



News•Run

Run with a friend ...

October 1995

From the Presidential Suite ...

The Maine Track Club premier races of the year - the Maine Marathon and Casco Bay Half Marathon - have arrived again. The weekend of September 30 and October 1 will provide an array of opportunities for MTC members to share talents and energy with race directors Don Kent and Jim McCorkle. As I mentioned last month, we, as club members, need to express our appreciation to Don and Jim for their year-long effort aimed at this marathon. Supporting the race directors are many of you who lend your talents to make this event a success. We salute you.

New member Tanya Horne was our speaker at the September meeting. Tanya, a Registered Dietitian, spoke on post marathon recovery from a nutritional perspective. She shared charts and data to assist marathon runners in replacing glycogen, carbohydrates and other key elements depleted during strenuous exercise last two or more hours. Thank you, Tanya, for sharing your expertise.

Another new member, Brenda Tanguay, is recovering from a broken leg. Brenda was participating in the Women's Distance Festival on September 17 when the injury occurred. Please send Brenda a note of encouragement. Her address appears on page 7 of this issue.

Remember "S.O.S."! Please bring your old runner shoes to the registration table area of the Maine Marathon on Saturday, September 30. "S.O.S" stands for "Save Old Soles." Your shoes will be shipped to Africa for runners. Ron Deprez, vice-president, has first hand experience from his runs in Africa that *any* running shoes you have, no matter what the condition, will be valued and worn by African runners. Please help make this project a success.

Good luck in your October races and safe running,

Ron Pelton

October MTC Meeting

Wednesday, October 11, 6:30 p.m.
Southern Maine Technical College
Fort Road, South Portland

Topic: Expedition Inspiration
Guest Speaker: Mary Yeo

Our next meeting will feature Mary Yeo discussing her participation in an ascent of the tallest mountain in the Western Hemisphere, Mt. Aconcagua in Argentina. Mary was part of a group of breast cancer survivors to climb this 23,000-foot peak. The 17 members included women ages 22-62, from all walks of life and all parts of the United States. The expedition leader was Peter Whittaker, and Laura Evans was leader of the women's group. Mary will share here slides and video of the climb as well as the purpose of the breast cancer survivors' strenuous expedition.

What's inside ...

Yankee Homecoming recap.....	Pages 2-3
Recipes.....	Page 4
Race results.....	Pages 5-8
Maine Marathon article.....	Page 10
Running news on the Internet.....	Page 11
Treasurer's report.....	Page 11
Race schedule.....	Page 13
Letter to the editor.....	Page 13

Beating the heat at Yankee Homecoming

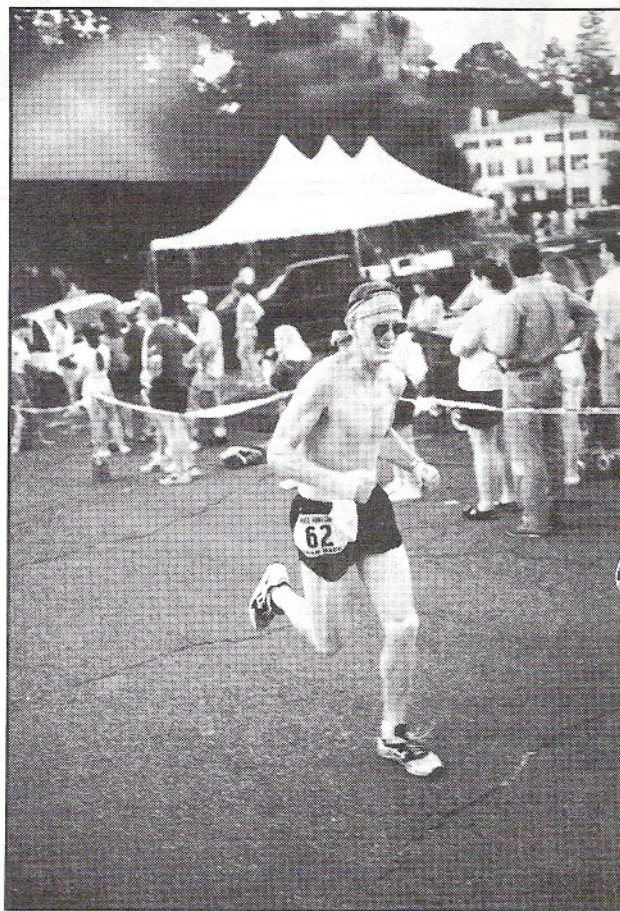
On August 1, a day fit for frying eggs on asphalt, 46 MTC runners gave various excuses for leaving work early and boarded a large air-conditioned bus headed for Newburyport. After a slight delay as we waited for our photographer to find the Maine Line terminal, and after stops in Saco and Kennebunk to pick up the remainder of the group, we pulled into our historic seaside destination, only to miss, on the first go-around, the street where a special parking spot had been reserved for our bus.

With the start of the 5K race fast approaching, we did our best to remain outwardly calm as our driver navigated through dense crowds of runners, tourists and Newburyport natives (some presumably returning; others, perhaps, having never left).

The detour at least gave us a look at the 5K course. And what a preview! Among the first things we saw was an ominous, shrouded wagon, apparently an antique hearse. Would this be our follow-up vehicle? What's more, the last mile of the course seemed less flat than advertised — the elevation, in fact, looked a lot like the Spring Street stretch of our Women's Distance Festival course.

