



# News•Run

Run with a friend ...

October 1997

## From the Presidential Suite ...

It's hard to believe we are quickly approaching year's end. The racing season is in full swing, culminating with the NYLCare Maine Marathon (which I hope was a roaring success by the time you receive this newsletter). As we wind down the year, I would ask that you all reflect on what the Maine Track Club has meant to you over the years and consider serving in a leadership role as an officer. We will need to present the club with a new slate of officers soon and would encourage all of you to consider taking a more active role in your club. It is both fun and rewarding, that I can attest to first hand! Please give it some serious thought.

I would also like to briefly discuss my feelings on the direction of the club and of a unique opportunity the organization may be faced with. First, my thoughts on what direction the Maine Track Club should head.

The MTC by-laws state clearly that the purpose of the club is to "promote fitness and running, both recreational and competitive, at all levels". I have often wondered if we are accomplishing this mission as effectively as we might. Has our organization become a race management company that just so happens to honor its workers once a year at an annual banquet? Do we need to direct the number of races currently on our schedule to achieve our goals? I don't think so.

*(Continued on page 9)*

## October MTC Meeting

Wednesday, October 8, 1997, 6:30 p.m.  
Southern Maine Technical College  
Machine Tool Auditorium  
Fort Road, South Portland

**Guest speaker: Joe Teno**

NYLCare Maine Marathon race director Joe Teno has been invited to talk to us about his recent hiking and climbing trip to Bolivia, as well as to share his thoughts with us on this year's marathon.

We will begin with a short business meeting at 6:30 p.m. followed by our speaker at 7 p.m. Those who attend are asked to bring soft drinks and snacks to share after the meeting.

## Coming events

**NOVEMBER:** A pasta dinner is scheduled for Saturday, Nov. 1, at Sprague Hall in Cape Elizabeth, located at the corner of Route 77 and Fowler Rd.. There will be a group run for anyone interested at 4 p.m., followed by the dinner. The price is \$7, and family and friends are welcome.

On Wednesday, Nov. 12, the MTC will hold its annual election of club officers for 1998. The meeting will begin at 6:30 p.m. at SMTTC. Also, Joan Benoit Samuelson and Jane Dolley will be present to describe the elite race that they are planning for next August. Joan and Jane will answer questions and explain the involvement that they would like the MTC to have in the event. They will also begin to recruit volunteers.

**DECEMBER:** The December meeting will consist of a Christmas run and social on Wednesday, Dec. 10. Time and location to be announced. Volunteer elves to help plan the event will be more than welcome.

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## News•Run Notes

### Lake Winnepesaukee Relay

Several MTC runners traveled to New Hampshire on Saturday, Sept. 20, to run in the Lake Winnepesaukee Relay. Most noteworthy performance was turned in by the Ghost of Pease women's team, comprised of Carol Weeks, Nancy Kneeland, Nancy Lund, Nancy Cooper, Charlotte Thomas, Ellie Tucker, Deb Merrill and Carol Hogan. They completed the 66-mile course in 7:45:10, 25 minutes faster than the previous record for a women's masters team.

The Maine Class of 50 team — Guy Berthiaume, Stanley Sheldon, Bill Riley, Lawson Noyes, Bob Scholl, Bob Payne, Ron Deprez and Dick McKenney — placed second in the men's senior category. They time of 7:08:37 was good enough for 23rd overall.

The Ghost of Pease men's team, which actually included seven men and one woman, was thrown together at the last minute when another group dropped out, but they still managed a 34th-place finish in 7:21:43. Team members were Chris Northrup, Carl Moulton, Lew McDonald, John Pettorini, Mark Batchelder, Steve Jacobsen, Catie Dean and Tom Cook.

### Hughes preps for Florida Ironman

Lynn Hughes continues his rigorous preparation for the Florida Ironman, coming up later this month. While many of us are grinding out the running miles in preparation for a fall marathon, Lynn must prepare for a 2.4-mile swim and 112-mile bike ride before he even gets to the marathon leg of his chosen sport.

A former 2:40 marathoner, Lynn turned to the sport of triathlon after numerous injuries forced him out of the competitive running scene. Since joining the world of triathlon, Lynn has been showered with hundreds of age-group awards over the last decade of competition.

Ironically, it is when he hit the ripe old age of 40 that he decided to move up to the next level of the sport by registering for the grueling ironman event. He now regularly cranks out 150-200 miles a week on the bike, 50-60 miles of running and 3-5,000 yards in the pool.

A regular at the Sunday morning Payson Park runs, Lynn has provided inspiration to those of us whose only challenge is to get through 26.2 miles of running.

(Editor's note: Thanks to Michael Pratico for submitting this item.)

### Another MTC match

Congratulations to MTC members Tanya Horne and Patrick Gwinn, who were married on Sept. 13 in New Gloucester.

### We need your input

*News•Run* Notes features news of interest about fellow MTC members. If you have some news to share about yourself or someone else in the club, please pass along the information by calling Marge or Bob Aube at 829-5079, sending e-mail to Bob at 74270.2276@compuserve.com, or by mail to: Maine Track Club, Newsletter, P.O. Box 8008, Portland, ME 04104. The deadline for each issue is the 15th of the preceding month.

## News•Run Sponsors

If you would like to become an individual *News•Run* 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 give you advertising space in *News•Run*.

**Sponsor**

**The Nielsen family**



## Nominees sought for board of directors

The Maine Track Club is looking for volunteers to serve on the board of directors in 1998. A list of nominees will be presented at the October MTC meeting, and the election will take place at the November meeting.

