



NEWS • RUN

Run with a friend . . .

October 1994

In Celebration of the Maine Marathon

From the Presidential Suite . .

On behalf of the entire membership of the Maine Track Club, I wish to extend greetings to all of our runners and guests of the Maine Marathon and Half Marathon. To those who are coming from out of town, the City of Portland is ready to extend the "Down East" hospitality for which Maine people are famous. Our club members are ready to extend a hand of friendship to all of our guests. Do not hesitate to ask us for assistance; we are ready and willing to help. Be sure to take advantage of our beautiful city and state. Your first stop should be the Expo on Saturday at USM. Be sure to explore the Old Port area, visit historic sites and sample our fine area restaurants. It is our goal to make your stay and race experience a pleasurable one. The race directors and many volunteers have worked hard for many months to make this a fine event.

We hope you enjoy this special issue of our Club newsletter, "*News-Run*." May everyone have a great race.

--Mel

The Maine Track Club thanks Blue Cross and Blue Shield of Maine for printing this special issue of *News-Run*.



**BlueCross BlueShield
of Maine**

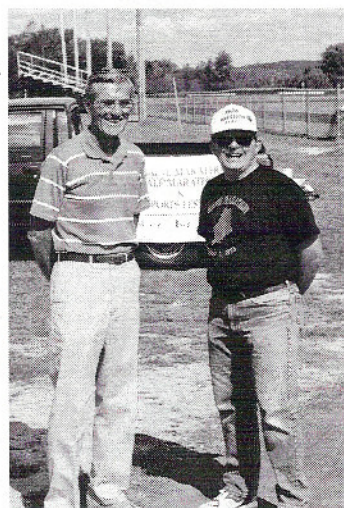
The MTC has dedicated the 1994 Maine Marathon and Half-Marathon to the memory of Jack Oppen. (See page 2)

"DO or DIE" Spirit Unites Race Directors

Guts and strategy. To complete a marathon or half-marathon, you need both. Many find the thought of running these distances daunting enough. But what if—instead of running—you decided to take charge of the whole shebang? To assume bottom-line responsibility, no less, for making a Maine Marathon and Half-Marathon happen?

That awesome duty belongs this year to Don Kent and Peter Bastow. The two Maine Track Club members, experienced marathoners

themselves, stepped into the breach following former race director Jack Oppen's sudden death in early April. Since then, the two have been putting their collective guts and strategy to the test, and they seem to enjoy the challenge.



"DO OR DIE" *continued*

"Don beat me in this race," says Peter, referring to the fact that Kent was the first to volunteer. The 15-year veteran runner and 10-time marathoner was quickly brought up to speed, however, on what was needed to manage the two races. The solid base laid down by directors Dave and Sandy Shennan in the two preceding years and the addition of a major new sponsor, Martin's Point Health Care, acquired by Oppen, soon convinced Peter that, in Don's words, "perhaps two working stiff's could pull this off."

Together, Don and Peter make a smooth-running team. Don, a counselor at Westbrook Community Hospital, works closely with the various sponsors, while Peter, a former MTC president who's a sales rep for Select Robinson papers, focuses on managing the actual races. Both call on past experience—Don as director of the Pat's Pizza 5-Miler, the State's second-largest race, and Peter as co-director of the Back Cove 4-miler and Half Marathon—while facing the new challenges the Maine Marathon and Half-Marathon present.

"We're not looking at just two races, we're looking at a whole weekend, involving four communities, 450 volunteers, and [making] enough money to pay all the bills and have enough left for charitable organizations," Don emphasizes.

"Delegating major responsibility to key people is all-important," Peter says. He and Don praise their good luck in finding an excellent new volunteer coordinator in Reggie Sargent, a former MTC secretary. Other leaders they'll be counting on include veteran volunteers Sandy and Al Utterstrom, who will once again oversee the water supply, and George Liming, in charge of traffic control.

"Smaller races require only a few phone calls, a week ahead, to enlist volunteers, but for a marathon and half marathon the level of commitment and involvement all around is deeper," Don affirms. The 400-member Maine Track Club is one vital source; so too, are the

many employees of the sponsor institutions. "Everybody plays an equal role in making this thing happen."

Keeping expenses down and proceeds up also requires careful planning. "There are a lot of expenditures that people aren't aware of: for example, additional security at USM, police on the race course, porta-potties and tents . . . Not all of our products and services are donated," says Don. One fund-raising activity spearheaded by MTC's Ray Shevenell is the "Adopt-a-Mile Marker" project, which garnered 15 sponsors last year and may do even better this year.

Both Don and Peter stress the important role played by the corporate sponsors of the two races. "The beauty of working with an organization like Martin's Point Health Care, for example, is that they not only provide funding but also people with expertise [in areas such as marketing and publicity] that matches our needs. They're super to work with and have a lot of energy."

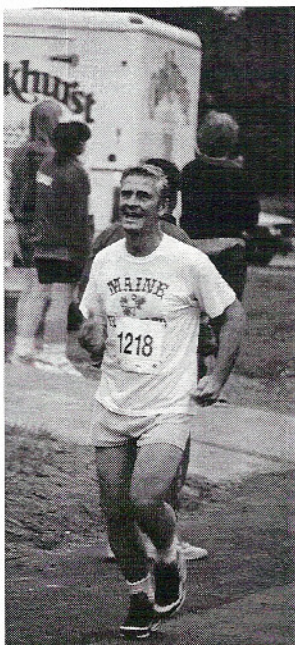
Don is also pleased with the responses he's received from runners eager to enter the Maine Marathon. "I get calls from all over the country," he says. "I've even heard from a guy stationed with the Army in Korea who's planning to come here while on leave." Many pre-registrants, he adds, are repeaters from last year, but there are also a lot of first-timers. Don and Peter's goal is to give every runner, from beginner to veteran, "a quality race."