Spirits soon rose as the bus finally swung into its designated space. Out came the MTC banner and out we spilled into the muggy late afternoon. The 5K race proved scenic and entertaining, with plenty of water sprayed,

(Continued on page 3)



Reggie Sargent heads for the chute in the Yankee Homecoming 10-Miler

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

Rute Stuffletoe

Kurt C. Nielsen

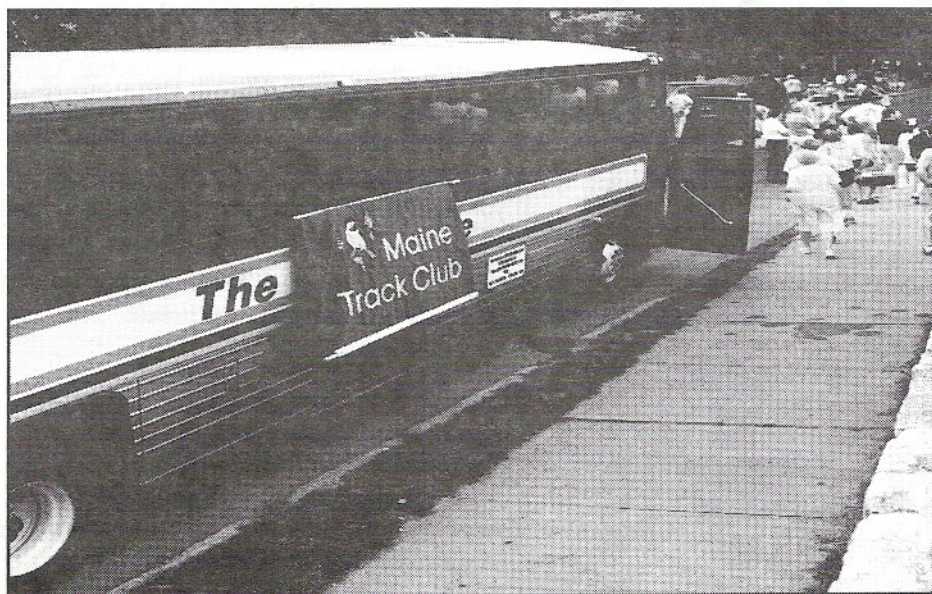
(Continued from page 2)

spinkled and otherwise proffered. Finishers were met with an array of food ranging from the usual healthful carbs to row upon row of the questionable but irresistible hotdog. Happily smeared with ketchup, mustard and sweat, the 5K gang scaled the bleachers at the Newburyport High School field to await the arrival of the 10-mile group. It was a fine vantage point, affording a full view of all four finish chutes. We saw and cheered for everyone except our dauntless leader, Russ Bradley, top finisher in the 70-and-over men's division, who came over the line so fast we somehow missed him!

By the time the last runners arrived, darkness had settled, but the carnival atmosphere prevailed. Familiar faces surfaced in the milling throng, among them the Henry Wolstadt. The former Kennebunk resident, once well known on Maine's master and senior circuit, moved to Fresno, Calif., five years ago. He had come East to ride in a bicycle event (we forget just where) and decided to run the Yankee 10-Miler while visiting his son, who lives in the Newburyport area.

Yankee Homecoming '95 marked the first time in recorded history that MTC members have banded together in such large numbers to attend an "away" race. It was great not having to drive, there's a bathroom on the bus, and you can catch a snooze on the way home — an especially welcome feature on a weeknight. Russ Bradley, Ron Pelton & Co. did a fine job coordinating this event. Mark your calendar for August 1, 1996!

— Maggie Soule



Above: Mel Fineberg looks pleased with the company as he nears the 5K finish line.

Left: The MTC banner coordinated perfectly with the Maine Line bus.

Homemade granola bars

Ingredients

- 2 cups oats, regular or quick
- 1/2 tsp salt (more or less to taste)
- 2 cups of any fruits (fresh or canned)
- 1 cup of dried fruit

Directions

Mix oats and salt in a large mixing bowl. Blend all fruits in a food processor or blender. Add fruit to oats. Mix well. Let stand a few minutes for oats to absorb liquid from the fruit.

Press into a cookie sheet sprayed with non-stick cooking spray, about 1/4 inch thick. Bake at 250 degrees until chewy--2 to 4 hours, depending on the fruit used. Cut into bars after 1 hour in the oven. Store in the refrigerator.

Yields 24 bars; 0.5 gram of fat and 53 calories each.

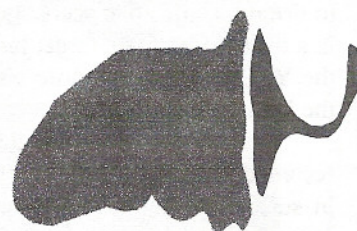
Salsa

Ingredients

- 1 large can of whole peeled tomatoes
- 1 oz. can of tomato sauce
- 1 large onion — chopped
- 1 large green pepper — chopped
- 3 tablespoons cilantro — chopped
- 1/2 teaspoon cumin
- 2 tablespoons tarragon vinegar
- 2 or 3 squirts of tabasco sauce
- 1 can green chillies

Directions

Combine all of the ingredients into a container. Allow the ingredients to set in the refrigerator for one or two days (at least overnight!) before eating. Add more or less tabasco sauce depending on your personal preference.



Share your recipes

Please share your recipes with your hungry fellow runners. Just send a favorite recipe or two to:

Newsletter
P.O. Box 8008
Portland, ME 04104

We need your input

In order to make *News-Run* the best it can be, we need your ideas, stories and other items of interest to your fellow track club members.

If you have a story or a news item that you think belongs in *News-Run*, please bring it to our attention. Send your story, article or announcement you'd like submitted to:

Maine Track Club
Attention: *News-Run*
P.O. Box 8008
Portland, ME 04104

If you have something to share for *News-Run* but don't feel like writing it, contact Larry Dyer (892-2508) or Pat Buckley (775-4817).

Race Results

Submitted by Don Penta

19th Annual Bridgton 4 On The 4th Road Race
1009 Finishers (450 Female, 557 Male, & 2 Male WC)
Stevens Brook Elementary School, Bridgton, Maine
8:00 AM, July 4th, 1995

Top Overall Finishers (WOMEN)

1 Cynthia Moreshead	21	22:37	5:40
2 Sally Perkins	32	22:49	5:49
3 Laurel Valley (MTC)	32	24:21	6:06
4 Cathleen Allen	29	24:27	6:07
5 Kelly Rodrigue	31	24:32	6:08

(MEN)

1 Dave Dunham	31	19:18	4:50
2 Dan Verrington	33	19:35	4:54
3 Rusty Snow	25	19:42	4:56
4 Robert Pierce	34	19:47	4:57
5 Kevin Way	26	20:45	5:12

Other Top Divisional Finishers (WOMEN)

