



# News•Run

Run with a friend ...

October 1998



Stewart Jordan at the Sports East Bowdoin and Back 10-Miler.

photo by Don Penta

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## Pasta Dinner

Saturday, Oct. 10, 1998, 5 p.m.  
Columbia Social & Athletic Club  
17 Wordsworth St., Portland

There will be no regular club meeting in October; instead, we are inviting club members, families and friends to gather for a pasta dinner at the Columbia Social & Athletic Club, located just off Veranda St. near the I-295 exit for Washington St./Baxter Boulevard. Cost of the dinner will be \$7 for adults and \$4 for children. The price includes all the pasta you can eat, bread, salad and a make-your-own sundae ice cream buffet. Past pasta dinners have been a good opportunity to reminisce about past club events and catch up on the latest gossip, so we hope to see you there to join in the fun.

The MTC usually meets the second Wednesday of each month at SMTC's Machine Tool Auditorium.

## Other upcoming events

October 4: NYLCare Maine Marathon and Half Marathon

October 17: MTC 50-Miler

October 18: PT8K

November 11: Regular meeting and election of MTC officers for 1999



## News•Run Notes

### Nominees sought for 1999 MTC board of directors

Once again it's almost time to choose officers to serve on the club's board of the directors for the following year. The following positions must be filled:

**President** \_\_\_\_\_

**Vice president** \_\_\_\_\_

**Treasurer** \_\_\_\_\_

**Secretary** \_\_\_\_\_

**Membership chairperson** \_\_\_\_\_

**At-large (3 positions)** \_\_\_\_\_

Anyone in the club is eligible to run for a position on the board, even those of you who have just joined. If you're interested in serving on the board or if you'd like to nominate a fellow club member, you can contact either John Gale at 775-5017 or Marge Aube at 829-5079, or you can cut this out and mail it to: Maine Track Club, P.O. Box 8008, Portland, ME 04104. Nominations will be accepted right up until the election, which will be held at the November club meeting.

### Volunteer gift certificates up for grabs

Now there's some extra incentive to serve as a volunteer at MTC races. If you've volunteered at any MTC events this year, you're eligible to win a \$30 gift certificate from Peak Performance in Portland. At each club meeting, one or more race directors will be asked to bring a list of the volunteers for his or her race, throw the names into a hat and pick a winner. At the September club meeting, Howard Spear presented two gift certificates, to Donna Moulton for the Boys & Girls Club 5-Miler, and to Alyce Schultz for the YMCA Back Bay 5K.

### YMCA 5K in need of race director

Speaking of Howard Spear, he intends to relinquish his duties as co-race director of the YMCA Back Bay 5K, so the club needs someone else to step forward and take on his duties. If you think you might be interested but aren't quite sure what's involved, you can contact Howard at 856-6496.

### 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 [raube@sunjournal.com](mailto:raube@sunjournal.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. Or, if you would like to have your business card included in **News•Run**, you can do so for just \$5 per month.

### Sponsor

**The Nielsen family**

**Al and Carlene Sproul**



## Gearing up for Mid-Winter Classic

Look for your 18th annual Mid-Winter 10 Mile Classic entry form in the December issue of NewsRun. There will be several added features for next year's race:

- **RRCA Maine State 10-Mile Championship**
- **\$100 cash prize available if a male or female course record is set, either in the open or masters division**
- **A Clydesdale division for both men (190 pounds or over) and women (140+).**

For more information, contact race directors Don Penta 892-4526, Jeanne Hackett 766-5026 or Ray Shevenell 799-6219.



**SUNDAY  
FEBRUARY 7, 1999  
12 NOON**

**CAPE ELIZABETH  
HIGH SCHOOL**  
(showers available)

### Course Records:

Open: Rob Pierce 51:10 (1996)  
Lynn Jennings 57:32 (1998)  
Masters: Steve Podgajny 57:30 (1996)  
Ellen Bowden 1:09:50 (1996)

Certification #ME95001WN

## Maine Running Hall of Fame 5K

As co-director of the recent Maine Running Hall of Fame 5K around Baxter Boulevard on September 4, I want to thank the many members of the Maine Track Club and the members of the South Portland Thursday Night Running Group for contributing to the success of this race. I urge all Maine Track Club members to honor one of our club's own runners — Bob Payne — by attending the Maine Running Hall of Fame banquet and induction ceremony at the Holiday Inn in Waterville on Saturday, November 7, at 6 p.m. I hope to see you all there as Bob and five others are inducted into the Hall. Contact Phil Pierce at 781-3769 for ticket information.

