

Maine Track Club



Run with a friend...

November 1991



FROM THE EDITOR

We've been blessed with the most beautiful weather since spring! This fall has been simply gorgeous and perfect for runs of any distance. We must all cherish these days before we have to slip and slide our way through winter. With any luck, we will have one as nice as last year.

November is a great time to ask not what the Maine Track Club can do for you, but what you can do for the Maine Track Club. Though there are few races to volunteer for during the winter months, there are many things you can do to involve yourself in Club activities. Make an effort to attend the monthly Membership Meetings or attend a Board Meeting if you have any ideas that need airing. Volunteer to be a Race Director for one of next year's races. Write an article for the Newsletter. Get a friend to join the a Race Director for one of next year's races. Write an article for the Newsletter. Get a friend to join the club. Come to one of the monthly runs and brunch. Join one of the existing running groups or start one of your own. Suggest a speaker for one of the monthly Club meetings. You can see there are many different ways to participate in the Club. If we all chose just one and did it, the Club would benefit enormously. Give it a try!

Congratulations to Phil Pierce, Bill Davenny and John Kim for their remarkable finishes in the MTC Ultramarathon. And congratulations are also in order to Carlton Mendell, this star of this month's newsletter. In addition to smoking his 83rd marathon this month, Carlton celebrated his 70th birthday. Many more, Carlton!

As this issue goes to print, a bunch of us are going down to Washington for the Marine Corps Marathon. It will be great to run through the streets of my hometown wearing my MTC singlet and cheering for the greatest group of friends I could ever ask for.

Candace

Missing Equipment

We continue to suffer from the plague of missing equipment. Please look through your garage, attic, basement, etc., for MTC equipment. The missing items include **three stop watches** (clearly marked MTC property), blue water jugs, flags and vests. If you have any of this equipment, please return it at a race, at a meeting or call Bill Stuart at 799-5961.

COVER: Jennifer Alpern, age 8, at the 3rd Annual Women's Distance Festival 5K - The youngest finisher.
RIGHT: John Kim with a strong finish at the MTC Ultramarathon in Brunswick.

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NEXT MTC MEETING

Wednesday - Nov. 13 - 7:00 pm
SMTC - Machine Tool Auditorium

Geoffrey Glaser, a nationally ranked javelin thrower, and Lance Diehl, who went to the World Championships in 88, 89 and 90 and who is currently ranked the number two hammer thrower in the nation, will talk about "Plyometric Training for Speed and Flexibility" at this meeting. They will also show a film about this kind of training technique.

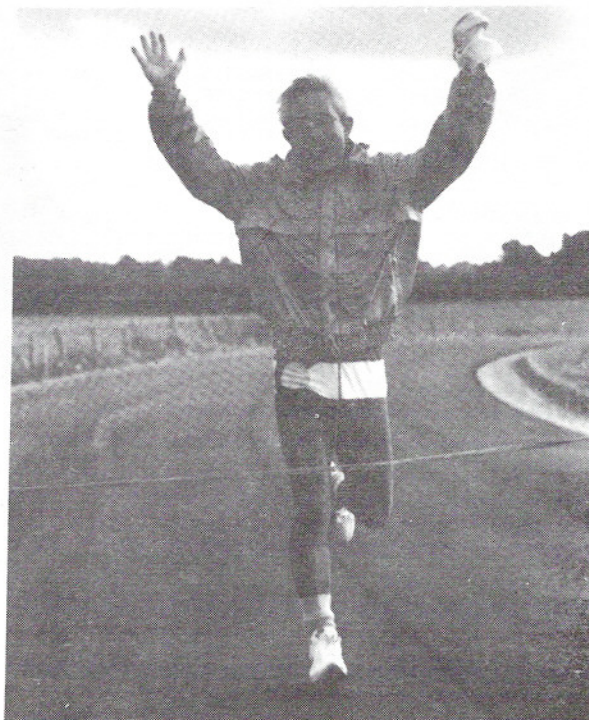
Their talk will begin at 7:00 and the regular business meeting of the MTC will immediately follow. Please join us and bring family and friends.

Nancy H. Ellis

&

Leonard R. Duffy

*Joyfully announce their marriage
on Sunday, the eleventh of August
nineteen hundred and ninety-one
Sheepscott, Maine*



PRESIDENT'S PAGE

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It is fun to see so many people really enjoying running, and having a good time participating in a race, no matter what the distance or their pace might be. You can just feel their sense of accomplishment and pride when they respond with a smile or grin to your applause or words of encouragement.

On Saturday of Columbus Day weekend, Al and Sandy Utterstrom and a hardy band of MTC volunteers "set up shop" on a dark, windy, and cold rainy morning in Brunswick so that 23 runners could test their mettle in the 50 Mile endurance run. These runners really appreciated the work and effort of the MTC to make the event a special one. When they completed a four mile segment and got a drink or snack or cup of soup, they flashed a smile in spite of their aches and pains, and you knew it was a sincere expression of thanks.

On Monday of that same Columbus weekend, Jan and I witnessed our first Tufts 10K in Boston. It was a beautiful, sunny, warm day with almost 4,000 women gathered together to run 6.2 miles. Judy, our daughter, had told us about the fun time she had in her first Tufts 10K for Women last year. She said, "You guys will really like seeing it!"

