



# Maine Track Club



NOVEMBER/DECEMBER

Run with a friend...



ULTRAMARATHON!



## FROM THE EDITOR

Welcome to my second double issue, or as I like to call it: "Nightmare on Ocean Avenue - Part II." Surely there is a name for the dilemma that I have made for myself. Combining information from two months of newsletter material is more than twice as labor intensive as producing two individual newsletters. Can we simply call this the Karu Principle? You will see in this issue that I have included some dated race results and pictures. Don does not always get the results immediately following a race, but the pictures and results are always of special interest to most of us. Just looking at those singlets and shorts is giving me goose bumps!

The Pot Luck Supper and Auction was a blast! We all owe a big thank you to Nancy Stedman whose hard work netted the club over \$1500. (See the article and pictures by Sue Davenny later in this issue.)

This has been a torturous six week for me, owing entirely to the fact that I have been off the roads recovering from multiple stress fractures. I always knew, deep in the recesses of my left brain, that injury is something very few runners escape in their careers. I have now joined that singular bizarre group - the runner who cannot run. And folks, as you may have experienced yourself, it is not a pretty sight. Although I have been working out at the local gym (I'm sure there is going to be a special place in fitness hell for the person who invented the Stairmaster!), nothing can replace what running does for me.

Two days after Thanksgiving I was able to run for the first time. I very gingerly did an easy two mile loop, hoping not to feel the dreaded twinge in my leg. Everything seems to be working reasonably well and I plan to start at square one. I have a lot of catching up to do - I have to be ready for Boston on April 15!

*CanQace*

### Our New Baby

Name Allison Elizabeth Hall

Date Nov. 19, 1990

Weight 9lb. 3oz 22" tall

Parents Ruth and Peter Hall

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## NEXT MTC MEETING WEDNESDAY, DECEMBER 12 - 7 pm SMTC - MACHINE TOOL AUDITORIUM

The December meeting will be held on Wednesday December 12 at 7:00 pm at the SMTC Machine Tool Auditorium in South Portland.

Club member Deb Hewson Merrill will talk to us about "Keeping Your Muscles Healthy." Deb is a sports massage therapist and is a finisher of the grueling Hawaii Ironman Triathlon. She will talk about techniques that we can use to keep our muscles happy, strong and healthy. Deb will also speak about soft tissue injury therapy, flexibility and sports massage. It will be an informative and enjoyable meeting, so please make an effort to attend.

The business meeting and election of 1991 club officers will follow Deb Merrill's talk.

Peter Bastow  
Vice President

## A Note of Thanks

To All Maine Track Club Volunteers  
For the Pine Tree Marathon

Wow! What a turnout - What spirit - What teamwork! Every runner, first to last, mentioned the aid station teams and what a difference they made.

It may be the finest example in the state of how two very special clubs can join together and become one fantastic, united team that keeps this event alive and growing!

I'm exhausted - but oh so happy - and we thank you for your much needed and very much appreciated help and support - again!

Yes - we'll be back next year - thanks to MTC!

Jerry Saint Amand  
Central Maine Striders

Photos of Women's Distance Festival  
courtesy of Phil Wilner.  
Pinetree, Bowdoin and Ultra Photos  
courtesy of Bill Stuart.  
All other photographs courtesy of  
Sue Davenny.



## REPORT FROM THE BOARD OF DIRECTORS 11/5/90

The Board of Directors of the Maine Track Club approved a \$100 membership for the club in the **Maine Running Hall of Fame** for 1990.

The following proposal for the **MTC Race Committee** was approved:

Recruit at least two other people in addition to the chairman to do the following:  
 Plan and produce the Maine Track Club Race Calendar in time for the January newsletter.  
 Type the race calendar for each newsletter, including all Maine races.  
 Inventory all race equipment and develop a check out and return system.  
 Develop short term and long term equipment purchase goals.  
 Update the club race manual.  
 Plan and conduct race directors' meetings and volunteer training workshops.  
 Recruit race directors and volunteer coordinators.  
 Assist race directors with sponsor search.  
 Monitor progress of each race.  
 Check billing of management fees and insurance.  
 Work with the certification committee.  
 Do policy memos to race directors.

Susan Davenny  
 Secretary



**NEW MEMBERS at October Meeting:** Back Row: Malcolm Washburn, John Kendall, Rick Meinking, Carl Fogg. Front Row: Marilyn Champagen, Diane & Meaghan LaVangie, Clara Broadhead.

**NEW MEMBERS at Pot Luck Supper & auction:** John Stuart, Mike Robb, Howard Lewis, Herb Hoppe, Jim Hazzard. Seated: Jane Hunter, Sue Inches.

## NEW MEMBERS

Name & Address	Phone	Occupation	Age
Virginia & Donald Cross RR2, Box 8605 Sebago Lake, ME 04075	H787-3619 W787-2511-V	PR Consultant - Self Rural Carrier - U.S. Post Office	47 54
Carl Fogg 196 Highland Ave. South Portland, ME 04106	H799-2442 W772-3223	Fogg's Body Shop Auto Body Technician	42
Judy Grassi Bradford Davis 46 St. George St. Portland, ME 04103	H774-9656 W772-9766-J W828-1304-B	Office Mgr. J.F. Tryzelaar, MDPA Painter - Davis Painting	31 36
Glenn Harrison P.O. Box 2556 South Portland, ME 04106	H767-1240	Insurance Agent - Self	38
Brenda Keene 103 Finn Parker Rd. Gorham, ME 04038	H839-6240 W770-2840	Sr. Programmer/Analyst UNUM	37
Lock Kiermaier 209 Spring St. Portland, ME 04102	H761-2504 W289-1635	Analyst - Legislature	38
Lerwick, Patti 172 Middle Road Cumberland Ctr., ME 04021	H829-6454 W879-4764	S.J.Ct. of Miane Clerk to Law Ct.	33
Rick Meinking 7 Tanarlane Portland, ME 04103	H772-8301 W774-4249	Maintenance Director Management Resources	29
Ed Patton 115 Summit Ter. #85 So. Portland, ME 04106	H799-6012	Student - SMTc	27
Ray Shevenell 189 Fowler Road Cape Eliabeth, ME 04107	H799-6219 W775-2387	Firm Administrator Berry, Dunn McNeil & Parker	49
Janet Sparkowich 388 Alfred Street Biddeford, ME 04005	H8-17-57 W770-7433	Business Support Rep - UNUM	33
Nicholas Trout 120 Emery St. Portland, ME 04102	H774-3264	Corporate Support Services BC/BS ME	28
Malcolm Washburn, Jr. 15 South Grafton St. Portland, ME 04103	H727-5653 W775-8121	Account Manager National Semiconductor	37





# PRESIDENT'S PAGE

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Because of the consolidation of the November/December and January/February newsletters, this issue is my last opportunity as president to address you. I do not have any great words of wisdom or warning as did George Washington (warning of the danger of alliances) or Dwight Eisenhower (warning of the military-industrial complex). What I do have are a lot of great memories and a sense of gratitude for those who have made this year so special for me.

As I write, Thanksgiving is only three days away. What I am thankful for, though, I celebrate every day. I am thankful for the efforts of an outstanding Executive Board. Sue Davenny's organization and attention to detail, Peter Bastow's project management, Rob Laskey's attention to financial detail, Charlie Scribner's ideas and dedication, Ruth Hefflefinger's dedication, Barbara Coughlin's wisdom and perspective, Rick Strout's analysis, Carleton Mendell's wisdom, Herb Strom's enthusiasm and Don Penta's recollection of times and events have been important factors in the success of the club this year. Candace Karu proved to be the glue with her outstanding work as newsletter, packaging MTC news into an entertaining, informative package.

They are not alone in contributing to the club. Other people have given of themselves in so many ways: Nancy Stedman's project management, Donna Moulton's enthusiasm, Dennis Smith's comeback and coaching sessions, Russ Bradley's inspirational improvement at age 66, non-runner Kathi Foye's volunteer efforts, Everett Moulton's hard work, Ted Cunningham's presence at nearly every race, Mel Fineberg's race directing, Dale Rine's seemingly running every race in New England, etc. You can add your own memories to this list; the point is that the club remains an exciting, vibrant group of people who share running and many other special times together.

Finally, on the subject of giving thanks, I want to thank the people with whom I run daily for their friendship and their encouragement. Sandy, Bill, Jean, Barbara, Sue, Warren, Ruth, Joan, Tom, Malcolm, Kim, Al and Lynn have been my sounding board, my idea incubator and my inspiration. Thank you very much.

## CONDOLENCES

A card of sympathy was sent to Rob Laskey on the death of his mother.

Susan Davenny  
Secretary

## AUCTION

The club auction held in conjunction with our November pot luck dinner was a smashing success, as we raised more than \$1500 for the club! The net effect of this effort is that we erased the projected \$1500 budget shortfall that we had expected as a result of our purchase of the club computer. Thus, we will be able to end the year with a balanced budget and protect our cushion for future special equipment needs.

Nancy Stedman did an OUTSTANDING job organizing the auction. Without her help, we would not have had a successful fundraiser. We had more than 70 items at the silent and live auctions. Nancy personally solicited most of them and organized all of them. Other thanks go to Jeanne Richmond, who took it upon herself to solicit businesses for gift certificates, Mel Fineberg for rallying his fellow teachers at Jack Elementary School to make crafts and Mike and Jodi Reali for helping keep track of the money at the auction. Thank you for your help and thank you to everyone else who contributed an item, bought something or attended to add to the excitement of this event.