What began as a mission in the name of a fallen friend has clearly taken on a life of its own for both directors. Already Peter is talking about holding the races "on the same weekend every year, and never skipping a year."

"We'll be in a good position to get a jump on the 1995 Maine Marathon," adds Don. But in the meantime, they're staying focused on this year's events, with all the guts and strategy they can muster.

--Maggie Soule

1994 Marathon and Half-Marathon Dedicated to Jack Oppen



The 1994 Maine Marathon and Half-Marathon are dedicated to Jack Oppen. He liked to tell you that his name was pronounced like "opera" with a soft "o." Jack was working hard to make the '94 races successful, working with local companies to be sponsors. He had just heard from Martin's Point Health Center that they were willing to be sponsors

of the events for the next two years, and he was ecstatic. Jack had been Treasurer for the events in '93 and knew how critical good sponsors are to a successful weekend. He died on Easter Sunday, 1994, knowing that the Marathon had a principal sponsor.

Jack was a quiet man who, with his wife Joan, raised five children. He and Joan took early retirement and returned to Joan's home state where they became involved in many volunteer activities. He had run the Presidential Race in Kennebunkport a few days before he died. He wasn't happy with his time in that event . . . but then, he was a runner!

We hope that you enjoy the events of this weekend and that you have a really fine running experience. When you feel tired on the way we hope you can take comfort that God took our Race Director home before this weekend so he could watch you from above and wish you a great race.

--Sandra Linehan Shennan

A Special Maine Welcome...

...once again to athletes from the Achilles Running Club. We're very happy that you keep coming back and hope to see you as long as there's a Maine Marathon Half-Marathon to run. Have a good race! See you at the finish line.



Congratulations, Carlton!

This particular October 2, 1994 marathon event is special to the Maine Track Club because one of our own, the incomparable Carlton Mendell, is running his 100th marathon!

Carlton began his running career at about age 50. His first marathon was Maine's Paul Bunyan in July 1977, which he finished in 4:06, walking some but still placing first in his age group—as he would do so many times to come. In 1978 Carlton ran his first Boston Marathon and has completed 17 in all. He has a good attendance record as well at the Marine Corps Marathon, having completed it 15 times. His marathon PR is 3:03.

--continued next page

Congratulations, Carlton! *continued*

Carlton says each marathon is a little different from any other. He remembers, for instance, "taking quite a spill on the rug" at New York over the bridge from Manhattan to the Bronx, finishing in good time nevertheless.

"One thing about all my marathons—that last 10K never gets easier," he says.

Carlton is known occasionally to branch off from the marathon distance. He's run MTC's 50-mile ultra in three of its four years. And usually, as this year, he takes on the challenge of the ("just one hill") Mt. Washington road race, including his unique tradition of running himself back down the mountain.



Those of us in the local running scene know that Carlton has some interesting training tactics. He'll often run a short race one day to prepare for a longer one the following day. Or vice versa. In case you're wondering, Carlton is 72 years young and works as an insurance agent along with his training and racing schedules. He takes his races, he says, "one step at a time."

May you run 100 more marathons, Carlton.

--Pat Buckley

Exhibition Opportunity

Maine Track Club members who have a health- or fitness-related business can have exhibition space for 1/2 the usual price—\$50.00 per day for businesses that sell products at the festival, \$25.00 per day for

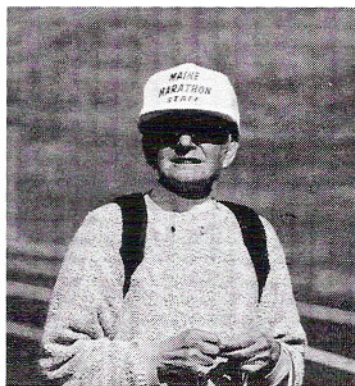
businesses that demonstrate but do not sell products.

Space is sold on a first-come, first-served basis. Payment is due with registration. Please contact Jim McCorkle, 23 Woodville Road, Falmouth, ME 04105, (207) 781-4152.

The Marathon: A Maine Event

This is the third annual Maine Marathon Half-Marathon, starting and ending in Portland, running its pack through the scenic roads of Falmouth, Cumberland, and Yarmouth. Maine has seen other marathons come and go, though, including the very popular Sugarloaf Marathon and 15K, still run yearly in May.

One of the State's first marathons was the Paul Bunyan, held in the Bangor area for about ten years starting in the mid-70's. On August 24th, 1975, a straggly band of 23 started what came later to be known as the "Dark Sebago Marathon." Following a lakeside course, they braved wind and cold and the dwindling light of the 5:00 p.m. start to finish into the night in a driving rain. It's perhaps not surprising that



the "Dark Sebago" was a one-time event. The Union Mutual (now UNUM)-sponsored Casco Bay Marathon was a popular race, running for about ten years beginning in 1978.

The Maine Coast Marathon, put on by the Biddeford Sports Club, ran for several years starting in 1980. Its very scenic course paralleled the coast from Biddeford Pool down through Kennebunk and back.

With no new marathon event in the State for several years, in 1989 the Central Maine Striders, led by the one and only Jerry St. Amand, put on the Pine Tree Marathon, a

continued next page

A Maine Event *continued*

devil of a hilly course but, it was said, very good to finish. For the three years of the Pine Tree, a convoy of Maine Track Club members went yearly to Waterville to either run or pitch in as volunteers, a nice collaboration between neighboring clubs.