6 Charlotte Thomas 35-39	38	25:12	6:18
10 Julianna Lagin-Nasse 14-18	15	25:38	6:25
17 Sally Sundborg 45-49	45	26:31	6:38
18 Linda Waitkun 40-44	42	26:42	6:41
35 Faye Gagnon 50-59	50	28:50	7:13
51 Erica Chirico 11-13	12	30:35	7:39
52 Maggie Solomon 60-69	61	30:59	7:45
110 Julia Publin 10&under	10	33:55	8:29
354 Janet Miller 70&over	77	51:12	12:48

(MEN)

Paul Edwards wheelchair	27	19:03	4:46
7 George Reed 40-44	40	21:01	5:16
10 Colin Moore 14-18	16	21:37	5:25

13 Mark Dudley 35-39	35	21:43	5:26
18 Ron Newbury 45-49	45	22:14	5:34
47 Lawson Noyes 50-59	53	24:13	6:04
118 Alec Gouss 11-13	13	26:58	6:45
150 Ken Vinson 60-69	60	27:57	7:00
197 Eric Johnson 10&under	10	29:16	7:19
331 Carlton Mendell (MTC) 70&+	73	32:47	8:12

Other Maine Track Club Finishers (WOMEN)

25 Kitty Kelley 2,45-49	48	27:56	6:59
76 Sherry Carl	48	32:20	8:05
93 Marguerite Lawler	39	33:22	8:21
125 Jean Thomas	59	34:24	8:36
149 Joanne Raymond	28	35:28	8:52
166 Sandy Utterstrom	51	36:27	9:07

(MEN)

9 Pete Bottomley	33	21:26	5:22
51 Mark Olsen	27	24:33	6:09
57 Bob Payne 2,50-59	57	24:53	6:14
123 Michael Beaudoin	52	27:02	6:46
124 Phil Pierce	53	27:05	6:47
144 Don Bessey	49	27:43	6:56
153 Thomas Carl	51	28:01	7:00
273 George Conly	47	31:19	7:50
278 Will Raymond	19	31:27	7:52
334 Denny Raymond	49	32:52	8:13
340 Phil Bartlett	47	32:59	8:15
392 William Kerwin	60	35:07	8:47
393 Donald Johnson	64	35:08	8:47
414 Bob Cushman	57	36:03	9:01
485 Don Penta	49	41:23	10:21

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

Pat's Pizza Presents The Clam Festival Classic 5M
843 Finishers (272 Female, 570 Male, & 1 Male WC)
Main Street, Yarmouth, Maine
8:00 AM, July 22nd, 1995

USAT&F = Equals or beats national standards
set up by the USAT&F Long Distance
Running Technical Committee.

Top Overall Finishers (WOMEN)

1 Julia Kirtland overall	30	28:15	5:39
2 Edie Dubord 1,35-39 USAT&F	37	28:34	5:39
3 Molly Martin 1,20-29	25	29:03	5:49

4 Kristin Pierce 2,20-29	21	29:33	5:55
5 Terry Sutton (MTC) 1,30-34	33	29:35	5:55

(MEN)

1 Bob Winn overall USAT&F	36	23:58(CR)	4:48
2 Scott Brown 1,35-39 USAT&F	37	24:38	4:56
3 Todd Coffin 1,30-34	34	25:22	5:04
4 Joe Wirgau 1,16-19 USAT&F	19	25:32	5:06
5 Michael Rice 1,20-29	20	25:51	5:10

Other Top Divisional Finishers (WOMEN)

6 Sherry Hutchins 2,35-39 USAT&F	35	29:43	5:57
--	----	-------	------

(Continued on page 6)

More Race Results

(Continued from page 5)

8 Pam Brown 3,35-39 USAT&F	35	29:57
14 Gretchen Read(MTC) 50-54 USAT&F	52	31:23
19 Alicia Walsh 16-19	19	32:28
21 Jane Palmer 40-44	40	33:09
27 Carol Weeks (MTC) 45-49 USAT&F	46	33:41
43 Faye Gagnon 2,50-54 USAT&F	50	34:41
56 Dory Folk 15&under	15	35:38
139 Polly Kenniston 55-59	58	41:44

(MEN)

16 David Roberts 40-44	40	27:09
29 Jim Toulouse (MTC) 45-49	47	28:09
45 Joel Croteau 50-54 USAT&F	51	28:58
90 Bob Coughlin 55-59	56	31:07
97 Adam Bowden 15&under	14	31:21
157 Joseph Milligan 60-64 USAT&F	60	32:53
563 Julius Marzul (MTC) 65&over	69	53:16

Other Maine Track Club Finishers (WOMEN)

13 Laurel Valley	32	31:10
15 Gail Turner	35	31:29
16 Tanya Horne	26	31:43
18 Marjorie Graff	27	32:22
26 Betsy Barrett	44	33:34
32 Joan Lee	41	34:00
33 Deb Merrill	39	34:05
35 Kathryn Tolford	40	34:16
42 Kitty Kelley 3,45-49	48	34:33
50 Maureen Sproul	39	35:12
59 Dianne Kazilionis	35	36:03
66 Cindy DiPalma	37	36:39
67 Patti Tableman	36	36:50
80 Cindy Aiken	41	37:42
82 Claire Robbins	32	37:55
84 Susan Clark	31	37:58
103 Maryanne Strand	40	39:29
106 Diana Champion	34	39:51
111 Nancy Lovetere	51	40:07
122 Sherry Carl	48	40:39
125 Mary Coolidge	27	40:54
145 Arabella Eldredge	41	42:00
179 Sally Gore	32	43:53
182 Barb Coughlin	52	44:10
188 Jen Hamel	27	44:39
204 Sally Paterson	54	45:29
220 Jane Dolley	47	46:39
251 Maggie Soule	53	50:36
254 Beverly Doughty	44	51:11

(MEN)

