

Group runs

The Maine Track Club includes all kinds of runners doing many different distances at a variety of 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

The Brunswick Group runs Saturday at 8 a.m. from the Jr. High School. 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 at 7 a.m. Sunday mornings from Payson Park. Contact: Ron Deprez 772-4312 or Mike Reali 829-2014.

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

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.

Yarmouth

The Royal River Rapids meet weekdays at the entrance to Royal River Park on East Elm Street at 6 a.m. Pace is moderate to slow, and distances are between three and six miles. Contact: Keith Malone 846-1403.

If you know of a group run that isn't listed above, please contact either Bob Aube (946-7681) or Marge Parsons (829-5079) to let us know where, when, how far, approximate pace per mile and contact person for inclusion in the monthly newsletter.

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 1996 club ID card when requesting discounts.

5K SPORTS,

190 US Route 1, Falmouth
15% on Shoes; 20% on Clothing

OLYMPIA SPORTING GOODS,

Maine Mall, South Portland
10% on Shoes Only

YANKEE SPORTS,

35 Foden Road, South Portland
10% on Shoes Only

GOLDSMITH'S SPORTING GOODS,

120 Center St., Auburn; 581 Rt 1, Scarborough
(Dunstan Corner)
15% on Running Shoes and Running Clothing

COASTAL ATHLETICS,

502 Woodford, Portland
ASIC Shoes Exclusively...
discounts according to model
Call ahead for Ron Kelley 772-4530

GEORGE AND PHILLIPS, INC., Rt. 1, Kittery;

295 Water St., Exeter, NH

These are Nike Outlet Stores featuring slightly defective or blemished shoes at reduced prices.
All top quality regularly
prices 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 04106

10% on non-sale Running Shoes and Clothing

FAMOUS FOOTWEAR, 330 Clarks Pond Pkwy., South Portland 04106

Also Auburn and Kittery
10% on Running Shoes

*Show your Famous Footwear Discount Card
enclosed with this newsletter.