In 1992 the Maine Track Club decided to attempt a rebirth of the marathon here. Gathering its dedicated volunteer forces and local sponsorship, the event would include a fitness expo and pasta party on a Saturday, with two races held the following day. To carry out the grand plan, a new MTC member, Dave Shennan, bravely came forward to direct the event. Then for two years Dave, with his wife, Sandy, directed a truly quality event, bringing together over a thousand runners from near and far.

In the two preceding years we've had one ideal race day, with blue skies and crisp air, followed the next year by the starting gun going off in the driving rain. We've had the pleasure of welcoming runners from throughout the entire country and Canada. Each year so far we've been honored by the presence of the Achilles Track Club athletes. As ever, we've had the dedication of volunteers who've worked for days and months toward this weekend.

This year, Don Kent and Peter Bastow have put together their racing experience and administrative talents as co-directors.

Never far from our thoughts in all of this has been Jack Oppen, who was to have been this year's race director, and whose loss we still keenly feel.

The Maine Track Club wishes a safe and good race to all our runners on October 2, 1994.

--Pat Buckley

Excuse Me, But...

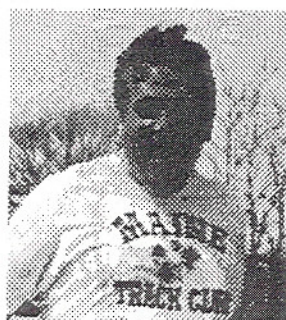
I've been road racing on and off for 20 years, but at a small race in a lovely seaside setting this past July, I experienced a first (no, I didn't win). It was a good day for a race, with magnificent scenery, but of course with the 9:00 a.m. signal to start the sun seemed to burn brighter and the humidity to rise.

I'd heard there were some "fairly easy" hills in the race. Easy for Alberto, maybe. Near mile 3, chugging and sweating up yet another slope, I was wrenched from my thoughts by the approach of a large car, license plate from away, pulling up alongside. Two eager faces leaned toward me, one saying, "I'm terribly sorry, but can you tell us how to get to" What? This invasion of my right to run a race couldn't really be happening! In answer, I just stabbed at my bib number and mumbled something like "I'm on the clock . . . ," running off.

In the sweetness of the race's finish I didn't think again about the intrusion until a little later. By then it was just funny. But in reflecting on it, we who race the roads take as a given that each of us will be alone in our own space, free to suffer, rejoice, plan the next move. It's just you, the road, and, ahead, the ticking clock.

--Pat Buckley

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Race Results Submitted by Don Penta

18th Annual Bridgton Four On The Fourth July 4th, 1994 966 Finishers (441 Female & 525 Male) Bridgton, Maine

Top Overall Finishers:

- 1 Ann Bokman 25 22:23* (5:36)
- 2 Cynthia Moreshead 20 22:40* (5:40)
- 3 Sally Perkins 31 22:51* (5:43)
- 4 Charlotte Thomas 37 23:45* (5:56)
- 5 Laurel Valley (MTC) 31 24:25* (6:06)
- 6 Cathleen Allen 28 25:03* (6:16)
- 7 Kelly Bennett Rodrigue 30 25:09* (6:17)
- 8 Anne Ricardelli 36 25:59* (6:30)
- 9 Carol Weeks (MTC) 45 26:02* (6:31)
- 10 Molly Ware 21 26:20* (6:35)

- 1 Colin Peddie 31 19:33 (4:53)
- 2 Rusty Snow 24 19:51 (4:58)
- 3 Dan Verrington 32 20:00 (5:00)
- 4 Scott Brown 36 20:24 (5:06)
- 5 Kevin Way 25 20:36 (5:09)
- 6 Casey Carroll 22 20:57 (5:14)
- 7 Todd McGraw 29 20:59 (5:15)
- 8 Andrew Black 32 21:05 (5:16)
- 9 David Weatherbie 26 21:07 (5:17)
- 10 Brendan Sullivan 31 21:15 (5:19)

Other Top Divisional Finishers:

- 11 Carol Hogan (MTC) 40-44 43 26:25* (6:36)
- 12 Laurie Gaudreau open 25 26:28* (6:37)
- 18 Rebecca Goldfine 14-18 18 27:13* (6:48)
- 37 Faye Gagnon 45-49 49 28:44* (7:11)
- 43 Kelly Reilly 11-13 13 29:21* (7:20)
- 58 Maggie Solomon 60-69 60 30:58* (7:45)
- 79 Sally Swenson 50-59 51 31:51* (7:58)
- 202 Kerry Busold 10&under 10 37:39* (9:25)
- 375 Helen Mallor 70&over 70 52:39* (13:10)
- 401 Margaret Sawyer 80 58:35* (14:39)

- 11 Ralph Fletcher 40-44 43 21:25 (5:21)
- 12 Pete Bottomley (MTC) open 32 21:31 (5:23)
- 14 Teague Dyer 14-18 18 21:35 (5:24)
- 25 Stephen Gay 35-39 39 22:21 (5:35)
- 44 Charlie Pratt 50-59 52 23:56 (5:59)
- 46 Bill Reilly 45-49 46 24:05 (6:01)
- 62 Ven Fletcher 11-13 13 24:37 (6:09)
- 200 John Chandler 60-69 67 29:00 (7:15)
- 221 Michael Vernon 10&under 10 29:42 (7:26)
- 272 Carlton Mendell (MTC) 70&over 72 31:12 (7:48)
- 477 Andrew Beal 90 42:07 (10:32)

Other Maine Track Club Finishers:

- 39 Erin Thompson 18 29:04* (7:16)
- 53 Erin MacLean 31 30:39* (7:40)
- 59 Marla Keefe 40 31:02* (7:46)
- 81 Tina Marzul 31 32:00* (8:00)
- 91 Joanne Raymond 27 32:46* (8:12)
- 133 Jean Thomas 3,50-59 58 34:37* (8:39)

- 143 Sandy Utterstrom 50 35:07* (8:47)
- 215 Jessica Hayes 44 38:15* (9:34)
- 219 Jill Pierce 15 38:28* (9:37)
- 236 Sally Williams 50 39:31* (9:53)
- 247 Sherry Carl 47 40:31* (10:08)
- 252 Jennifer Pierce 26 40:51* (10:13)
- 304 Donna Moulton 45 43:57* (10:59)
- 323 Bobbie MacLean 64 45:50* (11:28)

- 50 Ken Thompson 48 24:09 (6:02)
- 57 Bob Payne 3,50-59 56 24:30 (6:08)
- 69 David Cate 44 25:12 (6:18)
- 87 Phil Pierce 52 25:45 (6:26)
- 108 Dan Hogan 43 26:20 (6:37)
- 118 Neil Martin 51 26:29 (6:37)
- 136 Andrew MacLean 32 27:15 (6:49)
- 147 D. Scott Hamilton 43 27:33 (6:53)
- 170 John LeRoy 57 28:10 (7:03)
- 172 Thomas Carl 50 28:15 (7:04)
- 183 Don Bessey 48 28:32 (7:08)
- 261 Paul Alpert 59 30:48 (7:42)
- 283 Don Kent 41 31:28 (7:52)
- 298 Philip Bartlett 46 32:10 (8:03)
- 316 Greg Parker 36 32:41 (8:10)
- 353 Bob Cushman 56 33:52 (8:28)
- 380 Donald Johnson 63 34:53 (8:43)
- 398 Robert Marzul 33 36:02 (9:01)
- 457 Jan Williams 49 39:31 (9:53)
- 486 Julius Marzul 68 43:03 (10:46)
- 496 Don Penta 48 46:47 (11:42)
- 506 Phil MacLean 3,70&over 73 55:02 (13:46)

Many thanks to the Spenciners &
Granite State Race Services for
complete results!

Pat's Pizza Presents The Clam Festival Classic 5M

July 16th, 1994

711 Finishers (201 Female & 510
Male)

Yarmouth, Maine

Top Overall Finishers:

- 1 Marty Shue open 25 28:34* (5:43)
- 2 Rose Prest-Morrison 1,30-39 31 29:12* (5:50)
- 3 Sarah Redfield 1,20-29 28 29:46* (5:57)
- 4 Gail Turner (MTC) 2,30-39 34 30:15* (6:03)
- 5 Renee Idone 3,30-39 34 30:23* (6:05)

- 1 Kevin Way open 25 25:07 (5:01)
- 2 Timothy Wakeland 1,20-29 29 25:18 (5:04)
- 3 Steve Sarkozy 2,20-29 26 25:28 (5:06)
- 4 Casey Carroll 3,20-29 22 25:50 (5:10)
- 5 Dan Dearing 1,30-39 32 26:07 (5:13)

Other Top Divisional Finishers:

- 9 Deb Raszmann (MTC) 40-44 USAT&F 41 31:15* (6:15)
- 14 Gretchen Read 50-54 USAT&F 51 31:57* (6:23)
- 26 Bridget Foley 16-19 17 33:30* (6:42)

- 28 Brigitte Edquid (MTC) 45-49 USAT&F 46 34:08* (6:50)
- 31 Kitty Kelley (MTC) 2,45-49 USAT&F 47 34:22* (6:52)
- 44 Joanna Polito 15&under 15 35:45* (7:09)
- 126 Polly Kenniston 55-59 57 41:47* (8:21)
- 143 Mead Brownell 60-64 USAT&F 63 43:11* (8:38)

- 6 Teague Dyer 16-19 USAT&F 18 26:18 (5:16)
- 9 Paul Johnson 2,16-19 USAT&F 16 26:50 (5:22)
- 11 Michael Mouradian 15&under USAT&F 26:51 15 (5:22)
- 23 Bill McKinstry 45-49 46 28:01 (5:36)
- 25 Joel Croteau 50-54 USAT&F 50 28:22 (5:40)
- 27 Gordon Scannell 40-44 41 28:27 (5:41)
- 89 Bob Coughlin 55-59 USAT&F 55 31:00 (6:12)
- 100 Adam Bowden USAT&F 13 31:15 (6:15)
- 157 Hap Hazzard (MTC) 60-64 USAT&F 62 32:40 (6:32)
- 259 Peter Scontras 65&over USAT&F 65 35:10 (7:02)
- 325 Russ Bradley (MTC) 2,65&over USAT&F 70 37:04 (7:25)
- 357 Dean Shea 3,65&over USAT&F 78 37:55 (7:35)

Notes:

USAT&F: Equals or beats standard
for national ranking at event held on
a USA Track & Field certified
course over a USAT&F recognized
distance.

