honor a MTC membership for discounted purchases. . . Last month we noted that Coastal Athletics on Woodford St. in Portland will give a discount. . .

And finally, I want to recognize Mr. Eric Hartglass, owner of Mister Bagel on Forest Ave. in Portland, for his generous contributions to this organization. . . He donates bagels for our monthly membership meeting, and came through with gift certificates for a winner's category in the Women's Distance festival. . . Shaw's Supermarket at Westgate donates cups and napkins. . . I like to support this kind of "good business" sense. . .

Enjoy the turn of season and the invigorating air, and don't forget to come out for a spectacular Marathon weekend!!

See you on the road - Jeanne Hackett

News•Run Sponsors

The Maine Track Club gratefully acknowledges the generosity and support of those members listed below. If you would like to become an **individual News•Run** sponsor, please send \$10 to Maine Track Club, PO Box 8008, Portland, ME 04104.

To become a corporate sponsor, please mail your \$25 donation to the same address. Prime sponsorships in the amount of \$50 will reserve you advertising space in *News•Run*.

Sponsors

Milt Bailey
Charles Iselborn

Mystery Sponsor (?)
Kurt Nielsen

Carol Pierce
Maggie Soule

John Woods

October Race Schedule:

- 2 Lifeline 5K-Portland-10am-1 mi fun run-
9:30-USM-Patty Medina- 780-4642
- 3 Pancake 5k-Belfast-9am-Dale Nealey-
338-5201
- 3 MAINE MARATHON AND HALF
MARATHON-Portland-8am-Sandra
Shennan-725-0716
- 3 USATF xcountr-2pm-site to be announced
- 9 Kennebunk Pursuit-5k-9:15am-youth 1 mi
at 9am-Mike LeBlanc-985-6123
- 10 .. Highland Gold 10k-Bridgton-12 noon-
Steve Collins-647-2196
- 10 .. USATF xcountr-2pm-site to be announced
- 16 .. Run 'o the Irish 5 Miler-Carmel-10am-
Kevin Vickers-848-3601
- 16 .. MTC 50 Miler-Brunswick-Sandy
Utterstrom-797-3436
- 17 .. Father mac 5k-Old Town-9am-Lynn
Courtts-827-6111
- 17 .. Baystate Marathon & Half-Marathon-
Lowell MA-8am-
BillGibney(603)-434-8201
- 17 .. Chowder Run 5k- York-1pm-Parks & Rec-
363-1040
- 17 .. Bowdoin Bicentennial 10k-Brunswick-
8am-Steve Hyde-725-3417
- 17 .. Downeast 4 Mile Classic-Sanford-11am-
YMCA-324-4942
- 17 .. Harvard Health Downtown 5k-
Providence,RI-11am-(401)885-2815
- 17 .. USATF xcountr-2pm-site to be announced
- 23 .. Physical Therapy 8k-Brunswick-also 1.4 mi
walk-9am Kathy Cook- 729-7069
- 23 .. UMCU Homecoming 8k-Orono-9:30am-
fun run 9am-Jerry Ellis- 942-3582;
581-2319
- 24 .. White Mountain Milers Half Marathon-N
Conway-10am-Gary Howard-
(603)447-1974
- 24 .. USATF xcountr-2pm-site to be announced
- 30 .. Black Bear 5k-Orono-11am-Thad Dwyer-
581-1081
- 30 .. Pumpkin Run-Auburn-2k,5k,10k-10am-
Mat Pelletier-784-2385x232
- 31 .. Halloween Classic 3k cross-country-1pm-
Westbrook College (must wear a costume
or mask)Brian Gillespie-772-2753
- 31 .. USATF xcountr-2pm-site to be announced



Turkey Trot Reminder



It is not too early to start planning for that holiday tradition - the MTC Shop 'n Save Turkey Trot. The Turkey Trot will be run on **Sunday, November 21st** from the Middle School on Scott Dyer Road in Cape Elizabeth. In addition to the 5K and 10K races (starting times 10:45 & 11:30 respectively), there will be two children's races, a 1/4 mile Toddler Trot at 9:45 am and a Kid's 1 Mile Fun Run at 10:15am.

For more information, please contact Mel Fineberg at 774-8868.