*Yours in running,  
Denny Morrill*

## Welcome to our newest members

Deborah Cassidy (41)  
14 Herbert Drive  
Scarborough, ME 04074-9515  
UNUM

George Cooper  
19 Caldwell Street  
Portland, ME 04103  
774-4022 (H)  
761-2292 (O)  
Health Care Administrator, Jackson Brook Institute

Robb Cotiaux (42)  
P.O. Box 360  
No. Waterboro, ME 04061  
793-4026 (H)  
791-8071 (O)  
Forester, CMP

Eric J. Ellis  
P.O. Box 538  
Gardiner, ME 04345-0538  
897-4503 (phone)  
897-5689 (fax)

"I have been running since March. I have done two races. My 10K is 43:45, and my 5K is 19:59....I run as a tension reliever and time to hear God. I want to do a 1/2 marathon, but can't find one that's not on a Sunday. I don't run on Sundays....My unofficial time is 1:40 for 13.1 miles."

Alice Mellor (53)  
54 Groves Road  
Yarmouth, ME 04096  
846-5812 (H)  
828-2100 (O)  
X-Ray Technician, Orthopedic Associates

Kimberly Moody and David Roberts (43)  
Stanis and Elise Moody-Roberts (9)  
1 Roberts Lane  
Cape Elizabeth, ME 04107-1906  
767-3964

For a club brochure and application form, please contact Maggie Soule, membership chair: tel: 846-3631; e-mail: MWSoule@worldnet.att.net; or c/o Maine Track Club, P.O. Box 8008, Portland, ME 04104.



# Race Results

## Submitted by Don Penta

**Sports East and the Maine Track Club  
Present the Bowdoin and Back 10 Miler  
Certified Loop Course from Whittier Field,  
Bowdoin College, Brunswick, Maine  
340 Finishers (107 Female & 233 Male)**

**8 a.m., Sunday, August 16, 1998**

**"USAT&F" = qualified for USAT&F national ranking**

### Top Overall Finishers

| PLACE/NAME                        | AGE | TIME     | PACE |
|-----------------------------------|-----|----------|------|
| 1 Todd Coffin 1,overall           | 27  | 53:26    | 5:21 |
| 2 Robert Ashby 2,overall          | 30  | 54:57    | 5:30 |
| 3 Tim Harte 3,overall             | 30  | 55:00    | 5:30 |
| 4 Steve Sarkozy 1,19-34           | 30  | 55:20    | 5:32 |
| 5 Jeff Tidd 2,19-34               | 33  | 57:34    | 5:45 |
| 20 Anthea Schmid 1,overall        | 26  | 1:01:25* | 6:09 |
| 37 Laurel Valley 2,overall USAT&F | 35  | 1:05:55* | 6:36 |
| 39 Mary Meehan Bates 3,overall    | 32  | 1:06:10* | 6:37 |
| 50 Ellie Tucker 1,40-44 USAT&F    | 43  | 1:07:33* | 6:45 |
| 56 Lisa Bell-Sullivan 1,19-34     | 30  | 1:08:08* | 6:49 |

### Other Top Divisional Finishers

|  |    |          |       |
|--|----|----------|-------|
| 8 Guy Segars 35-39                     | 38 | 58:49    | 5:53  |
| 12 John Mollica (MTC) 45-49 USAT&F     | 45 | 59:24    | 5:56  |
| 14 Tek Kilgore 40-44                   | 44 | 1:00:11  | 6:01  |
| 16 Jim Toulouse (MTC) 50-54 USAT&F     | 50 | 1:00:28  | 6:03  |
| 25 Erik McCarthy 18&under              | 17 | 1:02:44  | 6:16  |
| 62 Brenda Baxter 35-39                 | 36 | 1:08:25* | 6:51  |
| 81 Briana Neault 18&under USAT&F       | 17 | 1:10:24* | 7:02  |
| 126 Al Sproul 60-69                    | 60 | 1:14:55  | 7:30  |
| 127 Ellen Bowden 45-49                 | 45 | 1:14:56* | 7:30  |
| 230 Martha Deprez (MTC) 50-54          | 53 | 1:22:35* | 8:16  |
| 258 Carlene Sproul 3,55-59 USAT&F      | 59 | 1:25:38* | 8:34  |
| 266 Polly Kenniston (MTC) 60-69 USAT&F | 61 | 1:26:04* | 8:36  |
| 301 Jean Thomas (MTC) 2,60-69 USAT&F   | 62 | 1:32:21* | 9:14  |
| 337 Julius Marzul (MTC) 70&over        | 72 | 2:04:59  | 12:30 |