Other Maine Track Club Finishers:

- 6 Marjorie Haney 2,20-29 26 30:32* (6:06)
- 19 Nancy Lund 3,40-44 42 32:52* (6:34)
- 21 Alison Kisch 22 32:58* (6:36)
- 24 Courtney Doherty 24 33:25* (6:41)
- 25 Mary Ann Doss 34 33:30* (6:42)
- 36 Betty Rines 37 34:51* (6:58)
- 41 Sarah Parrott 35 35:32* (7:06)
- 54 Patti Tableman 35 36:25* (7:17)
- 57 Cindy Aiken 40 36:42* (7:20)
- 60 Amy Parker 24 37:12* (7:26)
- 65 Diane Daley 38 37:30* (7:30)
- 68 Laurie Curtis 47 37:49* (7:34)
- 92 Kerri Eaton 22 39:26* (7:53)
- 96 Diana Laskey 33 39:34* (7:55)
- 127 Jennifer Lainey 29 42:01* (8:24)
- 130 Sue Inches 39 42:07* (8:25)
- 138 Sally Paterson 52 42:38* (8:32)
- 146 Janelle Hilton 33 43:33* (8:43)
- 155 Beverly Doughty 43 43:57* (8:47)

- 15 Thomas Tero 28 27:12 (5:26)
- 32 John Eldredge 39 28:45 (5:45)
- 35 Michael Reali 40 28:48 (5:46)
- 42 Kevin Carley 39 29:25 (5:53)

Pat's Pizza, continued

Other Maine Track Club Finishers

(cont.):

54 Dan Hutchins 34 29:48 (5:58)
55 Harry Nelson 40 29:50 (5:58)
56 Austin Hardy 2,15&under 15 29:51 (5:58)
57 Joe Hayes 45 29:55 (5:59)
62 Alburn Butler 40 30:07 (6:01)
63 Scott Strout 32 30:10 (6:02)
66 Tim Clement 33 30:12 (6:02)
71 Terry Clark 3,50-54 50 30:18 (6:04)
81 Glen Gallupe 34 30:37 (6:07)
92 Carlos Philbrick 41 31:03 (6:13)
104 Will Lund 39 31:21 (6:16)
111 Mark Finnerty 35 31:32 (6:18)
114 Charles Iselborn 37 31:36 (6:19)
117 Michael Cirillo 28 31:40 (6:20)
118 Sumner Weeks 45 31:40 (6:20)
119 Paul Lessard 37 31:42 (6:20)
123 Peter Bastow 3,55-59 31:46 (6:21)
126 Ron Cedrone 45 31:50 (6:22)
141 Ira Cohen 41 32:10 (6:26)
144 Thomas Menendez 40 32:20 (6:28)
148 Neil Martin 51 32:25 (6:29)
155 James McCorkle 39 32:37 (6:31)
166 Rick Fecowicz 39 32:45 (6:33)
170 Clyde Coolidge 55 32:48 (6:34)
181 Dennis A. Smith 44 33:01 (6:36)
186 George Prescott 46 33:12 (6:38)
193 John Rolfe 40 33:31 (6:42)
194 Dan Gray 37 33:35 (6:43)
208 Gary Giffard 35 33:57 (6:47)
213 Harley Lee 40 34:05 (6:49)
231 Scott Hamilton 38 34:27 (6:53)
239 Gary Johnson 43 34:34 (6:55)
241 Jeff Thaler 41 34:37 (6:55)
244 John LeRoy 57 34:40 (6:56)
250 Robert Jolicoeur 57 34:51 (6:58)
256 David Haskell 49 35:04 (7:01)
277 Ed Doughty, Jr. 45 35:34 (7:07)
310 Ryan Doherty 26 36:38 (7:20)
314 Richard Crawford 32 36:49 (7:22)
318 Herb Strom 2,60-64 36:56 (7:23)
327 Douglas Aiken 41 37:05 (7:25)
329 Richard Evans 40 37:07 (7:25)
368 Matthew Tift 14 38:14 (7:39)
381 Richard Cavanaugh 61 38:35 (7:43)
399 Bob McArthur 54 39:28 (7:54)
404 Frank Doherty 55 39:40 (7:56)
405 Joseph O'Donnell 43 39:45 (7:57)
420 William York 52 40:20 (8:04)
433 Tom O'Connor 43 40:52 (8:10)
444 Bob Cushman 56 41:53 (8:23)
460 Allen Pusch 60 43:07 (8:37)
462 Robert Hilton 35 43:34 (8:43)
464 Robert Marzul 33 43:37 (8:43)
496 Wayne Newland 56 47:43 (9:33)
499 Warren Wilson 60 47:58 (9:36)
500 Cary Frederick 43 48:09 (9:38)
510 Julius Marzul 69 55:16 (11:03)

Many thanks to Ruth Hefflefinger
for complete results!

1994 Peaks Island Five Mile Road Race

Peaks Island, Portland, Maine
452 Finishers (155 Female & 297
Male)
July 30th, 1994

Top Overall Finishers:

1 Terry Sutton 1,open 32 31:07* (6:13)
2 Marilyn Burnham 2,open 25 31:54* (6:23)
3 Caroline Meehan 3,open 26 32:29* (6:30)
4 Donna Anderson 1,30-39 39 33:17* (6:39)
5 Brigitte Laflin 1,19&under 17 33:19* (6:40)

1 Bob Winn 1,open USAT&F 35 24:46 (4:57)
2 Ole Hjelke 2,open 19 26:56 (5:23)
3 Shaun Keenan 3,open 32 27:11 (5:26)
4 Michael Grigware 1,20-29 29 27:43 (5:33)
5 Tom Howard (MTC) 1,19&under 17 27:52 (5:34)

Other Top Divisional Finishers:

22 Kitty Kelley (MTC) 40-49 47 36:13* (7:15)
45 Maggie Solomon 60-69 USAT&F 60 39:29*
(7:54)
73 Kathy Moreau 50-59 50 42:52* (8:34)
154 Mary Helen Wilson 70&over USAT&F 74
66:49* (13:22)

13 Bill McKinstry 40-49 46 29:12 (5:50)
17 Joel Croteau 50-59 50 29:33 (5:55)
77 Russ Connors (MTC) 60-69 62 33:52 (6:46)
154 Russ Bradley (MTC) 70&over USAT&F 38:34
(7:43)
269 Tom Miller 2,70&over USAT&F 77 46:59
(9:24)

