

# Maine Track Club



Run with a friend...

**NOVEMBER 1989**

**Next Meeting is**

## **Annual Maine Track Club Pot Luck Supper**

**Wednesday, November 8, 1989 at 7 pm**

First Congregational Church  
Guptill Hall  
301 Cottage Road  
South Portland

(At the top of Meeting House Hill, near mile 12 of  
the Cape Challenge Course.)

If your last name begins with:

A - E	Please bring a salad
F - G	Please bring soft drinks
H - R	Please bring a main dish
S - Z	Please bring dessert

Bring scrapbooks and photo albums to share, and  
any items you would like to send members of the  
Archangel Running Club in Russia.

### **Program:**

A Good Time, and nominations for 1990 MTC officers.  
Elections will be held at the December meeting, new  
officers begin their term with the Annual Banquet.

### **Nominations for 1990 Officers**

Nominations for all MTC officers will be accepted  
at the Pot Luck Supper, November 8th. Please  
obtain the nominee's permission and notify Herb  
Strom or Bill Stuart before November 8th.  
The officers are:

*President*  
*Vice President*  
*Treasurer*  
*Secretary*  
*Immediate Past President*  
*Race Committee Chair*  
*Membership Chair*  
*Newsletter Editor*  
*Board Member at Large*  
*Board Member at Large*  
*Board Member at Large*



### **Celebrate our 10th Anniversary**

At the Keeley Banquet Center in Portland on  
January 20th, 1990. Cost of the buffet dinner is  
\$15.50 for adults, \$7.75 for ages 5 to 12, free  
for children under 5. The program will include  
an awards presentation, please see the announce-  
ment below. More details to follow.

-Susan Davenny & Nancy Steadman, Co-Chairs-

### **Nominations for Annual Awards**

deadline: November 30, 1989

The awards committee wants YOUR suggestions!  
Nominations in all categories are welcome.  
Nominate yourself, or someone you know that  
deserves recognition (please send statistics if  
they are available. The categories are as follows:

Outstanding Contribution to Running in Maine  
Youth Runners of the Year (MTC)  
MTC Scholarship  
John Fyalka Scholarship  
John Fyalka Award (for service to MTC)  
MTC Most Improved Open  
MTC Most Improved 30 - 39  
MTC Most Improved 40 - 49  
MTC Most Improved 50 - 59  
MTC Most Improved Over 60  
MTC Outstanding Race Director  
MTC Comeback Runner  
MTC Triathletes of the Year  
MTC Ironman of the Year  
MTC Runners of the Year  
Maine Runners of the Year  
Major Contributor to MTC  
Special Awards  
Joke Awards

Notify Ken Dolley, Charles Scribner, or Don Penta.  
Or write to the committee at MTC's box number.



## From the Editor

### "Run with a Friend" is Not Just a Cute Moto

It's the end of the day. You're dead beat. It's getting dark (and cold). And you *don't* want to go running. But you promised to meet Sue at the high school, and it's too late to call and bag out--she's already left. Besides, you know she won't run alone in the dark. So you suit up and head for the high school in a slow, dragging shuffle--thinking all the time about your nice soft couch and your comfortable old sweats.

Up ahead you spot Sue, shivering under the streetlight on the corner. She looks positively delighted, you grumble to yourself. The *funniest* thing happened to Sue today, and she can't wait to tell you all about it. By the time Sue has gotten to the part where her boss came screaming out of the bathroom, you've finished the run and found yourself waving goodbye from your own porch.

Nearly everyone who runs has had an experience like that. Running with a friend really lightens the load, especially when you're tired and grouchy. So "Run with a Friend" is a good theme for a track club like ours. And it's probably the essence of MTC too.

I moved to Maine last February. I was new to the northeast, new to Portland, new to the track club...and the people in the track club really reached out to my husband and I--supported us during the training and running of the Sugarloaf Marathon, included us in picnics and barbecues, endured *very long* early morning training runs with us. I mean these are *nice* people, a little strange perhaps, but harmless really.

So I'm ready to meet some more nice people, run with a few more friends. I know there are about 400 MTC members out there. Where are you? So club meetings aren't your bag, they aren't really mine either. But how about a nice slow jog, beautiful scenery, good company, and a little of Bill Stuart's infamous spaghetti? Or how about a little speed work on the track, accompanied by a bad joke or two?

I encourage you to come to the potluck supper, to think about nominations, to volunteer a little time--a few hours to help time a race, or take pictures, or hand out water. There are a lot of really nice people who would like to meet you. C'mon folks!

*Jim*

### Newsletter Notes

Black and white photographs, stories, notices, news flashes--they're all welcome. Please submit material typewritten, single spaced, four and a half inches wide to me at 119 State Street #3, Portland, 04101, or to the club at the post office box. If you have any questions, please call me at 761-9582.



## Newsletter Deadlines

For the December 1989 issue:  
November 10, 1989

For the January 1990 issue:  
December 12, 1989

For the February 1990 issue:  
January 22, 1990

For the March 1990 issue:  
February 19, 1990

For the April 1990 issue:  
March 19, 1990

For the May 1990 issue:  
April 23, 1990

For the June 1990 issue:  
May 21, 1990

For the July 1990 issue:  
June 20, 1990

**Deadline:** *n.* the LAST day to submit material for the newsletter in question.

A very big thank you to all the folks who have submitted stories and photographs for this issue! And on time no less! /ed



## Membership Meeting

October 11, 1989 7pm S.M.V.T.I.

President Herb Strom opened the meeting. Guests Chris Vought and Harry Giddinge introduced themselves.

Larry Dyer, State Cross Country Committee Chairman asked for volunteers to work the Class C Meet, October 21 at Dutch Elm Golf Course in Biddeford. 20 people needed from 10:00-noon.

Vice-President Bill Stuart has Cape Cod Marathon info.

Treasurer Rick Strout reported a balance of \$7926.44 including \$3400 as yet undisbursed Cape Challenge Funds.

### Races

Women's Distance Festival, 193 finishers, great volunteer turnout!

50 Miler, 13 entries, Egor is coming! Dinner at the Bowdoin Steak House. Donations welcome, no sponsors yet.

Montreal Marathon, Ron Deprez reported that about 15 MTC runners had a great time.

