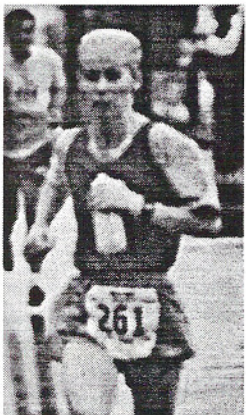
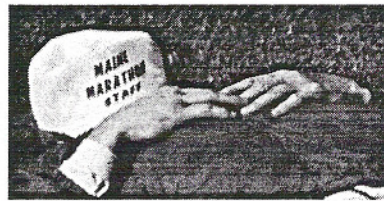
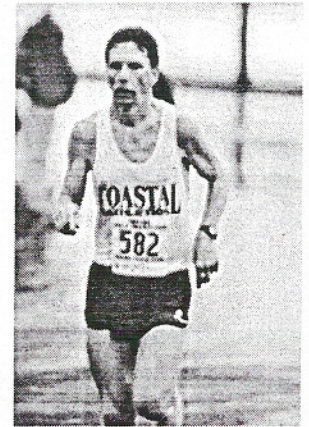
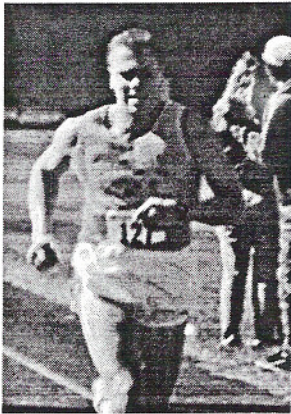