34 Robert Craig	39	28:27
42 Patrick Gwinn	30	28:47
48 John Eldredge	41	29:05
53 Michael Reali	41	29:15

65 Scott Strout	33	29:48	5:58
73 Austin Hardy	16	30:26	6:05
75 Dennis Smith	45	30:42	6:08
80 Terry Clark	51	30:51	6:10
83 Peter West	31	30:54	6:11
84 Mark Olsen	27	30:55	6:11
94 Ed Doughty, Jr.	46	31:16	6:15
96 Alburn Butler	41	31:19	6:16
107 Sumner Weeks	46	31:35	6:19
111 Thomas Menendez	42	31:40	6:20
112 James McCorkle	40	31:42	6:20
113 William Sproul	37	31:44	6:21
125 Loren Lathrop	46	32:08	6:26
127 Gerard Conley	41	32:12	6:26
139 Larry Barker	46	32:25	6:29
154 Peter Bastow 2,55-59	58	32:46	6:33
155 Stephen Coolidge	23	32:49	6:34
166 Charles Iselborn	38	33:06	6:37
169 Mark Simonds	39	33:09	6:38
179 Ron Cedrone	46	33:21	6:40
191 Rex Holtan	43	33:35	6:43
192 Mark McAfee	39	33:36	6:43
198 Robert McCormack	44	33:47	6:45
202 Robert Cert	42	33:56	6:47
206 Stephen DiPalma	39	33:59	6:48
209 Don Bessey	49	34:02	6:48
218 Clyde Coolidge 3,55-59	56	34:12	6:50
222 John Cain	33	34:19	6:52
226 Gary Giffard	36	34:23	6:53
251 David Haskell	50	35:00	7:00
254 Dan Fitzgerald	35	35:01	7:00
264 John LeRoy	58	35:12	7:02
265 George Prescott	47	35:14	7:03
272 Thomas Carl	51	35:29	7:06
282 Jeff Thaler	42	35:46	7:09
304 Dominic Reali	52	36:29	7:18
306 Robert Green	47	36:30	7:18
307 Lloyd LaFountain	33	36:33	7:19
308 Dana Seguin	41	36:37	7:19
323 Brian Brown	38	37:17	7:27
360 Keith Malone	37	38:29	7:42
376 Douglas Aiken	42	38:57	7:47
384 Stephen Strand	41	39:13	7:51
402 Don Kent	42	39:48	7:58
405 Ronald Read	53	39:52	7:58
431 Don Russell	58	40:30	8:06
462 Tom O'Connor	44	41:41	8:20
518 Brent Graham	25	44:40	8:56
521 John Holmes	44	44:49	8:58
540 Kenneth Dolley	59	46:38	9:20
556 Wayne Newland	57	49:31	9:54
563 Julius Marzul 1,65&over	69	53:16	10:39

Many thanks to Bob Aube, Ben Parsons, and Michelle Poulin for complete results!

More Race Results

Sports East Presents:
The Bowdoin 10 Mile Run To The Coast And Back
517 Finishers (146 Female & 371 Male)
8:00 AM, August 20th, 1995
Bowdoin College Track, Brunswick, Maine

Top Overall Finishers (WOMEN)

1 Diane Tedford 1,overall	29	1:01:14	6:07
2 Terry Sutton (MTC) 2,overall	34	1:01:35	6:10
3 Christine Reaser 3,overall	29	1:03:07	6:19
4 Gretchen Hibben 4,overall	30	1:03:16	6:20
5 Lynn Schuler 5,overall	32	1:03:42	6:22

(MEN)

1 Joseph Carroll 1,overall	33	53:41	5:22
2 George Rose 2,overall USAT&F	36	54:07	5:25
3 Stu Hogan 3,overall	33	54:26	5:27
4 Stephen Sarkozy 4,overall	27	54:31	5:27
5 Robert Ashby 5,overall	27	54:38	5:28

Other Top Divisional Finishers (WOMEN)

6 Mary Meehan 19-29	29	1:04:17	6:26
7 Laurel Valley (MTC) 30-34	32	1:05:41	6:34
8 Ellen Bowden 40-44 USAT&F	42	1:06:29	6:39
9 Gretchen Read(MTC) 50-59 USAT&F	52	1:06:41	6:40
10 Jan Beckworth 35-39	39	1:07:10	6:43
28 Rosalyn Randall(MTC)45-49USAT&F	45	1:11:22	7:08
78 Jean Thomas (MTC) 3,50-59USAT&F	59	1:21:49	8:11
93 Marcy McGuire USAT&F	56	1:25:28	8:33
114 Carol Montgomery 60&+ USAT&F	60	1:29:50	8:59
125 Beverley McCoid 2,60&+ USAT&F	60	1:33:04	9:18
136 Sasha Corsetti 18&under	15	1:38:32	9:51

(MEN)

6 Pete Bottomley (MTC) 30-34	33	54:43	5:28
9 Tom Thibeau 35-39	37	55:08	5:31
14 Bruke Tedesse 18&under	18	56:56	5:42
30 Jim Toulouse (MTC) 45-49 USAT&F	47	58:39	5:52
38 Gordon Scannell 40-44	42	1:00:18	6:02
49 Joel Croteau 50-59 USAT&F	51	1:00:45	6:04
80 Bob Coughlin 2,50-59 USAT&F	56	1:03:22	6:20
208 Walter Webber(MTC) 60&+ USAT&F	65	1:13:20	7:20

Other Maine Track Club Finishers (WOMEN)

11 Gail Turner 2,35-39	35	1:07:54	6:47
------------------------	----	---------	------

17 Jeanne Lamontagne 3,30-34	32	1:09:17	6:56
29 Maureen Sproul	39	1:11:39	7:10
30 Kathryn Tolford	40	1:11:42	7:10
40 Betty Rines	38	1:14:15	7:26
43 Cecile Fontaine	44	1:15:20	7:32
46 Joan Lavin 2,45-49	47	1:15:51	7:35
49 Betsy Barrett	44	1:16:03	7:36
50 Joan Lee	41	1:16:16	7:38
62 Cindy Aiken	41	1:18:11	7:49
71 Deborah Cassidy	38	1:19:39	7:58
77 Claire Robbins	32	1:21:26	8:09
80 Wendy Craig	36	1:22:17	8:14
81 Dianne Kazilionis	35	1:22:27	8:14
92 Sherry Carl	48	1:24:52	8:29
98 Mary Coolidge	27	1:26:33	8:39
100 Arabella Eldredge	41	1:26:56	8:42
109 Jane Dolley	47	1:28:17	8:50
118 Carlene Anderson	45	1:30:31	9:03
127 Brenda Tanguay	33	1:33:10	9:19
130 Beverly Doughty	44	1:35:35	9:34
131 Sally Gore	32	1:35:49	9:35
135 Sally Paterson	54	1:38:19	9:50
138 Diana Champeon	35	1:38:50	9:53
143 Maggie Soule	53	1:41:23	10:08
144 Sandy Utterstrom	51	1:43:55	10:24