Current board members who have expressed an interest in holding an office next year are as follows:

President ..... John Gale  
 Past President ..... Mike Reali and Terry Sutton  
 Vice President ..... Marge Aube  
 Treasurer ..... Joe Guimond  
 Race committee chairman ..... Everett Moulton  
 Membership chairman ..... Maggie Soule  
 At-Large (3 positions) ..... Ann McGovern, Howard Spear

Nominees are welcome for all of the above positions except president and past president (the current vice president traditionally takes over as president the following year). Candidates to assume the post of club secretary are also being sought. Anyone interested in running for a position on the board should either contact Mike Reali or Terry Sutton (829-2014), or plan to attend the October meeting.

## Welcome to our newest members

Stephen J. Fox  
 1 Oak Terrace  
 South Portland, ME 04106-3621  
 799-8840 (H) 799-3314 (W)  
 Firefighter, Paramedic, City of South Portland

Jon Gilbert  
 17 Lincoln Street  
 Saco, ME 04072  
 283-0246

Student, Thornton Academy, class of 1999 "I am a junior at Thornton Academy. I run cross country, indoor and outdoor track. I am joining the Maine Track Club because I love to run. And I also participate in road races during the off season. I have been running for about three years now and hope to continue for as long as my legs let me."

Chris Wilson  
 33 Birchvale Drive  
 Portland, ME 04102  
 774-1742 (H) 883-9515  
 Technician, Dead River Co.

## MTC Financial Report

1/1/97 through 8/31/97

### Income

Race Income.....	\$8,639.00
Membership.....	\$4,901.00
Banquet.....	\$1,272.00
Newsletter.....	\$990.00
Social fundraiser.....	\$881.00
Reimbursement: Mt. Washington/Newbury.....	\$817.00
Scholar.....	\$300.00
Clothing sales.....	\$629.50
Miscellany.....	\$101.50
Interest.....	\$38.34
<b>Total.....</b>	<b>\$18,819.34</b>

### Expenses

Banquet.....	\$2,859.24
Race expenses.....	\$3,026.42
RRCA.....	\$2,501.57
Newsletter.....	\$2,398.09
Scholarship.....	\$1,475.00
Mt. Washington/Newbury.....	\$781.70
Clothing.....	\$478.46
Race committee.....	\$387.85
Social expenses.....	\$944.94
Administrative.....	\$974.60
Meeting.....	\$525.00
Bulk permit.....	\$330.00
1996 Marathon.....	\$300.00
1996 Woman's Distance Festival.....	\$284.51
Insurance.....	\$247.00
Rental.....	\$135.00
Post Office Box.....	\$58.00
Bank Charges.....	\$56.91
Miscellaneous.....	\$5.50
<b>Total.....</b>	<b>\$17,769.79</b>

**Net.....\$1,049.55**

## Running partner sought

I'm looking for a running partner in the New Gloucester area for early morning (5:30 a.m.) weekday runs. I generally run about 5 miles at a 12 minute/mile pace. Please contact Shannon Tamminen at 926-5075 (home) or 795-2389 (work) or e-mail [stamminen@cmhc.org](mailto:stamminen@cmhc.org).



## Upcoming Races

**October 4**

Lifeline 5K, Portland, 10 a.m. Contact: Patty Medina 780-4642.

**October 5**

NYLCare Maine Marathon & Casco Bay Half Marathon, Portland, 8 a.m. Contact: Joe Teno 741-2084.

**October 11**

Race for the Cure 5K, Bangor. Contact: Rosemary Baldacci 947-2582.

Silent Hills 5K, Hinckley, 9 a.m. Contact: Steve Razidlo 453-7368.

**October 12**

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

**October 18**

MTC 50-Mile Ultra Marathon, Brunswick. Contact: Al or Sandy Utterstrom 797-4710.

**October 19**

Physical Therapy 8K, Brunswick, 9 a.m. Contact: John LeRoy 725-8680 or Sarah Bronson 892-5357.

**October 26**

Great Pumpkin 10K, Saco, 9:30 a.m. Contact: Bob LaNigra 883-8662.

**November 15**

Great Osprey 10K, Freeport. Contact: Charlie Scribner 781-7223.

**November 23**

Turkey Trot 5K, Cape Elizabeth. Contact: Maine Track Club 741-2084.

Brewer Turkey Trot 5K, 1 p.m. Contact: Dave Jeffrey 825-3403.

**November 27**

Portland Thanksgiving Day 4-Miler, 9 a.m. Contact: George Towle 780-5182 or 878-8419.

Gasping Gobbler 10K and 2-Miler, Augusta, 10 a.m. Contact: John Schwerdel 623-8086.

**December 6**

Season's Greetings 5.5-Miler, Madison, 11 a.m. Contact: Ron Paquette 437-9237.

**Note: MTC races are in bold**

For the latest race schedules and information, call the MTC hotline at 741-2084 or visit the Sub5 web site at <http://www.finishlynx.com/sub5>

## Coordinating race schedules

To the running community,

Today at the Common Ground Fair race, there was some discussion about the need to coordinate the scheduling of the state's road race schedule. With the lack of a running magazine, different alternatives were being discussed. One proposal was to publish a consolidated race schedule for the year.

Some of my thoughts: Remember the old but still so true rule that once you publish wrong information it is impossible to get it back. Schedules for races change! I have always been against publishing a yearly calendar because of this.

It would seem that with so many of you involved with the computer and the web sites for running results and information, that a web site be used for the calendar listings. You could have 2 or 3 people around the state who would coordinate information and act as contacts for the non computer community. Races could be listed with tentative dates until race directors decided their date was firm. Information could be standardized. You could even try using a standard entry like the Striders do in their newsletter.

— John LeRoy

## Notice about race fliers

Anyone who wishes to have their race fliers included in the Maine Track Club newsletter must submit the fliers and a payment of \$40 by the 15th of the month. Fliers will not be included in any mailing if not accompanied by the \$40 service fee. The fee applies only to races not run by the MTC, so if a race fee is already being paid to the club, there is no charge for race fliers.