Other Maine Track Club Finishers:

6 Jeanne Hackett 2,30-39 35 33:20* (6:40)
11 Nancy Kneeland 39 34:33* (6:57)
20 Betty Rines 37 36:02* (7:12)
23 Brigitte Edquid 2,40-49 46 36:21* (7:16)
27 Patti Tableman 35 36:56* (7:23)
41 Catherine Baum 34 39:07* (7:49)
43 Elizabeth Ehrenfeld 35 39:14* (7:51)
51 Laurie Curtis 47 40:20* (8:04)
57 Marla Keefe 40 40:55* (8:11)
62 Mary Coolidge 26 41:20* (8:16)
67 Tina Marzul 31 41:49* (8:22)
77 Martha Crawford 32 43:20* (8:40)
91 Sally Paterson 53 44:43* (8:57)
93 Janet Stenberg 46 45:15* (9:03)
103 Beverly Doughty 43 46:43* (9:21)
104 Jackie Katz 35 46:46* (9:21)
133 Marge Parsons 43 51:51* (10:22)
147 Donna Moulton 45 56:44* (11:21)

11 Chris Milliken 29 28:52 (5:46)
14 Paul Gadbois 2,40-49 29 28:58 (5:54)
16 Robert Brooks 29 29:32 (5:54)
18 Michael Real 3,40-49 40 29:35 (5:55)
33 Kurt Nielsen 39 31:31 (6:18)
38 Kevin Burke 29 31:46 (6:21)
39 Will Lund 39 31:49 (6:22)
40 Ken Thompson 48 31:59 (6:24)
44 Dan Hutchins 34 32:09 (6:26)
45 Scott Strout 32 32:12 (6:26)
53 Ira Cohen 41 32:50 (6:34)
62 Larry Barker 45 33:15 (6:39)
65 Brian Flynn 34 33:23 (6:41)
68 David Cate 45 33:30 (6:42)
75 Ed Doughty 45 33:48 (6:46)
82 Andrew MacLean 32 34:18 (6:52)
83 Dan Fitzgerald 41 34:21 (6:52)
86 Rick Baum 29 34:31 (6:54)
92 D. Scott Hamilton 43 34:45 (6:57)
93 Clyde Coolidge 55 34:47 (6:57)
94 Dave Coolidge 28 34:48 (6:58)
99 Steve Jacobsen 44 35:06 (7:01)
100 John Rolfe 40 35:07 (7:01)
103 James Boisvert 37 35:16 (7:03)
112 John Watson 50 35:58 (7:12)
130 Howard Spear 44 37:06 (7:25)
143 Don Bessey 48 38:06 (7:37)
181 Herb Strom 64 39:34 (7:55)

184 Richard Crawford 32 39:47 (7:57)
198 George Campbell, Jr. 47 40:31 (8:06)
204 Dale Rines 42 40:46 (8:09)
217 Don Burnham 53 41:30 (8:18)
223 John Dorsey 47 42:01 (8:24)
245 Larry Dyer 50 43:46 (8:45)
259 Donald Johnson 64 46:01 (9:12)
268 Mark Coughlin 30 46:50 (9:22)
271 Bob Marzul 33 47:11 (9:26)
291 Widgery Thomas 70 55:47 (11:09)
294 Julius Marzul 68 57:14 (11:27)

Many thanks to Ruth Hefflefinger
for complete results!

8th Annual St. Peter's 4 Mile Road Race St. Peter's Church, Portland, Maine

189 Finishers
Friday, August 12th, 1994

Top Overall Finishers:

1 Brent Leighton 1,overall 25 21:01 (5:15)
2 Jim Quadros 2,overall 31 21:15 (5:19)
3 Richard Hemingway 1,18&under 18 21:42 (5:26)
4 Cam Dauler 3,overall 22 21:47 (5:27)
5 Bruce Nicholson 32 21:49 (5:27)
13 Cynthia Moreshead 1,overall 20 23:04* (5:46)
20 Rose Prest-Morrison 2,overall 31 23:32* (5:53)
27 Marjorie Haney (MTC) 3,overall 26 24:13*
(6:03)
37 Terry Sutton 33 1,Italian 33 25:24* (6:21)
38 Brigitte Laflin 1,18&under 17 25:32* (6:23)

Other Top Divisional Finishers:

12 George Towle (MTC) 40-49 44 23:04 (5:46)
39 Deb Raszmann (MTC) 40-49 41 25:35* (6:24)
49 David Smith (MTC) 50-59 52 26:14 (6:34)
59 Russ Connors (MTC) 60-69 62 26:40 (6:40)
105 Russ Bradley (MTC) 70&over 70 29:57 (7:29)
158 Polly Kenniston 50-59 57 34:19* (8:35)

Other Maine Track Club Finishers:

19 John Eldredge 40 23:25 (5:51)
26 Austin Hardy 15 24:13 (6:03)
30 Scott Strout 32 24:31 (6:08)
43 James McCorkle 39 25:49 (6:27)
45 Carol Hogan 2,40-49 43 25:51* (6:28)
56 Steve DiPalma 38 26:36 (6:39)
58 Paul Lessard 37 26:39 (6:40)
68 John Watson 2,50-59 50 27:09 (6:47)
73 Gary Johnson 43 27:24 (6:57)
83 George Liming 43 28:20 (7:05)
85 Cindy DiPalma 36 28:22* (7:06)
94 Dominic Real 51 29:02 (7:16)
108 Laurie Curtis 47 30:28* (7:37)
111 Marla Keefe 40 30:45* (7:41)
117 Martha Crawford 32 31:00* (7:45)
122 Sherry Missig 43 31:11* (7:48)
129 Carlton Mendell 2,70&over 72 31:35 (7:54)
140 Joseph O'Donnell 43 31:59 (8:00)
162 Robert Marzul 33 34:44 (8:41)
188 Julius Marzul 68 41:10 (10:18)
189 Donna Moulton 45 42:06 (10:32)

Many thanks to Everett Moulton for
complete results!