(MEN)

27 Pierre Martel	23	58:26	5:51
29 Rob Craig	39	58:33	5:51
43 John Eldredge	41	1:00:35	6:04
56 Paul Gadbois	41	1:01:04	6:06
57 Michael Reali	41	1:01:09	6:07
71 James Haddow	36	1:02:42	6:16
73 Dan Hutchins	35	1:02:50	6:17
86 Richard Mulhern	41	1:03:59	6:24
92 Alburn Butler	41	1:04:40	6:28
99 Gerard Conley	41	1:05:22	6:32
100 William Sproul	37	1:05:24	6:32
111 Sumner Weeks	46	1:06:15	6:38
115 Terry Clark	51	1:06:28	6:39
116 Steve Jacobsen	45	1:06:30	6:39
128 Charles Iselborn	38	1:07:00	6:42
131 Ed Doughty, Jr.	46	1:07:14	6:43
136 Loren Lathrop	46	1:07:28	6:45
141 James McCorkle	40	1:07:45	6:47

(Continued on page 8)

Notice about race flyers

An organization sponsoring a road race that wishes to have their flyers included in the Maine Track Club newsletter must submit the flyers and a payment of \$40 by the 15th of the month. Flyers will not be included in any mailing if

More Race Results

(Continued from page 7)

147 Ron Cedrone	46	1:08:24	6:50	302 Richard Cavanaugh 2,60&over	62	1:20:35	8:04
153 Carlos Philbrick	42	1:08:43	6:52	303 Donald Foshay	35	1:20:36	8:04
156 Stephen Coolidge	23	1:08:53	6:53	305 Orlando Delogu	58	1:20:56	8:06
163 Paul LaVangie	37	1:09:26	6:57	312 Don Bessey	49	1:22:14	8:13
182 Clyde Coolidge	56	1:10:48	7:05	313 George Conly	47	1:22:20	8:14
190 Bob McCormack	44	1:11:14	7:07	321 Don Russell	58	1:22:55	8:18
211 Scott Hamilton	44	1:13:46	7:23	323 Lee Akerley	59	1:23:06	8:19
216 Reggie Sargent	49	1:13:54	7:23	346 Ronald Read	53	1:26:39	8:40
233 Thomas Carl	51	1:14:42	7:28	362 Albert Tanguay	33	1:33:10	9:19
234 Dan Hogan	44	1:14:48	7:29	363 Dan Sobel	47	1:33:10	9:19
240 Charles Vadakin	53	1:15:15	7:32	365 Kenneth Dolley	59	1:38:17	9:50
251 Dominic Reali	52	1:16:05	7:37	366 Bill Davenny	50	1:38:18	9:50
256 Gary Johnson	48	1:16:27	7:39	370 Julius Marzul	69	1:49:58	11:00
271 Howard Spear	45	1:17:55	7:48	Many thanks to Susan Davenny for complete results!			

The 1995 Peaks Island Five Mile Road Race 437 Finishers (169 Female & 268 Male) Peaks Island, Maine 10:00 AM, July 29th, 1995

Top Overall Finishers (WOMEN)

1 Pamela Runquist 1,overall	32	29:32(CR)	5:54
2 Terry Sutton (MTC) 2,overall	33	30:46	6:09
3 Daniela Daggy (MTC) 3,overall	24	31:26	6:17
4 Laura Hodnett 1,20-29	22	31:56	6:23
5 Leslie Rideout 1,30-39	34	32:30	6:30

(MEN)

1 Bob Winn 1,overall USAT&F	36	24:35(CR)	4:55
2 Rob Pierce 2,overall	34	25:21	5:04
3 Kevin Way 3,overall	26	25:54	5:11
4 Robert O'Hara 1,40-49	40	26:35	5:19
5 Tom Howard 1,19&under	18	27:29	5:30

Other Top Divisional Finishers (WOMEN)

13 Brigitte Laffin 19&under	18	34:15	6:51
27 Pamela Hall 40-49	41	36:39	7:20
65 Elaine Marenovic 50-59	50	41:07	8:13
130 Edna Hyer 60-69	61	47:55	9:35

(MEN)

32 Ronald D. Deprez (MTC) 50-59	51	32:07	6:25
121 John Chandler 60-69	68	36:59	7:24
221 Philip Campbell 70&over USAT&F	77	43:34	8:43

Other Maine Track Club Finishers (WOMEN)

16 Angela Small	25	34:45	6:57
20 Ashley Wernher	24	35:02	7:00
25 Betty Rines	38	36:20	7:16

(MEN)

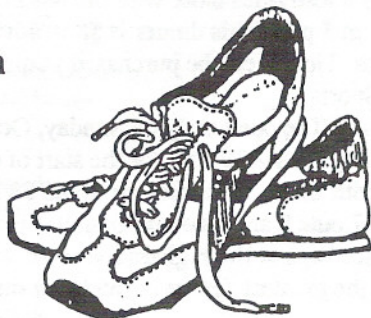
29 Diane LaVangie	36	37:00	7:24
34 Patti Tableman	36	37:32	7:30
54 Martha Crawford	33	40:13	8:03
56 Jen Hamel	27	40:29	8:06
65 Mary Coolidge	27	41:12	8:14
88 Yvette Knight	49	43:32	8:42
113 Beverly Doughty	44	46:13	9:15
121 Carol Braun	33	46:36	9:19
128 Brenda Tanguay	33	47:13	9:27
146 Marge Parsons	44	49:53	9:59
147 Liz Monaghan	32	50:39	10:08
24 Nate Parsons	18	31:08	6:14
25 Kurt Nielsen	40	31:09	6:14
47 Gerard Conley, Jr.	41	32:43	6:33
66 Stephen Coolidge	23	33:31	6:42
71 Steve Jacobsen	45	33:53	6:47
73 D. Scott Hamilton	44	33:57	6:47
78 Bob McCormack	44	34:10	6:50
86 Ed Doughty, Jr.	46	34:35	6:55
90 Brent Graham	25	35:09	7:02
99 Clyde Coolidge	56	35:45	7:09
100 Dale Rines	43	35:47	7:09
112 Lloyd LaFountain, III	33	36:39	7:20
115 Dominic Reali	52	36:42	7:20
122 Paul LaVangie	37	37:01	7:24
132 Albert Tanguay	33	37:21	7:28
146 Frank Knight	49	38:02	7:36
183 Richard Crawford	33	40:17	8:03
235 Donald E. Johnson	65	45:23	9:05
248 John Holmes	44	47:10	9:26
249 Mark Coughlin	31	48:48	9:46
252 Larry Dyer	51	49:33	9:55
264 Julius Marzul	69	54:55	10:59