Back Bay 4, 300 pre-registered, expecting 120 from the Kennedy, computer backup needed.

Candy Cane Run, December 14 in Freeport. Rob Laskey invited anyone to meeting, Thurs, 7pm at Pat's Pizza.

Turkey Trot, November 19, Course being measured by Loren Lathrop.

In-Town New Year's, New Year's Eve, afternoon, 5K Run & Walk, Bill Stuart, MTC Liason.

Pine Tree Marathon, sign up sheet. Be there 8 am. Don Penta has Harrier Cross Country Magazine and subscription forms.

Banquet Awards, contact Ken Dolley if you have nominations, notice will go in newsletter. Ken 846-6018

Member Profiles, John Woods needs suggestions.

Banquet Date, Jan. 20, at Keeley Banquet Center. Buffet: \$15.50 per person, kids to age 5 free, to age 12 half-price.

Bruce Ellis Memorial Fund, Sue Davenny read a proposal to dedicate the Fund to providing sponsorships to youth running camps. (see separate article.) It was approved.

No. Berwick DARE Race, Donna Moulton reported Everett is working on a 5 miler and 1 miler to be held in the spring.

### New Business

Next Hash, Nov. 4, 11am, Deering Tennis Courts, Andy MacLean and Bill Davenny: Hares Pot Luck Supper, Nov. 8, different location this year.

Kathy Gardiner read a letter from her employer thanking the club for contributions of running items to send to Archangel Running Club.

Newsletter deadline: October 20.

Refreshments provided by Don Penta, Pat Buckley, Jean Thomas, Sandy Utterstrom, Bob Jones, Donna Moulton, Erin MacLean, Bambi Lovett, Ken Dolley, Thanks!

Respectfully submitted,

*Susan Davenny*  
Susan Davenny  
Secretary

## New Members

Name & Address	Phone	Occupation	Age
Robert & Marilyn Conner P.O. Box 411 No. Waterboro, ME 04061	H793-8313 W324-4310-M	Trucking-Self Clerk-Goodall Hospital	50 52
Susan Daignault 110-B E.Main St. Yarmouth, ME 04096	H846-4289 W443-3311	Safety Engineer Bath Iron Works	28
Aletha DeVos 58 Hillis St. Portland, ME 04103	H774-8526 W729-9612	Counselor Brunswick High School	47
James DiVirgilio 93 Starboard Drive Cape Elizabeth, ME 04107	H767-3237 W775-3540	Vice President Blue Cross-Blue Shield	32
Lori Garon 59 Montrose Ave. Portland, ME 04103	H761-4451 W773-1990	Real Estate Broker Mark Stimson Assoc.	40
Nancy Grant Mike Boyson 13 Woodside Drive Cumberland, ME 04021	H829-3540 W773-3821	Account executive Sherson Lehman	32 35
John Kazalski Two Palmer Street Brunswick, ME 04011	H729-9104		43
Jeanne Lamontagne 15 Washington Ave. Saco, ME 04072	H282-3535 W770-6026	Customer Service Rep. UNUM	26
Brian Smith 42 Noyes St. Portland, ME 04103	H775-0733 W795-2200	Physician Central Maine Medical Ctr.	33
Susan Quimby 157 Brentwood St. Portland, ME 04103	H761-4217 W772-0990	Dietitian Nutrition Works	36
Christopher Vought 31 Rosemont Ave. Portland, ME 04103	H773-5612	Radioman ES U.S. Coast Guard	37
Ned & Anne Vadakin Chuck & Rob 3816 Marcus Ct. Monkton, MD 21111	H865-6617		47 42 14 11

## WANTED: One Newsletter Editor

To work with me on the December issue and to take over responsibility for the MTC newsletter beginning in January, 1990. My husband and I will be in Ireland from January to June of 1990. If you are interested, please call me at 761-9582, evenings. Thanks!

Erin MacLean



## Race Schedule

### SATURDAY, NOVEMBER 18

Postive Steps/Gobbler's Gait 5K Road Race and Fitness Walk, Hampton, N.H. 10 am, Positive Steps Fitness Center. Peggy Williams, Positive Steps Fitness Center, PO Square, Hampton 03842.

Reebok Croos Country Team Challenge 5K, Milton, MA. 10 am, Curry College. Fred Tressler, 79 Manet Road, Chestnut Hill, 02167.

### SUNDAY, NOVEMBER 19

Cape Elizabeth Turkey Trot 10K, Cape Elizabeth, ME. 1 pm, Cape Elizabeth Jr. High School. Charlie Scribner, Maine Track Club, Box 8008, Portland 04104.

Slattery's Turkey Trot 5M, Fitchburg, MA. 1 pm, Slattery's Back Room, Lunenburg St. Mark Ambrose, 160 Will Thompson Way, Fitchburg 01420.

11th Annual Irish American 5M/1.2M Run, Woburn, MA. 1 pm, Irish American Club. Irish American Club, 147 Main Street, Woburn 01801.

Tip Off Classic 5K, Springfield, MA. 1:30 pm, Springfield Civic Ctr. Carl Townsend, 60 Old Brook Rd, Springfield 01118.

Vermont Cable TV 5K Turkey Trot, Montpelier, VT. Noon, Montpelier High School. Byron Hill, Montpelier Cable Vision, Box 68, Montpelier 05602.

### THURSDAY, NOVEMBER 23

Cranberry Run 5.2M, Keene, NH. 10 am, Recreation Center. David Kyle, Keene Parks, 312 Washington St., Keene 03431.

Upton Road Runner's Turkey Trot 5M, Whitinville, MA. 8 am, Whitin Community Center. Frank Nealon, 66 Taft St., Milford 01757.

Feaster Five, Andover MA. 8:30 am, Andover Park, corner of Chestnut St. and Bartlett St. John Burke, 3 Foster St., Haverhill 01832.

Shaw's 4M, Portland, ME. 8:30 am, Portland Expo. George Tole, Portland High School, 284 Cumberland Ave., Portland 04101.

Turkey Trot 5K, Burlington, VT. 11 am, UVM Gutterson Field House. Ralph Swenson (802) 864-4952, or Neil Stout (802) 862-5872.