### Other Maine Track Club Finishers

|                            |    |         |      |
|----------------------------|----|---------|------|
| 23 David Chamberlain       | 36 | 1:01:55 | 6:12 |
| 27 Michael Boucher 3,40-44 | 41 | 1:02:51 | 6:17 |
| 34 Paul Aceto              | 32 | 1:04:49 | 6:29 |
| 35 Gerard Conley           | 44 | 1:05:01 | 6:30 |
| 36 Ken Norton              | 45 | 1:05:20 | 6:32 |
| 46 Ron Deprez 2,50-54      | 54 | 1:07:10 | 6:43 |
| 47 Stewart Jordan          | 41 | 1:07:21 | 6:44 |
| 53 Bob Coughlin            | 59 | 1:07:47 | 6:47 |

|                             |    |          |       |
|-----------------------------|----|----------|-------|
| 57 David Cookson            | 41 | 1:08:08  | 6:49  |
| 61 George Campbell          | 51 | 1:08:24  | 6:50  |
| 67 John Rolfe               | 44 | 1:08:47  | 6:53  |
| 73 Loren Lathrop            | 49 | 1:09:27  | 6:57  |
| 75 Dan Hutchins             | 38 | 1:09:32  | 6:57  |
| 76 Ron Cedrone              | 49 | 1:09:44  | 6:58  |
| 77 Rich Robinov             | 38 | 1:09:51  | 6:59  |
| 78 Alburn Butler            | 44 | 1:09:52  | 6:59  |
| 80 Rex Holtan               | 46 | 1:10:15  | 7:02  |
| 98 Carrie McCusker          | 28 | 1:11:42* | 7:10  |
| 107 Steven Jacobsen         | 48 | 1:12:44  | 7:16  |
| 108 Ed Doughty, Jr.         | 49 | 1:14:25  | 7:27  |
| 143 Mick McCall             | 44 | 1:16:20  | 7:38  |
| 146 John Morse              | 53 | 1:16:28  | 7:39  |
| 152 Rosalyn Randall 2,45-49 | 48 | 1:16:42* | 7:40  |
| 171 Robert Jolicoeur        | 61 | 1:17:55  | 7:48  |
| 172 Dan Hogan               | 47 | 1:18:00  | 7:48  |
| 175 Roger Fenn              | 52 | 1:18:18  | 7:50  |
| 177 Joan Lee                | 44 | 1:18:33* | 7:51  |
| 187 Bob Green               | 50 | 1:19:03  | 7:54  |
| 190 Howard Spear            | 48 | 1:19:12  | 7:55  |
| 192 Betsy Barrett 3,45-49   | 47 | 1:19:20* | 7:56  |
| 198 Ronald Zorn 3,60-69     | 62 | 1:19:51  | 7:59  |
| 206 Charles "Ned" Vadakin   | 56 | 1:20:23  | 8:02  |
| 224 Joe Pike                | 34 | 1:22:02  | 8:12  |
| 241 Ralph Butts             | 37 | 1:23:50  | 8:23  |
| 247 Ron Chase               | 57 | 1:24:09  | 8:25  |
| 253 Malcolm Washburn        | 44 | 1:25:35  | 8:34  |
| 262 Chuck Burnie            | 44 | 1:25:51  | 8:35  |
| 285 Maurice Harmon          | 48 | 1:29:25  | 8:57  |
| 290 Diana Connell           | 42 | 1:30:26* | 9:03  |
| 296 George Spatoulas        | 47 | 1:31:49  | 9:11  |
| 300 John Gale               | 42 | 1:32:21  | 9:14  |
| 308 Margaret Hazlett        | 32 | 1:34:59* | 9:30  |
| 313 Paige Stephenson        | 46 | 1:36:29* | 9:39  |
| 316 Sally Paterson          | 57 | 1:38:21* | 9:50  |
| 322 Beverly Doughty         | 47 | 1:42:25* | 10:15 |
| 328 Judy Cotton             | 49 | 1:44:56* | 10:30 |
| 332 Doreen Morrow           | 45 | 1:49:37* | 10:58 |
| 335 Elizabeth Hoermann      | 39 | 1:54:26* | 11:27 |