We accepted her invitation and found out that she was right in her description of the event. There is an atmosphere like you find at the Boston Marathon: balloons, radio and TV coverage, loud music and big crowds on the Boston Common in the heart of the City. Spectators lined the streets and continuously cheered and applauded as the runners passed by, no matter what pace they were running. The top runners finished in 32 and 33 minutes, but the crowds were there for those women who came across in 65 and 75 minutes, too. Just by seeing their big smiles and waves back to the crowd, you knew it was a high point in their running experiences. If I were a woman runner, I certainly would make plans to run the Tufts 10K race at least once.

A week later we journeyed up to Waterville to help with the Pine Tree Marathon on a cold, very windy Sunday morning. It really made me feel good to see so many Maine Track Club members who were volunteering to help with the race, or were running in it. It is a sign of an active club, and I know Jerry St. Amand and Gene Roy of the Central Maine Striders appreciated MTC's participation.

The Waterville Sentinel had an article about the marathon and it was posted by the registration table. I started to read the article and noticed a feature story regarding our own Carlton Mendell. I got a copy of this article and I hope everyone will take the time to read the reprint of it in our newsletter. What a guy!

Phil Pierce was the first MTC member to cross the finish line at the MTC Ultramarathon.

The late fall racing season will be highlighted by our 5K and 10K Turkey Trots, Shaw's Thanksgiving Day 4-Miler, and our Club Handicap Race on Dec. 8. The Handicap Race sounds exciting, and should be a good finale to a very busy and successful MTC race schedule.

Something to ponder: Why can't more road races in fall, winter and spring be scheduled on Saturday or early afternoon on Sunday? Many runners and/or their families are involved with church or Sunday School on Sunday mornings. If races were held other than Sunday morning, additional "family strains" created by running could be avoided.

What do you think?

Happy running!

Peter

THANK YOU FROM DAVID CRAWFORD

9/29/91

Dear Peter (Bastow),

Just a quick note before I take off for Australia this coming week. I received the check from Susan and your letter. I want to thank you and the MTC for the encouragement and financial support for my trip to Australia and my attempt to repeat as World Champion in the masters category.

I enjoy travelling to the major triathlon races and love competing with the top masters from across the country, but it does get expensive. One doesn't find many sponsor dollars to help support masters athletes in their endeavors. The track club's generous support is much appreciated. Thanks very much.

Regards,
David Crawford



MEMBERSHIP MEETING -4-

MAINE TRACK CLUB MEETING OCTOBER 9, 1991

Speaker for the evening was John Chase, Winter Olympic biathlete. Approximately 50 people attended.

New members present included Kathy Tibbetts, Don Kent and Tom Decker. Welcome!

V.P. Report: The Banquet will be January 18, at the Marriot. Nominations will be made next month for 1992 officers. Elections in December.

Secretary's Report: Minutes of the Sept. meeting were approved. Correspondence from Dave Crawford, Westbrook Junior High and Nancy Ellis will be in the newsletter. Nomination forms for 1991 Annual Awards in newsletter and on lobby table.

Treasurer's Report: not available, check next newsletter.

Race Reports: Rock Green's 24 Hour Run has raised over \$8000 to fight AIDS. MTC members ran during all 24 hours. Thanks to Rick Meinking and Bob Moyer for making calls. Physical Therapy 8K in Brunswick drew 163 finishers. Todd Coffin & Tina Meserve won. 50 Miler has 25 entrants including 3 first timers. Citibank 10K features prize money and long sleeve t-shirts for runners and volunteers. Shop n' Save Turkey Trot will be 2 races, a 10K and a 5K. Winter knit hats for volunteers and 150 runners. Bud Light 5K will donate approx. \$1900 to McAuley Residence. Extra t-shirts for grabs. Pine Tree Marathon will be the last one. MTC volunteers will be on water stop teams. NCAA Cross Country Championships, Nov 16, need 50-60 volunteers. See Bill Stuart. Great Pumpkin apps available. MTC Handicap Race will be Dec. 8th, pre-registration only.

Clothing: Last night for orders on gym bags.

Herb Strom: Pre-meeting fun run was held. See Herb about teams for Nov 30 TAC/USA Junior, Senior & Masters Cross Country Championships in Franklin Park, Boston.

Southern Maine Marathon? Not a top priority at the moment because of difficulty in recruiting sufficient volunteers for the half-marathon. Comments and suggestions welcome to Board & Race Committee.

Nancy Lund will be competing in the National Summer Biathlon this month. Best wishes!

1992 Race Calendar is being completed now. New races will be considered only if another race is discontinued or a new race director comes forward. Contact Charlie Scribner.

Kim Beaulieu Roberts says Hi! from the West Coast through Russ Connors. An out standing Maine runner in the early 1980's, she will be making a visit east this summer.

Sue Davenny won the 50/50 raffle.