# Race Results

Submitted by Don Penta

Note: Apologies to Sally Paterson who was left out of the Clam Festival Classic 5-Miler results in last month's NewsRun. Sally finished 224th overall (women) and 12th out of 17 in her 50-59 division in 46:14 (9:15 pace).

## The 1997 L.L. Bean 10 Kilometer Road Race

537 Finishers (175 Female 362 Male)

Main Street, Freeport, Maine, 7 a.m., Friday, July 4th, 1997

USAT&F = Finisher qualifies for national ranking according to standards established by USATF's National Running Data Center

### Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Joan Samuelson (HON.MTC) USAT&F...	40	35:38	5:45
2 Susannah Landreth 2,overall.....	29	37:48	6:06
3 Juliet Shagoury 3,overall.....	33	39:55	6:26
4 Christine Braceras 1,30-39.....	34	40:13	6:29
5 Joy Palmer 2,30-39.....	39	40:52	6:35

1 Todd Coffin 1,overall.....	36	32:16	5:12
2 Kevin Way 2,overall.....	28	32:58	5:19
3 Michael Payson (MTC) 3,overall.....	34	33:41	5:26
4 Paul Johnson, Jr. 1,16-19.....	19	34:24	5:33
5 Guy A. Segars 1,30-39.....	37	34:51	5:36

### Other Top Divisional Finishers

6 Marjorie Graff 20-29.....	29	41:14	6:39
8 Gretchen Read (MTC) 50-59 USAT&F.....	54	41:35	6:42
10 Carol Hogan (MTC) 40-49 USAT&F.....	46	41:54	6:45
29 Laura Wilcox 16-19.....	18	44:24	7:10
42 Molly Landreth 15&under.....	14	47:36	7:39
100 Polly Kenniston 60-69.....	60	54:37	8:49

7 Jamie Good 20-29.....	23	35:35	5:44
9 Barry Fifield 40-49.....	40	36:04	5:49
19 Guy Berthiaume 50-59.....	51	37:03	5:59
31 Joel Croteau 2,50-59 USAT&F.....	56	38:14	6:10
75 Matthew Cote 15&under.....	15	41:47	6:44
215 Richard V.Cavanaugh (MTC) 60-69.....	64	49:49	8:02
283 Russ Bradley (MTC) 70&over.....	73	53:28	8:37

### Other Maine Track Club Finishers

7 Terry Sutton 2,30-39.....	35	41:30	6:42
13 Alison Kisch.....	31	42:34	6:52
14 Jody King.....	37	42:37	6:52
15 Nancy Kneeland 3,40-49.....	42	42:50	6:55
16 Patricia Burdo.....	31	42:54	6:55
17 Ann Stairs 3,20-29.....	28	42:55	6:55
19 Ann Marie McGovern.....	33	43:09	6:58
25 Betsy Barrett.....	46	44:00	7:06
27 Monica MacDonald.....	31	44:16	7:08
31 Deb Merrill.....	41	44:53	7:14
32 Kim White.....	35	44:54	7:15
35 Joan Lavin.....	49	45:42	7:22
37 Colleen Redmond.....	32	46:16	7:28
38 Rosalyn Randall.....	47	47:10	7:36
39 Wendy Williams.....	43	47:12	7:37
54 Betty Rines.....	40	49:19	7:57
55 Theresa Gallupe.....	35	49:32	7:59
67 Martha Deprez.....	52	51:11	8:15
68 Carol Nale.....	46	51:12	8:15
69 Suzanne Umland.....	49	51:22	8:17
95 Betsy Lane.....	45	54:18	8:45
102 Beth Wilson.....	41	54:45	8:50
104 Carlene Anderson.....	47	55:09	8:54

111 Lisa Kelley.....	32	55:34	8:58
117 Jean Thomas 2,60-69.....	61	56:43	9:09
118 Shelley Iathrop.....	21	57:02	9:12
125 Wendy Berthiaume.....	32	57:49	9:20
128 Beverly Doughty.....	45	58:10	9:23
140 Sally Gore.....	34	59:57	9:40
143 Annette Elowitch.....	54	60:31	9:46
144 Sally Paterson.....	55	60:41	9:47
148 Donna Trout.....	45	61:03	9:51
153 Yvette Knight.....	51	62:25	10:04
158 Cheryl McCall.....	40	63:52	10:18
163 Barbara Coughlin.....	54	66:02	10:39
164 Jane Dolley.....	49	66:30	10:44
165 Susan Davenney.....	48	66:31	10:44
175 Ruth Hefflefinger 3,60-69.....	68	76:00	12:15

18 Robert Fast.....	34	36:57	5:58
20 Jim Toulouse 3,40-49.....	49	37:14	6:00
23 Marlin Conrad.....	45	37:43	6:05
29 David Chamberlain.....	35	38:08	6:09
32 Michael Boucher.....	40	38:27	6:12
33 Tom Menendez.....	43	38:40	6:14
40 Britton Wolfe.....	31	39:25	6:21
41 Patrick Gwinn.....	32	39:33	6:23
49 John Nale, Jr.....	17	40:19	6:30
50 Carl Hefflefinger.....	37	40:21	6:30
55 Gerard Conley, Jr.....	43	40:42	6:34
60 Erich Reitenbach.....	46	41:03	6:37
65 Dick Graves.....	42	41:16	6:39
79 Alburn Butler.....	43	42:02	6:47
81 Michael Reali.....	43	42:03	6:47
85 Ron Deprez.....	53	42:18	6:49
87 Willie Sproul.....	39	42:22	6:50
89 Ed Doughty.....	48	42:30	6:51
93 James Boisvert.....	40	42:46	6:54
94 Ron Cedrone.....	48	42:46	6:54
104 Kevin Conley.....	28	43:28	7:01
113 Rich Robinov.....	37	44:02	7:06
117 Stewart Jordan.....	50	44:19	7:09
119 James McCorkle.....	42	44:24	7:10
123 Glen Gallupe.....	37	44:45	7:13
130 Carlos Philbrick.....	44	45:09	7:17
134 John Rolfe.....	43	45:22	7:19
146 Tom Harlow.....	51	46:03	7:26
149 Mick McCall.....	43	46:06	7:26
150 Michael Doyle.....	32	46:07	7:26
151 Chet Matthews.....	51	46:09	7:27
154 Jim Estes.....	48	46:15	7:28
156 Craig A. Whiton.....	46	46:24	7:29
166 Frank Knight.....	51	47:08	7:36
169 Dale Rines.....	45	47:13	7:37
172 Dan Hogan.....	46	47:22	7:38
178 Howard Spear.....	47	47:42	7:42
182 Mike Brooks.....	51	47:54	7:44
189 Brent Graham.....	27	48:32	7:50
204 Ralph Butts.....	36	49:24	7:58
209 Ron Schopp.....	47	49:33	8:00
212 Joe Teno.....	44	49:43	8:01
216 Harry White.....	55	49:51	8:02
226 Ronald Chase.....	56	50:31	8:09
227 John LeRoy 3,60-69.....	60	50:42	8:11
232 John Nale, Sr.....	47	50:52	8:12
246 Terry Clark.....	53	51:45	8:21