Coach's Corner ... Brian "Ziggy" Gillespie



In simple terms, we can't run all-out indefinitely because we can't breathe fast enough. The body's appetite for oxygen increases as speed increases, and at high speeds this supply can't match the demand.

Noted physiologist Rodolfo Margaria, who has studied oxygen intake in distance runners, explains: "When exercise is raised to a strenuous level at which energy can no longer be provided in sufficient quantity through oxidation (because of the limit on the rate of delivery of oxygenated blood to the tissues), the muscles begin to supplement the energy supply by means of glycolysis."

What he is saying is that the runner can find energy from other sources, but only temporarily. He can survive for short periods in a state of "oxygen debt," but this debt condition has side effects. It creates lactic acid. Lactic acid produces fatigue, and when fatigue progresses to a certain point, you're going to have a very bad race experience.

Breathing is simple to assess. If you're laboring to get air, there's oxygen debt.

Therefore, the run is anaerobic. The more you labor, the more anaerobic it is. If there's no oxygen debt, it is aerobic.

All races are, to some extent, anaerobic. They have higher oxygen demands than supplies, and have a certain degree of oxygen debt/lactic acid accumulation. The amounts vary with the distance and pace of the race. I keep the athletes I train very "specific" in their training schedules, with a pace workout once a week. This takes care of any breathing balance problems.

Remember, in training, two things happen which relate to breathing: You increase your capacity to take in and use oxygen by doing aerobic running, and with anaerobic work you increase your tolerance to oxygen debt.

If you want your racing to be more successful and enjoyable, I strongly suggest all club members attend the Club Track Workout each Tuesday at 5:30 p.m. at the Stadium Track. Use this opportunity to increase your tolerance to oxygen debt!



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 A.M. - RTW Team - Brian Gillespie, 772-2753

South Portland: Tuesday P.M. - Donna Moulton, 799-2894

Kennebunk: Thursday P.M. - Village Market Place - Steve Jacobsen, (h) 985-4107; (w) 985-2941

Race Committee Report

August 1994

The Race Committee met August 4th in South Portland as guests of the South Portland Road Runners, who hosted a training run and pot-luck buffet.

The Children's 1-Mile Fun Run for the U.S. Olympic Awareness Festival week of September 17, 1994 was discussed. As an immediate decision had to be made, the President and I locked our Club in to be included this year. From this day forth, all races will be brought to the Race Committee for approval or denial as per the Race Committee Guide Lines. I apologize for this error in judgment.

President Fineberg has come up with an award program that should assist Race Directors in getting more volunteers involved at races, and a new membership list will be included in each Race Director's Packet that they receive for their respective races. I have also started to compile a list of experienced volunteers in critical areas such as: Timing, Chute, and Results. Last but certainly not least is a program where each race has two experienced computer-friendly persons pre-arranged to cover the event(s). I have heard some discussion about the same core of volunteers being used at every race. This is true, and some individuals are starting to burn out and others are not ever asked to assist. Hopefully these new programs will prevent some of the volunteer burn out.

I have been informed that Club Member Ray Shevenell's company is donating a portable 286 computer for race use as soon as they replace theirs with new models. THANKS, RAY! This should put us in good shape for the '95 Race Season.

My first computer assignment was the St. Peter's 4-Milers, for which I did all the data entry and results. I'm still sweating and shaking, but it went very well thanks to the assistance of Mary Anne Doss and Charlie Scribner on race night. Bob Aube and Mary Anne Champeon got their turn at the Sports East 10-Miler—good job to both of you!!! Other newly trained computer personnel are Ann Blanchard and George Conly. With these folks sharing the work load with Ruth Hefflefinger and Susan Davenney, next year should be much more relaxing for everyone. With each event having more than one race now, it is almost imperative that we have two computers at the site so one can be utilized for each race, or at least have a back-up system ready to go if something goes wrong.

The Executive Board also financed my being able to attend the New England Runner Conference and Workshop held this month in Killington, Vermont. Some important issues discussed at the workshops were Medical Personnel at races, Insurance Coverages, Multi-Event Races, making your race an "Event" rather than just a "Race," and the Pro's and Con's of Grand Prix Race Series. A more in-depth report will be in the next newsletter.

Keep Your Running Fun,
Everett Moulton

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, P.O. 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

Carol Pierce

Eric R. Ellis, Jr.

Kurt Neilson

Pie Race Results

July 8, 1994

Walkers

- 1 Mark Clinch 28:40
- 2 Renee Lathrop 47:31
- 3 Brian Lathrop 47:31
- 4 Alyce Schultz 53:21
- 5 Everett Moulton 53:20
- 6 Loren Lathrop 53:19

Runners

- 1 Evan Hennessey 20:45
- 2 Richard Scribner 20:48
- 3 Janet Sparkowich 23:38
- 4 Dave Shevenell 23:39
- 5 Dennis Morrill 26:35
- 6 Sue Davenny 28:18
- 7 Carlton Mandell 28:19
- 8 Donna Moulton 33:58
- 9 Ruth Hefflefinger 34:25
- 10 Maggie Soule 35:11

Reward****Reward****Reward

Help Us Find Our Missing Timer and Other Equipment!