Group Runs:

Portland - early mornings - USM - Bill Davenny 772-1787

Portland - Rat Pack - varying times - Mike Reali 767-5218

**Cape Elizabeth High - Sunday 7:30 AM - RTW Team -
Brian Gillespie 772-2753**

South Portland - Tuesday PM - Donna Moulton 799-2894

**Kennebunk - Thursday PM- Village Marketplace -
Steve Jacobsen-h-985-4107,w-985-2941**

Peaks Island — Continued from front page

This enjoyable weekend started when two friends called to say that they were on their way from Wisconsin. "Fine," I told them. "Bring your running shoes and we will drive from Castine to Portland for a race on an island!" They were quick to tell me that this is a well known race and that they would look forward to stretching their legs after the plane ride. (He is 6'6"; she is 5'1".)

Ruth and Ray Hefflefinger bed and breakfasted us, and since they were active members of the Maine Track Club which sponsored the race, we arose early to catch the ferry.

Peaks Island is just a short ferry ride into Casco Bay, and a most unusual method of transportation to a race; surely much more pleasant than travelling in a steamy bus to a remote starting line miles into the countryside.

Once docked at the Peaks Island wharf, a multitude of runners swarmed off the boat and up the hill to be welcomed by a crowd of islanders. The festive atmosphere was contagious, and shared by runners, volunteers, and members of the Island Lion's Club who are the annual hosts for the race and the famous lobster dinner following the run.

The race started on time. The course was not flat and fast. It was casually described by

past competitors as "beautiful, great views, cool sea breezes, you will love it!" In reality, it is a very technical course that requires pace and control.

The first hill appeared too soon and it was too sustained for the slow starter. Several hills later, and as we heated up to the run, we entered a cool lane of pine trees and the smell of balsam. Suddenly, we were on the edge of the Atlantic. The rocky shore, wild roses and cool salty spray were a tempting invitation to linger.

At four and a half slow miles, sweaty and feeling too good, I thought to myself that it was time to kick it in! This did not happen, as a sudden, steep hill with its downside, played a tune on my "strings," restraining me from passing my Wisconsin friend.

The spectators at the finish line made me feel like a winner.

Later, when the awards were presented on a scenic grassy plateau overlooking the harbor, I received an age division award; a small, beautifully executed pottery seal. It now sits on a shelf next to one of Henry Thoreau's books on Maine.

Following the awards, the Lion's Club was ready with their famous lobster dinner, topping off a memorable day in the life of a runner.

Cool winds were kicking up as we road the ferry back to the mainland; the ride was too short as runners shared racing experiences, and some were heard to say, "A memorable race—see you next year."

(Tom Miller is currently the World Duathlon Age Division Champion, having won the title in Frankfurt, Germany in June 1992. He will be defending his title on October 15, 1993 in Dallas, Texas.

He has been elected to the TriFed All-American Team for the past two years.

He is a former Portland resident, now living in Arizona and Maine.)



Start of Peaks Island 5-Miler

MTC Meeting Will Feature Dr. William Heinz



The October membership meeting is one you will not want to miss. Dr. Heinz will speak on "INJURIES THAT COMMONLY AFFECT RUNNERS, AND PREVENTATIVE TECHNIQUES TO AVOID THEM." Dr. Heinz completed fellowships in primary sports medicine at the Methodist Sports Medicine Center. He served as medical director of the United States Rowing Association, medical officer of the 10th Pan American Games, and the team physician for the U.S. National Soccer Teams.

Take this opportunity to learn about some of your own risks for injuries from a highly qualified professional, and enjoy the relaxed atmosphere of the meeting to ask questions and get answers.

We will also review the VISION 94 results from our previous meeting.

Mark your calendar: Wednesday, October 13, at 6:30 pm, at the Southern Maine Technical College (Machine Tool Building.)



It's a bouncing baby boy!!!

Dana Clinton Merrill joined us on August 17, 1993, the second boy for our friends Deb Hewson Merrill and Clint Merrill. The proud grandparents are Roger and Charlotte Hewson of South Casco, and Eleanor P. Merrill of Portland. Hopefully all are well and happy.