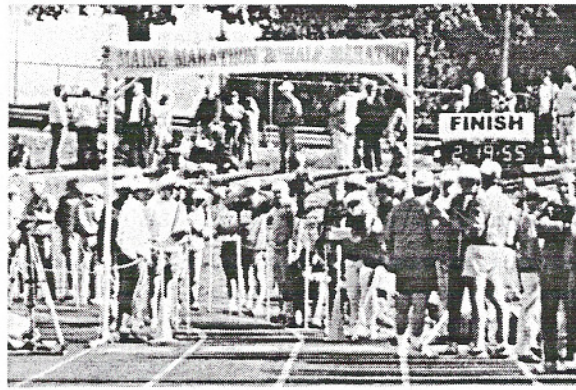
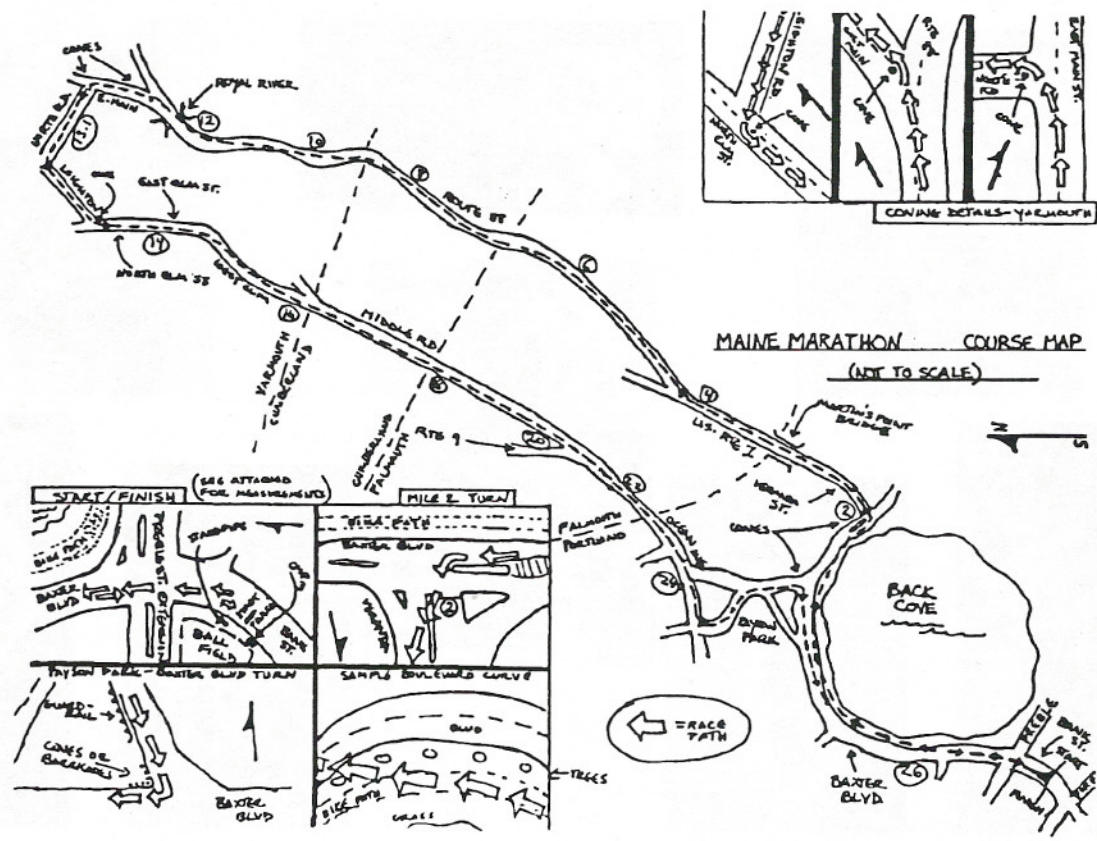
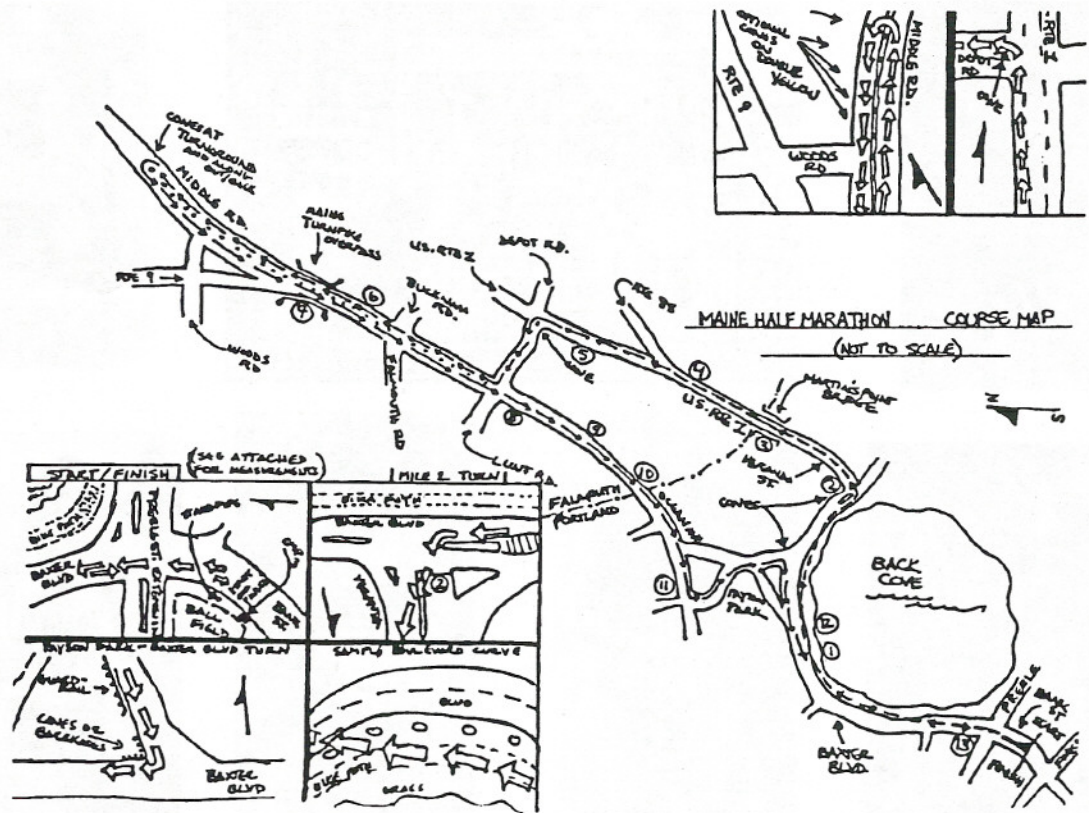