Many thanks to Ruth Hefflefinger for complete results!

Do you enjoy running, walking and being fit ?

Come in to 5K Sports today

- Check out our great selection of shoes, apparel and gear.
- We offer personal service where you can talk to a runner for the best fit.
- Great prices, the same or lower than *Road Runner Sports* catalog.
- Test drive your new shoes on our treadmill.
- We will find any item you are looking for.



Maine Track Club Special

30-50 % off selected merchandise to Maine Track Club members and their family



**Running, Walking
& Fitness Center**

190 U.S. Route 1 • Falmouth, Maine • (207) 781-3134

Open Monday, Tuesday, Wednesday and Friday 10:00 a.m. - 6:00 p.m.;

Thursday 10:00 a.m. - 8:00 p.m.; Saturday 9:00 a.m. - 5:00 p.m.

Asics • Adidas • New Balance • Saucony • Brooks • Avia and Ryka • Hind • Moving Comfort • Pearl Izumi • Frank Shorter • InSport • Champion • Sporthill • Polar Monitors

Maine Marathon & Casco Bay Half Marathon Weekend

The 1995 edition of The Maine Marathon & Casco Bay Half Marathon Weekend of events promises to be one of the most exciting weekends for competition and family fun in Northern New England. Race Committee Directors Don Kent and Jim McCorkle have been working with the Maine Track Club and sponsor organizing committees since two weeks after last year's event to make the 1995 race weekend the best to date. The race sponsors, led by the Maine Track Club, Martin's Point Health Care and Harvard Community Health Plan, have worked hard to insure that runners have a great time while supporting our charities — The Ronald McDonald House and Portland's Back Cove Exercise Path. Other event sponsors include: Saucony Running Shoes, Sportshoe Centers, The Portland Press Herald/Maine Sunday Telegram, Westbrook Community Hospital, the University of Southern Maine — Lifeline Program, Bay Club, Poland Spring Water, New England Rehabilitation Hospital of Portland, WPOR, NewsChannel 13, 5K Sports, Polar Heart Rate Monitors, Nature's Harmony Sports Nutrition and Cumberland County Foot Care.

Our race weekend begins on Saturday, Sept. 30 and starts with the Lifeline 5K Run/Walk, with both races offering T-shirts, prizes and refreshments. Registration and packet pick-up for the marathon and half marathon begins at noon and continues until 7 p.m. Saturday evening. The registration tables are part of the annual Maine Marathon Weekend Family Health and Fitness Festival, which is held in USM's Sullivan Gymnasium. This festival offers exhibits from sponsoring organizations, fitness product vendors, demonstrations of products/services and an information area sponsored by the Maine Track Club. Saturday's festivities close with the Maine Marathon Weekend's famous fresh pasta dinner, which starts at the USM Student Center at 5 p.m. This dinner is \$8 in advance, \$10 at the door, \$5 for children for an all-you-can-eat dinner of fresh pasta and sauces. Tickets can be purchased at the Fitness Festival registration table or at the door. Advance tickets can be purchased at 5K Sports.

Race registration will be open early on Sunday, Oct. 1 for last-minute registrations for the marathon and half marathon. Racers will begin lining up at 7:30 a.m. for the start of event. The half marathon course has changed this year and will have runners continuing with the marathoners up Route 88 for a short distance before they turn around, return to Depot Rd. and cross over Route 1 to Route 9 and a resumption of the original course. This course is USATF certified, and course maps will be available in the race bags at the registration table. Course changes were made as a result of construction on Route 9 and are designed to offer the greatest degree of safety for the runners. Awards ceremonies will follow each race as soon as results become available.

One of the most exciting features of the 1995 Maine Marathon & Casco Bay Half Marathon Weekend developed over the last few weeks between Saucony Running Shoes, Sportshoe Centers and ESPN's "Running and Racing" series. Saucony and Sportshoe Centers teamed up to provide the necessary financial support to have our races become a segment in ESPN's series. The races will be filmed by ESPN and featured on their Nov. 7 and 9 programs. It is suggested that runners consult their local program listings for program times in their area. Race Co-Director Don Kent remarked, "this year is shaping up to be our biggest year so far and I'm thrilled with the level of excitement and commitment from the Maine Track Club, the sponsor group, the volunteers and the cities of Portland, Falmouth, Cumberland and Yarmouth. I look forward to a safe and fantastic weekend of racing and family fun in the beautiful fall foliage of Maine."

Maine Track Club clothing available at 5K Sports

Maine Track Club clothing is now available at 5K Sports on Route 1 in Falmouth for those members who would like to show their club spirit whenever they race. You can also contact Howard Spear at 856-6496 if you're interested in purchasing MTC singlets, shorts, gymbags or other paraphernalia. Howard can obtain wind suits by special order as well. MTC clothing is produced by Bill Rodgers Sportswear, so the quality is very good. Be sure to get some MTC gear of your own and display the club's green and white colors at your next race.

In addition, the MTC is selling a like new public address system, consisting of: A speaker stand, Realistic 20 watt AC/mobile P.A. amplifier, Super Powerhorn 40 watts, FM wireless microphone system, Highball 7 Dynamic microphone, miscellaneous accessories. Asking price is \$300.