The Maine Track Club is offering a reward (No Questions Asked) for the return of our black, hand-held "Time Tech Spring 8" timer. The timer was last seen at the Turkey Trot Races held at the Cape Elizabeth School the Sunday before Thanksgiving Day.

The Timer was purchased so we would be able to have proper timing for the Marathon & Half-Marathon. It is only a year old and will cost the club an estimated \$500.00 to replace it. I would certainly hope that if anyone has seen the timer, or knows of its whereabouts, that they would get the information, or time, back to myself, President Fineberg, or the equipment manager, Howard Spear.

Also Missing

The Club is also missing:

- 3 Black Stop Watches
- 2 Plywood Caution Signs
- 1 12' Computer/Timer Cable
- 3 Bicycle Johns Counters
- 1 Clear Plastic First Aid Bag with contents
- 1 Set of Yellow "Officials" Jackets

Thank you for any assistance you may give us. Contact can be made in person, by mail, or an item left at the following addresses:

Everett Moulton	Mel Fineberg	Howard Spear
39 Bonnybank Terrace	129 Wayside Dr.	187 Puritan Dr.
South Portland, ME	Portland, ME	Westbrook, ME
04106	04102	04092
799-2894	774-8868	856-4681

Help Wanted!

Clothing Chairperson needed immediately.

The successful candidate will have lots of enthusiasm and a flair for fashion. No experience needed. On-the-job training will be provided. Your compensation will be a sense of accomplishment knowing that you outfitted our members in the latest fashion trends. The current chairperson has been promoted to a Marathon directorship.

Call Mel Fineberg (774-8868) or Don Kent (871-7870) for an interview.

Club Clothing News

New Members to receive a first-time discount on a team uniform.

All new members are eligible to receive a two dollar discount on a MTC uniform (Singlet and Shorts, a \$24.00 value for only \$22.00). All members who have joined the Club since January 1994 are eligible for this discount.

Please call Clothing Chair Don Kent at 871-7870 to order your clothing today.




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Club Clothing News, *continued*

EXTRA BONUS INCENTIVE.....

For the remainder of the race season (until December 1), a spotter will be at MTC races recording names and numbers of members wearing MTC clothing. A random drawing of names will be held and awards given to winners. For non-Track Club races or out-of-town races, please have someone record the names of MTC runners wearing uniforms. The Club reserves the right to print only members wearing MTC clothing in the *News-Run* race results section.

MTC Coaching and Team News

"MTC Challenges Striders"

The Maine Track Club has challenged the Central Maine Striders to a team competition. The Striders have not formally accepted the challenge, but it is expected soon. Details of the scoring system are to be negotiated, however, there seems to be initial agreement that members of all ages will have an opportunity to compete and score for the clubs. The team competition will take place as part of the Physical Therapy 8K (PT8K) race on October 16). When you sign up for this race, or any race that has a team competition, be sure to write "Maine Track Club" on your registration form.

"Large Prizes, Top Competition, and a Fast Course"

Over the last 3 years the PT8K, in Brunswick, has become established as one of the most competitive races in Maine. Last year five women finished in under 29 minutes! The PT8K race attracts all levels of runners. The stronger competitors are attracted by the substantial prizes (\$2,300 last year) and a fast, certified course. Less competitive runners are attracted to other amenities such as the long-sleeved T-shirts, low registration fees, massages, and lots of valuable raffle prizes.

New this year is a wheelchair division with prizes to the first 3 men and 3 women. The Maine Track Club will be doing the timing and results, so if you are not planning to run the PT8K, call John LeRoy at 725-8680 to volunteer and receive a great long-sleeved T-shirt.

MARK YOUR CALENDARS!

MTC Track Club Meeting

Wednesday, October 12, 1994

6:30 p.m.

Blue Cross/Blue Shield

Featured Speaker:

Charlie Oransky - Workout Fitness Store

"New Technology in Treadmills and Exercise Equipment"

Maine Track Club Discounts

The following area sporting good stores have agreed to give MTC members a discount on running shoes (non-sale items). It is necessary that you show your 1994 Club I.D. card when requesting a discount:

Levinsky's (10%)	Freeport - U.S. Route 1 Portland - 275 Congress St. Windham - Windham Mall
Olympia Sporting Goods (10%)	S. Portland - Maine Mall
Yankee Sports (10%)	S. Portland - 35 Foden Rd.
Coastal Athletics (10%)	Portland - 502 Woodford (ASIC shoes exclusively - discounts according to model)
Goldsmith's Sporting Goods (15%)	Auburn - 120 Center St. Scarborough - 581 Rt. 1 (Dunstan Corner)
George and Phillips, Inc.	Kittery - Rte. 1 Exeter, NH - 295 Water St.

(These are Nike outlet stores featuring slightly defective or blemished shoes at reduced prices. All top quality regularly priced shoes 20% off.)

CHARLES A. ISELBORN, D.D.S.

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Portland, Maine 04102
(207) 774-0546

PIKE CONWAY DAHL Insurance Agency

Michael S. Reali, CIC
Vice President

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FRYEBURG, ME & CONWAY, NH

About News-Run . . .

Editorial

Volunteers:

Susan Roberts, editor
Pat Buckley, special features
Maggie Soule, race schedule
Brian Gillespie, coach's corner
Don Penta, race results
Ann Witkower, design

Important News-Run Notes:

Ten (10) issues of **NEWS-RUN** are printed each year. Combined issues are the December/January **NEWS-RUN** and the July/August **NEWS-RUN**. The deadline for submission of materials is the 15th of each month. Every effort will be made to print materials received by that date. Send materials to: Editor, **NEWS-RUN**, Maine Track Club, P.O. Box 8008, Portland, ME 04104.