'92 and '93 Maine Marathon and Half-Marathon Highlights



Maine Marathon and Half-Marathon Course Maps



Nominations for 1994 Maine Track Club Annual Awards

Deadline: November 9th, 1994

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

*Maine Runners of 1994
Outstanding Contributor(s) to MTC
Maine Running
MTC Youth Runner(s) of 1994
MTC High School Runners of
1994
MTC Runners of 1994
MTC Most Improved, Open
MTC Most Improved, 30-39
MTC Most Improved, 40-49
Outstanding Service to MTC*

*MTC Most Improved, 50-59
Most Improved, 60 & over
MTC Comeback Runner(s) of
1994
MTC Outstanding Race
Director(s) of 1994
MTC Most Improved
Triathlete(s)
MTC Most Improved
Ultramarathoner(s)
Other Award(s)?*

Nominations:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

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 1994 is eligible for this award.

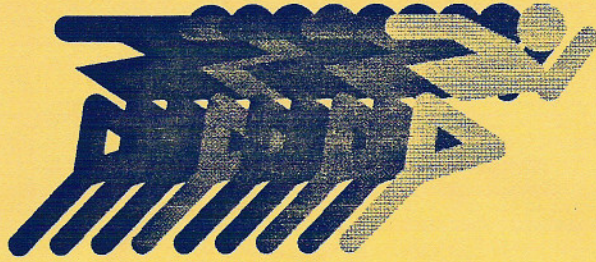
Name _____ Marathon _____ Time _____

Please send all of the above to: Awards Committee, PO Box 8008, Portland ME 04104, by November 9th.

Road Runners Club of America Annual Awards

Due: October 30th, 1994

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



MAINE TRACK CLUB MEMBERS ONLY

MASTERS/SENIORS 4 MILE RACE
IN MEMORY OF RICK STROUT

WHEN: OCT 15, 1994

WHERE: AT THE MAINE TRACK CLUB 50 MILE
ULTRA-MARATHON. BRUNSWICK, MAINE

TIME: 10AM

ENTRY FEE: NONE!

REASON TO ENTER: TO HAVE FUN!

PRIZES: TO THE FIRST FINISHERS

MASTER: MALE/FEMALE

SENIOR: MALE/FEMALE

HOW TO ENTER: JUST SHOW UP BEFORE 10AM!

Come and see what the 50 Mile Ultra is
all about and have some fun too!

If you would like to volunteer to work
on the 50 miler please call Sandy
Utterstrom at 797-4710.

COME AND JOIN THE FUN!

HOPE TO SEE YOU THERE!

GREAT ISLAND 5K ROAD RACE 1994 ENTRY FORM

(Please print clearly • Statement below must be signed)

Last Name _____ First Name _____ Sex (M/F) _____ Age on Race Day _____ Date of Birth _____
 Address _____ City _____ State _____ Zip _____
 Work Phone # _____ Home Phone # _____ T-Shirt Size (circle one): M L XL

WAIVER: I know that running a road race is a potentially hazardous activity. I will not enter and run in this road race unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with participation in the event including, but not limited to, falls, contact with other participants, the effects of the weather including low temperature and/or precipitation, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my application, I for myself and anyone entitled to act on my behalf, waive and release the New Castle Recreation Committee, the Town of New Castle, and the State of New Hampshire, all volunteers, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. I acknowledge that entry fees are non-refundable and non-transferable for any reason.

Signature of Athlete _____

Signature of Parent or Guardian if Minor _____

Mail Entry Form & Make Check Payable to: The Town of New Castle Recreation Committee, PO Box 367, New Castle, NH 03854-0367, or deliver to the New Castle Town Hall Mon-Fri 9 A.M. - 2 P.M., Main Street, New Castle, NH. All proceeds to fund the purchase & construction of new playground equipment at the Great Island Common.

RUN/WALK* the 1st Annual 5K Great Island Road Race!



