

## New members

Dick Graves  
1613 Forest Avenue  
Portland, ME 04103-1301  
797-3936  
Electrical Sales Mgmt., Holmes Distributors

Chat Matthew  
4 Quarry Road  
Brunswick, ME 04011-7330  
729-3957  
Director, Health & Safety, BI

Eric Bebchick  
13 B Eastern Promenade  
Portland, ME 04101-4801  
773-8715

Patriae Johnson  
171 Danforth Street, Apt 3  
Portland, ME 04102  
761-7739  
Retail Store Mgr., The North Face

Liz Lonsdale  
92 Colbath Road  
Poland Spring, ME 04274-5904  
Nurse Anesthetist, St. Mary's Anesthesia

Bryan LaRoche  
53 New Paltz Road, Apt. #3  
Highland, NY 12528-1014  
914-691-8073  
Student, Highland High School

David Dodson  
P.O. Box 9715-147  
Portland, ME 04104-5015  
831-8301  
Self-Employed Boat Builder

Paul Tully  
197 Fickett Street  
South Portland, ME 04106  
799-1816  
Funeral Director, Conroy-Tully, Inc.

Michele Ohman  
97 Egypt Road  
Gray, ME 04039-9646  
657-3480  
RN, Maine Medical Center

## Notes from our newest members

I was a member a few years ago, but as a nurse I was required to work weekends and holidays, making it impossible for me to fulfill my membership requirement for volunteering for races, therefore, I let my membership lapse. Since that time I have changed jobs, giving me more weekends off. I now work at Maine Medical Center.

My running experiences have changed a lot since that time, too. I have been able to run 6 marathons..2 Boston, 1 Sugarloaf, 1 Pine Tree Marathon and 2 Maine Marathons. I recently sent in my application for the 1996 Maine Marathon and hope to run a time around 3:20.

I heard MTC now has a coach and I am very interested in picking his brain about marathon training. I've been doing all my training on my own, and sometimes I get into a standstill over what I should be doing. Also..talking with Carlton Mendell I learned that MTC also practices intervals together..something I also have done alone and I hate it!!

It would feel good to belong to a team again; to meet and share experiences with other people.

— Michele Ohman

I'm joining the Maine Track Club because, although I've been running on and off for many years, I don't seem to improve much. I'm looking for other middle to back of the pack runners to run with, at least from time to time, to give me motivation to push myself a little harder.

— Liz Lonsdale

My primary reason for joining the club is a desire to be a little more involved in the Maine running scene. I've been running about three years now and will do my first marathon (The Maine, of course) this October. While I enjoy competition, I find running a great way to relieve stress and focus on the positive.

— Chat Matthew

I just moved to Maine and would like to meet fellow runners (9-minute mile training pace). Running has been taking a back seat to my career. Looking to increase running and volunteer time.

— Patriae Johnson

I'm joining because my girlfriend recently dumped me so I want to meet people!! And, oh yeah, I love to run. Have not run many races this year, but back in '93 in Florida, I ran a 18:45 5K and a 41:00 10K.

— Eric Bebchick