Also available are 14 5-gallon plastic gasoline containers: w/spouts, \$3 each; without spouts, \$2 each. Anyone interested in purchasing these items should contact Howard Spear at 856-6496.

Running information on the Internet

After spending many hours (my calls them wasted, non-productive hours; she keeps harping on me to do something productive with my spare time, like working around the yard or something mundane like that) wandering around the Internet, I've stumbled across a number of Internet sites that promise hours of non-productive, mind-numbing fun for runners of every ability level (or even potential runners, for that matter).

On the Internet, running is **BIG** and getting **BIGGER**.

After you spend your life savings buying a computer, getting just the right software and signing up with one of the Internet access providers (which requires you to take a part-time job to pay the monthly access fee), you're ready for hours of weight enhancing fun while you sit blurry eyed in front of your microwave leaking video terminal blundering around the information super slideway. But what fun it is when you stumble across the fact that the Orlando Running Club has a World Wide Web site that lists races that were run in 1994 or that there is a running club that considers itself a "drinking club with a running habit." And then there are the shoe manufacturers' Internet sites. These guys make the television infomercial people look slick.

Don't get me wrong; there is a lot of very good information about running on the Internet. But finding the good information is time-consuming and it is very hard to find. The Road Runners Club of America has an excellent site (at <http://www.teleport.com/~rrca/>) that links to a great page of current records maintained by a running club in Oregon. "The Running Page", a site that is maintained at the University of North Carolina (at <http://sunsite.unc.edu/drcars/runnin/running.html>) is a great link to a lot of good running information, including lists of running publications, running clubs world wide and software that is running and race specific. But the best Internet site I've found is at <http://www.yahoo.com/Entertainment/Sports/Running/>. This is a Yahoo site (information directory) which links you to most of the running information sites on the Internet, both the good ones and the bad ones.

Unfortunately, the bad sites that are runner specific seem to outnumber the good ones by a ratio of about 3-to-1. Setting up and maintaining an Internet site must be like other human endeavors. Good intentions all too often give way to other interests. It seems that running specific sites suffer from running fatigue after a short period of time. The people who set up a site begin to lose interest in maintaining current information. Therefore, many Internet sites specific to running and road racing do not have current information posted. And in many instances, the sites are just plain obsolete.

All in all, running information on the Internet is good when it's current. When it's not, it's awful. I encourage you to find out for yourself.

— John Lavin

MTC financial report

For period ending 8/31/95

	ACTUAL	BUDGET
Cash balance 1/1/95.....		\$8,097.67

Income

Membership.....	\$3,715.00	\$3,750.00
Race income.....		
Management fees.....	\$4,585.00	\$7,500.00
Equipment rental.....		\$450.00
Marathon.....		\$1,500.00
Race fees.....	\$3,156.00	\$3,000.00
Reimbursements.....	\$4,402.75	\$2,500.00
Other.....	\$1,000.00	
Fundraiser.....		\$500.00
Donations.....		\$400.00
Banquet.....	\$2,126.25	\$2,500.00
Clothing sales.....	\$1,011.00	\$1,500.00
Newsletter sponsor.....	\$85.00	\$100.00
Newsletter ads.....	\$50.00	\$500.00
50/50 raffle.....		\$200.00
Interest.....	\$40.93	\$120.00
Computer fund.....	\$58.00	\$455.00
Miscellaneous.....	\$241.00	
Total income.....	\$20,470.93	\$24,975.00

Expenses

Administrative		
Postage.....	\$155.48	\$750.00
Awards.....		\$400.00
MTC ads.....	\$250.00	\$250.00
Printing.....	\$330.83	\$750.00
Clothing.....	\$506.30	\$2,500.00
Meeting.....		\$250.00
Other.....	\$235.25	
Race committee		
Ads.....	\$190.00	\$250.00
Printing.....	\$172.07	\$1,500.00
Supplies.....	\$380.97	\$500.00
Awards & clothing.....	\$253.00	\$1,500.00
Equipment.....	\$2,129.01	\$2,000.00
Maintenance & insurance.....		\$1,300.00
Other.....	\$1,440.16	\$950.00
Banquet		
Awards.....	\$1,850.35	\$2,000.00
Facility.....	\$1,848.30	\$2,000.00
Other.....	\$821.41	\$500.00
Newsletter		
Printing.....	\$1,160.70	\$1,400.00
Postage.....	\$781.52	\$750.00
Layout & other.....		\$600.00
Scholarships		
Bruce Ellis.....		\$600.00
John Fyalka.....	\$300.00	\$300.00
Other.....		\$250.00
Coaching		
.....	\$1,875.00	\$2,375.00
Miscellaneous		
Fundraiser.....		\$100.00
RRCA.....	\$1,519.07	\$1,000.00
Mt. Washington.....	\$200.00	\$200.00
Other.....	\$4,211.54	
Total expenses.....	\$20,610.96	\$24,975.00

Cash balance 8/31/95.....\$7,957.64

Board of Directors Meeting

Minutes from meeting on Sept. 6

(Editor's note: Outdated material has been omitted for brevity's sake)

1) Ron Pelton reported on the following: The progress of the Maine Marathon is going well. The goal of race director Don Kent is to have 1,200 runners signed up by race day.

The MTC membership dues will remain the same for next year. A new membership brochure is in the process of being printed, and it was decided by the board to order 3,000 forms to be distributed in the race packets of runners entered at the Maine Marathon, as well as at other road races throughout the upcoming year.

3) Larry Barker reported as of 8/31/95, the MTC treasury stood at \$7,957.64. Larry stated the treasury still lacks some race management fees that are currently due.

4) Everett Moulton reported on the following race committee items: The MTC has purchased two used portable computers. The cost, including converting the computers to small drives, was \$750. A used copier was also purchased for \$75. Dale Rines is currently working on getting the new Casco Bay Half Marathon certified. The old course had to be re-routed due to road construction in Falmouth

5) Alyce Schultz reported that there are currently 307 members belonging to the MTC. Fifty-nine of the members are new this year. Alyce also reported that membership renewals have slacked off. It was decided by all board members present that a membership list including members' names, towns and phone numbers will be distributed to all board members. It was also decided that a note will be added to the membership application asking if members want their name, town and phone number on this list to eventually be distributed to all club members.