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# More Race Results

(Continued from page 5)

247 Arthur Bell.....	45	51:49	8:21
259 Eric Soule.....	36	52:07	8:24
312 Rodger Smith.....	51	56:11	9:04
316 Ron Pelton.....	44	56:44	9:09
318 Ronald Read.....	55	56:47	9:10
319 Malcolm Washburn, Jr.....	43	56:48	9:10
320 Loren Lathrop.....	48	57:03	9:12

322 MF Harmon.....	47	57:04	9:12
330 Al Mack.....	47	57:53	9:20
331 Bill Davenney.....	52	57:53	9:20
333 John D. Coie.....	44	57:57	9:21
334 Tom O'Connor.....	46	58:04	9:22
352 John Gale.....	41	62:01	10:00
358 Nelson Soule 2,70&over.....	76	67:27	10:53
Many thanks to Charles Scribner of SPLIT TIME RACE MANAGEMENT for complete results!			

**Sports East & The Maine Track Club Present**  
**The 20th Reunion Bowdoin & Back Run To The Coast 10 Miler**  
**376 Finishers (103 Female & 273 Male)**  
**Loop Course from the Bowdoin College Track, Brunswick**  
**8:00 a.m., Sunday, August 17th, 1997**

## Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Gayla Underkoffler 1,overall.....	35	1:06:53	6:41
2 Donna Hurley 2,overall.....	40	1:08:25	6:51
3 Mary Meehan-Bates 3,overall.....	31	1:08:34	6:51
4 Kelley Cullenberg 4,overall.....	36	1:08:39	6:52
5 Gretchen Read (MTC) 5,ov. USAT&F.....	54	1:08:50	6:53

1 Darrin Eisman 1,overall.....	32	55:32	5:33
2 Stephen Sarkozy 2,overall.....	29	55:41	5:34
3 Peter Bottomley (MTC) 3,overall.....	35	57:09	5:43
4 Danny Paul 4,overall.....	43	57:29	5:45
5 Derek Veilleux 5,overall.....	19	58:06	5:49

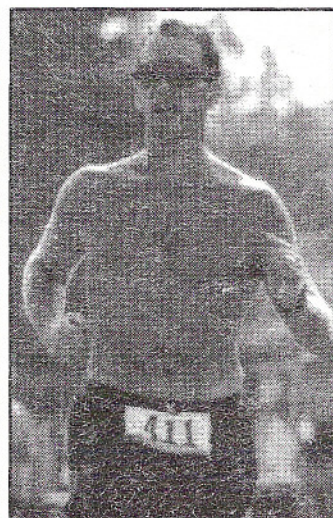
## Other Top Divisional Finishers

12 Jody King (MTC) 35-39.....	37	1:12:05	7:13
13 Nancy Kneeland (MTC) Over.Master.....	42	1:12:07	7:13
14 Ellie Tucker 40-44.....	42	1:12:16	7:14
17 Laura Wilcox 18&under.....	18	1:13:12	7:19
18 Carol Hogan (MTC) 45-49.....	46	1:13:15	7:20
62 Heather Higbee 50-59.....	51	1:29:14	8:55
70 Jean Thomas (MTC) 60-69 USAT&F.....	61	1:32:47	9:17

9 Rob Craig (MTC) Overall Master.....	41	1:00:06	6:01
11 Jim Toulouse (MTC) 45-49.....	49	1:00:56	6:06
13 Don Berney 40-44.....	40	1:01:25	6:09
15 Todd Goewey 35-39.....	36	1:01:44	6:10
17 Erik McCarthy 18&under.....	16	1:02:13	6:13
33 Joel Croteau 50-59.....	53	1:03:53	6:23
174 Herb Robertson 60-69.....	62	1:20:32	8:03
268 Bob Walker 70&over.....	70	1:52:28	11:15

## Other Maine Track Club Finishers

6 Patricia Burdo.....	31	1:09:16	6:56
7 Ann McGovern.....	33	1:09:56	7:00
9 Alison Kisch.....	31	1:10:45	7:05
10 Carrie McCusker-Brady.....	27	1:11:09	7:07
16 Monica MacDonald.....	31	1:12:48	7:17
24 Kim White 2,35-39.....	35	1:14:08	7:25
30 Rosalyn Randall 2,45-49.....	47	1:16:25	7:39
37 Cindy Aiken.....	43	1:20:33	8:03
40 Betty Rines.....	40	1:22:04	8:12
43 Betsy Barrett 3,45-49.....	46	1:23:16	8:20
44 Joan Lee.....	43	1:23:16	8:20
50 Carol Nale.....	46	1:25:17	8:32
55 Suzanne Umland.....	49	1:27:10	8:43
56 Christin Burnham.....	22	1:27:12	8:43
72 Shelley Lathrop.....	21	1:33:19	9:20
81 Sally Gore.....	34	1:37:40	9:45
85 Brenda Tanguay.....	35	1:38:30	9:51
86 Beverly Doughty.....	46	1:38:32	9:51
90 Donna Trout.....	45	1:42:01	10:12
95 Sally Paterson.....	56	1:48:07	10:49