Respectfully submitted,

Susan Davenny
Susan Davenny
Secretary

NOVEMBER MTC SOCIAL

"Rat Pack Snacks"

Date: Sunday, November 17th

Hosts: Al & Tammy Butler
20 St. George Street
Portland
772-6463h 775-2623w

Who's Invited: All Maine Track Club Members, "Rats" & other varieties

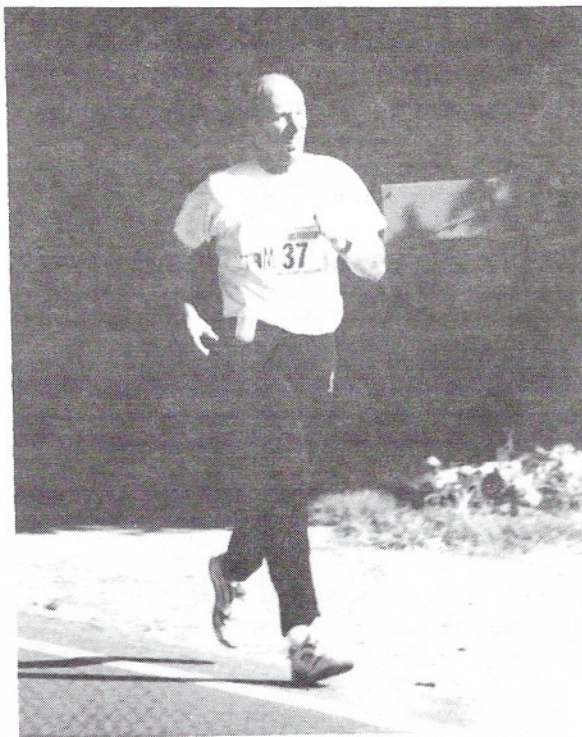
Time: 7:00am 12 mile run
8:00am 4-6 mile run
9:15am Brunch

Bring: Fruit, juice, or a favorite carbo (Not too much, Tammy will have lots.)

Directions: St. George Street is off Brighton Ave., beside the Mutual Gas station, at the foot of the Osteopathic Hospital Hill

PRE-MEETING FUN RUNS

Past President, Herb Strom, has offered to arrange a run and use of the SMTC showers before the club meetings. The run would begin at 5:30pm. Call Herb if you are interested.



Warren Foye looking strong at the Clarence De Mar Marathon.

A Keene Experience

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Ah, what an adventure it was. The Clarence DeMar Marathon in New Hampshire. I went as a spectator, as Bill Davenney's designated spouse in the absence of the MTC secretary, who was home tending to final details of the Women's Distance Festival the following week.

After Mel Fineberg and I completed an 18-mile training run Saturday morning, I joined Bill, Gerard and Colleen Salvo and Kathi and Warren Foye to make the scenic trek to Keene, NH. I put aside my opinion of a tribute to DeMar in Keene (after all, he was from my dad's and Ruth Hefflefinger's hometown of Melrose, MA, ran his best Bostons as a Melrosian and was a local hero there for whom the high school athletic fields are named) and vowed to have a good time as an athletic supporter.

Our first Keene stop was the Super 8 Motel where the Foyes and the Salvos stayed, and where Bill and I would have slept if Bill had made reservations in time. The place was nice, though we did pity the poor guy whose room key had been lost by a previous occupant. ("Don't worry, sir," he was told by the lady at the front desk. "Just ask us to unlock your door with the master whenever you want to go in.")

We then went "downtown" to find our hotel. The place did not look bad at first glance. It was located near a store with beer and munchies, a major attraction. We met the Jean Thomas/Lynn Patrick and Malcolm Washburn/Ned Vadakin parties and proceeded to our rooms. Perhaps the cob webs outside the door should have tipped us off, but we proceeded anyway.

Actually, the room could have been worse, judging from Vietnam POW accounts. (We initially had felt sorry for the guy from Michigan who was told that neither that hotel or any other in the area could accommodate him on the eve of a marathon in his 50th state. He decided to sleep in his car. If Bill or I had driven, we would have chosen a car as well.) The room was dark and dreary, but it had that certain *je ne sais quoi* that only linoleum and shag carpet can provide. I felt underdressed in anything less than a leisure suit.

Malcolm, who swears that Elvis lives and will enter the New Hampshire primary in February, found that his room was a tribute to

the King. The gold and white wallpaper and speckled Formica made quite a statement.

We all survived the night and awoke to a sunny, crisp morning. Kathi, Colleen and I volunteered to help at the first water stop. Within five minutes of our arrival we were running the show, rearranging the tables and telling volunteers what to do. After the last runner went by that stop, we drove along the course (supplemented to Lynn on her mountain bike) to support Team MTC. Some runners thought that they were hallucinating - every couple of miles they would see the same faces that they had just run past.

The course was beautiful, cutting through hardwood and pine forests, along a river and through residential neighborhoods, as it would its way from Gilsum to Keene. The killer is a long, gradual uphill at about mile 17, followed by a long, steep downhill that does nasty things to otherwise healthy quad muscles. Several members of the MTC team had trouble on the downhill stretch.

Malcolm, who ran his first marathon at Pine Tree in 1990 and had four under his belt, smoked the field with an impressive 3:08. Jean Thomas turned in a notable performance, setting a course record in the 50-59 age category. Yun Chong, a high-stepping strutter, ran a 3:36, 15 minutes behind Loren Lathrop. Gerard, a marathon virgin, pulled away from mentor Bill Davenney in the middle of the race but let the wiry rascal catch him after Mile 25. Ned and Warren, both of whom experienced physical problems, gutted it out and finished long before the last runner crossed the line.