Many thanks to Sue Davenny and the MTC technical race committee for complete results!

### The 39th Annual Newburyport "Yankee Homecoming" Road Races July 28, 1998

#### Maine Track Club Finishers

#### 10 Miler

| PLACE/NAME              | HOME/AGE            | TIME    |
|-------------------------|---------------------|---------|
| David Chamberlain       | Falmouth 36         | 1:02:58 |
| Michael Boucher         | Freeport 41         | 1:02:59 |
| Gerard Conley           | Portland 44         | 1:05:57 |
| Carl Hefflefinger       | Amherst, NH 38      | 1:07:27 |
| Alburn Butler           | Portland 44         | 1:08:27 |
| Kevin Callahan          | North Conway, NH 45 | 1:12:31 |
| Pamela Hall             | Litchfield 44       | 1:16:47 |
| Rosalyn Randall 3,45-49 | Portland 48         | 1:17:05 |
| Phil Pierce             | Falmouth 56         | 1:17:23 |
| Howard Spear            | Westbrook 48        | 1:23:47 |
| Roger Hall              | Litchfield 45       | 1:24:33 |
| Richard Scribner        | Gorham 47           | 1:26:54 |
| Colleen Boland          | Cape Elizabeth 43   | 1:26:58 |

#### 3 Miler

|                         |                   |         |
|-------------------------|-------------------|---------|
| Stephen Fox             | South Portland 32 | 1:27:30 |
| Rodger Smith            | Scarborough 52    | 1:27:50 |
| Carlton Mendell 2,75-79 | Portland 76       | 1:38:27 |
| Nick Anastasi           | Atkinson, NH 62   | 1:39:31 |
| Ronald Deprez 2,50-59   | Portland 54       | 19:46   |
| Joseph Bernard          | Portland 28       | 21:48   |
| Don Bessey              | Kennebunkport 52  | 22:53   |
| Kitty Kelley 2,50-59    | Portland 51       | 23:32*  |
| Martha Deprez 3,50-59   | Portland 53       | 24:20*  |
| Russ Connors 5,60-69    | Cape Elizabeth 66 | 24:39   |
| Dennis Morrill          | Portland 58       | 25:56   |
| Peter Boland            | Cape Elizabeth 40 | 28:00   |
| Russ Bradley 2,70-79    | Cape Elizabeth 74 | 28:14   |
| Donald Penta            | Windham 52        | 36:00   |
| Maggie Soule            | Yarmouth 56       | 38:10*  |
| Julius Marzul           | Gorham 72         | 38:16   |

Many thanks to Russ Bradley for complete results courtesy of GRANITE STATE RACE SERVICES!



## More Race Results

### The 1998 Doc's Tavern 3 Miler 199 Finishers (66 Female & 133 Male) Modified Loop Course in Biddeford 7 p.m., Friday, June 9, 1998

#### Top Overall Finishers

| PLACE/NAME                    | HOMEAGE      | TIME      |
|-------------------------------|--------------|-----------|
| 1 Kevin Way overall.....      | Waterboro    | 28 14:42  |
| 2 Michael Payson (MTC).....   | Falmouth     | 35 15:14  |
| 3 Tom Howard, Jr.....         | Westbrook    | 21 15:41  |
| 4 Jeff Gaudette.....          | Biddeford    | 15 15:44  |
| 5 Mike Grigware.....          | Waterford    | 33 15:45  |
| 17 Christine Snow-Reaser..... | Dayton       | 32 17:03* |
| 25 Jan Gilbert.....           | Saco         | 17 18:13* |
| 26 Laurel Valley.....         | Kezar Falls  | 35 18:14* |
| 27 Sally Perkins.....         | Kennebunk    | 35 18:16* |
| 31 Jeanne Hackett (MTC).....  | Peaks Island | 39 18:21* |