**Carrie McCusker-Brady and David Chamberlain**

photos by Don Penta

14 Robert Ashley 3,40-49.....	41	1:01:44	6:10
21 Marlin Conrad 2,45-49.....	45	1:02:39	6:16
28 Owens McCullough.....	35	1:03:26	6:21
29 Tom Menendez.....	44	1:03:34	6:21
39 Britt Wolfe.....	32	1:04:54	6:29
41 David Chamberlain.....	35	1:05:13	6:31
44 Will Lund.....	42	1:05:33	6:33
48 Gerard Conley.....	43	1:06:18	6:38
50 Paul Aceto.....	31	1:06:31	6:39
57 Auburn Butler.....	43	1:07:41	6:46
59 Bob Stuart.....	42	1:07:54	6:47
60 Erich Reitenbach.....	46	1:08:07	6:49
67 Mike Pratico.....	31	1:08:42	6:52
69 Michael Reali.....	43	1:08:44	6:52
75 Ken Cotton.....	48	1:09:33	6:57
83 Peter West.....	33	1:10:14	7:01
92 Ron Cedrone.....	48	1:10:59	7:06
94 Kevin Conley.....	29	1:11:16	7:08
95 Stewart Jordan.....	40	1:11:19	7:08
96 Gregg Wood.....	38	1:11:19	7:08
98 Al Sproul.....	59	1:11:25	7:09
99 Don Foshay.....	38	1:11:25	7:09
114 James McCorkle.....	42	1:13:12	7:19
116 Ed Doughty.....	48	1:13:21	7:20
122 Richard Robinov.....	37	1:14:12	7:25
128 Gary Giffard.....	38	1:14:54	7:29
132 Malcolm Washburn.....	43	1:15:17	7:32
134 Mick McCall.....	43	1:15:41	7:34
154 Chet Matthews.....	51	1:18:42	7:52
156 Loren Lathrop.....	48	1:18:56	7:54

(Continued on page 7)



## More Race Results

(Continued from page 6)

165 Frank Knight.....	51	1:19:32	7:57
172 Charles Vadakin.....	55	1:20:31	8:03
177 Daniel Hogan.....	46	1:21:04	8:06
179 Carlos Philbrick.....	44	1:21:20	8:08
192 Howard Spear.....	47	1:22:30	8:15
194 Mike Brooks.....	51	1:22:47	8:17
197 Harry White.....	55	1:23:05	8:19
200 Thomas Carll.....	53	1:24:04	8:24
206 Albert Tanguay.....	35	1:24:48	8:29
214 Neil Chivington.....	50	1:26:13	8:37
218 Ron Chase.....	56	1:26:31	8:39
221 Ron Schopp.....	47	1:27:03	8:42
229 Don Burnham.....	56	1:29:22	8:56
246 Maurice Harmon.....	47	1:33:20	9:20
254 Ronald Read.....	55	1:37:50	9:47
255 Michael Dubois.....	48	1:38:29	9:51
257 Al Mack.....	47	1:39:06	9:55
258 Bill Davenny.....	52	1:39:47	9:59
259 Milt Dudley.....	45	1:40:23	10:02
264 John Gale.....	41	1:43:08	10:19
272 Julius Marzul 2,70&over.....	71	2:07:28	12:45



**Cindy Aiken and Mick McCall**

Many thanks to Susan Davenny and the crack Maine Track Club Technical Computer Team for complete results!

photos by Don Penta

### The 21st Annual Bridgton Four On The Fourth Road Race 1181 Record Finishers (514 Female & 667 Male) Loop Course from Stevens Brook Middle School, Bridgton 8:00 a.m., Friday, July 4th, 1997

#### Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Carmen Troncoso.....	38	22:44	5:41
2 Lorrie Butterfield.....	34	24:34	6:09
3 Cathleen Allen.....	31	24:40	6:10
4 Kelly Rodrigue.....	33	24:55	6:14
5 Laurie Gaudreau.....	28	25:39	6:25
1 Rusty Snow.....	27	19:47	4:57
2 Jose Moreira.....	29	20:17	5:05
3 Dan Verrington.....	35	20:24	5:06
4 Scott Brown.....	39	20:34	5:09
5 Pete Bottomley (MTC).....	35	21:06	5:17

#### Other Top Divisional Finishers

6 Charlotte Thomas 40-44.....	40	25:46	6:27
7 Christa Case 14-18.....	18	26:13	6:34
14 Sally Sundborg 45-49.....	47	27:50	6:58
20 Julia Puddlin 11-13.....	12	28:39	7:10
25 Kitty Kelley (MTC) 50-54.....	50	29:10	7:18
28 Sophie Thompson 10&under.....	10	29:23	7:21
200 Mary Lou Dubeau 55-59.....	56	37:20	9:20
255 Carol Davis 60-69.....	60	40:15	10:04
497 Josephine Fiske 70&over.....	92	73:03	18:16
10 Stephen Nickerson 40-44.....	40	22:04	5:31
13 Ken Houle 50-54.....	50	22:21	5:36
14 Dennis McIver 45-49.....	46	22:30	5:38
33 Chris Strout 14-18.....	15	23:34	5:54
68 Lawson Noyes 55-59.....	55	25:19	6:20
76 Eric Johnson 11-13.....	12	25:30	6:23
224 John Chandler 70&over.....	70	29:48	7:27
230 John Howe 60-69.....	62	30:00	7:30
332 Daren Daigle 10&under.....	10	32:11	8:03