## NIKE ROD STEELE AWARD

The Nike Rod Steele Award is presented annually by the Road Runners Club of America to the outstanding volunteer in the United States. The winner must go far beyond the ordinary effort in serving a local running club. Charlie Scribner of MTC was the national winner several years ago.

I have nominated Susan Davenny for the honor this year. Her dedication to the club is reflected in her work as secretary, co-race director, race volunteer, 10th Anniversary Banquet co-chair and many other activities that have enriched the club.

The nomination committee has a difficult task choosing from among many volunteers. I am convinced that, regardless of the official outcome, no one in the country has worked harder than Sue in a local running club. Thank you, Sue!

Farewell!

*Bill*

## MAINE TRACK CLUB HOLIDAY RUN AND POT LUCK BRUNCH

December 15 at Barbara Coughlin's House  
126 Hillside Ave  
So. Portland  
799-0463

(Hillside Ave is off Meeting House Hill)

### Distance and Time:

15-16 miles	7:00am
10-12 miles	8:00am
4-6 miles	9:00am
Pot Luck Brunch	10:00am

Bring: Juice, fruit, bagels, muffins, breakfast breads or Debbie Atchison's chocolate chip cookies.

Members, family and friends welcome. Come run with a friend at a friendly pace.

Anyone wishing to host a run and brunch should contact Susan Davenny at 772-1787.



# ULTRAMARATHON!

## THE MTC 50 MILER

In spite of rain, fog and wind, 19 runners and many brave volunteers were outside Brunswick at 7:30 am for the start of this year's Ultramarathon. The weather did not improve, but the runners kept running and the volunteers tried to keep dry as the day progressed. The "Ultra Fun" events were dampened, but fans were there to cheer on Maine Track Club's six entrants. Phil Pierce, Carlton Mendell, Bill Davenny, Ron Johnston, John Kim (in his first Ultra) and Covergirl Rosalyn Randall all made a great showing.

Bruce Bell and Ron Paquette represented Central Maine Striders and did them proud. And, of course, Egor Egan was back with his dog.

It was a soggy crew that met at the Bowdoin Steak House for awards and dinner. The word "dedicated" doesn't begin to say what the volunteers gave to the 50 Miler this year. Very special thanks to Sandy and Al Utterstrom, Stephanie Fischer, Jean Thomas, Ruth Hefflefinger, Sue Davenny, Bill Stuart, Don Penta, Rob Laskey, Peter Bastow, Russ Bradley, Ken Dolly and Tom Keating (our physician on call who stopped by) and other who helped out during the day. Without Sandy's tarp and soup and Jean's sister's soup, we would never have made it through until the last finisher crossed the line at about 6:15 pm.

A good dinner and good cheer rounded out the evening. Thanks to Yankee Tour and Travel and B.H. Milliken Co., our sponsors, MTC can continue to offer a truly unique experience for both runners and volunteers.

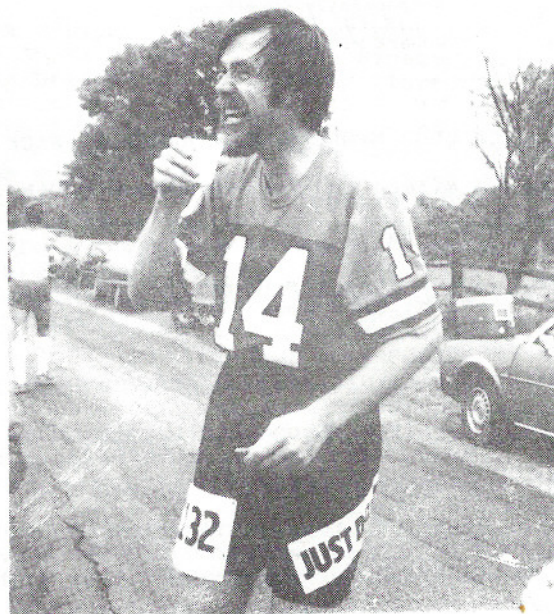
Bill & Bambi Lovett

*Below: Volunteers Jean Thomas and Ruth Hefflefinger.*

*Right: Top to Bottom: Dr. Tom Keating and his daughter check progress of runners.*

*Bill Davenny gets a dry pair of shoes.*

*Egor Egan - he can smile!*





# TREASURER'S REPORT

## TREASURERS REPORT September 11, 1990

Funds on Deposit August 11, 1990 \$ 6,086.03

### Receipts:

Roy Benson Clinic	\$	575.00
Membership	\$	131.00
50 Mile Sponsor	\$	150.00
Clothing	\$	193.50
Peaks Race fees and expenses	\$	431.00
Deering Oaks management fees	\$	208.00
Interest	\$	34.69
		<u>\$ 1,723.19</u>
		\$ 7,809.22

### Disbursements:

*Roy Benson - Clinic	\$	500.00
*Sportline Trophy, Deering Oaks	\$	207.00
*TAC/USA, national sanction	\$	50.00
*Postmaster/Portland, newsletter	\$	100.00
*Coastal Silkscreen, sweatshirts	\$	79.80
*Dale Rand Printing		
Roy Benson Flyers	\$	15.75
Pats Pizza Flyers	\$	10.50
Bumper stickers	\$	262.50
		<u>\$ 240.45</u>
*Charles Scribner, data entry		
Bowdoin and Back	\$	100.00
*Hoffmaster Scholarship	\$	580.47
*Returned check	\$	6.00
		<u>\$ 1,863.78</u>

Funds on Deposit September 11, 1990 \$ 5,945.44

## TREASURERS REPORT October 11, 1990

Funds on Deposit September 11, 1990 \$ 5,945.44

### Receipts:

Newsletter Sponsor	\$	25.00
Membership	\$	75.00
50 Mile Sponsor	\$	200.00
50/50 Raffle	\$	36.00
Interest	\$	25.52
		<u>\$ 361.52</u>
		\$ 6,306.96

### Disbursements:

*Big Red Q Printing		
Newsletter	\$	190.00
*Sue Davenny - Supplies	\$	8.83
*Keely the Katerer		
Deposit - Banquet	\$	175.00
*Ted Cunningham		
computer supplies	\$	36.09
*Ruth Hefflefinger		
postage, newsletter & supplies	\$	154.93
		<u>\$ 564.85</u>

Funds on Deposit as of October 11, 1990 \$ 5,742.11

Respectfully Submitted  
*Robert M. Laskey*  
Robert M. Laskey

## MAINE TRACK CLUB MEMBERS ONLY HANDICAP RACE

Distance: 4 miles Date: January 19th

Time: 9:00 am start, arrive by 8:30.

Location: Bill Stuart's House  
92 Elsmere Ave.  
So. Portland  
799-5961

(Next to Colonial Cleaners on Cottage Road.)

Entry Fee: 1991 MTC Dues Paid Before or on  
Race Day. New members welcome to  
join Race Day.

Call Bill with your best 4 mile time so handi-  
caps may be figured ahead. YOU CAN WIN THIS  
RACE! Good warmup for the banquet that night.

## POT LUCK SUPPER AND AUCTION NOVEMBER 14, 1990

About 80 people attended this delicious  
supper and fabulous 1st Maine Track Club Auction.

President Bill Stuart conducted the brief  
business meeting. New members present included  
Herb Hoppe, Jim Hazzard, Jane Hunter, Howard  
Lewis, Sue Inches, Jon Stuart and Mike Robb.

Nominations for the 1991 officers were  
read by Susan Davenny. (They are published in  
this newsletter.) Elections will be in December

Treasurer's report shows a balance of  
\$5742.11. Rob and Peter will be working on 1991  
budget soon.

Vice-President, Peter Bastow passed out  
Banquet reservation and award nomination  
forms. He announced the awards committee will  
be Charles Scribner, Don Penta, Rob Laskey and  
one female member to be announced. December  
speaker will be Deb Merrill on How to Keep  
Your Muscles Healthy.

Races Mel Fineberg promoted the Turkey  
Trot, November 18th.

Volunteers for the evening were thanked;  
Jan & Peter Bastow, Evie Strom, Robin Estey,  
Russ Connors, Jodi & Mike Reali, Ken Dolley,  
Bruce Stedman and Auction Chairwoman, Nancy  
Stedman.

Doris Healey was recognized for completing  
her first marathon under adverse conditions in  
New York. Also recognized were Diana Laskey,  
Steve Jacobsen and Tom Atchison.

Peter Bastow proudly displayed an auto-  
graphed photo of Lynn Jennings conveyed to  
him by John Kim.

Business adjourned for the completion of  
the silent auction and a spirited live auction,  
earning \$1579 for the club!!!

Respectfully submitted

*Susan Davenny*  
Susan Davenny  
Secretary

## UPCOMING MAINE EVENTS

### December

15 Maine Track Club Holiday Run & Pot Luck  
Brunch, Barbara Coughlin's house, see  
notice in this newsletter.

31 New Year's Portland 5K, call Bill Stuart  
for information at 799-5961 or send SASE  
to MTC, PO Box 8008, Portland, 04104.

### January

1 Midnight Freezer Run, 12 midnight, Oak-  
land, Gene Roy 465-7296, or send SASE to  
Central Maine Striders, PO Box 1177, Water-  
ville 04901.

19 MTC Members Handicap 4 Miler, 9:00am, Bill  
Stuart's House, So Portland, see notice in  
this newsletter.

19 11th Annual Maine Track Club Banquet, 5:30  
pm, Keeley Banquet Center, see notice in  
this newsletter.

20 January Thaw, 4.5miles, Noon, Belgrade,  
Gene Roy 465-7296 or send SASE to Central  
Maine Striders, Box 1177, Waterville, 04901.