Jordan Marsh Thanksgiving Day Road Race, Boston, MA. 9 am, Downtown Crossing. Conventures, 250 Summer St., Boston 02210; (617) 439-7700.

### SATURDAY, NOVEMBER 25

TAC/USA National Cross Country Championships 10K, San Francisco, CA. Scott Thomason, PaMaKid Runners, 1233 Taraval, San Francisco 94116; (415) 681-2324.

### SUNDAY, NOVEMBER 26

Lowell Elks Half Marathon, Lowell, MA. Noon, Elks Lodge. Mike Hodge, 40 Old Ferry Rd., Lowell 01850.

Braintree Hospital 10K, Braintree, MA. 10 am, Braintree High School. Ken Massey, Braintree Hospital, 250 Pond St., Braintree 02184; (617) 848-5353, ext. 2183.



*Egor at Mann's Ultramarathon*

## Race Results

New England Triathlon Series, Naples, ME  
6 August 1989 (S:2M;B:25;R:6.2) 337 Fin.

Guy Stearns open	1:42:07
(R-33:08;B-55:24;S-9:42)	
4 David Crawford (MTC) 40-49	1:45:45
(35:15,57;41:11;32)	
12 Joel Titcomb (MTC) 3,30-34	1:50:43
(37:16,59;34,11;29)	
29 Paul Merrill (MTC) 2,35-39	1:55:56
(37:14,1:01:00,15:24)	
32 Donna Kay open	1:57:30*
(39:55,1:03:13,12:15)	
116 Jeffrey Babino (MTC) 34	2:06:21
(45:05,1:07:27,13:49)	
117 Malcolm Kidd (MTC) 33	2:06:23
(46:18,1:09:32,17:46)	
201 Michael Cowell (MTC) 3,50-59	2:19:12
(45:12,1:14:14,15:39)	
202 Lloyd LaPountain (MTC) 27	2:19:38
(48:40,1:12:35,13:55)	
228 Deb Merrill (MTC) 8,30-34	2:22:42*
(44:28,1:17:09,14:47)	
297 Paul Alpert (MTC) 54	2:36:17
(49:57,1:24:31,17:41)	

Camden Tinman Triathlon - 52 Finishers  
Camden, Me - 9 September 1989

1 David Crawford (MTC)	1:50
2 Peter Weiler	2:02
3 Bill Davis	2:04
7 Jody King 1st woman	2:10*
12 Jeffrey Babino (MTC)	2:15
20 Deb Merrill (MTC) 2nd woman	2:25*
21 Lloyd Smith (MTC)	2:26
22 Anne Mitchell 3rd woman	2:26*
25 Les Berry (MTC)	2:30
31 Steve Woodsum (MTC)	2:36

FLASH -- Hawaii Ironman: MTC Finishers:

David W. Crawford:	
5th: 40-44 140th/1233	9:42:09
Paul S. Merrill:	
18th: 35-39 224th/1233	9:59:57
Rosalyn Randall:	
23rd: 35-39 880th/1233	12:15:43

Triathlon Notes:  
Jeffrey Babino: 7/23/89, DMSE Bay State Triathlon, Medford, MA, 320th: overall, 3:56:27 (R-10M-1:33:47, B-40M-1:49:46, S-1M-29:20).  
David Crawford: 7/1/89, Tri-Fed, Herit- age International Triathlon, Provo, UT, 2nd: 40-44, 49th overall; 7/16/89, USTS Vermont, Burlington, 1st: 40-44, 19th: overall, (S-1.5K-23:28, B-40K-1:02:26, R-10K-36:48) 2:05:34; 7/23/89, Bay State Triathlon, 1st: 40-44, 13th: overall, (R-57:45, B-1:32:02, S-24:15) 2:55:36; 7/30/89, N.E. Triathlon Series: Vermont, Fairlee, VT, 1st: 40-44, 4th: overall, (R-5.7M-31:23, B-23-57:35, S-0.8-20:17) 1:51:59; 8/26/89, Muncie Endurathon, Tri-Fed Long Course National Masters Championships, Muncie, IN, 2nd: 40-44, 9th: overall, (S-1.2M-32:02, B-55.3-2:17:24, R-13.1-1:32:42) 4:22:08. MANY THANKS to David for providing the data from which most of this month's triathlon material was compiled.



# Race Results

Maine Wild Blueberry 5M - 112 Fin.  
Machias, Me - 19 August 1989

1	Chuck Morris open	26:18
2	Michael Gaige	26:25
3	Peter Millard	26:38
16	Jeff Paul (MTC)	30:39
24	Tamara Repac-Timms open	33:28*
27	Serena Pottle	33:44*
31	Carol Mosel	34:04*
33	David Paul (MTC)	34:27
39	Sandra Wyman** 5th	35:50*
60	Dennis Morrill (MTC)	38:55
83	Ambrose Berry	43:50
106	Warren Wilson (MTC)	55:55

\*\* Sandra is a long time member of the MTC and is currently working on writing a history of the first decade of the MTC. She not only is a fine distance runner (when she has the time to train) but is also an outstanding bare-foot waterskiier. Sandra lives with her husband, Ambrose, in Scarborough.

8th Annual Elks 5 Mile Classic 74 Fin.  
Bath, Me - 2 September 1989

1	Danny Paul	25:51
2	Brian McCrea	28:30
3	Steve Reed 40-44	28:36
5	Al Sproul 45-49	29:11
6	Richard Mulhern (MTC)	29:16
8	Bob Coughlin 50-59	29:25
9	Dennis Smith (MTC)	29:47
10	Harry Nelson (MTC)	30:16
26	Cathy Jurgelvitch open	33:01*
27	Richard Scribner (MTC)	33:01
32	Deb Merrill (MTC) 2, open	33:56*
34	Dale Rines (MTC)	34:34
41	Rosalyn Randall (MTC) 3, open	35:24*
57	Carlton Mendell (MTC)	38:41
59	Nancy Lovetere (MTC)	39:00*
64	Rick O'Brien (MTC)	40:36

2	Mile Fun Run (22 Fin.):	
1	Ray Johnson	10:39
2	Joe Meehan	10:47
3	Richard Scribner (MTC)	10:54
8	Jane Dolley (MTC) 1, open	12:58*
9	Nancy Lovetere (MTC) 2, open	13:20*

Inaugural Sonesta Women's Dist. Fest. 5K  
Portland, Me - 1 October '89 - 193 Fin.