#### Other Maine Track Club Finishers

93 Sherry Carll 3,50-54.....	50	32:56	8:14
103 Allison Guistra.....	27	33:13	8:19
195 Sandy Utterstrom.....	53	36:59	9:15
319 Maggie Soule.....	55	44:18	11:05
372 Linda Adams.....	44	47:44	11:56
12 Paul Greene.....	25	22:16	5:34
27 Paul Nickolaides 2,40-44.....	41	23:13	5:49
40 Will Lund.....	42	23:56	5:59
43 Sean Keough.....	41	24:06	6:02
78 Paul Aceto.....	31	25:33	6:24
109 Larry Wold.....	38	26:31	6:38
125 Gregg Wood.....	38	27:01	6:45
165 Neil Martin.....	54	28:14	7:04
184 Don Bessey.....	51	28:35	7:09
201 Thomas Carll.....	53	28:57	7:15
208 Keith Malone.....	39	29:04	7:16
255 Mike McClellan.....	37	30:40	7:40
292 Bill Dexter.....	41	31:21	7:51
293 Bob Green.....	49	31:23	7:51
295 Derry Rundlett.....	51	31:24	7:51
320 Bob Aube.....	31	31:51	7:58
335 Dennis Morrill.....	57	32:14	8:04
352 George Conly.....	49	32:40	8:10
353 Neil Chivington.....	50	32:47	8:12
402 Will Davis.....	53	34:20	8:35
420 Ed Haley.....	40	34:52	8:43
427 William Kerwin.....	62	35:21	8:51
429 Carlton Mendell 3,70&over.....	75	35:25	8:52
431 Phil Bartlett.....	49	35:29	8:53
518 Kenneth Spirer.....	54	39:53	9:59
534 Donald E. Johnson.....	66	40:56	10:14
593 Julius Marzul.....	71	45:51	11:28
600 Don Penta.....	51	46:37	11:40
624 Pat McClellan.....	10	52:09	13:03

Many thanks to Jay & Loraine Spenciner & GRANITE STATE RACE SERVICES for complete results!



## September board meeting minutes

Submitted by Alyce Schultz, acting secretary

Meeting held Wednesday, September 3, 1997

Treasurer: Joe Guimond presented a summary report for the month of July. Income: \$3,537.78. Expenses: \$2,623.22. Total: \$914.56. A complete year-to-date summary will be reported in October.

Nominations: The call for nominations will appear in the October newsletter. The slate of nominations will be presented at the October general meeting, with election to be held at the November meeting.

Membership: Year to date: 399 households. Maggie Soule will follow-up on the cost of changing the old membership fee on the web site. Brochures are being regularly distributed by board members. Enough new brochures will be ordered for continuing distribution and insertion in each marathon packet. Separate renewal forms, along with addressed, non-stamped envelopes, will be included with the December newsletter. Membership fees will not be increased for the coming year.

Clothing: Howard Spear presented a new option for club singlets and shorts from R.O.N.O. company. The quality of the clothing is much better than our current product. Howard will present the costs of the new clothing at the October board meeting.

Newsletter: Bob Aube reported that newsletter material is coming in on time and that he continues to have an adequate supply. It was suggested that the membership form on the back of the newsletter be discontinued and used for more running news or pictures. Maggie Soule reported that she has not received any applications from the newsletter form.

Banquet Committee: Committee members for this year's banquet are Marge Aube, Ann McGovern, Martha Deprez and Mary Ann Doss.

Awards Committee: Committee members are John Gale, Don Penta, Sumner Weeks, Sue Davenney and Kris Caterina.

Maine Marathon: LL Bean has sent out 60 letters to corporations regarding the corporate relay. Ron Deprez will have 1-page flyers printed for the open relay, arrange distribution and contact John Rolfe for further announcement.

The Board approved procuring a storage unit for the marathon equipment and other track club equipment that is not used on a regular basis. Howard Spear will locate a storage unit.

Race Committee: Mike Reali announced that MTC will have 5 spots for the Mt. Washington run next year, providing we supply 10 volunteers. Everett Moulton will look into MTC business cards. Everett has installed an MTC answering machine in his home that allows for four separate voice mailboxes. One mailbox will be kept for the marathon, one for general MTC information and one for upcoming races. The board approved reimbursement to Everett for the cost of the answering machine. Discussion followed regarding the number of races that the MTC will sponsor next year. All board members were asked to carefully review the list of races and come to the next board meeting with recommendations for 1998.

New Business: Mike Reali presented the possibility of a world class 10K to be held in Portland in 1998. The race would be managed by a professional group and sponsored by Heritage Bank and UNUM. MTC has been asked to contribute volunteers and housing for elite runners. Discussion followed regarding the proximity of this race to the marathon and whether or not another major race would overtax the volunteerism of the membership. Mike will have more details regarding the expected contribution of MTC and the financial returns to the club at the next board meeting.

## Certified courses

**By John LeRoy**

A few years ago, Maine was leading the nation in course certifications. We had, for our size, more USAT&F certified courses than any other state. I think that it is very important that we are certain of the distance of our races. How else can we compare our performances to others, and most importantly, to our own? A PR on an uncertified course is worthless. Actually, it is less than worthless because you will always wonder what your true performance was. For those of you who were readers of Mainely Running, you have heard this preaching before.

When we had Mainely Running, we knew at a glance at the race calendar whether a course was certified and knew that directors of new races were encouraged to have their courses certified. You could almost be assured that a race of any size or importance in our state was certified.

This is no longer the case!!! Recently the highly-publicized Tufts 5K for Women in Portland and the huge Bridge Race were not certified. So if you ran either of these races and paid their Boston scaled fees, I think you were short-changed for not at least having a certified course to run on.