Harry Nelson,
Alex Nelson (smaller) and Peter Nelson
at Peak's Island Road Race

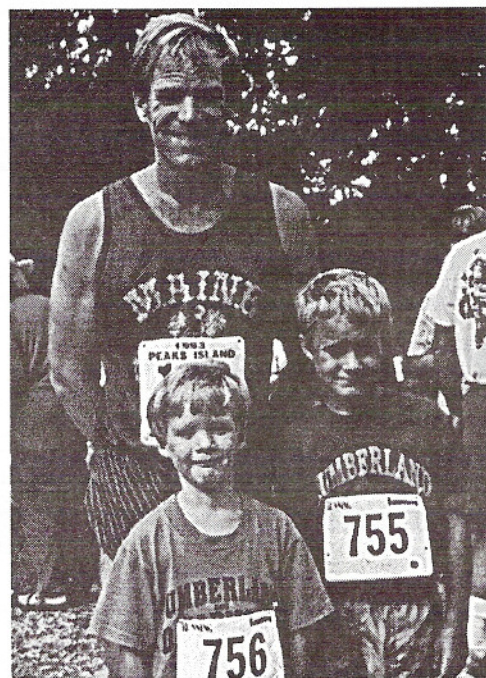
"If You Are Going to Bother to Put a Race On, Do It Right!"



So says Jerry Saint Amand, a legend in his own right, and founder of the Sentinel 10K in 1985. He directed this race for the last time on Sept. 12, and admits that it has always been

a particular favorite. It is the first race he ever directed and is one of the better attended road races in Central Maine, attracting many of the best runners in the state. Saint Amand served five terms as president of the Central Maine Striders, and was instrumental in organizing the Waterville-based Pine Tree Marathon in October 1989. He is active in several racing events each year, and says that it allows him to give something back to a sport that has "helped keep me sane and stable for the past ten years." Good enough Jerry!

(Borrowed from a Central Maine Striders flyer and Sentinel article by Colin Hickey)



The Maine Track Club Begins Restructuring Process

Total Quality Management techniques were used at our September meeting to begin a process which will review the Maine Track Club's Mission Statement and long range goals and objectives. While in small groups, track club members brainstormed ways to improve upon Race Volunteerism, Social Gatherings, Meeting Programming, Membership Development and Support, Newsletter Ideas, and Club Clothing. The club's intent is to form action teams to explore and implement positive changes. The groups generated 4-5 "greatest brainstorm hits" for each topic:

Membership Clothing

- Add black
- One uniform
- Reasonable price
- Windsuits
- Available at all meetings

Membership Development

- Discounted race entry
- Teams
- Group travel to races
- membership booth at races
- Coaching services

Newsletter

- Historical Column
- Personal profile

Social

- Christmas party - Holiday party
- Mountain climbing/hike
- Biking, canoeing, swimming
- Ferry trip/island race

Race Volunteering

- Incentives
- Thank yous and rewards
- Make it personal
- Know what you need

Program and Meeting Attendance

- Dynamic Speakers
- Bring a friend
- Stay on schedule/keep to agenda
- Timely topics
- Potluck refreshments / variety

If one of these ideas catches your eye, stay tuned and get involved on an action team. Change is the spice of life! **Bernadine Small, 799-3033.**

In Memory of Rick Strout

MTC Members Only

A Master's and Senior's 4 Mile race.

This will take place during the MTC 50 Mile Ultra on October 16, 1993.

Time :10:30 am

Fee: NONE

Start: Pennellville Rd., Brunswick. Same place as the Ultra. (Also part of the Bowdoin 10 mile course.)

The course is a 4 mile loop. You will be running with the runners in the ultra. Come have some fun, in memory of Rick!!

Nominations for 1994 MTC Officers

The elected officers of the Maine Track Club are President, Vice-President, Past President, Secretary, Treasurer, Newsletter Editor, Membership Chairperson, Race Committee Chairperson, and 3 Board Members-at Large. Nominations are needed for Vice-President. The Vice President ascends to President; then serves as Past President. Nominations are welcome for the other offices including current holders of those offices.

Nomination(s)

Office(s)

Nominations: November 10th

Elections: December 8th

Send to MTC Nominating Committee, PO Box 8008, Portland, ME 04104
or call Mel Fineberg at 774-8868.

Nominations for Annual Awards

Deadline: November 10th

The awards may include but are not limited to the following:

Maine Runners of the Year
Outstanding Contributor(s) to
Maine Running
MTC Youth Runner(s) of the Year
MTC High School Runner(s) of
the Year
MTC Runners of the Year
MTC Most Improved, Open
MTC Most Improved, 30-39
MTC Most Improved, 40-49

MTC Most Improved, 50-59
MTC Most Improved, 60 and over
MTC Comeback Runner(s) of the
Year
MTC Outstanding Race Director(s)
MTC Most Improved Triathlete(s)
MTC Most Improved Ultramarathoner(s)
Outstanding Service to MTC
Other _____

Nominations:

Awards:

Please use back for additional space. Please include any statistics available.