Top Finishers (overall):		
1	Tina Meserve open	22 17:49
2	Deb Potter 1,30-39	34 18:12
3	Wanda Binette-Haney (MTC) 23	18:19
4	Edie Dubord 2,30-39	31 18:27
5	Rose Prest-Morrison	26 18:37

Other Top Divisions:		
15	Carol Weeks (MTC) 40-49	40 20:21
23	Lori Towle (MTC) 18&under 16	21:22
27	Shelley Roberts 1st race	22 21:21
61	Jean Thomas (MTC) 50-59	53 24:05
135	Terri Morris 60&over	60 28:35

Other MTC Finishers:		
9	Donna Hubert	22 19:39
10	Diane Roy	20 19:45
24	Jeanne Lamontagne	26 21:06
25	Maureen Sproul	33 21:08
29	Carol Pierce 2,40-49	42 21:31
30	Joan Lavin	41 21:34
33	Michele (Jordan) Ohman	23 21:46
42	Elizabeth Olivier	33 22:39
53	Marla Keefe	36 23:26
48	Cindy Vokey	31 23:02
62	Stephanie Lugg	34 24:05
69	Nancy Lund	37 24:23
71	Beth Thompson	29 24:28
78	Susan Quimby 1st race	36 24:55

83	Adrienne McGuigan	30 25:04
90	Lori Garon	40 25:21
96	Sherry Carll	42 25:44
99	Nancy Bachelor	37 25:49
101	Gillian Morejon	10 26:03
105	Diana Laskey	29 26:09
118	Sara Hobson	29 26:52
123	Isabella Firth	28 27:15
124	Maggie Soule	48 27:26
133	Linda Richards 1st race	26 28:27
141	Claire Jordan	43 29:03
142	Susan Morejon	36 29:05
144	Brenda Cushman	46 29:15
156	Deborah Borduas	40 30:14
157	Pat Buckley	51 30:23
163	Donna Moulton	40 31:22
164	Sandy Utterstrom	45 31:24
173	Jennifer Alpern 1st race	6 32:56
174	Deborah Alpern	39 32:57
179	Brigid Barry	18 36:40
182	Marilyn Conner	52 38:09

3rd Annual Maine Track Club 50 Miler  
Brunswick, Me - 14 October '89 - 14 Fin.

PL	AGE	NAME	26 MI	50 MI
1	37	Ron Johnston	2:59:29	6:10:50
2	36	Lee Dickey	3:17:23	6:52:14
3	44	Dick Hogan	3:44:30	7:07:15
4	31	Paul Stackpole	3:35:09	7:08:55
5	46	Jack Mroczkowski	3:55:03	7:29:09
6	41	Joe Hayes	3:41:34	7:39:20
7	48	Phil Pierce-MTC	3:29:43	7:39:24
8	44	Bill Davenny-MTC	3:41:34	7:42:33
9	52	Roger Clark	3:48:44	8:26:29
10	56	Tom Forbes	3:59:05	8:29:19
11	40	Loren Lathrop-MTC	3:57:59	8:30:53
12	53	Kent Morgan	4:03:00	8:56:22
13	35	Egor Egan	4:27:30	9:09:16
14	67	Carl Mendell-MTC	4:23:44	9:32:45
15	39	Jeff Washburn	4:13:54	**
16		John Smith	3:36:35	***

\*\* Finished 30 MI in 5:22:00  
\*\*\* Finished 30 MI in 4:33:19

3rd Annual Back Bay 4 Miler - 558 Fin.  
Portland, Me - 15 October 1989

Top Finishers (overall):		
1	Greg Hale open	27 19:06
2	Paul Hammond	29 19:24
3	Todd McGraw	24 19:53
4	Tom Dann 1,30-34	32 19:59
5	Henri Bouchard	28 20:01
37	Tina Meserve open	22 22:41*
39	Deb Potter 1,30-34	34 22:48*
55	Rose Prest-Morrison	26 23:29*
76	Ellen Grant 2,30-34	32 24:04*
84	Wanda Haney (MTC)	23 24:16*

Other Top Divisions:		
15	Ron Newbury 35-39	39 20:57
16	Paul Cole wheelchair	34 21:05
20	Ira Bird 16-19	18 21:17
28	Jim Toulouse (MTC) 40-44	41 21:52
31	Rusty Lamade 50-59	52 22:23
48	Doug Ludwig 45-49	49 23:13
54	Parker Morse 15&under	15 23:27
127	Ellen Bowden 35-39	39 25:40*
139	Susan Hale 16-19	17 25:58*
158	Carol Weeks (MTC) 40-44	40 26:28*
201	Kara Patterson 15&under	14 27:38*
225	Peter Scontras 60&over	61 27:58
277	Elleen Jordan 45-49	47 29:16*
391	Joan Sayres 50-59	55 32:37*
492	Ashley Ryder 60&over	60 37:19*

Other MTC Finishers:		
24	Peter Dubé	27 21:42
35	Bill Bristol	32 22:35
42	John Eldredge	35 23:00
47	James Bunnell	32 23:10
49	Harry Nelson	35 23:14
57	Brian Milliken	36 23:35
63	Chuck Snekvik 3,45-49	46 23:45
70	Steven Robertson	30 23:59
81	Tom Kirby	33 24:10
85	David Smith	48 24:22