#### Other Top Divisional Finishers

|                                      |               |           |
|--------------------------------------|---------------|-----------|
| 16 Randy Bartlett 40-44.....         | Eliot         | 42 17:03  |
| 18 Joel Croteau 50-59.....           | Biddeford     | 54 17:38  |
| 33 Carol Hogan (MTC) 45-49.....      | Portland      | 47 18:36* |
| 41 Ed Doughty (MTC) 45-49.....       | Gray          | 49 19:00  |
| 76 Kitty Kelley (MTC) 50-59.....     | Portland      | 51 20:39* |
| 103 Ron Perry (MTC) 60-69.....       | Kennebunkport | 60 21:39  |
| 140 Polly Kenniston (MTC) 60-69..... | Scarborough   | 61 24:14* |
| 157 Carlton Mendell (MTC) 70&+.....  | Portland      | 76 25:27  |

#### Other Maine Track Club Finishers

|                                    |                 |           |
|------------------------------------|-----------------|-----------|
| 20 Will Lund 2,40-44.....          | Falmouth        | 43 17:41  |
| 30 Gerard P. Conley.....           | Portland        | 44 18:21  |
| 34 Ann McGovern.....               | Old Orchard Bch | 34 18:41* |
| 35 Don Foshay.....                 | South Portland  | 39 18:43  |
| 38 Paul Gadbois.....               | Saco            | 44 18:52  |
| 40 Tom Peterson.....               | Honolulu, HI    | 39 18:56  |
| 48 Carlos Philbrick.....           | Dayton          | 45 19:26  |
| 49 Kim White.....                  | Falmouth        | 36 19:28* |
| 51 Kate Meyers.....                | New Gloucester  | 37 19:39* |
| 53 Kevin Conley.....               | Portland        | 29 19:44  |
| 54 Glen Gallupe.....               | Scarborough     | 38 19:44  |
| 59 Nancy Kneeland 3,40-44.....     | Kennebunk       | 43 19:53* |
| 65 Sandra Dwight.....              | Biddeford       | 38 20:08* |
| 66 Steve Jacobsen.....             | Kennebunk       | 48 20:09  |
| 79 Dale Rines.....                 | Gorham          | 45 20:43  |
| 89 Terry Gallupe.....              | Scarborough     | 36 21:12* |
| 108 Don Bessey.....                | Kennebunkport   | 52 21:47  |
| 111 Mike Brooks.....               | Danville        | 52 21:52  |
| 121 Denny Morrill.....             | Portland        | 58 22:51  |
| 124 Richard Cavanaugh 2,60-69..... | Freeport        | 65 23:09  |
| 160 Sandy Utterstrom.....          | Falmouth        | 54 25:30* |
| 192 Pat Buckley 2,60-69.....       | Portland        | 60 31:13* |
| 193 Ruth Hefflefinger 3,60-69..... | Portland        | 69 32:21* |
| 197 Don Penta.....                 | Windham         | 52 33:27  |
| 198 Julius Marzul 2,70&+.....      | Gorham          | 72 34:18  |

Many thanks to Jim McCorkle for complete results courtesy of  
SPLIT-TIME RACE MANAGEMENT!

### The Falmouth Education Foundation Presents The Second Annual Run For Education 5K Road Race 76 Finishers (21 Female & 55 Male) Loop Course From Falmouth High School 6 p.m., Wednesday, August 5, 1998

| PLACE/NAME                       | AGE | TIME  | PACE |
|----------------------------------|-----|-------|------|
| 1 Mike Payson (MTC) overall..... | 35  | 15:48 | 5:05 |
| 2 Mike McGregor 1,30-39.....     | 37  | 16:01 | 5:09 |
| 3 Allan Muir 1,40-49.....        | 43  | 16:24 | 5:17 |
| 4 AJ Tereshko 1,20-29.....       | 20  | 16:32 | 5:19 |
| 5 Patrick Sullivan 2,30-39.....  | 37  | 16:44 | 5:23 |
| 6 Pat Tarry 1,19&under.....      | 16  | 16:51 | 5:25 |
| 9 Sean Keough (MTC) 2,40-49..... | 42  | 17:29 | 5:38 |