### February

3 10th MTC Midwinter 10 Mile Classic, noon,  
Cape Elizabeth High School, Send SASE to  
Maine Track Club, PO Box 8008, Portland,  
04104 or call Marla Keefe 655-7350 or Bob  
Payne 655-6006.

17 Snowfest 5 Miler, Augusta, 11:00am, Russ  
Martin 622-1258 or send SASE to CMS, PO  
Box 1177, Waterville 04901.

Always verify information with race directors.



## THE BUD LIGHT WOMEN'S DISTANCE FESTIVAL 5K

The Bud Light Women's Distance Festival, September 30th, drew 314 registrants and nationally noteworthy performances from Joan Benoit Samuelson of Freeport (16:35), Michelle Hallett-Braz of Peabody, MA (17:28), Sally Perkins of Kennebunk Beach (17:40), 17 year old, Katherine Chabot of Livermore Falls (19:11), 13 year old Kristen Berube of West Kennebunk (21:20), 56 year old, Wendy Sayres of Readfield (24:49), 60 year old Dolores Billings of Boston (28:23) and 61 year old Terri Morris of Scarborough (28:27) on a hilly course in rainy conditions.

One hundred and ninety people attended the awards breakfast. Joan Benoit Samuelson graciously became our speaker and awards presenter when Jane Dolley had to be out of town on RRCA business. Thank you again, Joan. Maggie Soule, Barbara Coughlin, Debbie Atchison, Patti Tableman and Candace Karu worked hard to gather the gift certificates which went to all awards winners. Thank you all.

Net proceeds of \$2000 were donated to McAuley Residence of Portland, a transitional housing program for women alone or with children. Thanks for this go to all the women who registered for this race.

We will all be back on September 29, 1991.

Susan Davenny  
Co-Director



## BUD LIGHT WOMEN'S DISTANCE FESTIVAL SPONSORS

### MAJOR SPONSORS

Bud Light  
Poland Spring Water  
Continental Airlines

### NATIONAL SPONSORS

Tom's of Maine  
Moving Comfort  
Runner's World  
Women's Sports & Fitness Magazine

### AWARDS SPONSORS

Sonesta Hotel  
Old Fort Inn - Kennebunkport  
Jameson Tavern - Freeport  
Carbur's - Portland  
Snow Squall - So. Portland  
Alberta's - Portland  
Christophers - Portland  
Classical Rags - Portland  
Valle's - Portland  
Wharf Street Cafe - Portland  
The Good Egg - Portland  
The Great Lost Bear - Portland  
The Harraseeket Inn - Freeport  
The House of Stiles - Yarmouth  
Cole Farms - Gray

### SPECIAL THANKS

Sonesta Hotel  
For  
Race Headquarters  
And the YMCA for Showers

## BUD LIGHT WOMEN'S DISTANCE FESTIVAL VOLUNTEERS

Debbie Atchison	Tom Atchison
Peter Bastow	Don Bessey
Russ Bradley	Dennis Connelly
Chris Connelly	Michael Cowell
Geoff Clark	Ted Cunningham
Brenda Cushman	Bill Davenny
Bob Delaney	Conrad Demers
Ron Deprez	Christine Detroy
Ken Dolley	Mel Fineberg
Michelle Finnegan	Mark Finnerty
Stephanie Fischer	Stephanie's sister
Warren Foye	Mike Frost
John Gillis	Ray Hefflefinger
Dave Horne	Kathy Jacobsen
Steve Jacobsen	John Kendall
Dick Lajoie	Rob Laskey
Diana Laskey	Jane Lathrop
Loren Lathrop	Bob Laux
Paul Lavangie	John Lavin
Al Mack	Jav Manning
Erin MacLean	Ann McGovern
Mary McGovern	Terry McGovern
Carlton Mendell	Paul Merrill
Steve Monaghan	Roy Morejon
Harry Nelson	Kurt Nielsen & kids
Don Penta	Phil Pierce
Rae Pierce	Dale Rines
Marlene Russell	Charles Scribner
Dick Scribner	Dana Sequin
Dave Shehnan	Dwight Smith
Janet Sparkowich	Marshall Spiegel
Dave Smith	Chuck Snekvik
Herb Strom	Jean Thomas
Mike Towle	Lori Towle
Widgery Thomas	Gail Turner
Sandra Utterstrom	Malcolm Washburn
John Watson	Summer Weeks
Walter Webber	Larry White
Warren Wilson	Bob Wyman

Susan Davenny  
Ruth Hefflefinger  
Co-Directors

## THANKS TO MTC PINE TREE MARATHON VOLUNTEERS

Dick Scribner	Bill Davenny
Don Penta	Mel Fineberg
Russ Bradley	Dale Rines
Robin Estey	Bill Stuart
Barbara Coughlin	Dolores Billings
Jeanne Richmond	Don Bessey
Lynn Patrick	Kirk Jepson
Tom Atchison	Debbie Atchison
Thea Tibbetts	Paul D'Amboise
Kathleen D'Amboise	Maureen Sproul
Maggie Soule	Becky Sproul
Ken Dolley	Peter Bastow
Jenny Kim	Warren Wilson

Susan Davenny  
MTC Coordinator

Congratulations to MTC Member, Gail Turner, on winning the women's division of the Pine Tree Marathon.

Congratulations to Jerry Saint Amand and the Central Maine Striders on a superb marathon.



# RACE RESULTS

15th Annual Hancock Lobster Classic 10K  
Hancock, Me - 28 July 1990 - 58 Fin.

1 Giles Norton open	57:27
2 Paul Wright	58:40
3 Jonathan Artekis	59:27
19 Nancy Grant (MTC) open	1:07:47*
21 Sue Foster 2nd	1:09:27*
23 Jane Rau 3rd/open 1st/M	1:10:36*
30 Mike Boyson (MTC)	1:12:06
42 Carlton Mendell (MTC)	1:18:36

Many thanks to the Central Maine Striders for complete results.

22nd Annual Vermont City Marathon  
Burlington, Vermont - 27 May 1990

## Top Finishers:

Felix Pinto, Jamaica, NY	27 2:27:09
Shirley Silsby Cotuit, MA	32 2:57:24*

## MTC Woman Finisher:

Rosalyn Randall (18th woman)	40 3:29:05
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## MTC Finishing Men:

Paul Merrill (12th)	35 2:38:03
Roy Morejon (143rd)	47 3:25:10

Great workouts by Roz, Paul and Roy!

Special thanks to Roz Randall for complete results. Apologies for the delay.

1990 Rockland Biathlon Classic - 30 Fin.  
Rockland, Me - 10/14/90 - (R:10K; B:20M)  
18 Ironpersons/ 12 Teams

1 Jim Schwellenbach Iron	39 1:30:43
(R-39:50; B-50:54)	
2 Sarah Andrus Mix	35 1:30:58
Don Andrus	42
(R-42:40; B-48:18)	
3 Bob Hillgrove Male	45 1:31:07
Harry Schmitke	52
(R-37:51; B-53:16)	
6 Veronica Knight FIron	23 1:34:31*
(R-39:16; B-53:15)	
9 Gayle Nappi (MTC) 2,Mix	39 1:36:00
Gordon Chamberlain (MTC)	52
(R-43:13; B-52:47)	
10 Bryn Dorion FTeam	29 1:37:25*
Marie Wade	29
(R-44:09; B-53:16)	
17 Dale Rines (MTC) 3,Iron	38 1:44:21
(R-42:54; B-1:01:28)	
18 Mike Cavanaugh (MTC) 4,Mix	39 1:47:20
Pamela Berman	
(R-42:41; B-1:04:39)	

Best run & bike times are included in these results (both women & men).

Many thanks to Dale Rines for complete results.

13th Annual Rockland Lobster Fest. 10K  
Rockland, Me - 5 August 1990 - 104 F1.

1 Jamie LaChance open	19 33:18
2 Tom Thibeau	32 33:25
3 Michael Smith	28 35:50
4 Steve Reed	42 36:00
13 Carl Fogg (MTC)	42 38:22
17 Alecia Rhodes open	27 39:01*
22 Scott Fone (MTC)	30 40:15
29 Theresa Withee	23 41:42*
30 Anne-Marie Davee	34 41:45*
43 David Paul (MTC)	45 43:29
50 Dana Seguin (MTC)	36 44:14
53 Rene Collins	48 44:40*
54 Richard Cavanaugh (MTC)	57 44:40
66 Carlton Mendell (MTC)	68 46:24
81 Brigitte Edquid (MTC)	42 49:20*
85 Dennis Morrill (MTC)	50 50:27
90 Wayne Newland (MTC)	52 52:59

Complete results -- courtesy of C.M.S.