First Time Marathon Award

Any member who has completed a first marathon in 1993 is eligible for this award.

Name _____ Marathon _____ Time _____

Please send all of the above to Awards Committee, PO Box 8008, Portland, ME 04104, by November 10th.

RRCA Annual Awards
Due: November 1st

The Board of Directors also welcomes any suggestions for nominations for outstanding club volunteer and volunteers with 2000 hours of service.

Run with a friend . . .

Clip and Save

Dates to Remember



Oct. 13, 1993	MTC MEETING 6:30 p.m. SMTC
Oct. 16, 1993	MTC Ultra marathon 50 miler Brunswick
Oct. 23, 1993	Brunswick Physical Therapy 8-k Brunswick
Nov. 10, 1993	Pot Luck Dinner Meeting MTC
Nov. 23 ²¹ , 1993	Shop & Save Turkey Trot Kid's Race, 5k, 10k, Cape Elizabeth
Dec. 5, 1993	Handicap Race - MTC members only
Jan. 8, 1994	ANNUAL Banquet

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MTC Meeting

Wednesday, October 13, 1993
SMTC 6:30 p.m.

Guest Speaker

William M. Heinz, M.D.
Sports Medicine & Medical Orthopaedics

Injuries that commonly affect runners and preventive techniques to avoid them.

Please plan to attend. We need you.



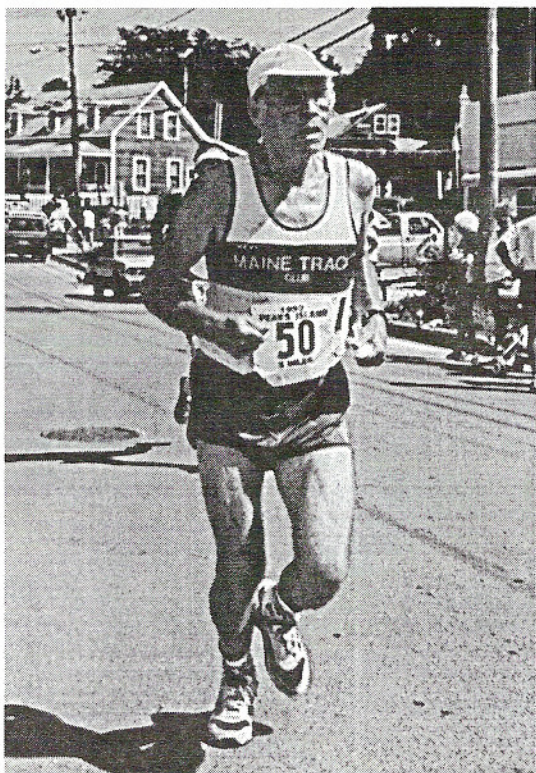


Start of Bowdoin & Back 10-Miler

Women's Fitness

Menopause Doesn't Affect Fitness

Tests conducted on a group of women masters runners show that although aerobic capacity decreases with age, a woman's menopausal status has no influence on the extent of this decline. According to Christine Wells, PhD, and colleagues at Arizona State University in Tempe, "premenopausal, transitional, and postmenopausal women were not significantly different on any exercise variable when age and/or training differences" were accounted for. Aging, along with reduced activity, account for drops in fitness during menopausal years. (Medicine and Science in Sports and Exercise, taken from Running and FitNews, May 1993.)

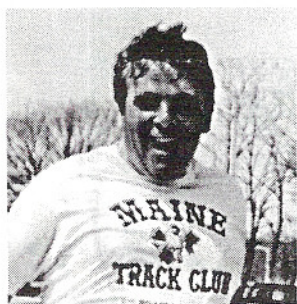


Russ Bradley at Peak's



Arlin Kent is "hitching a ride!"

Arlin seeks transportation to the New York Marathon in November. Her preference is to head down to New York on Friday November 12, for the Sunday race. She is open to other options however. Please call 871-7870.