91	Donna Hubert	22 24:29*
95	Peter Bastow 3,50-59	53 24:36
96	Frank Ferland	40 24:36
105	Harley Lee	36 24:59
107	Nancy Grant 3,30-34	34 25:03*
110	Roy Morejon	46 25:10
116	George Prescott	41 25:23
131	Norman Locke	30 25:48
145	Craig Robinson	43 26:03
164	Maureen Sproul	33 26:37*
165	Eric Ellis	36 26:38
170	Barry Howgate	40 26:51
172	Chris Taylor	12 26:55
176	Christopher Vought	37 26:58
195	Martin Howgate	13 27:28
197	Loren Lathrop	40 27:32
200	Martin Lusignan	37 27:36
217	Mike Cavanaugh	38 27:48
228	Elizabeth Olivier	33 28:01*
244	Peter Seavor	51 28:31
246	Pat Ianni	30 28:32*
249	Russ Bradley 2,60&over	64 28:38
278	Warren Poye	41 29:17
279	Larry Zellars	35 29:20
297	Jeri Lynn Schroeder 3,40-44	42 29:38*
304	Kyle Milliken	10 29:54
319	Bob Jolicœur	52 30:21
320	Sandy Utterstrom 2,45-49	45 30:21*
321	Philip Bartlett	40 30:22
362	Bob Perkins	46 31:37
363	Nancy Lund	37 31:49*
383	Don Penta	43 32:15
389	John Woods 3,60&over	71 32:35
422	Sherry Carll	42 33:45*
425	Stephen Monaghan	62 33:52
434	Sara Hobson	29 34:27*
446	Ingrid Snekvik	14 34:56*
453	Widgery Thomas, Jr.	65 35:12
468	Geoff Hobson	30 36:08
493	Susan Morejon	36 37:20*
510	Ruth Hefflerfinger 2,60&+	60 38:40*
520	James Carroll	80 39:29
532	Carol Seavor 3,50-59	52 40:40*

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

Running Note:  
Jane Dolley: 10/7/89, 7th Annual Apple-Fest Half-Marathon, Hollis, NH, 4th: 40-49, 1:42:25. Jane comments "...this one is tougher than the Cape Challenge....on a scale of 1 to 10 Cape rates an 8 and this one a 9!" Jane is a loyal MTC'er who was MTC President in 1986. She is currently RRCA Regional Vice President for New England & N.Y. State and frequently sends me interesting cards describing her experiences in races. Many thanks!

2nd Ann. Raising Kane Triathlon - 119 F.  
Eaton, NH (S:1M;B:23;R:4) 6/4/89

1	Guy Stearns	1:37:48
	(19:37,54:51,21:42) 1,30-39	
4	David W. Crawford (MTC)	1:44:35
	(23:42,55:08,23:32) 1,40-49	
30	Elyse Poulin	1:56:15*
	(22:01,1:04:46,28:04) 1,open	
63	Jeff Babino (MTC)	2:08:16
	(24:38,1:09:29,31:08) 12,30-34	
111	Deb Merrill (MTC)	2:30:13*
	(36:22,1:18:33,31:23) 4,30-34	
114	Paul Alpert (MTC)	2:41:32
	(38:25,1:26:01,31:30) 1,50&over	

Fitness Connection Biathlon Series: #1  
Lewiston, Me (R:5M;B:20) 5/21/89

David Crawford (27:04,45:44)	1:12:48
1st, open & 40-49	
Gordon Chamberlain (29:03,52:19)	1:25:49
6th team, category 9	
Cushman (MTC) & Nicely (44:51,1:13:01)	
1st, category 10;	1:57:52
Cushman & Cushman (MTC) (44:51,1:05:03)	
3rd, category 11;	1:49:54





# 1989 SONESTA'S ANNUAL 5K WOMEN'S DISTANCE FESTIVAL

## Thirty-eight First Time Racers Complete the First Annual Sonesta 5K

by Sue Davenny

The Road Runner's Club of America organized the first Women's Distance Festivals in 1980 to promote women's running, and to campaign for the creation of a women's marathon and 10K in the Olympic Games. The festivals continue to encourage women's running. This year, there were 70 festivals in the U.S. and one in Frankfurt, W. Germany.

Women feel comfortable doing a short distance and running with other women for their first race. Kim Murphy wrote, "In the middle of the pack Sunday, my heart was bursting. Not because I was breathless. Because I was proud. I was racing with real runners." At the finish, "The street disappeared from under my feet. I floated into the arms of my family."

A women's race also gives experienced runners an opportunity they never otherwise have. Sara Hobson reported that Tina Meserve said, "What was strange was being right behind the

pace car. I've never had that before." Cheryl Bascomb said, "To see the front of the race, and be able to see the race develop. That was fun."

When the Maine Track Club was considering holding a women's race this year, we were extremely fortunate that James Pantelas, General Manager of the Sonesta Hotel Portland, contacted Race Committee Chair, Charles Scribner, to inquire about sponsoring a race. He and his staff became committed to the women's race and obtained Bud Light and Evian as our other major sponsors. Continental Airlines also joined with the Sonesta to provide the attractive Grand Prize Vacation to the Sonesta Sanibel Resort in Florida. The Sonesta staff solicited gift certificates that were given with the medals and ribbons to the overall and age group winners. Ruth Hefflefinger and Bill Stuart gathered door prizes and youngest and oldest finishers awards. National sponsors, Moving Comfort and Women's Sports & Fitness Magazine provided materials to all 71 Festivals through WDF coordinator Dianne Zellner.

Two hundred and thirty five women registered for the race. One hundred ninety three finished. Close to 200 people attended the awards breakfast in the Sonesta Ballroom. Jill

### Women's Distance Festival

On Friday, October 6th, Barbara Coughlin went into Boston for the day. The rest of us left Portland around 3 pm and headed for Concord. One car held Joan Lavin, Nancy Ellis, and Sue Davenny. The other car had Sandy Utterstrom, Jean Thomas, and Ruth Hefflefinger.

We arrived around 5 pm and Jane Rassmussen was waiting for us. She had been kind enough to invite us all to stay at her house. She had also invited her running friends from Concord over for the evening. Jane and her friends put together a potluck supper for us. The food was wonderful and we enjoyed swapping race stories. All too soon it was time to turn in, and Jane's friends, Carolyn, Joyce, Mary, and Sandy had to get home too, because they were also running in the race the next day.

We had a lovely morning the next day. After coffee, juice, and toast, we said we'd like to see some of Concord. So Jane took us on a tour. First we went to see a barn that was being filmed for TV's "This Old House." Then we went to the Old North Bridge for a little history. When it was time to head for Boston, we packed, drove to the train station, and hopped the train. Half way into Boston, who should get on the train but Joan Lee, Marion Kinner, Cheryl Bascomb, and their husbands? We got off the train

## Tuft's 10K

by Sandy Utterstrom

at Charles Street and walked to Boston Common.