## 13 ANNUAL GREAT PUMPKIN 10K

Camp Ellis, Saco, Me - 28 October 1990

## Top Overall Finishers:

1 Joe Rocha 1,25-29	25 29:43
2 Gregory Hale 2,25-29	27 30:15
3 Bob Winn 1,30-39	31 30:36
4 Dennis Simonaitis 3,25-29	28 31:00
5 Fernando Braz	29 31:00
17 Gwyn Hardesty 1,20-24	24 32:29*
37 Julia Kirtland 1,25-29	25 35:05*
43 Michelle Hallett-Braz	26 35:57*
48 Gina Braz 2,20-24	23 36:15*
53 Edie Dubord (MTC) 1,30-39	32 36:44*

## Other Top Age Division Finishers:

12 Erich Reed 20-24	22 31:51
13 Steve Podgajny 40-49	40 31:51
42 Robert Jones (MTC) 18&-	18 35:54
65 Doug Ludewig 50-59	51 37:16
134 Carol Weeks (MTC) 40-49	41 41:00*
167 John Chandler 60&over	63 42:52
230 Jean Thomas (MTC) 50-59	54 46:09*
307 Ingrid Snekvik (MTC) 18&-	15 51:11*
334 Delores Billings (MTC) 60&+	60 56:12*

## Other MTC Finishers:

19 Peter Hall	29 32:33
20 George Towle 2,40-49	40 32:37
24 Paul S. Merrill	36 33:20
29 Gordon Seannell	37 34:05
30 Alan Reilly	38 34:15
35 Harry Nelson	36 34:56
40 Charles Snekvik	47 35:50
46 Jim Bunnell	33 36:03
52 Ron Deprez PR	46 36:39
57 Michael Reali	36 36:56
60 Philip Coffin	34 37:00
64 Bill Dubord	43 37:16
67 Tom Menendez	37 38:01
69 Tom Allen	34 38:05
75 Lloyd LaFountain, III	28 38:29
85 Richard Scribner	39 38:57
90 Ron Cedrone	41 39:06
95 Paul LaVangie	32 39:16
99 Bob Jolicoeur 3,50-59	53 39:23
102 Donna Hubert	23 39:28*
103 Scott Fone	30 39:30
106 Ed Doughty	41 39:17
110 Peter Bastow	54 39:58
113 Les Berry	42 40:07
120 Michael Cowell	53 40:20
124 Sumner Weeks	42 40:29
129 Bob Lyman	46 40:44
130 Dale Rines	38 40:46
135 Andrew MacLean	28 41:15
137 Harley Lee	37 41:16
138 Jeanne Hackett	31 41:25*

(More Great Pumpkin):

## More MTC Finishers:

140 Loren Lathrop	41 41:25
142 Craig Robinson	44 41:30
143 Mike Cavanaugh	39 41:32
147 Dick Lajoie	50 41:53
148 David Houser	40 41:54
154 Joan Lavin 2,40-49	42 42:09*
156 Jeanne Lamontagne	27 42:13*
164 Jim Sullivan	44 42:36
169 Erin MacLean	27 42:54*
171 Steven Jacobsen	41 42:55
176 Gail Waitkun-Romanoff	35 43:02*
180 Joan Tremberth 3,40-49	45 43:20*
186 Gayle Nappi	38 43:40*
189 John LeRoy	53 43:48
193 Russ Bradley 2,60&over	66 43:56
200 Nancy Lund	38 44:16*
204 Diane Flanders	33 44:30*
205 Joan Lee	36 44:31*
206 Orlando Delogu	53 44:32
208 Carlton Mendell 3,60&over	69 44:33
209 Eric Ellis	37 44:36
211 Henry Wolstat	56 44:58
216 Brigitte Edquid	42 44:58*
217 Tom Atchison	41 45:06
219 Lynn Patrick	27 45:19*
226 Stephanie Lugg	35 46:00*
238 Jeri Schroeder	43 46:36*
241 Carol Cantin-Hooper	30 46:52*
257 Sue Inches 1st 10K	35 47:54*
265 Warren Wilson	57 48:23
269 Sandy Utterstrom	47 48:32*
270 Karen Wood	41 48:35*
271 Bob Perkins	47 48:40
276 Warren Foye	42 48:53
279 Linda Sorensen	35 49:05*
280 Kris Sorensen	39 49:05
283 Peter Allen	46 49:12
284 Claire Edwards	35 49:14
287 Edward Saint John	51 49:23
292 Kathleen Duddy	39 50:05*
296 Jeanne Richmond	31 50:38*
298 Maureen Sproul	34 50:42*
299 Bill Davenny	45 50:48
300 Paul D'Amboise	60 50:55
308 John Kendall	40 51:28
312 Harry Giddinge	57 51:33
313 Wendy Hall 1st 10K	25 52:13*
314 Donald Penta	44 52:21
317 Susan Davenny	42 53:07*
318 Melvin Fineberg	55 53:20
326 Bonnie Black	35 55:31*
329 Beverly Strout	39 56:04*
339 Susan Arledge	44 57:03*
342 Everett Moulton	44 58:27
344 Donna Moulton	40 58:34*
347 Michelle Mondor	43 60:54*

Many thanks to Ken Dion of the Maine Coast Roadrunners for complete results.

1990 Wilton Blueberry Festival 10K  
Wilton, Me - 11 August 1990 - 66 Fin.

1 Jeffrey Meserve open	32 35:44
2 Peter Allen	37 36:48
3 Mitchell Lovering	30 37:00
5 Mike Simoneau	42 38:23
9 Tina Meserve open	23 39:03*
12 Karen Rapallo	32 40:36*
13 Roy Morejon (MTC)	47 40:40
15 Linda Larue-Keniston	36 40:52*
33 Carlton Mendell (MTC)	68 46:33
45 Dennis Connolly (MTC)	42 51:49
59 Dennis Morrill (MTC)	50 59:08

Complete results -- courtesy of C.M.S.



2nd Annual Pine Tree Marathon - 146 F.  
Thomas College, Waterville - 10/21/90

Top Overall Finishers:

1 David Audet	25 2:38:27
2 Dan Dearing	29 2:47:22
3 Stewart Jordan 1,30-34	33 2:53:54
4 Cliff Rogers	32 2:54:32
5 Sean Stackley	33 2:54:35
20 Gail Turner (MTC) C.R.	30 3:01:57*
38 Mary Meehan	24 3:11:57*
48 Deborah Sheedy 1,30-34	34 3:14:58*
54 Carol McRea 1,35-39	36 3:17:19*
55 Deb Potter	35 3:18:16*

Other Top Age Division Finishers:

6 Paul Comeau 35-39	36 2:55:14
7 Richard Harper 40-44	44 2:56:08
8 Richard Brainerd 25-29	27 2:56:55
11 Bob Coughlin 50-59	51 2:58:01
21 Myles Lemieux 45-49	49 3:03:09
65 Raymond Lussier 60&over	61 3:24:59
75 Eddie Lee 20-24	20 3:30:41
78 Nancy Lagin 40-44	40 3:31:28*
82 Louisa Dunlap 50-59	50 3:34:01*
84 Faye Gagnon 45-49	45 3:34:57*
85 Michele Ohman (MTC) 20-24	24 3:35:14*
113 Paul Bourgois 19&under	18 3:55:51

Other MTC Finishers:

25 Thomas Keating	34 3:04:12
40 Carl Fogg	42 3:12:31
58 Rick Strout	52 3:19:26
77 Carlton Mendell 2,60&+	69 3:31:25
91 Frank Morong	57 3:37:40
96 Jean Thomas 2,50-59	54 3:41:20*
99 Stephanie Fischer 2,20-24	23 3:41:46*
123 Carol Gillis 1st Marath.	31 4:03:54*
133 Tom Easley	26 4:17:52
136 Roger Dionne	37 4:25:15
137 Tom Kirby	34 4:26:04

Also First Marathon: Michele Ohman and Stephanie Fischer (Any other MTC members who completed their first marathons contact Don Penta, 54 Sebago Avenue, Windham, ME 04062. Phone: 892-4526.)

Many thanks to Jerry Saint Amand for complete results.

Race Results are carefully  
compiled and edited by  
Don Penta each month.

Left - Top to Bottom: Jean Thomas looking  
strong in the Pine Tree.

Stephanie Fischer - Mile 10  
Stephanie Fischer - Mile 25

Right: The invincible Carlton Mendell.

9th Annual Bath Elks 5 Mile Classic  
Bath, Me - 1 September '90 - 73 Fin.

1 Dave Burnham	27:14
2 Steve Reed (Master)	27:20
3 Tom Thibeau	28:12
4 Alan Reilly (MTC)	28:15
9 Bob Coughlin (Senior)	29:52
16 Peter Bastow (MTC) (Senior)	32:20
24 Bob Jolicoeur (MTC)	32:56
27 Deb Raszmann 1st Woman	33:15*
28 Jane Rau (Master)	33:19*
32 Rosalyn Randall (MTC)(Master)	34:54*
37 Carlton Mendell (MTC) (Vet.)	35:57
50 Richard Scribner (MTC)	37:15

Results courtesy of Central Maine Striders. (Edited by D.P. for MTC fin.)

13th Annual Bar Harbor 13 Miler - 335 F.  
Bar Harbor, Me - Cert. 1/2-Mar. - 9/15/90

1 Danny Paul	1:11:50
2 Michael Gaige	1:15:14
3 Giles Norton	1:15:22
14 Alan Reilly (MTC)	1:21:15
38 Coleen Skelly	1:26:40*
69 Donna Sund	1:31:19*
85 Joan Lavin (MTC)	1:33:24*
108 Tom Kirby (MTC)	1:35:30
113 Jim Sullivan (MTC)	1:36:18
163 Carlton Mendell (MTC)	1:41:21
229 Barbara Coughlin (MTC)	1:49:26*
235 Jane Dolley (MTC)	1:49:53*

Results courtesy of Central Maine Striders.

5th Annual Sentinel 10K Classic - 172 F.  
Waterville, Maine - 16 September 1990

1 Greg Hale	27 30:03
2 Peter Lessard	28 30:40
3 Todd Coffin	29 30:44
8 Steve Fodgajny	40 32:15
18 Joel Grotreau	46 35:00





13th Annual Bowdoin & Back 10 Mile Run  
to the Coast - 19 August 1990 - 313 F.