Don Penta

Race Results

Results submitted by Don Penta

6th Annual Peaks Island 5 Miler August 7, 1993 - 376 Record Finishers

Top Overall Finishers:

1 Andrew Gerard 1,open	25	25:48
2 Michael Grigware 2,open	28	26:49
3 Shaun Keenan 3,open	31	27:20
f4 G. Steven Jayaraj 1,19&under	19	28:13
Joseph McCann, Jr. 2,19&under	19	28:13
14 Cynthia Moreshead USAT&F	19	29:29*
21 Christine Cote 2,open	30	29:52*
22 Wanda Binette (MTC) 3,open	27	29:55*
36 Molly Dinan 1,19&under USAT&F	17	30:57*
44 Caroline Meehan 1,20-29	25	31:28*

Other Top Divisional Finishers:

6 Rick Reaser (MTC) 20-29	26	28:38
9 Paul Fagan 40-49	40	28:53
11 Mitchell Lovering 30-39	33	29:08
19 Lawson Noyes 50-59	51	29:50
33 Jerry Lavasseur USAT&F	55	30:41
75 Russ Connors (MTC) USAT&F	61	32:42
78 Deb Raszmann 40-49	40	32:48*
307 Polly Kenniston 50-59	56	44:03*
336 Tom Miller 70+ USAT&F	76	47:09
374 Mary Helen Wilson USAT&F	73	59:59*

Other Maine Track Club Finishers:

10 Tom Howard	16	28:59
25 Michael Reali	39	30:05
32 Harry Nelson	39	30:35
47 Kurt Nielsen	38	31:33
49 Will Lund	38	31:37
58 Christine Snow-Reaser 2,20-29		31:59*
62 Larry Barker	44	32:07
67 Phil Pierce	51	32:12
73 Charles Iselborn	36	32:32
83 David Cate	44	33:02
91 Harley Lee	39	33:30
95 Clyde Coolidge	54	33:36
99 John Rolfe	39	33:50
117 John LeRoy	56	34:36
122 James Boisvert	36	34:44
126 Nancy Kneeland	38	35:04*
127 Malcolm Washburn, Jr.	39	35:05
128 John Pettorini	44	35:08
129 John Lee	39	35:10*
131 Dick Lajoie	53	35:14
133 Archer Wright	48	35:25
141 David Houser	43	35:45
152 Elizabeth Ehrenfeld	34	36:09*
154 Dominic Reali	50	36:11
168 Howard Spear	43	36:40
173 John Watson	49	36:52
200 Rocco Corsetti	45	38:13
204 Russ Bradley 2,60-69	69	38:23
208 Herb Strom	63	38:32
227 Don Burnham	52	39:07
231 Don Russell	56	39:22
245 Tom Atchison	44	40:14
246 Orlando Delogu	56	40:17
248 Don Kent	40	40:25
252 Marla Keefe	39	40:45*
253 Mary Coolidge	25	40:46*
262 Bob McArtor	54	41:04
264 Joseph O'Donnell	42	41:05
274 Tina Marzul	30	41:38*
277 Bill Stuart	35	41:49
280 Jeanne Richmond	34	42:02*
286 Mark Coughlin	29	42:11
325 Robert Marzul	32	46:04
327 Larry Dyer	49	46:09
334 Fran Brennan	56	46:53
338 Maggie Soule 2,50-59	51	47:27*
339 Wayne Clark	38	47:29
370 Julius Marzul	68	54:43

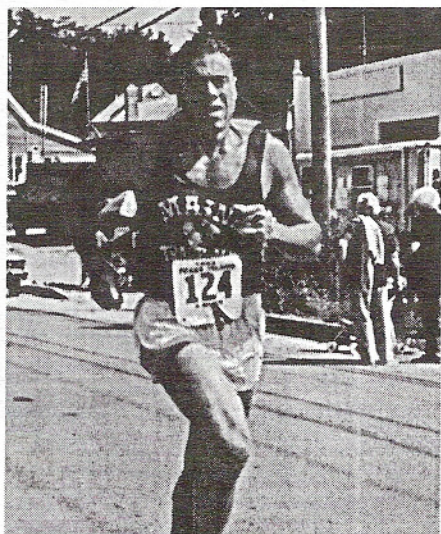
Many thanks to Ruth Hefflefinger for complete results!