When we arrived there were already lots of people there and the streets had been closed. We found Brenda Cushman sitting on a park bench in the sun. Soon Donna and Everett Moulton, and Bill Stuart found us. Soon Bill Davenny, Ray Hefflefinger, John Davis, and John Lavin joined us. It was great to have all the guys travel down to cheer us on.

We all crowded together for the start. The race started and we walked and ran, walked and ran. Finally we were able to run and keep running, but there wasn't a lot of room. At about 2 miles the pack thinned out and we could get into a rhythm. Before the turn we could all see the front runners. C.B., Nancy, Joan Lee, and Joan Lavin were all looking good. We all finished, and we all ran well.

I understand that Carolyn passed Joan Lavin on the last corner and was seen at the finish jumping up and down and saying, "I got her!" Just as a point of interest, these very nice ladies we had such a good time with the night before took the Over 50: Carolyn 1st, Sandy 2nd, Joyce 3rd, and Jane 4th. We love you anyway ladies! We did pretty well ourselves: Joan 43:15, Nancy 42:40, Barb 48:10, Jean 48:25, Sandy 50:39, and Sue 51:30 (unofficial times). We would love to do it again--how about the rest of you ladies?





RRCA  
WOMEN'S  
DISTANCE  
FESTIVAL

Rabine, Mrs. Maine, spoke eloquently of transitions in her life. Jane Dolley, RRCA Eastern Director announced the awards. Sixty volunteers were guests of the Sonesta in appreciation for their help on the race. Volunteers, 90% male also received Bud Light hats. Thanks guys.

WYNZ, Y 101 and WHTH, FM 103 covered the race from Congress Square Park and the Eastern Prom. Bill Green reported results that night on WCSH.

All the entry fees, donations for coffee in the lobby and sale of "no-shows" T-shirts went to McAuley Residence of Portland which provides transitional housing to women alone or with children.

This race fills a special need and has great potential to grow after a tremendous beginning. Watch for us next fall.

Sue Davenny & Ruth Hefflefinger

Unofficial report: Our greatest disappointment was that last minute pre-registrant, Wilamena Stuart, age 82!, of 92 Elsmere Ave., So. Portland, failed to show.

## Thank you Volunteers!

Ray Hefflefinger	Bill Lovett
John Conley	John Gale
Steve Monaghan	Dick Lajoie
Geoff Clark	Dennis Morrill
Widge Thomas	Bob Delaney
Ken Dion	Herb Strom
Phil Pierce	Don Penta
Rae Pierce	Dennis Connelly
Warren Foye	Chris Connelly
Harry Nelson	Roy Morejon
Phil Coffin	Clint Merrill
Bob Hazzard	Bob Green
Al Caseiro	Dick Scribner
Marshall Spiegel	Chuck Snekvik
Bill Bristol	John Lavin
Mark Lusignan	Cindy Smith
Mark Finnerty	Mike Towle
Larry Zellers	Bill Stuart
Tom Allen	Jane Dolley
Ron Cedrone	Ken Dolley
Peter Bastow	Erin MacLean
Dave Smith	Andy MacLean
Matt Hodges	Sandy Utterstrom
Robert Hoover	Al Utterstrom
Tom Atchison	Jean Thomas
Don McDade	Ted Cunningham
John Watson	Bob Cushman
Steve Jacobsen	Bill Davenny
Carlton Mendell	Richard Vail
Walter Webber	Terry McGovern
Dale Rines	John LeRoy
Jerry Saint Amand	Ruth Saint Amand
Mary McGovern	Rob Laskey
Loren Lathrop	Nancy Stedman
Tom Clemence	Jeanne Clemence
Jim Pantelas	Mary Zazzaro
Donna Hanson	Dottie Nanos
Katy Dyahleug	Marla Moorman



photo by Bill Stuart

Gandy Utterstrom, # 309, enjoying the Tuft's 10K.

## Thank you Festival Sponsors!

1989 SONESTA ANNUAL 5K WOMEN'S DISTANCE  
FESTIVAL SPONSORS

MAJOR SPONSORS  
Sonesta Hotel Portland  
Continental Airlines

NATIONAL WDF SPONSORS  
Moving Comfort  
Women's Sports & Fitness Magazine

AWARDS, DOOR PRIZES, GOODIE BAG STUFFERS  
WYNZ  
Longfellow Cruise Line  
Minimum Impact  
Tom's of Maine  
Enchanted Forest Book-store  
Horsefeathers Stables  
Nickelodeon Theatres  
Portland Museum of Art  
Eastern Slopes Inn  
State of Maine Cheese  
The Cookie Lady  
The Maine Mariners

Bud Light  
Evian

Servicemaster  
The Bounty  
Enerjoy  
Jane Dolley  
Bigelow Teas  
Sun Savings  
Downeast Magazine  
Salt Magazine  
Port Bakehouse  
Cole Farms  
The Bay Club  
Bill Richter

 Sonesta Hotel Portland



RRCA has issued an updated safety flyer called "Women Running Smart," with a series of tips for women's running safety. RRCA President Henley Gible said, "We want every runner in America, not just women runners, running safely. And we want RRCA members to be among the most aware runners out there." To that end, RRCA's 14 tips for running safety are reprinted here.

1. CARRY IDENTIFICATION or write your name, phone number, and blood type on the inside sole of your running shoe. Include any medical information. DON'T wear jewelry.
2. CARRY A QUARTER FOR A PHONE CALL.
3. RUN WITH A PARTNER.
4. WRITE DOWN OR LEAVE WORD of the direction of your run. Tell friends or family of your favorite running routes.
5. RUN IN FAMILIAR AREAS. In unfamiliar areas contact a local RRCA club or running store. Know where telephones are, or open businesses or stores. Alter your route pattern.
6. ALWAYS STAY ALERT. The more aware you are, the less vulnerable you are.
7. AVOID UNPOPULATED AREAS, deserted streets and overgrown trails. Especially avoid unlit areas at night. Run clear of parked cars or bushes.
8. DON'T WEAR HEADSETS. Use your ears to be aware of your surroundings.
9. IGNORE VERBAL HARASSMENT. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
10. RUN AGAINST TRAFFIC so you can observe approaching automobiles.
11. WEAR REFLECTIVE MATERIAL if you must run before dawn or after dark.
12. USE YOUR INTUITION about a person or an area. React on your intuitions and avoid a person or area if you are unsure.
13. CARRY A WHISTLE OR NOISEMAKER.
14. CALL POLICE IMMEDIATELY if something happens to you or someone else, or if you notice anyone out of the ordinary.