Top Overall Finishers:

1 D. Todd Coffin	29	50:52
2 Peter Lessard	28	51:40
3 Robert Sprague	20	53:00
4 Lance Gulliani 1,30-34	31	53:13
5 Robert Ashby 1,19-29	22	53:45
21 Kathy Tracy	24	58:09*
60 Mary Stark	29	1:04:03*
61 Mary Ann Doss	30	1:04:06*
68 Chris Hendrich 1,19-29	23	1:04:42*
76 Kelly Cullenberg 2,19-29	29	1:05:34*

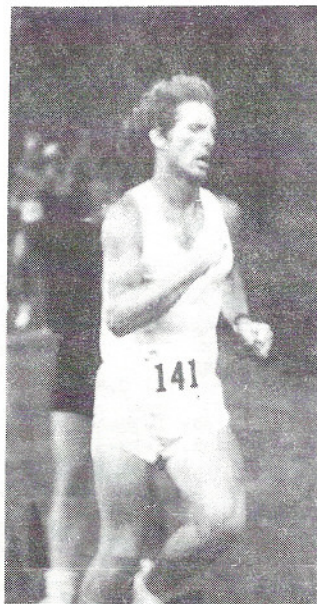
Other Top Age Divisions:

8 Tom Burnett 40-44	42	54:26
22 Mike Daley 45-49	45	58:54
30 Brodie Hinckley 18&under	17	59:50
34 Bob Coughlin 50-59	51	1:00:20
104 Joy Griffin 30-34	32	1:07:40*
143 Karen Herold 35-39	36	1:10:57*
150 Walter Webber (MTC) 60&+	60	1:12:04
167 Carol Pierce (MTC) 40-44	43	1:13:17*
183 Rene Collins 45-49	48	1:14:50*
226 Kimberly Monaco 18&under	16	1:18:17*
235 Jean Thomas (MTC) 50-59	54	1:19:24*

Other MTC Finishers:

10 George Towle 2,40-44	40	54:57
12 Paul Merrill	36	56:21
15 Gordon Scannell	37	57:23
24 Alan Reilly	37	58:57
25 Ronald Johnston	38	59:18
26 Harry Nelson	36	59:27
32 Richard Mulhern	36	1:00:11
36 Malcolm Kidd	34	1:00:29
39 Charles Snekvik 2,45-49	47	1:01:04
41 Michael Reali	36	1:01:35
42 James Bunnell	32	1:01:52
48 Ron Cedrone	41	1:02:54
51 Carl Fogg	42	1:03:14
55 Tom Allen	34	1:03:51
58 Joe Richards	47	1:04:01
73 Lloyd LaFountain, III	28	1:05:17
77 Rick Strout PR	51	1:05:42
78 Thomas Keating	34	1:05:44
83 Philip Pierce	48	1:06:06
89 Scott Pone	30	1:06:50
90 Yun Chong	30	1:06:51
94 Richard Scribner	39	1:07:14
95 Michael Cowell	53	1:07:16
96 William Hazzard	25	1:07:18
103 Loren Lathrop	41	1:07:35
105 Ed Doughty, Jr.	41	1:07:49
112 Bob Jolicoeur	53	1:08:16
125 John LeRoy	53	1:09:11
126 James Hazzard	29	1:09:17
131 Bob Hazzard	58	1:09:49
134 Eric Ellis	37	1:09:56
146 Craig Robinson	44	1:11:34
152 Susan Daignault	28	1:12:10*
156 Richard Cavanaugh	57	1:12:28
157 Bill Davenney	45	1:12:37
158 Russ Bradley 2,60&over	66	1:12:38
163 Carlton Mendell	68	1:12:49
164 Joan Lee 2,35-39	36	1:12:53*
178 Patti Tableman	31	1:14:10*
186 Charles Vadakin	48	1:14:58
189 Tom Atchison	41	1:15:17
228 Carol Gillis	31	1:18:27*
229 Claire Edwards	34	1:18:33*
239 Jerry Saint Amand (CMS)	47	1:20:01
244 Robert Wyman	53	1:20:27
245 Ed Saint John	50	1:20:29
249 Brian Cullen	48	1:21:22
259 Diana Laskey	30	1:22:20*
264 Wayne Newland	52	1:23:22
268 Sheila McDonough 2,18&-	18	1:24:06*
273 Jeri Lyn Schroeder	43	1:24:42*
293 Marianne Gagne	49	1:28:52*
294 Marlene Russell	48	1:29:22*
296 Beverly Strout	39	1:30:03*
300 Sally Paterson	49	1:31:14*

Many thanks to Erin MacLean for complete results.



Top to Bottom: Ron Johnston, Jerry St. Amand, Patti Tableman.

Top to Bottom: Marlene Russell, Walt Webber, Carol Pierce.





2nd Annual Women's Distance Festival 5K  
Portland, Me - 30 September '90 - 241 F.

Top Overall Finishers:

1	Joan Samuelson (Hon.MTC)	33	16:35
2	Michelle Hallett-Braz	26	17:28
3	Sally Perkins	27	17:40
4	Edie Dubord (MTC)	1,30-34	32 18:19
5	Deborah Farmer	2,30-34	34 18:34

Other Top Divisions:

6	Veronica Knight	20-24	23	18:38
10	Katherine Chabot	19&under	17	19:11
12	Ellen Bowden	35-39	38	19:21
28	Joan Lavin (MTC)	40-44	42	20:25
41	Kristen Berube	2,19&under	13	21:20
47	Nancy Beebe	45-49	45	21:38
74	Jean Thomas (MTC)	50-54	54	23:16
99	Wendy Sayres	55-59	56	24:49
169	Dolores Billings	(MTC)60&+	60	28:23

Other MTC Finishers:

8	Ellen Grant	33	19:05
9	Wanda Binette	2,20-24	24 19:07
11	Donna Hubert	23	19:15
13	Deanna Hodgkin	23	19:22
14	Nancy Grant	33	19:26
20	Jeanne Lamontagne	27	20:01
22	Stephanie Fischer	22	20:09
30	Gayle Nappi	38	20:37
31	Nancy Ellis	37	20:44
32	Jeanne Hackett	31	20:53
36	Diane Flanders	33	21:01
37	Katheryn Tolford	36	21:03
38	Nancy Lund	38	21:05
40	Michele Ohman	24	21:12
44	Gail Waitkun-Romanoff	35	21:29
49	Deb Merrill	34	21:50
53	Maureen Sproul	34	22:02
60	Brigitte Edquid	42	22:34
65	Patti Tableman	32	22:36
70	Cynthia Smith	43	23:02
72	Martha Deprez	43	23:05
76	Flo Aliberti	36	23:30
78	Sandy Utterstrom	47	23:40
79	Carol Hooper	30	23:41
80	Patricia Titcomb	32	23:42
81	Beth Thompson	30	23:42
83	Adrienne McGuigan	31	23:45
85	Suelene Houser	27	23:51
86	Sue Inches	35	24:00
90	Barbara Coughlin	47	24:13
91	Kathleen Duddy	39	24:18
92	Jeanne Richmond	31	24:18
93	Judith Bastow	27	24:27
97	Karen Wood	41	24:43
102	Carol Gillis	31	24:53
103	Gillian Morejon	11	24:54
106	Stephanie Lugg	35	25:08
111	Linda Richards	27	25:22
115	Lori Garon	41	25:26
129	Wendy Hall	25	26:12
136	Beverly Strout	39	26:33
137	Linda Hunt	43	26:34
141	Kimberly Monaghan	31	26:42
143	Becky Kim	17	26:45
145	Maggie Soule	49	26:58
146	Sherry Carll	43	26:59
153	Lori Robertson	26	27:24
155	Bonnie Black	35	27:32
160	Michelle Giroux	24	27:50
164	Susan Arledge	44	27:58
182	Jenny Kim	49	29:11
189	Laurie Harden	11	29:50
190	Michelle Mondor	43	29:56
197	Donna Moulton	41	30:30
199	Kathy Harden	40	30:33
201	Deborah Alpern	40	30:34
202	Jennifer Alpern	7	30:35
205	Pat Buckley	52	30:46
209	Susan Morejon	37	31:15
223	Barbara MacLean	60	33:12

Many thanks to co-director Ruth Heffle-  
finger for complete results.



Top: Danny Paul  
Bottom: Harry Nelson



slow: This is the year for John Kim!  
 right: Rosalyn Randall makes it look easy



*Right Top: Carlton Mendell and Bill Davenney.*

*Right Bottom: Club Masters race at the Ultra. Peter Bastow defeats Rick Strout to win 50-59 age division in Four Mile Race.*

# MAINE TRACK CLUB 50-MILER - 1990

## RESULTS

<u>PLACE</u>	<u>NUMBER</u>	<u>NAME</u>	<u>AGE</u>	<u>HOME TOWN</u>	<u>TIME</u>
1	138	Steven Schiller	33	New Britain, CT	6:32:58
2	129	Joe Hayes	42	York Harbor, ME	6:46:13 40-50 winner
3	133	Bruce Bell	51	Farmingdale, ME	7:12:43 50-60 winner
4	127	Rosalyn Randall	40	Portland, ME	7:15:11 Woman's Winner
5	121	Hans VanWilligen	52	Wellesley, MA	7:26:36
6	136	Rick Silverman	35	Ipswich, MA	7:34:09
7	130	Phil Pierce	49	Falmouth, ME	7:51:20
8	125	Bill Davenney	45	Portland, ME	7:52:49
9	126	Carlton Mendell	68	Portland, ME	7:53:56 60+ winner
10	120	Tom Forbes	57	Waltham, MA	8:27:38
11	134	Jeff Washburn	40	Beverly, MA	8:39:56
12	139	Ron Paquette	49	Albion, ME	8:44:03
13	132	Egor Egan	31	Halifax, N.S.	8:52:39
14	123	Richard Busa	60	Marlboro, MA	9:38:24
15	131	Darrin Mackenzie	30	Barrington, NH	10:06:56
16	122	John Kim	54	Cape Elizabeth, ME	10:07:00
17	124	Rick Langmeier	37	Westbrook, ME	10:21:56



Inaugural Fore River Challenge 4 Miler  
Portland, Me - 9 September '90 - 196 Fin.