There is a lot to be said for the marathon - good support, good traffic control, a beautiful course. I learned that there is a lot to be said for this support stuff, too - it's a lot less draining (but no less time-consuming) than running!

Ned Vadakin outpaces the support team at the Clarence De Mar Marathon.



Article and photos this issue by the Extraordinary and Multitalented William Stuart.

RACE RESULTS

3rd Annual Women's Distance Festival 5K Portland, ME - 211 Fin. - 9/29/1991

Top Overall Finishers:

1 Michele Hallett	27	17:19
2 Tina Meserve	24	17:45
3 Edie Dubord	33	17:52
4 Jamilyn Dunn 1,25-29	29	18:04
5 Katherine Chabot 1,18&under	18	18:59
6 Ellen Bowden 1,35-39	39	19:10
7 Eileen Dunfey (MTC) 2,35-39	35	19:11
8 Wanda Binette 2,25-29	25	19:14

Other Top Division Finishers:

9 Kristin Pierce 2,18&under	17	19:35
10 Jeanne Hackett (MTC) 30-34	32	19:40
16 Marjorie Haney 20-24	24	20:30
22 Joan Lavin (MTC) 40-44	43	20:50
33 Faye Gagnon 45-49	46	21:30
60 Renee Collins 50-54	50	22:59
76 Jean Thomas (MTC) 55-59	55	23:45
134 Mead Brownell 60&over	60	26:34

Other Maine Track Club Finishers:

13 Jeanne Lamontagne	28	19:54
14 Elisabeth Gendron	28	19:57
17 Erin MacLean	28	20:37
23 Nancy Lund	39	20:59
24 Nancy Kneeland	36	20:53
26 Mary McCarthy	30	21:03
27 Brigitte Edquid 2,40-44	43	21:03
30 Diane Flanders	34	21:10
34 Lynn Patrick	28	21:48
36 Suelene Houser	28	21:54
41 Terry Wiley	31	22:08
45 Patty Medina	33	22:08
47 Cynthia Smith	44	22:30
52 Michele Ohman	25	22:40
61 Marla Keefe	38	23:00
63 Barbara Coughlin	48	23:11
70 Joan Tremberth	46	23:31
71 Betty Barber	34	23:32
79 Judith Bastow	28	23:57
80 Michelle Giroux	25	24:00
84 Wendy Hall	26	24:29
90 Brenda Keene	38	24:37
91 Jeanne Richmond	32	24:38
93 Sandy Utterstrom	47	24:42
106 Terry Finnerty	31	25:00
108 Kathleen Duddy	40	25:03
110 Pat Murphy	45	25:05
114 Linda Richards	28	25:17
128 Patti Tableman	33	26:26
138 Deborah Shaw	35	26:48
148 Christine DeTroy 2,60&over	63	27:58
156 Deborah Poore	42	28:48
161 Donna Moulton	42	29:07
167 Nora Stetson	63	29:33
177 Sherry Carll	44	30:09
179 Pat Buckley	53	30:10
181 Jennifer Alpern	8	30:37
182 Deborah Alpern	41	30:47
192 Maggie Soule	50	32:26
196 Bobbie MacLean	61	32:37
198 Michelle Mondor	44	33:05
208 Janice Bastow	55	39:38

The Citibank United Way 10K - 192 Fin. Falmouth, ME - RRCA ME Champ. - 10/13/91

Top Overall Finishers:

1 Tom Dann (MTC) 1,30-34	34	32:15
2 Paul Coburn (MTC) 1,25-29	28	32:23
3 Jeremy King 2,25-29	27	32:44
4 Henri Bouchard 2,30-34	30	32:50
5 Rob Spaulding 1,35-39	36	32:54
18 Renee Rombaut 1,20-24	23	37:37*
20 Veronica Knight 2,20-24	24	38:21*
36 Eileen Dunfey (MTC) 1,35-39	35	40:10*
51 Coreen Corsetti (MTC) 25-29	26	42:01*
52 Elisabeth Gendron (MTC) (2)	28	42:11*

Other Top Division Finishers:

6 David Weatherbie 20-24	23	33:24
8 Ron Newbury 40-44	41	33:40
10 Marc West 19&under	19	34:52
28 Doug Ludewig 50-54	51	38:57
35 Joe Meehan 45-49	45	39:46
42 Peter Bastow (MTC) 55-59	55	40:24
90 Jennifer Sawyer 19&under	15	44:40*
101 Mary Moseley 30-34	33	45:35*
102 Betsy Barrett 40-44	40	45:35*
104 Carlton Mendell (MTC) 60&+	69	45:44
142 Nancy Lovetere (MTC) 45-49	47	49:40*
183 Barbara Moynihan 50-54	54	59:33*
192 Cathie Taylor 60&over	62	73:13*

Other Maine Track Club Finishers:

11 Gordon Scannell 3,35-39	38	35:03
12 Jim Toulouse 2,40-44	43	35:20
16 Sam Merrill 3,40-44	41	37:07
22 Bill Fenderson 5,35-39	36	38:27
26 Jim Bunnell 5,30-34	33	38:50
37 Larry Barker	42	40:18
41 Gary Salamone	34	40:22
48 Steven Jacobsen	41	41:27
56 Ed Doughty	42	42:45
58 Paul LaVangie	33	42:57
59 Dominic Reali 2,45-49	48	43:01
60 David Houser	41	43:03
62 Robert Moyer 3,45-49	47	43:16
63 Don Rameau	34	43:19
67 Michael Cowell 3,50-54	54	43:24
69 Harley Lee	32	43:26
76 Gerard Salvo	36	43:48
85 Gary Giffard	32	44:14
86 Nancy Kneeland 2,35-39	37	44:15*
94 David Haskell	46	45:00
95 Kathryn Tolford 2,35-39	37	45:11*
105 Rocco Corsetti	44	45:49
109 Diane Flanders 2,30-34	34	46:04*
112 Russ Bradley 2,60&over	67	46:40
127 David Shevenell	29	48:23
128 Gail Waitkun	36	48:30*
130 Ian Cromarty	31	48:38
134 Eric Ellis	38	48:47
159 Sue Inches	36	52:19*
160 Don Kent	38	52:30
168 Robert Wyman 5,50-54	54	53:49
170 Dennis Morrill	52	54:26
173 Beverly Doughty 5,40-44	40	55:27*

Many thanks to Charlie Scribner and Phil Pierce for complete results.

1991 Maine Lobster Festival 10K - 137 Fi. Rockland, Maine - August 4th, 1991

1 Andrew Howard 1,20-29	24	32:43
2 Danny Paul 1,30-39	37	32:47
3 Cliff Mathews 1,40-49	40	33:10
4 Ron Newbury 2,40-49	41	33:13
5 Tom Thibault 2,30-39	33	34:22
8 George Towle (MTC)	41	35:19
9 Jane Welzel 1,30-39	36	35:56*
10 Arnold Henry 1,15-19	15	36:20
26 Scott Fone (MTC)	31	38:37
27 Carl Fogg (MTC)	43	38:39
34 Clyde Coolidge (MTC) 1,50-59	52	39:21
42 Carol Weeks (MTC) 1,40-49	42	40:16*
47 Summer Weeks (MTC)	42	40:45
54 Carol McRea 2,30-39	37	42:07*
56 Sarah Andrus	36	42:37*
60 Mathew Pawson 1,14&under	13	43:12
62 Martha Cederstrom	36	43:48*
63 Carlton Mendell (MTC) 1,60&+	69	44:03
64 John Merritt, Jr. (MTC)	41	44:04
70 Laura Sibley 1,20-29	20	44:30*
76 Russ Bradley (MTC) 2,60&+	67	45:07
82 Liz Oldread 1,19&under	19	45:53*
88 Richard Cavanaugh (MTC)	58	46:47
89 Bob Cushman (MTC)	53	46:48
109 Jane Rasmussen 1,50-59	55	49:58*
116 Dennis Morrill (MTC)	51	52:24

3rd Annual Physical Therapy 8K - 163 Fi. Brunswick High School - October 5, 1991

Top Overall Finishers:

1 Todd Coffin	24:38
2 Tom Dann (MTC)	34 24:54
3 Henri Bouchard	30 25:18
4 Jeff Meserve	33 25:30
5 David Smith 1,20-39	21 25:54
15 Tina Meserve	24 29:22*
43 Karen McCracken (MTC)	28 32:08*
51 Marjorie Haney	24 32:50*
59 Laurie Nicholas	23 33:10*
64 Rosalyn Randall (MTC) 1,40-49	41 33:28*

Other Top Division Finishers:

7 Steve Podgajny 40-49	40	26:36
8 Tim Miller under19	16	27:00
17 Bob Coughlin 50-59	52	29:30
85 Carlton Mendell (MTC) 60&+	69	35:24
90 Susan Roberts 20-39	38	35:52*
133 Dianne Haile 50-59	50	43:13*
147 Christine DeTroy (MTC) 60&+	63	45:32*

Other Maine Track Club Finishers:

14 Brian McCrea	31	28:51
16 Ronald Deprez	47	29:24
19 Scott Fone	31	29:49
25 Richard Scribner	40	30:23
26 Thomas Menendez	38	30:26
31 Clyde Coolidge 2,50-59	52	30:36
34 Carl Fogg	43	31:10
38 Bob Hazzard	59	31:37
50 Donald Rameau	34	32:49
61 Gary Giffard	32	33:19
63 George Liming	40	33:28
67 Carol Pierce 2,40-49	45	33:55*
71 Ken Simpson	42	34:19
112 Paul D'Amboise 2,60&over	61	39:52
117 Dennis Morrill	52	40:25
118 Mark Clinch	35	40:40
124 Don Kent	38	41:11
125 Patti Tableman	33	41:48*
128 Robert Wyman	54	41:58
153 Al Farris, Jr.	44	46:46

Many thanks to John LeRoy for complete results.