Phil Pierce at Peak's Island 5-Miler

Race Results

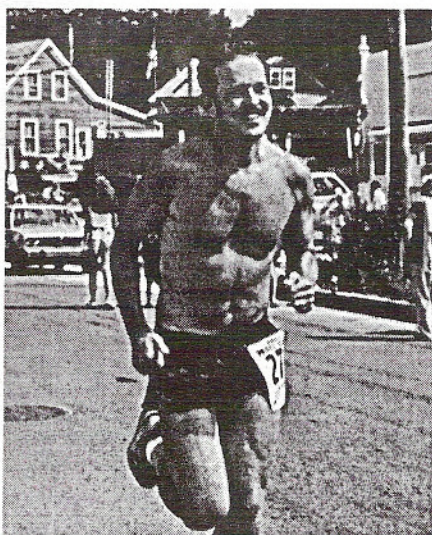
More Runners at Peak's Island 5-Mile Road Race



Mike Reali



John Pettonni



Harley Lee



Dick Lajoie



Rocco Corsetti

Continues next page

Race Results



1993 Bud Light Marathon at Sugarloaf Stratton to Kingfield - 149 F - 5/23/93

Top Overall Finishers:

1 Greg Hale 1,30-34	30	2:33:18
2 Bryan Kuprewicz 1,35-39	37	2:35:13
3 Andrew Yim 1,29&under	22	2:42:20
4 Joseph Kaiser, Jr. 2,35-39	36	2:42:36
5 Paul Simone 3,35-39	37	2:47:59
11 Terri Martland USAT&F	39	2:54:54*
30 Mary Meehan 1,29&under	27	3:05:42*
34 Julie Millard 1,30-34	30	3:06:34*
43 Eileen Dunfey(MTC)2,35-39	37	3:09:26*
63 Kathy Jenkins(MTC)2,30-34	33	3:18:01*

Other Top Divisional Finishers:

7 Steve Reed 40-49	45	2:52:26
8 Leo Tomasetti 50-59 USAT&F	55	2:53:26
74 Rosalyn Randall (MTC)	43	3:22:30*
100 Frank Lorey 60+	64	3:41:15
108 Louisa Dunlap 50-59	52	3:47:03*
114 Carlton Mendell(MTC)USAT&F	71	3:51:32

Other Maine Track Club Finishers:

20 Thomas Clemence	36	3:02:43
33 Ron Cedrone	44	3:06:08
68 Steven Jacobsen	43	3:19:03
83 Claire Saevoie	33	3:29:37*
89 Maureen Sproul	37	3:31:57*
91 Malcolm Washburn, Jr.	39	3:33:21
95 William Sproul	35	3:37:40
121 Bill Davenney	48	3:53:32
128 Ann Strohm	29	3:58:27*
129 Youngdahl Kim	56	3:59:25
140 Kathleen Duddy	42	4:21:36*
143 Don Burnham	52	4:33:49

Many thanks to Mainely Running for complete results!

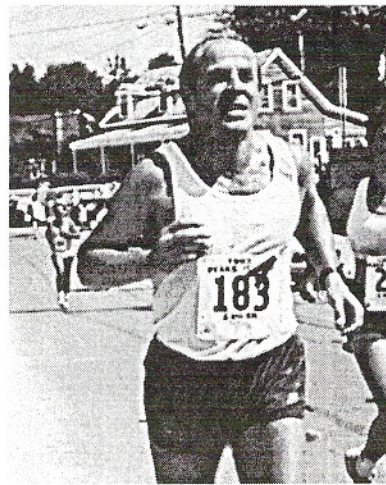
Watch for MTC November's
Potluck Dinner Meeting - Nov.10, 1993
- Details coming soon...AND, in
December - the Handicap Race (MTC
MEMBERS ONLY)....In January, it's
the annual Banquet...Stay tuned for these
and other club activities...