## RRCA Issues Women's Running Guidelines



photo by Bill Stuart

*Barbara Coughlin running in the Tuft's 10K, one of some 70 races in the Women's Distance Festival -- a series of races hosted by the RRCA.*

*The Road Runner's Club of America is a national umbrella organization for grassroots running. More than 450 clubs -- including the Maine Track Club -- are members of RRCA. The national office of RRCA is at 629 S. Washington St., Alexandria, VA, 22314; (703) 836-0558.*



## The Bruce Ellis Memorial Fund

The following proposal was approved by the membership at the October 11 meeting.

As of October 11, 1989, the Bruce Ellis Memorial Fund contains \$550. I recommend that the Fund be dedicated to the purpose of sponsoring a young Maine runner to a running camp (preferably in Maine) each year. The Fund will be replenished from the proceeds of the Midwinter 10 Mile Classic or other specified race, and by continuing individual contributions.

For 1990, the Colby College Cross Country Camp has been recommended. It will be held July 29-Aug 3 for boys and girls 13-17. The cost is \$225.

If income allows, a sponsorship will be awarded to a male and a female. If income does not allow this, a male will be selected one year and a female the following year and so on.

Selection will be by application, judged by the Board of Directors on enthusiasm, need and ability. An application form will be developed and published in the Maine Track Club Newsletter, provided to coaches and the running camp director. Announcement of the award(s) will be prior to the camp date.

Contributions may be made anytime to the Maine Track Club Bruce Ellis Memorial Fund, P.O. Box 8008, Portland, ME 04104.

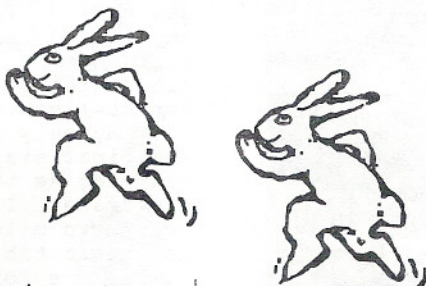
Susan Davenny

## Thanks Volunteers!

MTC Volunteers for Heart Run

September 24

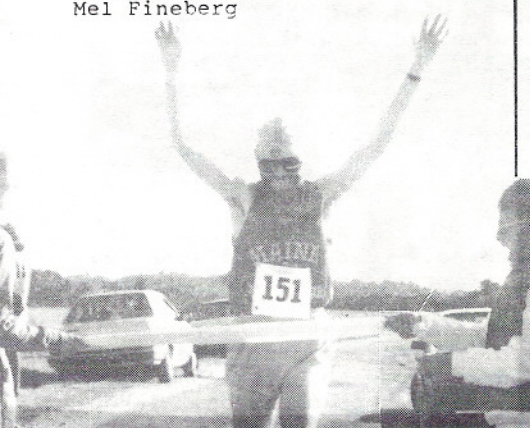
Don McDade  
Everett Moulton  
Donna Moulton  
Ray Hefflefinger  
Ruth Hefflefinger  
Ted Cunningham  
Bob Cushman  
Carlton Mendell  
Charles Scribner  
Bill Davenny  
Mel Fineberg



*Next Hash!*

*Sunday, November 19th  
at Colby College or the  
Kennebec Wharf at 5:00 pm.  
Call Cliff Olsen and tell him  
which location you would  
prefer ~ 623-4276 (evenings).*

*What is a hash? Check your  
October issue for details.*



## Year-Round Random Drug Testing Program Begins October 1

TAC's *Drugfree Year Round Drug Testing Protocol*, a comprehensive, year-round drug testing program for track and field has been instituted, effective October 1.

"For me, it's been a long uphill battle," said Edwin Moses, two-time Olympic gold-medalist and world record holder in the 400 meter hurdles and chairman of TAC's Year-Round Testing Committee. "For six or seven years, I've had the feeling that random testing was the only way to do it."

Original plans were to inaugurate the program on July 1. The postponement, according to Moses, gave TAC a chance to implement the drug testing program "more completely and carefully."

The delay was due, in part, to the ongoing search for a suitable sample collection agency — one large enough to accommodate the nationwide process.

Another factor in the delay was the summer season. With virtually all the top American performers competing in Europe, testing would have been difficult. International Amateur Athletic Federation (IAAF) approved testing is already in effect at most of the meets on the European circuit.

"For the past several months we've worked diligently to ensure that the drug testing program is implemented properly," said Moses. "We want to be sure of the integrity of the process. We want to make sure that all decisions concerning this program are made cautiously."

According to the TAC drug testing plan, the top 15 athletes in each event will be subject to random, year-round testing. At least 600 tests will be performed annually. Athletes selected will be given 24 to 48 hours notice of the testing. An athlete who fails to appear for testing, unless excused by TAC, will be declared ineligible, just as if a sample had tested positive. TAC will cover the cost of travel, and the creation of a pool of testing sites will keep travel time to a minimum.

This program was devised at TAC's National Convention in Phoenix last December, with the unanimous approval of the Athletes Advisory Committee; it was formally adopted at TAC's Board of Directors meeting in Indianapolis last March. Until now, TAC's policy has been to test only at competitive events.

*reprinted from The Record V.10, #4*

*Ruth Hefflefinger & Jean Thomas volunteer frequently*



## Maine's Only Ultramarathon

The 50-mile Ultra was held on Saturday, October 14th - a sunny fall day with temperatures in the low 60's. This proved to be a little warm for the runners, but perfect for the dedicated volunteers who spent the whole day recording split times. The race drew entrants from near (four from M.T.C.) and far. Egor Egan traveled all the way from Nova Scotia and put on a great run - sometimes accompanied on a lap with his dog.