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

3rd Annual LBCA 5K - 119 Finishers East Sebago, Maine - July 21, 1991

1 Mark Snow 1,20-29	16:41
2 Dennis McIver 1,40-49	16:55
3 Stephen Nickerson 1,30-39	17:33
4 Bob Payne (MTC) 1,50-59	18:18
5 Scott Hinckley 2,30-39	18:42
6 Joe Richards (MTC) 2,40-49	18:57
8 David Gately 1,14-19	19:06
14 Thomas Carll (MTC)	20:20
18 Deb Rasmann 1,30-39	20:34*
20 Joan Lavin (MTC) 1,40-49	20:42*
23 Laurie Nicholas 1,20-29	20:51*
25 John Chandler 1,60&over	20:58
32 Cathy Allen 2,20-29	22:05*
33 Patricia Momm	22:24*
36 Alisa Breaux 1,14-19	22:36*
37 Sandra Wyman 2,30-39	22:37*
44 Marla Keefe (MTC)	23:39*
46 Richard R. Ashley 1,13&under	23:41
60 Linda Richards (MTC)	25:19*
70 John Lavin (MTC)	28:09
76 Virginia Cross (MTC)	30:06*
92 Martha Chandler 1,60&over	40:05*
93 Elizabeth Coyne 1,13&under	40:12*

Many thanks to Virginia Cross for complete results.

Mark Clinch says it all
with body language.



Many thanks to John LeRoy for help with the Maine Lobster Festival results.

NOTE...Missed in Bowdoin & Back 10 Miler Results:
Charles "Ned" Vadakin; 245/402; age,49; 1:16:55... Warren Foye; 373rd; age,43; 1:30:35 Any MTC members who have been missed in results in the Newsletter please contact Don Penta, 892-4526.

1991 Celebrate Gorham 3 Miler - 108 Fin.
Shaw H.S., Gorham - July 13th, 1991

1 Ken Botting	14:45
2 Roland Thibeault	15:00
3 Mike Lancaster	15:08
4 Dennis McIver	15:23
5 Craig Hatton	15:31
Craig Gray Wheelchair	15:37
17 Jamilyn Dunn (1st)	16:51*
18 Russ Connors (MTC)	16:55
19 Carl Fogg (MTC)	16:56
28 Richard Scribner (MTC)	17:26
30 Ruth Hall (MTC) (2nd)	17:36*
31 Joe Richards (MTC)	17:42
32 Les Berry (MTC)	17:44
43 Dick Lajoie (MTC)	18:20
44 Bob Jolicœur	18:20
46 Carol Pierce (MTC) (3rd)	18:46*
48 Laurie Nicholas (4th)	18:54*
58 Eric Ellis (MTC)	19:38
73 Patricia Titcomb (MTC)	21:10*
80 Rosalyn Randall (MTC)	21:44*
86 Brenda Keene (MTC)	22:35*
87 Linda Richards (MTC)	22:52*
91 Judy Grassi (MTC)	23:23*
93 Mark Clinch (MTC)	23:40
95 Don Penta (MTC)	23:54
108 James Carroll (MTC)	30:45

Special thanks to Barbara Caiazzo for complete results.

MTC Ultramarathon

Oct. 12, 1991

Brunswick

Complete Results

1 Steven Schiller, 34	CT	6:14:15
2 Stephn Peckiconis, 32	MA	6:14:59
3 Joe Hayes, 43	ME	6:28:17
4 H. Van Willigen, 53	MA	6:47:57
5 Rick Hogan, 46	MA	7:07:11
6 Craig Wilson, 42	ME	7:26:46
7 Egor Egan, 32	NS	7:29:26
8 Bill Robertson, 38	MA	7:42:23
9 Thomas Tryon, 37	MA	7:43:59
10 Ken Anderson, 32	RI	7:49:07
11 Phil Pierce, 50	ME	7:50:29
12 Bill Davenny, 46	ME	8:05:27
13 Richard Lulin, 44	QU	8:22:30
14 J. Mroczkowski, 48	MA	8:37:15
15 John Kim, 55	ME	9:10:31
16 Jeff Washburn, 41	MA	9:18:44
17 Richard Busa, 61	MA	9:23:47
18 Dar. MacKenzie, 31	NH	9:34:54

First, 30-39 Stephen Peckiconis
First, 40-49 Joe Hayes
First, 50-59 Hans Van Willigen
First, 60+ Richard Busa

(Bold denotes MTC member)

PROCEEDS FROM MARK HOFFMASTER RACES PURCHASE PHYSICAL ED DEPARTMENT WHEELCHAIR

September 27, 1991

I am very happy to report to your club that Westbrook Junior High School has appreciated your annual contributions to our school in memory of Mark Hoffmaster. These monies have accrued during the last few years to an amount that made it possible for the Physical Education Department to purchase a wheel chair.

The chair is a Quickie GP Lightweight that is used in the PE classes whenever a student who is handicapped needs the assistance. During the spring semester, an eighth grade boy with cerebral palsy used the wheel chair during the basketball, tennis and track classes. Dennis Welsh, who teaches PE at Westbrook High School, borrowed the chair for one of his Special Olympians. Even the regular students benefited from using the chair when it came to the handicap awareness unit. Once, when a student unfortunately twisted his ankle, the chair was available to transport the student safely to the nurse's station. You can see that the chair has had many uses.

The faculty here at the Junior High felt that Mark Hoffmaster, a PE teacher here for so many years, and his family would agree with how the contributions have been utilized. Thank you very much for making the wheel chair purchase possible with the donations from the Mark Hoffmaster Road Races.

Sincerely,

Ms. Cynthia Fleming Kilburn
Physical Education Specialist
Westbrook Junior High School

CONGRATULATIONS TO ROCK GREEN

Bravo! to Rock Green who ran over 100 miles on September 22nd and raised over \$8000 for the AIDS Project and the People with AIDS Coalition. Rock was motivated by the death of a friend from AIDS to use his talent as a runner to "raise community awareness of AIDS as an epidemic, and create an opportunity to involve as many people as possible to join together as a community in a positive statement of caring, compassion and concern."