Almost all of the races conducted by the four major running clubs in Maine are certified. However, it is up to all of us as runners to police our sport and let other runners and the race directors know that we want our races run on certified courses.

By the way, course certifications are only good for 10 years. If construction hasn't changed anything on the course, it is very easy to renew a certification (at no charge) and get a new number. Just call Wayne or Sally Nicoll at (603)735-5721 and they will send you a simple form. Some race directors may not be aware of the 10-year rule so if you know of a race with ME 87 (or earlier) in the certification number, let them know.



## Maine Running Hall of Fame inductees

Six runners, past and present, will be inducted into the Maine Running Hall of Fame at the eighth annual banquet set for Saturday, Nov. 1, in Bangor.

The MRHF Selection Committee has voted to induct the following runners:

- Fort Kent native Sam Pelletier, who in his stellar career in the 1970s and 80s ran the fastest marathon ever by a Mainer (2:15).

- Bob Winn, a native of Wells and now a resident of Ogunquit, who is a veteran of 25 years of running and is still arguably the top distance runner in Maine at the age of 39.

- The late Clyde Stinson of Houlton, who ran on three New England championship cross country teams while at the University of the Maine in the 1920s. He later coached the Houlton cross country team to the 1932 national championship.

- Maurice Toothaker, a lifelong resident of Phillips, who was national schoolboy cross country champion in 1938.

- Easton native Don Smith, who in the late 1930s was one of the nation's premier college runners, winning eight New England championships in track and cross country.

- Barrington Ivers, a native of Monmouth and current resident of Brewer, who set numerous American and world-age group records in the sprints while in his 70s and 80s.

The induction banquet, which will be held at Pilot's Grill beginning at 6 p.m., is open to the public. Anyone wishing to attend should make reservations with Judson Esty-Kendall at 942-7509 (home) or 942-0972 (work).

Anyone wanting to make a donation to the Maine Running Hall of Fame can do so through Phil Pierce, MRHF Chairman, 79 Waites Landing Rd., Falmouth, ME 04105.

*(Continued from page 1)*

While our membership might be at a level of 400, the number of people who volunteer to work events is a small fraction of that. If the membership doesn't support these races, then why do we agree to manage them? Do sheer numbers of MTC races achieve our stated goals as a club? My feeling is we would be better served with a fewer number of high-quality events rather than a multitude of races, many of which are ill-attended and under-staffed. What reflects better on the club?

I have proposed to the board the idea of culling our race schedule to about 12 events, approximately one per month. All of the races that would remain, I feel, are high-quality and well-attended. This would not only reflect better on our club but help lessen the need for volunteers. To help take up the slack as far as income, we would cut expenses and host a few fundraising events such as pasta feeds and pot lucks. These would be as much social as fundraising in nature. I feel down-sizing for the sake of quality, will enhance the image of the club and better promote running within our community.

I recently received a call from Joan Benoit Samuelson regarding a proposed world class 10K road race she is promoting. Joan, along with Peoples Heritage Bank and some other local sponsors, are exploring the idea of conducting a race the likes of Falmouth Road Race in our own backyard. My first thought was how could we ever support such an event with an already stressed group of volunteers? My fears were quickly allayed when Joan went on to explain how she feels the club should be involved. The race would be timed by a professional company, and she is not seeking the club out to direct the event, only support it in other ways. There would be the need of volunteers, housing for elite athletes and our involvement on a board set up to oversee the event, all of which we could easily do. For those who recall the RRCA convention, it was both fun and rewarding. I feel this could be very similar, and help restore the luster we once enjoyed, without the pressure of directing a major race. With runners from all over the world and possible TV coverage, why wouldn't we want to be a part of it? We obviously need more information regarding the event prior to making any decision but felt the club would like to be aware of this opportunity. I will report to the club as information becomes available.

In closing, I would like the membership to think about the MTC and how we should proceed in the coming years. Is downsizing the answer? Can and will our affiliation with this proposed 10K race bode well for the club? I prefer quality over quantity every time, and strongly feel this is how we should progress. I don't advocate the demise of some of the races we direct, but feel they would be better served by a race management company or some other means of race management. These issues will be discussed at the next regular meeting, so if you have an opinion please show up. My e-mail address is [mreali6278@aol.com](mailto:mreali6278@aol.com), if you care to drop me a line. Please give it some thought.

See you on the roads.

**Michael Real**



## MTC Discounts

The following area sporting goods stores have agreed to give MTC members discounts on running shoes and running clothing. It is necessary that you show your 1997 club ID card when requesting discounts.

**Olympia Sporting Goods**  
Maine Mall, South Portland  
10% on shoes only

**Yankee Sports**  
35 Foden Road, South Portland  
10% on shoes only

**Coastal Athletics**  
84 Cove St, Portland  
Asics shoes exclusively  
Discounts according to model  
Call ahead for Ron Kelley 772-4530

**George and Phillips, Inc.,**  
Route 1, Kittery;  
295 Water St., Exeter, N.H.

These are Nike Outlet Stores featuring slightly defective or blemished shoes at reduced prices. All top quality regularly.  
Shoes 20% off

**Lamey Wellehan**  
Maine Mall; Falmouth Shopping Center;  
Cook's Corner; Auburn Mall  
10% on running shoes

**MVP Sports**  
333 Clarks Pond Pkwy., South Portland  
10% on non-sale running shoes and clothing

**Famous Footware**  
330 Clarks Pond Pkwy., South Portland  
Also Auburn and Kittery  
10% on running shoes



## Group runs

The Maine Track Club includes all kinds of runners doing many different distances and paces ... from the weekend jogger to the daily 20-minute runner to the serious road racer.

Whatever your pleasure may be (social, speed, long distance), we probably have a running/training group near your area. For more information, contact any of the following:

### Brunswick

Long runs on weekends and track and tempo workouts during the week. Times vary, so it's best to call. Contact John LeRoy (725-8680).