Ruth Hefflefinger at Bowoin & Back



Don Kent at Peak's Island 5-Mile Road Race



Bob Jolicoeur at Peak's Island 5-Mile Road Race

Race Results

1991 Bud Light 15 Kilometer Road Race Kingfield, ME - 5/23/93

Top Overall Finishers:

1 Derek Fisher 1,35-39 USAT&F	39	49:45
2 Giles Norton 2,35-39 USAT&F	37	50:37
3 Shaun Keenan 1,30-34	31	51:45
4 James Newett 3,35-39	35	52:01
10 Candace Stroback 2,30-34	34	55:24*
24 Paula Emery 1,35-39 USAT&F	36	59:25*
49 Risa Cobb 2,30-34	30	1:02:09*
25 Rhonda McCrea 1,29&under	28	1:02:33*

Other Top Divisional Finishers:

5 Gordon MacFarland USAT&F	45	52:41
6 Mark Parsons 29&under	22	54:10
11 Derek Veilleux USAT&F	14	56:08
32 Bob Gillespie 50-59	54	1:00:39
75 Jane Serues 40-49 USAT&F	45	1:04:57*
76 Lendall Johnson USAT&F	60	1:05:08
84 Faye Gagnon 2,40-49 USAT&F	48	1:06:06*
113 Russell Bradley(MTC)USAT&F	69	1:10:20
143 Jean Thomas (MTC) USAT&F	57	1:17:23*
167 Leona Clapper 60+	63	1:45:24*

Other Maine Track Club Finishers:

11 Michael Reali	39	55:51
17 GTerry Clark 2,40-49	48	57:17
19 Terry Duddy 3,40-49	41	58:03
34 Clyde Coolidge 2,50-59	54	1:01:12
45 Lloyd LaFountain	31	1:02:04
48 Christopher Rolfe	30	1:02:09
63 Paul LaVangie	35	1:03:08
80 Tom Kirby	36	1:05:53
87 Nancy Kneeland	38	1:06:38*
98 Kathryn Tolford	38	1:07:37*
106 Dale Rines	40	1:09:16
108 Don Foshay	34	1:09:26
129 Reggie Sargent	47	1:12:58
138 Mary Ann Peck	35	1:16:08*
144 Warren Wilson	59	1:17:30
145 Jeanne Richmond	34	1:17:33*
154 Tom Atchison	44	1:20:02
163 Sandy Utterstrom	49	1:28:49*
164 Melvin Fineberg	57	1:29:33
165 Beverly Doughty	41	1:29:33*
169 Julius Marzul	66	1:47:52

Many thanks to Mainely Running for complete results!



*Clyde Coolidge at Samoset
Bristol 10K*



Joan Lavin, Samoset Bristol 10K



**Make Tracks to MTC
Meeting**

Wednesday,

October 13, 6:30 p.m.





Maine Track Club 1993 Officers and Committee Chairs

Tom Dann	President	985-2727	Donna Moulton	At Large	799-2894
Mel Fineberg	V. President	774-8868	Pat Buckley	At Large	773-4562
Reggie Sargent	Secretary	967-5629	Russ Bradley	At Large	799-3864
Steve Assante	Treasurer	642-4298	Dale Rines	Course Cert.	854-2486
Carol and Sumner Weeks	Past Pres.	774-7302	John Gilliss	Course Cert.	879-0222
Charles Scribner	Race. Comm.	772-5781	Don Penta	Statistician	892-4526
Laurie Quint	Membership	657-2426	Rick Meinking	Equipment	772-8301
Jeanne Hackett	Newsletter	879-0678	Judy Grassi	Clothing	774-9656
Maureen Sproul	Photography	926-4681			

Maine Track Club Membership Application

(Please check one) ☐ Individual (\$12) ☐ Family (\$15) ☐ Student — 18 year old maximum (\$5)

Membership is through December of the current year. Dues paid after September 30 are good through December of the following year.

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Street address _____ Home phone _____

City _____ State _____ Nine-digit ZIP* _____

*We need nine-digit ZIP for mailing newsletter. Consult a utility bill for your nine-digit ZIP Code.

Employer _____ Occupation _____ Bus. phone _____

Employer _____ Occupation _____ Bus. phone _____

If student, school _____ Yr. of grad. _____

If student, school _____ Yr. of grad. _____

Volunteer Waiver

To be signed by each new member in the household. Applicants under age 18 require signature of parent.

I know that volunteering to work and participating in Maine Track Club events is potentially a dangerous activity. I should not participate or volunteer unless I am medically able. I assume all risks associated with participating in or volunteering at Maine Track Club events, including, but not limited to, falls, contact with participants, the effects of the weather, conditions on the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, its representatives and successors from all claims or liabilities of any kind arising out of my participation in Maine Track Club activities, even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Signature _____ Date _____

Signature _____ Date _____

Signature _____ Date _____

Please mail completed form and check to: Membership, Maine Track Club, PO Box 8008, Portland, ME 04104