Maine Track Club members responded and a relay team was formed that covered all 24 hours of the run. Rick Meinking and Bob Moyer made calls. John Gillis, Dick Scribner, Mark Clinch and Charlie Scribner offered their assistance. Some runners returned to run another hour or more where there was a gap.

Bravo! to:

Rick Meinking	Pat Buckley
Sandy Utterstrom	Harry Nelson
Susan Davenny	Herb Strom
Patti Lerwick	John Kendall
Charlie Scribner	Sally Paterson
Herb Hoppe	John Gillis
Muzzy Barton	Tom Atchison
Peter Bastow	Brenda Keene
Maggie Soule	Sean Keough
Bob Moyer	Orlando Delogu
Richard Holleman	Don Kent
Ed Patton	Dick Scribner
Carlton Mendell	The Run to Win Team

Susan Davenny

Marathon Update

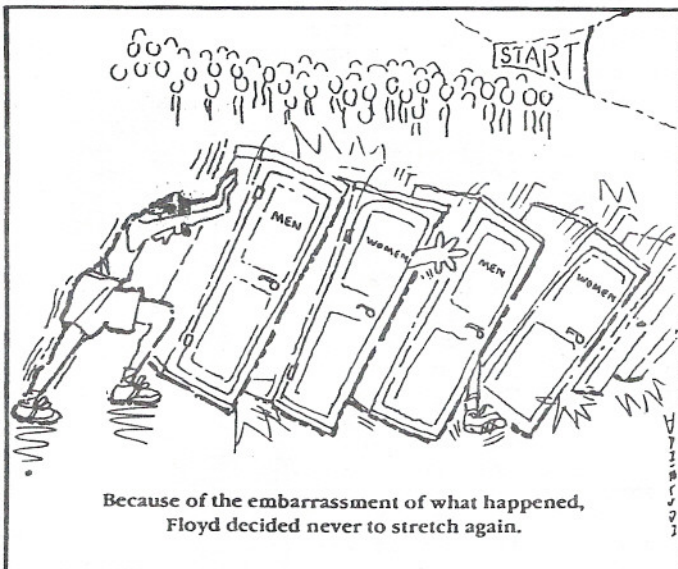
Several members of the club are excited about the possibility of our reviving the Casco Bay Marathon next year, to replace the Pine Tree Marathon, which the Central Maine Striders are cancelling. A marathon is a major undertaking and cannot be done without a lot of advance planning and strong leadership. The Board of Directors and the Race Committee will not consider scheduling a 1992 fall marathon unless someone steps forward by Nov. 13 to volunteer to be race director. The race director will be responsible for coordinating sponsor relations, traffic, water stops, awards, timing, registration, results, finish line, refreshments and all other aspects of a race. If no one comes forward by the November membership meeting, the board and race committee will not consider a marathon in 1992.

Schedule Filled

The Race Committee is finalizing details of the 1992 race schedule. We have discussed the schedule with the Board of Directors and have determined that we are not in a position to schedule additional "prime time" (April-October) races in 1992 unless a current race is cancelled or, under some circumstances, a club member steps forward to manage the race. We will move a number of races by a week or two in 1992 to avoid bunching our races during certain peak times.

Visitor Routes Scrapped

The club will not be publishing a booklet of running routes to place in hotels for out-of-town running guests. No one submitted any recommended routes or volunteered to work on the project.



NCAA Regional Meet

We need your help! The University of Southern Maine (with coaches George Towle and Ken Flanders) will host the National Collegiate Athletic Association Div. III (small college) Northeast Region cross country championship Nov. 16 at Gorham Country Club. This event will showcase the top small college runners in the region, including harriers from Bowdoin, Colby, Bates and host USM.

The track club will help with course monitoring, chute management and parking. This is a Saturday meet on the day of the Great Osprey, so do not volunteer if you plan to run that race. If you are able to help, please call Bill Stuart at 799-5961. Volunteers are needed primarily between 10 am and 1 pm, but we do need a few volunteers earlier in the morning for those of you on restricted schedules.

Please volunteer to help to make a positive impression for MTC, USM and the Maine running community on our guests from the region.

1991 BUD LIGHT 5K HIGHLIGHTS

We celebrated our third Women's Distance Festival, the 1991 Bud Light 5K, on a beautiful morning, September 29th. It was exciting to have Michele Hallett, Tina Meserve, and Edie Dubord return and finish 1st, 2nd, and 3rd ahead of 208 other finishers. Two hundred and forty women registered for the race. Their entry fees, amounting to \$1900 will go to McAuley Residence of Portland.

Erin MacLean's Awards Breakfast Address is included in this newsletter. Special thanks to Erin for an excellent job on very short notice. A warm welcome was given to Kim Olmsted of Alaska and Lynn Wittig of Michigan, our most distant competitors, all the first time racers and all the mother/daughter teams at the breakfast.

Congratulations to Jennifer Alpern, age 8, the youngest finisher; Mardi Brown, a lovely Central Maine Strider, our oldest finisher; Amy Chaffee, first place first time racer; Sherry & Catherine Chabot, first mother/daughter team and to last finisher, Terri Hackman, who walked the course in 50:32, along with all the overall and age group winners.