- ⚡ Start & Finish by the Ocean - Great Island Common, New Castle, NH
- ⚡ Scenic Race Course
- ⚡ Fabulous Homemade Food
- ⚡ T-Shirts-100% Cotton (First 300 to pre-register)
- ⚡ Timing by Granite State Race Services

AWARDS

(Males & females • Limit of one prize max. per runner)

OVERALL: 1st, 2nd, 3rd (cash or merchandise)

Age Groups:

Age 19 and under: 1st, 2nd, 3rd
 20 to 29: 1st, 2nd, 3rd
 30 to 39: 1st, 2nd, 3rd
 40 to 49: 1st, 2nd, 3rd
 50 to 59: 1st, 2nd, 3rd
 60 & 69: 1st, 2nd, 3rd
 70 & over: 1st, 2nd, 3rd

Award to first male & female resident from New Castle, New Hampshire.



Kevin Burke (603) 433-7264
 Guy Stearns (603) 431-0839

* Fitness walk is non competitive

THE COURSE FOR OUR 5K GREAT ISLAND ROAD RACE IS DESIGNED TO GIVE YOU, THE ELITE OR RECREATIONAL RUNNER/WALKER, THE ULTIMATE WORKOUT WHILE OFFERING YOU THE OPPORTUNITY TO EXPLORE ONE OF THE OLDEST AND MOST QUAIN TOWNS IN NEW HAMPSHIRE. PLEASE JOIN US FOR OUR 1ST ANNUAL GREAT ISLAND ROAD RACE AND HELP US RAISE FUNDS FOR NEW PLAYGROUND EQUIPMENT FOR THE CHILDREN THROUGHOUT THE SEACOAST WHO ENJOY THE PARK EACH YEAR.

Date: Sunday, October 9, 1994

Start: 10:00 a.m.

The Great Island Common

New Castle, New Hampshire

Pre-registration Deadline Date & Fee:

September 21, 1994 - \$7.00

Late Registration Fee: \$9.00

(Registration the day of the race will be at The Great Island Common between 8:30 a.m. - 9:45 a.m.)

Sponsored by:



WENTWORTH

BY THE SEA



PORTSMOUTH
BLIND
&
SHADE
CO.

conproco
COATINGS



**6th
Annual**

PT8K

**Sponsored By: *Maine Physical Therapy Association, New England
Rehabilitation Hospital of Portland and Midcoast Hospital***

Sunday - October 16th - Brunswick High School

Registration: 7:30 to 8:30 - Stretching Clinic: 8:30 - Race start: 9:00 - Awards Ceremony 10:00 a.m.

FEATURES

- ♦ Guaranteed long sleeve T-shirt, if preregistered by October 1st.
- ♦ FAST, FLAT and USATF certified #ME-91013-GN.
8 kilometers is a world wide recognized distance which is 39 yds. shorter than the less popular 5 mile distance. Results qualify for records at the 8k/5mile distance.
- ♦ Substantial merchandise prizes (\$2,300 in '93) for both raffle and race awards.
- ♦ Complimentary post-race Physical Therapy Sports Massages.
- ♦ Full results and photos published in Mainely Running and submitted to USATF. Pre-race stretching clinic.
- ♦ Time splits and all miles marked.
- ♦ Rest rooms and showers available.
- ♦ Finish and timing by the Maine Track Club.
- ♦ Water at start, finish and on course.
- ♦ Proceeds to benefit SADD (Students Against Drunk Driving).
- ♦ Refreshments after race. Prompt results; awards at 10am sharp!!

AWARDS

- ♦ New!! Wheelchair division - 1st, 2nd & 3rd place
- ♦ First 6 finishers in male and female open categories
- ♦ 1st, 2nd & 3rd place male and female in age divisions:
under 19, 40-49, 50-59, 60+
- ♦ 1st all-male & all-female 3 person teams

For more information, call Race Director Sarah Bronson at 892-5357 (a.m. or evenings) or John LeRoy at 725-8680.