Open Division Finishers:		
1 Peter Lessard	28	19:41
2 Erich Reed	22	20:06
3 Todd McGraw	25	20:20
4 Steve Podgajny	39	20:34
5 Patrick O'Malley	23	21:12
23 Coreen Corsetti	25	24:56*
38 Ellen Bowden	37	26:08*
39 Lynn Bay	22	26:10*
44 Kathy Jenkins	30	26:24*
45 Mary Ellen Thacker	35	26:33*

Other Top Division Finishers:		
6 David Burnham 20-29	24	21:18
8 Dan Barker 35-39	37	21:45
9 James Doane 30-34	32	22:06
11 Ray Johnson 40-44	42	23:02
12 Todd Swinton 14-16	15	23:30
15 Andrew Libby 17-19	18	23:46
17 Howard Lewis (MTC) 45-49	46	23:50
24 Dick Cummings 50-54	53	25:00
29 Ben Woodcock 13&under	12	25:22
40 Bob Hazzard (MTC) 55-59	58	26:11
47 Jennifer Gould 20-29	26	26:48*
49 Gayle Nappi (MTC) 35-39	38	26:51*
62 Maureen Sproul (MTC) 30-34	34	27:52*
08 Jeri Schroeder (MTC) 40-44	43	29:51*
30 Paul D'Amboise (MTC) 60-69	60	31:33
43 Bridget Healy 45-49	46	33:01*
70 Joe Bennett 70&over	70	35:19
76 D. Billings (MTC) 60-69	60	36:40*
88 Sara Thomson 14-16	16	38:40*
94 Ann Bonney 55-59	58	42:11*

Other MTC Finishers:		
22 David Brink	27	24:54
26 Joe Richards 2,45-49	47	25:06
34 David Smith	49	25:44
35 Dale Rines	38	25:45
43 Scott Brown	45	26:19
56 Gail Waitkun-Romanoff 2,D.	35	27:01*
71 Nancy Lund	38	27:56*
83 Richard Downs	44	28:22
85 Henry Wolstat 2,55-59	56	28:25
87 Jon Stuart	22	28:39
03 Patricia Titcomb	32	29:41*
20 Carol Hooper	30	30:53*
21 Sue Inches	35	30:56*
31 Tom Peterson	31	31:43
32 Karen Wood	41	31:48*
48 Linda Richards	27	33:16*
54 Wendy Hall	25	33:29*
68 Bonnie Black	35	35:04*
77 Jeanne Richmond	31	36:46*
87 Mary McAlaney	45	37:58*
93 Widgery Thomas	66	41:14

any thanks to Erin MacLean for complete

# 4th ANNUAL Downeast 4 Mile Classic

Sanford, Me - 14 October '90 - 213 Fin.

Top Overall Finishers:		
1 Michael Michno	27	19:26
2 Peter Lessard	28	19:59
3 Gregory Hale	27	20:26
4 Erich Reed 1,20-29	22	21:15
5 Patrick O'Malley 2,20-29	24	21:22
16 Sally Perkins	27	22:56*
21 Edie Dubord (MTC)	32	23:15*
28 Ginny Nichols	30	23:53*
47 Donna Hubert (MTC) 1,20-29	23	25:22*
50 Stephanie Fischer (MTC)	22	25:41*

Other Top Divisions:		
6 George Towle (MTC) 40-49	40	21:37
9 Mark Dudley 30-39	30	22:00
25 Brent Williams 15-19	16	22:33
45 Clyde Coolidge 50-59	51	25:18
54 Joan Lavin (MTC) 40-49	42	26:06*
65 Chris Rioux 14&under	14	27:10
83 Russ Bradley (MTC) 60&+	66	28:07
89 Beth Doran 30-39	34	28:29*
96 Ellie Margoles 15-19	15	28:41*
175 Leona Clapper 60&over	60	35:26*
188 Julie Frechette 14&under	14	38:06*
190 Pat Buckley (MTC) 50-59	52	38:46*

Other MTC Finishers:		
19 Jim Bunnell	32	23:13
27 Joel Titcomb	31	23:49
36 Joe Richards	47	24:25
37 Carl Fogg	42	24:28
38 Steve Dubord	45	24:36
43 Richard Scribner	39	25:05
60 Dick Lajole	50	26:47
67 Loren Lathrop	41	27:14
88 Scott Moulton	18	28:23
93 James DiVirgilio	33	28:39
107 Bob Cushman	52	29:38
119 Patricia Titcomb	32	30:32*
131 Robert Wyman	53	31:21
133 Beth Thompson	30	31:43*
134 Adrienne McGuigan	31	31:43*
136 Warren Wilson	57	31:45
152 Carlton Mendell	68	32:44
153 Donald Penta	44	32:47
159 Herb Hoppe	48	33:40
162 Linda Richards	27	33:56*
164 Linda Hunt	43	34:10*
165 Maggie Soule	49	34:13*
191 Everett Moulton	44	39:16
193 Donna Moulton	41	39:26*

Many thanks to Richard L'Heureux for complete results.

The Colonial Half Marathon is back!

## 12th Annual Anheuser-Busch Colonial Half Marathon

Sunday, February 24, 1991  
Williamsburg, Virginia  
Half Marathon - 1 p.m.

5K - 1:10 p.m.

\$2,000 prize money in half marathon

The 1989 Colonial Half Marathon was the RRCA Eastern Regional Half Marathon Championship, with course records set by Bill Reifsnyder (1:04:57) and Cindi Girard (1:16:20).

For entry form or information contact:

Bonita Bates  
Colonial Half Marathon  
P. O. Box 399  
Williamsburg, VA 23187  
(804) 221-3362

## POMOCO GROUP HAMPTON COLISEUM ROAD RACE

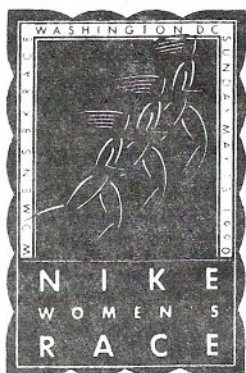
Sunday, February 10, 1991  
Hampton, Virginia  
Half Marathon - 1 p.m.  
5K - 1:10 p.m.

## RRCA EASTERN REGIONAL HALF MARATHON CHAMPIONSHIP

Finish line and computerized results by Peninsula Track Club.  
\$3,450 prize money.

For entry brochure, contact:

Hampton Coliseum Road Race  
City of Hampton Planning Dept.  
22 Lincoln Street  
Hampton, VA 23669  
(804) 727-6140



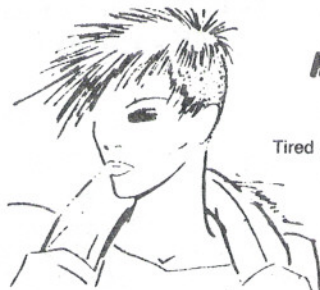
NIKE WOMEN'S RACE (8K) - Sunday, May 12, 1991, 8 am,  
Washington, DC. For entry send SASE to: Nike Women's Race,  
Box 134, Mt. Vernon, VA 22121 (703) 780-3037. Limit 4,000  
on May 3.

NORTHERN TELECOM CHERRY BLOSSOM - (Formerly Nike  
Cherry Blossom) Lottery Information. The lottery for the  
Northern Telecom Cherry Blossom (10 Mile) will be conducted  
December 1 - 31, 1990 in order to select 5500 entrants for the  
April 7 race. Anyone interested in lottery/entry information  
should call 301/371-5583 for a recorded message on the  
lottery procedure.



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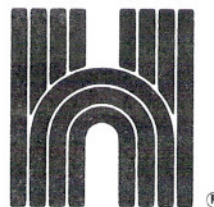
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- Relaxation - Stress Reduction

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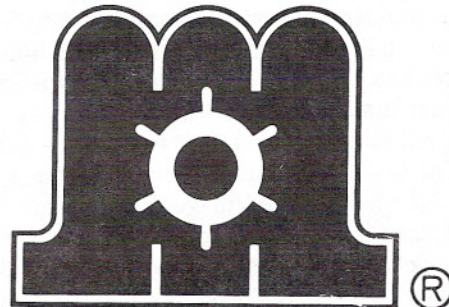
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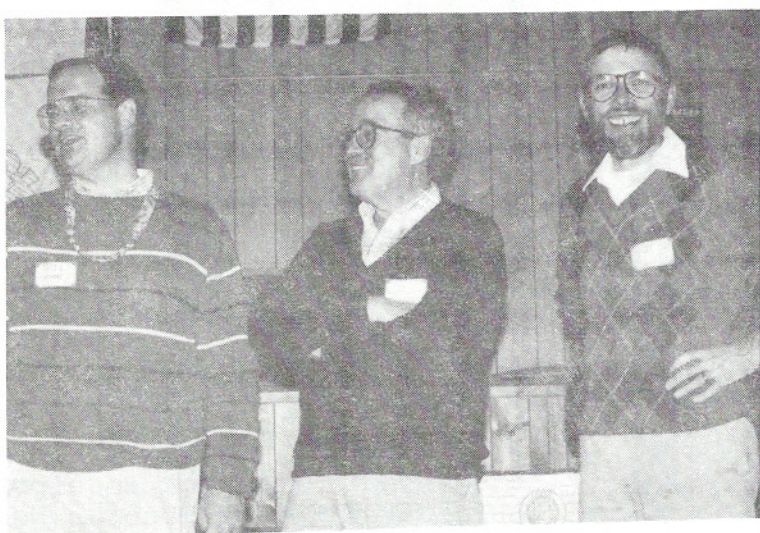


# MTC AUCTION EARNS \$1579!

The first Maine Track Club Auction was absolutely outstanding due to the amazing sales and organizational ability of Chairwoman Nancy Stedman. Club members responded with their own donations or contacted a wide range of sources. Auction night was lively and well-paced by talented auctioneer, Bill Stuart. Bruce Stedman, Bill Davenny, Mike and Jodi Reali and Jan and Peter Bastow helped out. Supper helpers were headed by Jan Bastow and Evie Strom.