|   |    |        |      |
|---|----|--------|------|
| 13 Blake Davis 3,19&under.....          | 14 | 17:48  | 5:44 |
| 14 John Eldredge (MTC) 3,40-49.....     | 44 | 17:49  | 5:44 |
| 21 Bob Kammann 1,50-59.....             | 53 | 19:33  | 6:18 |
| 23 Libby Christensen overall.....       | 36 | 20:00* | 6:26 |
| 28 Martha Crawford 1,30-39.....         | 36 | 21:23* | 6:53 |
| 29 Phil Pierce (MTC) 2,50-59.....       | 56 | 21:29  | 6:55 |
| 31 Melissa Weber 1,20-29.....           | 21 | 21:51* | 7:02 |
| 33 Nancy Lund 1,40-49.....              | 46 | 22:21* | 7:12 |
| 46 Dennis Smith (MTC).....              | 48 | 23:29  | 7:34 |
| 65 Carlton Mendell (MTC) 1,70&over..... | 76 | 27:05  | 8:43 |
| 70 Karen Connolly (MTC).....            | 39 | 28:28* | 9:10 |
| 74 Dottie Gray 1,70&over.....           | 73 | 30:36* | 9:51 |

Many thanks to Jim McCorkle for complete results!

### The 7th Annual K.B.I.A. "A Day At The Beach" 5K 315 Finishers (153 Female & 162 Male) Certified Loop Course At Kennebunk Beach Sunday, July 12, 1998

| PLACE/NAME                           | HOMEAGE        | TIME      |
|--------------------------------------|----------------|-----------|
| 1 Bob Winn 1,35-39 USAT&F.....       | Ogunquit       | 39 14:59  |
| 2 Chris Teague 1,20-29.....          | Chelmsford, MA | 29 15:15  |
| 3 Kevin Way 2,20-29.....             | Waterboro      | 29 15:16  |
| 4 Paul Hammond 2,35-39 USAT&F.....   | Lexington      | 38 15:31  |
| 5 Tom Dann 1,40-44.....              | Kennebunk      | 41 16:41  |
| 6 Michael Grigware 1,30-34.....      | Waterboro      | 33 16:43  |
| 10 Lisa Brady 1,35-39 USAT&F.....    | Newm'kt, NH    | 35 16:58* |
| 15 Steve Reed 1,50-54.....           | Wiscasset      | 50 17:32  |
| 21 Christine Reaser 1,30-34.....     | Dayton         | 32 18:17* |
| 31 Jeanne Hackett (MTC) 2,35-39..... | Peaks Isl      | 39 19:10* |
| 37 Dorothee Garant 1,20-29.....      | Quebec, Can.   | 26 19:38* |
| 38 David Scott 1,15&under.....       | Alfred         | 15 19:40  |
| 40 Tom Peterson (MTC).....           | Honolulu, HI   | 39 19:47  |
| 42 Theresa Lane 2,20-29.....         | Jefferson, MA  | 29 19:48* |
| 43 Ann McGovern (MTC) 2,30-34.....   | O.O.B.         | 34 19:49* |

|                                     |                 |           |
|-------------------------------------|-----------------|-----------|
| 44 Charles Sawyer 1,55-59.....      | Concord, NH     | 56 19:53  |
| 48 Kristy Wechter 1,16-19.....      | South Berwick   | 16 20:21* |
| 50 Kate Meyers 3,35-39.....         | Yarmouth        | 38 20:33* |
| 75 Donna Carberry 1,40-44.....      | Sanbornville NH | 40 22:09* |
| 90 Ron Perry (MTC) 1,60-64.....     | Kennebunkport   | 60 22:46  |
| 97 Sandra Hodnett 1,50-54.....      | Kennebunk       | 50 23:17* |
| 100 Mike Brooks (MTC).....          | Danville        | 52 23:28  |
| 107 Kate Sklanka 1,15&-.....        | Biddeford       | 13 23:46* |
| 123 Christine Burnham (MTC).....    | Kennebunk       | 23 24:33* |
| 126 Don Burnham (MTC) 2,55-59.....  | Kennebunk       | 57 24:40  |
| 215 Mel Uchenick (MTC) 1,65-69..... | Kennebunk       | 67 29:25  |
| 244 Gwen Washburn 1,55-59.....      | Kennebunk       | 56 32:23* |
| 247 Laura McCullough (MTC).....     | Kennebunkport   | 11 33:24* |
| 248 Pat Buckley (MTC) 1,60-64.....  | Portland        | 60 33:28* |
| 253 Theresa Ashe 1,65-69.....       | Kennebunk       | 65 34:41* |
| 272 Carol Perry (MTC) 3,50-54.....  | K'bunkport      | 51 38:16* |
| 275 Julius Marzul (MTC) 1,70&+..... | Gorham          | 72 38:41  |