ENTRY FEES

- ♦ Pre-register by Oct. 1st and receive long sleeve T-shirt - \$10
- ♦ Pre-register without T-shirt - \$5
- ♦ Race Day Registration (without T-shirt) - \$8

*Make check payable to Maine Physical Therapy Association and mail with form to:
John LeRoy, 2 Howards Hill Road, Brunswick, ME 04011*

Print Name _____ Age _____ Sex _____
Address _____ Phone _____

Entry fee (check one): ☐ \$10 by Oct. 1 (**long-sleeve shirt) ☐ \$5 by Oct.12 (no shirt) Race Day: ☐ \$8 (no shirt)

**T-shirt size: M ☐ L ☐ XL ☐ Team Name (unlimited # of members, 1st 3 count) _____

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat/or humidity, traffic and the conditions of the road, all such risks known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Maine Physical Therapy Association, the Maine Track Club, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. SPECIAL NOTE: Traffic control volunteers will be on the course, but *all roads will be open to traffic.*

Signature (parents if under 18) _____ Date _____ Wheelchair racer? _____

NO BABY STROLLERS or RADIO HEADSETS ALLOWED - NO REFUNDS

*We thank our Sponsors for helping us celebrate October as
National Physical Therapy Month!!*



**New England
Rehabilitation
Hospital of Portland**
We Rebuild Lives.



**Mid Coast
Health Services**

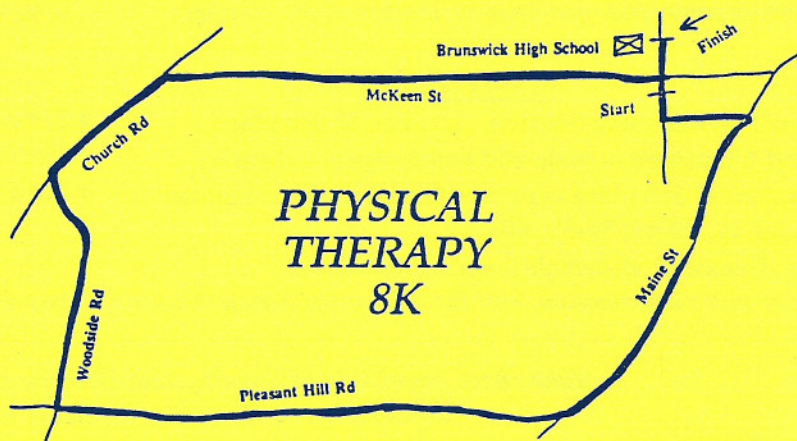


MAINE CHAPTER

AMERICAN
PHYSICAL THERAPY
ASSOCIATION
INCORPORATED

Course Records

Open	Todd Coffin	24:38	1991
	Susanna Beck	27:37	1993
40-49	Michael Gaige	25:46	1992
	Ellen Bowden	31:30	1992
50-59	Bob Coughlin	29:30	1991
	Gretchen Read	33:49	1993
60 up	Hap Hazzard	33:37	1993
	Sally Amory	42:29	1992
Under	Tim Miller	27:00	1991
19	Anathea Powell	39:24	1992



DIRECTIONS:

From north: RT 95 exit 24 at Topsham, proceed East on RT 196 through Topsham and over bridge into Brunswick. Proceed south on Maine St through Town and turn right on McKen Street. Brunswick High is 2 blocks on right. Parking behind school.

From South: Rt 95 exit 22 on RT 1 north (Pleasant St). Proceed straight through 3 traffic lights. At the 3rd light, Rt 1 makes a left, but you continue straight for 1 more block, then turn right on Spring St. High School is 4 or 5 blocks on right.



Maine Track Club

P.O. Box 8008, Portland, Maine 04104
...Run with a friend...

BY-LAWS

Article I

Name and Purpose:

The Maine Track Club is comprised of individual and family members organized to promote *Fitness and Running*, both *Recreational and Competitive*, at all levels.

Article II

Affiliation:

The Maine Track Club shall be a chapter of the Road Runners Club of America (RRCA), and all measures adopted by that body must be considered by this organization.

Article III

Membership:

Membership is open to all persons. All members are expected to contribute a small portion of their time and energy to club functions and activities, this will insure that the club continues as a successful organization.

Initial and renewal - membership is obtained by completing a membership application form and submitting it with payment of the prescribed membership dues currently in force as approved by the membership.