A list of club members and businesses who donated to the auction follows. Advertisements from some businesses are featured in this issue. Others will be in the January/February issue.

Jeanne Richmond - Pat's Pizza of Scarborough, Goldsmith's of Scarborough, Bookland of Maine, Hannaford, Ben & Jerry's; Brian Milliken - B.H. Milliken; Dale Rines; Herb Hoppe; Flo Aliberti - Portland Coffee Roasters, Floyd Brown Snowplowing; Bob Payne; Sumner & Carol Weeks - National Distributors; Bill Stuart - Tom's of Maine; Nancy & Bruce Stedman - The Grace Press; Jim Hazzard - Carbur's Restaurant; Mike Reali - The Village Cafe; Tammy & Al Butler - Hair Affair; Jane Dolley; Don Penta; Sue Inches - Hannaford; Deb Merrill - Deb Merrill Massage Therapy; Peter Allen - Alma, Inc.; Jane Hunter - Portland Symphony Orchestra; David Crawford - Sporting Woods; Gayle Nappi - So. Maine Massage Therapy, Inc.; The Great Lost Bear; Manginos; Sue Davenny; Ron Cedrone - Eye Associates; David Brink - Cyclemania; Charlie Scribner - Cyclemania; Russ Connors; Tom Donaldson; Bonnie Fox; Jan Bastow; Peter Bastow - CH Robinson; Maine Mariners; Priscilla Jolicoeur - Interiors by Joli and Color Analysis; Don Johnson, Photographer; Ellen Grant - Maine Arts; Evie Strom; John Legere - John Legere Plumber; Mel Fineberg and Jack Elementary Teachers; Al Mack - Prisma; Carlton Mendell; Will Giroux - Giroux Oil; Green Mountain Coffee Roasters; Michele Main - Cote's Ice Cream & Yogurt Taylorbrook Mall, Auburn; Bill Stuart's Grandmother and Bill Davenny, Bill Stuart and Mel Fineberg - work team.



*The Dream Team: Bill Stuart, Mel Fineberg, Bill Davenny.*

*Top to Bottom: The Star of the Evening - Nancy Stedman.  
Assistant Auctioneer Bruce Stedman  
Galley Slaves Evie Strom, Ken Dolley, Jan Bastow.*





# CENTRAL MAINE STRIDERS, INC.

## 1991 Road Race Schedule



Club #480

NOTICE: All dates and times subject to change. Please check with race directors before race.

	Date & Time	Location	Event	Race Director & Phone	(Maine Area Code 207)
# 1	Jan. 20 : 12 noon	Belgrade	12th "January Thaw" 4½ Miler	Gene Roy	465-7296
# 2	Feb. 17 : 11 am	Augusta	13th "Snofest 5 Miler"	Russell Martin	622-1258
# 3	Mar. 10 : 11 am	Waterville	12th "Killarney's 10-K"	Jerry Saint Amand	873-6753
# 4	Mar. 23 : 11 am	Readfield	13th "Boston Primer" 15 Miler	Dave Guban	622-0289
# 5*	Apr. 6 : 11 am	Rockland	9th "Championship Run" 15½ Miler	Vern Demmons	273-2594
# 6	Apr. 13 : 9 am	Waterville	7th "Terrier Trot 5 Miler"	Jerry Saint Amand	873-6753
# 7	Apr. 20 : 9 am	Unity	10th "Unity Spring 5-K"	Ed Raiola	948-3131
# 8	Apr. 21 : 8:30 am	Waterville	2nd "Rape Crisis 5-K" (Waterville)	Jerry Saint Amand	873-6753
# 9	Apr. 21 : 1 pm	Augusta	2nd "Rape Crisis 5-K" (Augusta)	Jerry Saint Amand	873-6753
#10	Apr. 27 : 10 am	Togus	9th "Togus Road Race"	Jim Simpson	623-3391
#11	May 11 : 11 am	China	10th "China 5 Mile Classic"	Jane Rau	445-2315
#12	May 19 : 7 am	Kingfield	9th "Sugarloaf Marathon"	Chip Carey	265-2273
#13	May 19 : 7:30 am	Kingfield	6th "Sugarloaf 15-K"	Chip Carey	265-2273
#14	May 27 : 9 am	Monmouth	10th "Apple Blossom 15-K"	Doug Ludewig	933-4416
#15	May 27 : 9 am	Monmouth	4th "Little Apple 4½ Miler"	Doug Ludewig	933-4416
#16	June 16 : 8 am	Fairfield	1st "Bruce Ellis Master's Mile"	Jerry Saint Amand	873-6753
#17	June 16 : 8:10 am	Fairfield	1st "Bruce Bickford Open Mile"	Jerry Saint Amand	873-6753
#18	June 16 : 8:30 am	Fairfield	5th "Joseph's 5-K"	David Benn	873-0363
#19	June 22 : 8 am	Gardiner	13th "Gardiner Common" 5 Miler	Cliff Fletcher	622-4766
#20	June 29 : 8:30 am	Bucksport	16th "Tour du Lac" 10 Miler	Fred/Joan Merriam	469-2019
#21	July 4 : 8:30 am	Livermore Falls	10th "Independence Day 5-K"	Mike Simoneau	897-4048
#22	July 13 : 8:30 am	Damariscotta	8th "Oyster Festival 10-K"	Steve Reed	882-5450
#23	July 20 : 8:30 am	Belgrade	7th "Belgrade Lakes 10-K"	Lisa Peacock	495-7734
#24	July 27 : 9 am	Hancock	14th "Lobster Classic 10 Miler"	Bob Myers	422-3527
#25	July 28 : 9 am	East Vassalboro	13th "Bert 'n I' 5 Miler	Jerry Saint Amand	873-6753
#26	July 31 : 6 pm	Winslow	3rd "Ralph Thomas Master's Mile"	Jerry Saint Amand	873-6753
#27	July 31 : 6:10 pm	Winslow	1st "Gerry Poulin Open Mile"	Jerry Saint Amand	873-6753
#28	July 31 : 6:30 pm	Winslow	6th "Roland Dyer Memorial 5-K"	Jerry Saint Amand	873-6753
#29	Aug. 3 : 8 am	Palermo	3rd "Homecoming 5-K"	Mardie Brown	943-2417
#30*	Aug. 4 : 8:30 am	Rockland	9th "Lobster Festival 10-K"	Ken Sylvester	594-7035
#31	Aug. 10 : 9 am	Wilton	9th "Blueberry Festival 10-K"	Bill Yates	645-4623
#32	Aug. 11 : 8:30 am	Bristol	2nd "Samoset 10-K"	Alan Reilly	677-3617
#33	Aug. 17 : 8 am	Waterville	1st "Joan Benoit Master's Mile"	Jerry Saint Amand	873-6753
#34	Aug. 17 : 8:10 am	Waterville	1st "Seb Mamo Open Mile"	Jerry Saint Amand	873-6753
#35	Aug. 17 : 8:30 am	Waterville	1st "Colby 5 Mile Classic"	Jerry Saint Amand	873-6753
#36	Aug. 21 : 6 pm	Madison	13th "Kennebec 10,000"	Bob Hagopian	696-3088
#37	Sept. 15 : 9 am	Waterville	7th "Sentinel 10-K Classic"	Jerry Saint Amand	873-6753
#38	Sept. 21 : 11 am	Kingfield	13th "Kingfield 10-K"	Chip Carey	265-2273
#39	Sept. 22 : 10 am	Kingfield	11th "Sugarloaf Uphill Run"	Chip Carey	265-2273
#40	Sept. 25 : 6 pm	Waterville	2nd "YMCA Fall 3 Miler"	Laurie Alexander	873-YMCA
#41	Oct. 12 : 10 am	Carmel	2nd "Run 'o the Irish" 5 Miler	Kevin Vickers	848-3601
#42	Oct. 20 : 9 am	Waterville	3rd "Pine Tree Marathon"	Jerry Saint Amand	873-6753
#43	Nov. 21 : 10 am	Augusta	12th "Gasping Gobbler 10-K"	John Schwerdel	622-4507
#44	Nov. 21 : 10:10 am	Augusta	12th "Turkey Two Miler"	John Schwerdel	622-4507
#45	Dec. 7 : 11 am	Madison	8th "Season's Greetings 5½ Miler"	Ron Paquette	437-9237

\*Pen Bay Pacers, Directors

For further details, race applications and membership information please contact:



CENTRAL MAINE STRIDERS, INC.

P.O. Box 1177  
Waterville, Maine 04901

873-6753





**MAINE TRACK CLUB MEMBERSHIP MEETING  
OCTOBER 10, 1990 7:00pm THE BAY CLUB**

This month's meeting was held at the Bay Club, One City Center, Portland. President Bill Stuart presided. Approximately 60 people attended.

**New members** attending first meeting were Marilyn Champagne, Clara Broadhead, Carl Fogg, Paul & Diane Lavangie, Rick Meinking, Malcolm Washburn and host, Jim Bunnell. Welcome!

**Jerry Saint Amand**, President of the Central Maine Striders was present to encourage MTC participation in the Pine Tree Marathon as runners and volunteers.