### Kennebunk

The Kennebunk Road Warriors run weeknights in Kennebunk. Contact Steve Jacobsen (985-4107) or Nancy Kneeland (985-8100).

### Portland

The USM Morning Group runs at 5:45 a.m. daily from the USM gym. Contact Mel Fineberg (774-8868) or Ruth Hefflefinger (797-4625).

The Rat Pack runs Sunday mornings at 7 a.m. from Payson Park. Contact Ron Deprez (772-4312) or Mike Reali (829-2014).

YMCA Noon Runs from the YMCA on Forest Ave. Contact Marla Keefe (775-9620) or Mike Pratico (874-1111).

The Maine Front Runners, a gay and lesbian running club, runs from Back Cove across from Shop 'n Save on Saturday mornings at 9 a.m. Contact Jim Estes (761-2059).

### South Portland

South Portland Road Runners run Thursday nights at 5:30 p.m. from the high school. Contact Russ Bradley (799-3864) or Donna Moulton (799-2894).

If you know of a group run that isn't listed above, please contact either Bob or Marge Aube (829-5079) to let us know where, when and a contact person for inclusion in the monthly newsletter.



# RUN FOR A RUNNER

## 5K Run/Walk

at 5K /Sports-Rt. 1, Falmouth, Maine

This is an all volunteer effort to benefit Brigitte Edquid

When: Sunday, November 2, 1997

Time: 9:00 am

*In her fight against cancer*



A competitive, consistent runner for nearly 20 years, Brigitte Edquid is a veteran of approximately 200 events. Her racing resume includes six marathons with a PR of 3:26; two Bonney Bell 10 K's; two Mt. Washington Hill climbs; three years at the Franklin Park Cross Country championships in Boston; the Harvard mile; the Run for the Roses; and the Sonesta 5K. The 49 year old Brigitte joined the Run to Win ladies team in 1990, its second year of existence, and has been a member of Maine Track Club for over 10 years.

**Race Fee: \$10.00**

**Additional donations welcomed.**

*All donations help with her medical expenses.*

All volunteer effort-No awards-No shirts.

All the proceeds go to Brigitte.

Refreshments and computerized results will be available.

☐ 5K

☐ Walk

**Make checks payable to: Brigitte Edquid**

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

I understand that running a road race is a potentially hazardous activity. I further understand that I should not enter the 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 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 conditions of the road, all such risks being understood and appreciated by me. Having read this waiver and understanding these facts, and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release, 5K Sports, 5K Sports Road Runners Club, Split-Time Race Management and all sponsors, their representatives and successors from any claims or liabilities or cause of action or any kind arising out of my participation in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parents signature if under 18 \_\_\_\_\_

**For more information please contact 5K Sports at 781-3134 or Nancy Lund at 781-5607.**





## MTC 1997 Officers and Committee

USA Track &amp; Field



Mike Reali and Terry Sutton	Co-Presidents	829-2014	Russ Bradley	At-Large	799-3864
John Gale	Vice President	775-5017	Ann McGovern	At-Large	839-8332
Ron and Martha Deprez	Past Presidents	772-4312	Howard Spear	At-Large and Clothing	856-6496
Joe Guimond	Treasurer	797-9463	Al Butler	Equipment	772-6463
Alyce Schultz	Acting Secretary	780-9805	Don Penta	Statistician and Photography	892-4526
Maggie Soule	Membership	846-3631	Maureen Sproul	Photography	926-4681
John Eldredge	Membership	829-4540	Dale Rines	Course Certification	854-2481
Everett Moulton	Race Committee	799-2894	Bob and Marge Aube	Newsletter	829-5079

## Lunt makes most of Bruce Ellis Scholarship

**Editor's note:** The following letter was sent in by Matt Lunt, one of this year's recipients of a Bruce Ellis Scholarship to a summer running camp.

To the members and officers of the Maine Track Club,

I wanted to take this opportunity to thank you very much for granting me the scholarship in memory of Bruce Ellis. It was not only an honor to receive such a scholarship, but the money made it possible for me to travel across the country to train at the USATF High Altitude Distance Camp for two week-long sessions. Without this financial aid, my trip would not have been possible. Because of it, I was able to drastically improve my fitness level, achieve major breakthroughs in my training, increase my knowledge of my sport and the physiology of exercise in general, and train on some of the best trails in the country. In fact, I was able to work my rent at a cattle ranch in the mountains near Aspen, allowing me to stay a full month in Colorado to get fully acclimated and get the most out of my trip.

At the camp, located at just under 9,000 feet, we would wake up for a morning run at 7 a.m., followed by breakfast and an hour and a half classroom session on anything from training theories to nutrition to race strategies. We would break for lunch and regroup afterward to be driven out for our afternoon mountain run/hikes. On these runs, the camp directors would drive us to the trailheads of different hikes to the tops of mountains, and we were given the choice to either run or hike up to it. This truly separated the men from the boys, and they were some of the toughest runs I have ever experienced. These runs were as much as seven miles up the mountain, climbing in elevation from a starting elevation of 10,000 to as much as 14,000 feet at the top. After the first day, however, I knew it was worth it. Looking down from the top of a snow-covered peak at the rest of the campers making their way up the mountain, not the mention the breathtaking views of the surrounding mountains and valleys, was one of the most motivating experiences I have ever had.



The classroom sessions gave me a great deal of insight on the new theories behind endurance training. They focused on speed development and the importance of nutrition, dealing with the physiology behind training, emphasizing interval work, recovery, and monitoring one's diet to ensure enough protein is eaten for muscle rejuvenation. The conversations and experiences I had with the other top runners at this camp rounded out a wonderful experience.

Again, thank you very much for making this experience possible for me, enhancing my running, and giving me one of the best summers of my life.

*Sincerely,  
Matt Lunt*