Ron Johnston from North Conway, New Hampshire led the field of 16 runners for most of the race, finishing in 6:10:50. Lee Dickey from Dracut, Mass was second in 6:52:15. Maine Trace Club was well represented by Phil Pierce who finished in 7:39:24; Bill Davenney, running his first Ultra in 7:42:33; Loren Lathrop (8:30:53) and Carleton Mendell (9:32:45).

Many of the runners, volunteers and supporters gathered for awards, supper and good fellowship at the Bowdoin restaurant in Brunswick following the race. The two new Race Directors want to thank, again, the many wonderful volunteers for helping us during the day.

**Bill & Bambi Lovett**

**October 14, 1989**



**Thanks Volunteers!**

## My First 50-Miler

by Bill Davenney



*Bill Davenney, smiling still!*

After a breakfast of an Exceed high carbohydrate "milk shake," Sue and I left Portland for the Bowdoin College Gym. We arrived there at seven to check in with the race director and pick up my number. By that time I had finished a large cup of black coffee and was quite excited.

We caravanned with some other runners to the start of the four mile loop on the Pennellville Road. The temperature was cool for the start, which was shortly after 7:30 am. The morning became very pleasant as the sun warmed the air. During the later stages of the race it was almost too warm in the open part of this mostly forest-lined course.

My only problems were some fatigue during the final stages of the race and some minor leg cramping as the day got warmer and I started to dehydrate. I drank two full cups of Exceed at every two miles, ate several bananas and took Ascriptan tablets periodically.

I was fortunate to have a crew of understanding handlers who kept me emotionally on track. Susan and Sandy Utterstrom used Geoff Clark's suggestion of relating the 12 laps to the 12 months of the year. There was an appropriate slogan with each month as I passed by.

Bill and Bambi Lovett and their crew of volunteers are to be congratulated for maintaining a safe course and providing lots of food, fluids and tender loving care.

I finished the race physically spent but emotionally high. Back at Bowdoin I had the opportunity to have a beer with clubmate and inspiration, Phil Pierce, a hot shower and a one of the muscle-saving massages provided by Rick and Carol.

The day ended with the awards banquet at the Bowdoin Steakhouse. A scotch and some red meat were welcome after the sacrifices of the training table.

All the MTC starters finished the race, Phil Pierce, Loren Lathrop, Carlton Mendell and myself. We should be proud to have sponsored and managed Maine's only ultramarathon. I hope that we will continue to encourage this type of running by keeping this excellent event on the MTC calendar.



## 1989 Officers and Committee Chairpersons

Herb Strom	President	799-7705	Ruth Hefflefinger	Membership	797-4625
Bill Stuart	Vice President	799-5961	Charlie Scribner	Past President	772-5781
Susan Davenny	Secretary	772-1787	Melvin Fineberg	Clothing	774-8868
Rick Strout	Treasurer	829-3216	Don Penta	Statistician	892-4526
Charlie Scribner	Race Committee	772-5781	Nina Stoddard	Photography	799-6954
Erin MacLean	Newsletter Editor	761-9582	Nancy Steadman	Photography	774-4013
John LeRoy	Course Certification	725-8680	Bob and Brenda	Refreshments	797-3467
Loren Lathrop	Course Certification	772-8356	Cushman		

Maine Track Club, Box 8008, Portland, Maine 04104 \* A non-profit organization

### Wanted: Newsletter sponsors!

The MTC newsletter staff gratefully acknowledges the generosity and support of those members listed in the box at right. If you would like to become an individual sponsor, please send \$10 to the MaineTrack Club, Box 8008, Portland, ME 04104.

To become a corporate sponsor, your donation of \$25 should be mailed to the same address. Prime sponsorships in the amount of \$50 can also be mailed to MTC at the address listed above. All donations are gratefully accepted.

### Thank you MTC Newsletter sponsors

Barry & Judy Howgate  
Cindy Smith  
Dick Lemieux  
Barry Fifield  
John Woods  
Bill & Sue Davenny  
Kurt Nielsen  
Debbie & Warren Alpern  
Anonymous

**Prime Sponsor**  
**Carol Pierce**

Don Johnson of No. Conway won the 50-Miler in 6:10:50



Congratulations to Arabella  
and John Eldridge on the birth  
of their son, Macgill James  
(9 lbs., 4 oz.) on October 17th!

Congratulations to Deb and  
Clint Merrill who are  
expecting their first child  
in May! Deb is alive and  
well and working hard  
at her studies in  
Florida ~



# MAINE TRACK CLUB MEMBERSHIP FORM

\_\_\_ Individual (\$12.00)    \_\_\_ Family (\$15.00)    \_\_\_ Student (\$5.00)  
(18 yrs. old maximum)

LAST NAME \_\_\_\_\_, TODAY'S DATE \_\_\_\_/\_\_\_\_/\_\_\_\_

1ST. NAME \_\_\_\_\_, INITIAL \_\_\_\_, SEX (M/F) \_\_\_\_, D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_

1ST. NAME \_\_\_\_\_, INITIAL \_\_\_\_, SEX (M/F) \_\_\_\_, D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_

1ST. NAME \_\_\_\_\_, INITIAL \_\_\_\_, SEX (M/F) \_\_\_\_, D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_

1ST. NAME \_\_\_\_\_, INITIAL \_\_\_\_, SEX (M/F) \_\_\_\_, D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_

ADDRESS \_\_\_\_\_, HOME PHONE \_\_\_\_\_

CITY \_\_\_\_\_, STATE \_\_\_\_\_, ZIP CODE \_\_\_\_\_

EMPLOYER \_\_\_\_\_, OCCUPATION \_\_\_\_\_, PHONE \_\_\_\_\_

EMPLOYER \_\_\_\_\_, OCCUPATION \_\_\_\_\_, PHONE \_\_\_\_\_

IF STUDENT: SCHOOL \_\_\_\_\_, YEAR OF GRADUATION \_\_\_\_\_

SCHOOL \_\_\_\_\_, YEAR OF GRADUATION \_\_\_\_\_

OTHER INTERESTS: \_\_\_\_\_

YOUR SPONSOR (IF ANY): \_\_\_\_\_

## Maine Track Club

P.O. Box 8008  
Portland, Maine  
04104



First Class Mail