**President**, Bill Stuart notified the members that the Board is seeking nominations for 1991 officers, that the newly formed race committee needs 3-5 members, and that the certification committee needs 2 trainees for course measurement. Maine TAC will be holding a workshop on course measurement featuring Wayne Nichol.

**Vice-President**, Peter Bastow, asked for Pot Luck Supper helpers to call him. December's speaker is to be announced. The banquet will be January 19th at the Keeley Banquet Center.

**Secretary's Report** was in the newsletter. Approved as written.

**Treasurer's Report** shows a balance of \$5945.44 as of Sep. 11th.

**Races 50 Miler**, Bambi Lovett said that Egor is coming! There are 15 entries so far. There will also be club masters championships, a couples race and a pie relay held during the 50 miler. Bill Stuart will direct and conduct race day registration. Best wishes went to MTC 50 Milers, Bill Davenney, John Kim, Carlton Mendell, Ros Randall, Phil Pierce, and Ron Johnston. **Turkey Trot**, Mel Fineberg announced application and volunteer information. Mel also mentioned that Tom Atchison will be assisting him on the clothing committee.

**Women's Distance Festival**, Sue Davenney reported 314 registrants for a \$464 management fee plus \$50 for insurance to the club. \$2000 has been donated to McAuley Residence from the race proceeds. Race critique meeting will be October 27th at 10:00am at National Distributors.

**Newsletter** Next issue will be combined Nov/Dec. Deadline is the 3rd Thursday in November. Jan/Feb will also be combined.

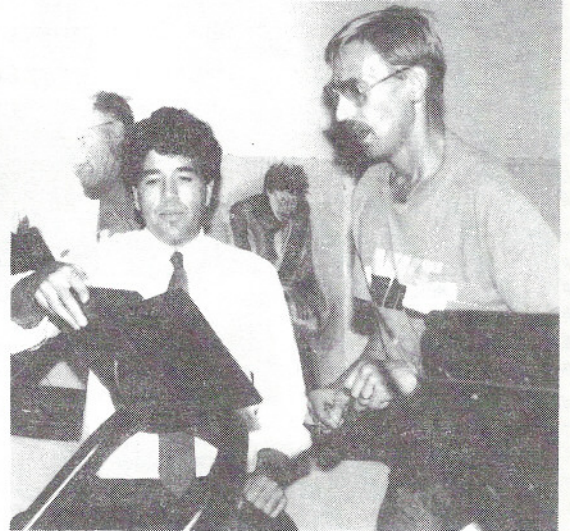
**Postage** Ken Dolley suggested that the newsletter be mailed with other than 1st class postage. Fred Beck had tried this several years ago. Bill Stuart will investigate.

**Announcements** November 4 - Run and Brunch at Jane and Ken Dolley's house. November 7 - Next Board Meeting. Refreshments available in the Food Court tonight. Rick Strout won the 50/50 raffle. Bill Stuart read a thank you note to the club from Jim Bunnell regarding the management of the Fore River Challenge Races. Jim Bunnell welcomed us upstairs to the Bay Club.

Respectfully submitted,

*Susan Davenney*  
Susan Davenney  
Secretary

**MANY THANKS TO JIM BUNNELL AND THE BAY CLUB**



*Top: Paul D'Amboise, Dennis Tetreault (Bay Club) Rick Meinking. Bottom: Rick Strout Tom Allen.*

**NOMINATIONS FOR MTC OFFICERS FOR 1991**

President	Peter Bastow
Vice-President	Sumner & Carol Weeks
Secretary	Susan Davenney
Treasurer	Rob Laskey
Race Committee Chr.	Charles Scribner
Membership Chr.	Ruth Hefflefinger
Newsletter Editor	Candace Karu
Immed. Past Pres.	Bill Stuart
Board Member at Lrg.	Barbara Coughlin
Board Member at Lrg.	Carlton Mendell
Board Member at Lrg.	Rick Strout

**Other committee positions are appointed. Call Peter Bastow at 829-3669. Elections will be at the December meeting.**



## The Twin Cities Marathon Minneapolis, Minnesota October 14, 1990

Last Mothers Day, a bunch of us Sunday Runners were sitting around my living room talking about Marathons. Tom Atchison was contemplating his first 26 mile run and was thinking about doing it in Berlin. A number of us jumped on him immediately, convincing him that he should run his first marathon in the US, where food and sleep patterns are relatively familiar. My devious mind works quickly in rare situations of opportunity and I could see that Tom's moment of hesitation required that I make a speedy and impassioned plea. "Run Twin Cities with me in October," I begged. "It's supposed to be a gorgeous course, the weather is usually perfect and I know you have a zillion frequent flyer miles." I have to say folks, Tom is an easy mark.

He is also a training machine. Before I could say "fartlek" Tom had sent me a computer generated training schedule that the East Germans would have been proud of. (Please excuse the dated geo-political reference.) Now my idea of training is run 10 or 12 miles while the sun is still up and go get a TCBY with Resses Peanut Butter Cup topping. Tom, on the other hand, runs 15.23 miles at 6:32 am maintaining an 8:42 pace followed by 2.87 liters of water and 1.5 medium oranges. Luckily, Tom and I are separated not only by basic life philosophies, but also by geography. Therefore, we only ran together for a handful of long runs. Frankly, he made the runs bearable. Behind the beard and the drawl, it seems, beats the heart of a philosopher/comedian. We were occasionally joined by Tom's friend (and new MTC member) Malcolm "Hunka Hunka Burnin' Love" Washburn, who was also training for his first marathon. Now Malcolm sometimes fantasizes that he is the reincarnation of Elvis and sometimes his good friend Tom Atchison encourages this fantasy. It makes for pretty amusing running, even at 6 am.

Minneapolis is an incredibly beautiful city filled with the most overwhelmingly blond people I have ever seen - it made me feel positively ethnic. At the airport I heard every other woman called Ingrid - "Over here, Ingrid. Hi, Ingrid! Ingrid, meet Lars." When I got to race headquarters where I was staying the woman who checked me in had very blue eyes, long blond hair and (this is really true) a name tag that said "Ingrid."

Tom and his wife, Debbie had already arrived and Tom had done restaurant research prior to his arrival. So Friday night we met up with Tom's brother Dennis and friends of his from Florida and walked over to a wonderful Italian restaurant for dinner.

Saturday dawned clear and warm and Tom, Dennis, Debbie and I drove across town so we could run the last three miles of the course. This was beautiful tree-lined midwestern street, with stately Victorian homes. The leaves were at the peak of color, there were blond children playing in the yards...it was a picture almost too perfect to imagine. Little did I know I would be cursing under my breath the entire length of that street 24 hours later. We had a nice little run, a big breakfast, a quick tour of St. Paul, then it was back to the hotel for the Expo. Later that evening we went to another great Italian restaurant for more pre-race carbo.

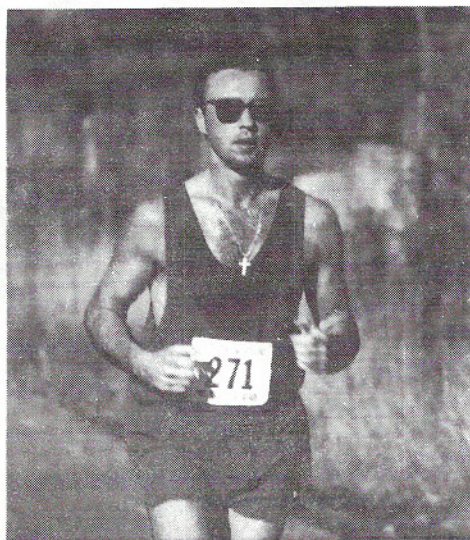
In spite of dire predictions of rain and wind, Sunday turned out to be a picture perfect marathon day. (Actually a few clouds to break that wholesome, unrelentingly cheerful midwestern sun would have been nice.) Though it was cool and dark when we left the hotel, we were grateful it wasn't any warmer later in the day.

All the advertising for this race is true. It is "the country's most beautiful urban marathon." The course winds through Minneapolis and St. Paul around lakes, through lovely neighborhoods and parks. Bands play, crowds cheer, and the hills are minimal and gentle. I kept pace with Tom for almost 13 miles, when I started to slow down. That was the last I saw of his neon green checked running tights until the finish line.

Tom finished in 3:59 and I struggled in at 4:02, one very tired buckaroo. It was the last time I ran for six weeks, having sustained a few stress fractures on the way. Tom, on the other hand, had a very respectable time at the Great Pumpkin race two weeks later. I can't wait to get him to start training for our next marathon. Where can I convince him to go? I know! There's a real neat marathon in Moscow in August. Oh, Tooooooom!

Candace Karu

P.S. I hear that Malcolm (aka The King) finished The Pine Tree Marathon in something like 3:15. They don't call him The King for nothing!



Malcolm (Hunka Hunka Burnin' Love) Washburn looking awesome at The Pine Tree Marathon.



# MAINE TRACK CLUB MEMBERSHIP FORM

## MEMBERSHIP APPLICATION

I hereby make application to the Maine Track Club as follows: (Check 1)

☐ Individual (\$12.00)

☐ Family (\$15.00)

☐ Student (\$5.00) (18 yrs. old maximum)

TODAY'S DATE \_\_\_\_\_

LAST NAME _____	FIRST NAME _____	SEX (M/F) _____	D.O.B. _____
LAST NAME _____	FIRST NAME _____	SEX (M/F) _____	D.O.B. _____
LAST NAME _____	FIRST NAME _____	SEX (M/F) _____	D.O.B. _____
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### Maine Track Club

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