8) Nominations for the 1996 Maine Track Club officers will take place at the October 11 meeting. Russ Bradley has taken charge of this important function. If anyone is interested in serving in one of the open positions or knows of someone capable, please contact Russ.

9) The annual club banquet will be held on Jan. 13, 1996, tentatively at the Eagle's Club in South Portland. Mary Ann Doss has agreed to help organize the banquet. If anyone is interested in helping Mary Ann, please contact her at 799-0896.

10) Howard Spear reported on clothing and equipment. A table selling long-sleeved marathon t-shirts and short-sleeved half marathon t-shirts will be set up at Maine Marathon Weekend. Also being sold at this table will be "In Training for '96 Marathon" short-sleeved t-shirts. Another possibility may be selling sweatshirts saying "Maine Marathon and Casco Bay Half Marathon" for a very reasonable price. Howard will also order 24 hooded Maine Track Club sweatshirts, as well as 24 MTC crew neck sweatshirts, hopefully to be sold also. Howard will spend approximately \$700 on the sweatshirts. All board members present agreed on Howard's clothing proposal.

Another proposal by Howard was making up and ordering a new finish banner for the club, along with some new MTC signs. Printed on the banner would possibly be "Maine Track Club Finish Line", along with the MTC logo. All board members were in agreement on this idea, as long as Howard stays within the 1995 equipment and maintenance budget.

Howard also stated that the race clock will need to be sent out to be re-furbished at the end of the year. All board members agreed. Howard also proposed that in the future when funds allow that a second time clock (including tripod and case) be purchased at the fee of \$900. Advantages of a second clock including using it at a long race in the middle of the race for runners to check their status, or having it as a back-up. The board agreed to put this purchase on hold until more management funds come in to the club.

— Submitted by Mary Ann Doss

Reminder — MTC nominations sought

Nominations for the 1996 Maine Track Club officers will take place at the Oct. 11 club meeting. Nominate your choices for club officers or nominate yourself if you would like to serve your club.

Officers to be elected at the Nov. 8 club meeting are: vice president, treasurer, secretary, race committee chairperson, newsletter committee chairperson, membership committee chairperson, and three at-large board members.

Nominating committee

Russ Bradley, Chairman, 799-3864

Everett Moulton, 799-2894

Alyce Schultz, 780-9805

Upcoming races

September 30

Lifeline 5K Walk/Run, Portland, 10 a.m. (1K fun run at 9:30 a.m.): Contact, Patti Medina, 780-4642.

October 1

Maine Marathon & Casco Bay Half Marathon, Portland, 8 a.m.: Contact, Don Kent 871-7870 or Jim McCorkle 781-4152.

October 7

Kennebunk Pursuit Road Race, 5K, Kennebunk, 9 a.m. (1-mile kids' race at 8:30 a.m.): Contact, Michael LeBlanc 985-7119 or Cathy Baker 985-6123

October 8

Pancake 5K, Belfast, 9 a.m.: Contact, Dale Nealy 338-5201.

Bridgton Lions Highland Gold 10K, noon: Contact, Steve Collins 647-2196.

October 14

Maine Track Club 50-Miler Ultramarathon, Brunswick, 7:30 a.m.: Contact, Al Utterstrom, 797-4713.

Homecoming 8K & Fun Run 1K, Orono, fun run at 9 a.m., 8K at 9:30 a.m.: Contact, Jerry Ellis 581-2319 or 942-3582.

October 15

6th Harvestfest Run (5K), York, 1 p.m.: Contact, York Parks & Recreation 363-1040.

Father Mac 5K Road Race, Old Town, 9 a.m.: Contact, Deb Storm 827-6111.

October 22

PT8K, Brunswick, 9 a.m.: Contact, Sarah Bronson 892-5357 or John LeRoy 725-8680.

October 29

Black Bear 5K Run, Orono, 11 a.m.: Contact, Thad Dwyer 581-1081.

Halloween Classic 3K, Portland, 1 p.m.: Contact, Brian Gillespie 772-2753.

November 19

Turkey Trot 5K, 10K and youth run, Cape Elizabeth: Contact, Malcolm Washburn 727-5653 or Mary Anne Champeon 799-0456.

**Note: Races in bold
are MTC events**

Wishing a speedy recovery

New member Brenda Tanguay is recovering at home from a broken leg. Brenda was participating in the Women's Distance Festival 5K Race on Sept. 17 in Portland when she experienced the injury.

Please send notes of encouragement for Brenda's rapid recovery to:

**Brenda Tanguay
13 Merrill Road
Westbrook, ME 04092**

**Look for a profile of club
member Herb Strom in next
month's issue of News•Run.**

Thanks MTC Volunteers

Dear MTC Members:

Just a short note of thanks for all the help on the 1st Annual "Maine Mall Mile" around and through the Maine Mall.

As a 1st time "race director" I was a little nervous to say the least. We only had about one month of planning with no actual route until about two weeks prior to race date.

Needless to say the Moultons (Everett and Donna) took time out of their busy schedule to help in every way, including bike measuring the course.

Thanks to all the MTC members who volunteered. The race was a complete success! See you guys next year at the 2nd Annual Maine Mall Mile.

Kurt C. Nielsen



Maine Track Club 1995 Officers and Committee Chairs



Ron Pelton	President	846-9039	Don Penta	Statistician	892-4526
Ron Deprez	Vice President	772-4312	Maureen Sproul	Photography	926-4681
Mel Fineberg	Past President	774-8868	Howard Spear	Equipment/Clothing	856-6496
Larry Barker	Treasurer	761-0137	Dale Rines	Course Certification	854-2481
Mary Ann Doss	Secretary	799-0896	John Gillis	Course Certification	879-0222
Alyce Schultz	Membership	780-9805	Bob Aube	Newsletter	946-7681
Everett Moulton	Race Committee	799-2894	Ann Blanchard	Newsletter	883-6905
Donna Moulton	At Large	799-2894	Pat Buckley	Newsletter	775-4817
Russ Bradley	At Large	799-3864	Larry Dyer	Newsletter	892-2508
Clyde Coolidge	At Large	603-742-9405	Susan Roberts	Newsletter	829-6288

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