Article IV

Management:

The management of the Maine Track Club shall be vested in its' officers, who shall also serve as its' Board of Directors, and as its' Newsletter Committee.



Article V

Officers:

The Officers of the Maine Track Club shall be President, Vice President, Treasurer, Secretary, Race Committee Chairperson, Newsletter Committee Chairperson, Membership Committee Chairperson, and the Immediate Past President, and Three at Large Members.

The President shall preside at all meetings of the club and take charge of Club Business in general.

The Vice President shall assist the President in conducting the Clubs' business as may be required and shall assume the duties of the President in his/her absence. The Vice President shall also serve as program coordinator for monthly meetings and be generally responsible for coordinating all social activities of the club.

The Treasurer shall be responsible for Club Funds. The Treasurer shall collect dues, and make expenditures as authorized. Any Expenditure over \$500 shall require prior approval by a majority vote of the membership present at a regular monthly meeting, providing a quorum (10% of total membership) exists. The Treasurer shall provide an accurate report of the Clubs' financial activities and condition at each regular meeting.

The Secretary shall keep minutes of all regular meetings and conduct correspondence for the club as necessary.

The Race Committee Chairperson shall be custodian of all Club race supplies and shall be responsible for providing support to Club Race Directors and coordinating the Clubs' racing activities with the clubs' Race Directors as may be necessary. The Race Committee Chair shall also coordinate the Clubs' race schedule with other local running clubs. No new races will be added to the clubs current schedule without the approval of the Race Committee.

The Newsletter Committee Chairperson shall be responsible for assembling, drafting, and/or editing all materials for the clubs newsletter. The Newsletter Committee Chair will work closely with the President or Vice President of the club which, as a group, will have the final authority over the contents of the newsletter.

The Membership Committee Chairperson shall be responsible for promoting membership in the Club by whatever means available and processing new applications. The Chair shall see that adequate supplies of membership application forms are available to the membership at all times, and keep supplies available at all major Running Goods Outlets in the Greater Portland Area. Membership Application Forms shall also be regularly distributed at all MTC Road Races. The Membership Committee Chair shall

also see that new members are advised of upcoming meetings and races, and otherwise assure they are properly indoctrinated into the club.

The Immediate Past President shall have voting power and provide guidance to the present President and other officers.

The Board Members at Large (3) shall have voting power and provide guidance and direction to the other officers and club members.

A quorum of two-thirds (2/3) majority of board members shall be required for a vote at an Executive Board Meeting.

Article VI

Election of Officers:

The Officers shall be nominated in October and elected by ballot in November to serve one (1) year terms which shall begin with the close of the Annual Meeting.

Article VII

Finances:

A. Dues shall be as determined by a majority of the members present at a monthly business meeting and shall not change more often than once a year.

B. (1) This is a non-profit organization. Dues, Race Entry Fees and other monies received by the Club will be spent entirely for carrying out the stated purpose of the organization.

(2) No part of the net earnings of the Club shall benefit its' individuals.

C. Members using association funds for any purpose shall give a full record of expenditures to the treasurer.

D. This organization shall be empowered to participate in fund-raising activities.

E. This organization will submit a portion of the annual dues (described in a supra) to the RRCA as membership in that body shall require.

Article VIII

Meetings:

Regular meetings shall be held monthly. A quorum shall consist of ten percent (10%) of membership. The Annual Meeting of the club shall be held in January.

Article IX

Dissolution of Club:

In the event of dissolution of this organization, the funds in the treasury, after all creditors have been paid, shall go to the Road Runners Club of America, or other 501(c)(3) non-profit organization.

Article X

Amendment of By-Laws:

By-Laws can be amended by two-thirds (2/3) of the membership at a regular Club Meeting. However, the amendment must be tabled until the membership is notified by mail.

Article XI

Parliamentary Procedure:

Meetings shall be held in accordance with "Roberts Rules of Order", the newly revised edition, and shall govern the Club in cases where they are applicable.

Approval

Approved by a majority of the membership: _____
(DATE)

Witnessed by President: _____ Secretary: _____

Vice President: _____ Treasurer: _____