Many thanks to Jim McCorkle for complete results courtesy of  
GRANITE STATE RACE SERVICES!



## 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 1998 club ID card when requesting discounts.

**Peak Performance Sports**  
59 Middle St., Portland  
15% on all purchases

**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.



# Support these MTC members in business

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## ROAD RUNNERS CLUB OF AMERICA

EVERETT M. MOULTON  
Maine State Representative  
39 Bonnybank Terrace  
South Portland, ME 04106

H: (207) 799-2894  
W: (207) 799-5511

Email: emoulton@biddeford.com

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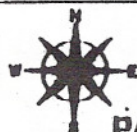
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## Sports Medicine Center

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33 Sewall Street  
Portland, Maine 04104-1260  
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(800) 439-0274  
(207) 828-2190 Fax  
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207-865-6269

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## MTC 1998 Officers and Committee

|                             |                 |          |                  |                              |          |
|-----------------------------|-----------------|----------|------------------|------------------------------|----------|
| John Gale                   | President       | 775-5017 | Charlie Scribner | At-Large                     | 772-5781 |
| Marge Aube                  | Vice President  | 829-5079 | Howard Spear     | At-Large                     | 856-6496 |
| Mike Reali and Terry Sutton | Past Presidents | 829-2014 | Steve Fox        | Clothing                     | 799-8840 |
| Joe Guimond                 | Treasurer       | 761-8634 | Bill Devoe       | Equipment                    | 761-0602 |
| Alyce Schultz               | Secretary       | 780-9805 | Don Penta        | Statistician and Photography | 892-4526 |
| Maggie Soule                | Membership      | 846-3631 | Dale Rines       | Course Certification         | 854-2481 |
| Everett Moulton             | Race Committee  | 799-2894 | Bob Aube         | Newsletter                   | 829-5079 |
| Ann McGovern                | At-Large        | 934-1825 |                  |                              |          |

## Upcoming Races

### October 3

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

### October 4

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

### October 10

Windham High School 4-Miler, 10 a.m. Contact: Cindy Blackie 892-8951.

Silent Hills 5K, Hinckley, 9 a.m. Contact: Mike Gordon 453-7368.

1st Edition 5K, Kennebunk, 10 a.m. Contact: Janet Cate 985-2173.

### October 11

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

### October 17

MTC 50-Miler, Brunswick. Contact: 741-2084.

### October 18

Physical Therapy 8K, Brunswick, 9 a.m. Contact: Sarah Bronson 892-5357.

### October 25

Great Pumpkin 10K, Saco. Contact: Charlie Scribner 781-RACE.

Halloween Classic (2K), Portland. Contact: Brian Gillespie 797-7261.

### November 7

Capital City 5K, Augusta, 9:30 a.m. Contact: Tom Wells 685-3332.

### November 14

Great Osprey Ocean Run 10K, Freeport. Contact: Charlie Scribner 781-RACE.

### November 22

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

Shop 'n Save Turkey Trot 5K, Cape Elizabeth. Contact: 741-2084.

### November 26

Portland Thanksgiving Day 4-Miler, 9 a.m. Contact: George Towle 780-5595.

Gasping Gobbler 10 K / Turkey Two Miler, Augusta, 10 a.m. Contact: John Schwerdel 623-8086.

### December 5

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

### February 7

Mid-Winter 10 Mile Classic, noon, Cape Elizabeth. Contact: Don Penta 892-4526, Jeanne Hackett 766-5026 or Ray Shevenell 799-6219.

## 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.