See you next year!
Sue & Ruth

Look for Erin MacLean's remarks in next month's issue.

THANK YOU, VOLUNTEERS

THANK YOU TO 1991 BUD LIGHT 5K VOLUNTEERS

Carlene Anderson	Debbie Atchison
Tom Atchison	Larry Barker
Pam Barker	Peter Bastow
Don Bessey	Gary Bondeson
Russ Bradley	Tom Carll
Dick Campbell	Tom Clemence
Michael Cavanaugh	Yun Chong
Pat Clark	Barbara Coughlin
Bob Cushman	Brenda Cushman
Tom Dann	Bill Davenney
Orlando Delogu	James Divirgilio
Bob Delaney	Ken Dolley
Mark Doucette	Joanne Dube
Peter Dube	Mel Fineberg
Mark Finnerty	Carl Fogg
Warren Foye	Mike Frost
Gary Giffard	John Gillis
Ray Hefflefinger	Dave Houser
Richard Holleman	Dave Horne
Kathy Jacobsen	Steve Jacobsen
Dick Lajoie	Paul Lavangie
John Lavin	Loren Lathrop
Patti Lerwick	Carole Levesque
George Liming	Al Mack
Andy MacLean	Dick McFaul & Dad
Carlton Mendell	Rick Meinking
Paul Merrill	Steve Monaghan
Frank Morong	Don Penta
Joe Richards	Dale Rines
Craig Robinson	Harvey Rohde
Marlene Russell	Harry Russell
Jerry Saint Amand	Ruth Saint Amand
Gerard Salvo	Larry Schweber
Dick Scribner	Dana Seguin
Ken Simpson	David Smith
Nancy Stedman	Rick Strout
Bill Stuart	Larissa Sylvester
Jean Thomas	Jonnie Thomas
Eric Tableman	Widgery Thomas
Al Utterstrom	Jim Toulouse
Sandy Utterstrom	Cindy Vokey
Malcolm Washburn	Walter Webber
Carol Weeks	Sumner Weeks
Warren Wilson	Bob Wyman
Terry McGovern for use of his truck.	

Warning! Do not wear your purple hats in the rain. They bleed.

THANK YOU TO BUD LIGHT 5K SPONSORS!

Bud Light	Christopher's
Poland Spring Water	Jordan's Lobster House
Sonesta Hotel	Great Lost Bear
YMCA	Good Egg Cafe
Clairol	Alberta's Cafe
Runner's World	Black Tie Catering
Women's Sports & Fitness Magazine	The Baskette Case
Jameson Tavern	House of Stiles
Harraseeket Inn	Pat's Meat Market
Galley Restaurant	Cakes Extraordinaire
Snow Squall	Sugarloaf USA
Victory Deli	Mother's Mountain
Carbur's	Mustard
	A friend

MTC 50 MILER 1991

VOLUNTEERS

BOB HAZZARD
PETER BARSTOW
JOHN GILLES
RUSS BRADLEY
PAT BUCKLEY
JEAN THOMAS
JENNY KIM
MAGGIE SOULE
BILL STUART
MEL FINEBURG
RUTH HEFFLEFINGER

SUSAN DAVENNY
MARK CLINCH
DAVE SHENNAN
MARK FINNITY
CAROL PIERCE
REGGIE SARGENT
WALTER WEBBER
LORIE QUINT
KATHI & WARREN FOYE
RICHARD SCRIBNER
SANDY UTTERSTROM

SPECIAL THANKS TO THE WORKERS WHO WORKED ALL DAY.

The Citibank United Way 10K Volunteers

Rick Strout
Russ Connors
Chris Bovie
Harry Nelson
Bill Stuart
Don Bessey
Bob Coughlin
Ken Dolley
Bill Lovett
Don Penta
Al Utterstrom
John Kim
Jenny Kim
Loren Lathrop
Bill Davenney
Sue Davenney
Mike Reali
Charlie Scribner
Maureen Sproul
Tim Boisvert
Gail Turner
Tom Allen
Jeanie Richmond
Mel Fineberg
Pam Barker

Kathy Jacobsen
Sandy Utterstrom
Malcom Washburn
Betsy Greenstein
Bruce Gilmore
Rhonda Budd
Caroline Steinhager
Kristi Pelletier
Amanda Tripp
Mike Garrity
Pam Barker
Rob Laskey
Sue House
Jeffrey Glasier
Stephanie Metcalf
Michael Metcalf
Casie Metcalf
Susan Cange
Al Harris
Richard Holleman
Nancy Cooper
Chris Commo
Jeff Smith
John Gale
And Anyone We Forgot!!!

LAST CHANCE VOLUNTEER OPPORTUNITIES!

If you are short of your 3 race per year commitment or want to be extra helpful, give one of these directors a call.

Nov 24	Shop n'Save 10K & 5k	Mel Fineberg 774-8864
Nov 16	NCAA Cross Country Championships	Tom Atchison 839-6159
Dec 31	Bill Stuart 799-5961	MTC Coord.
	New Year's Portland 5K	Bob Wyman 729-3922
		Patti Tableman 874-0397w

UPCOMING EVENTS

-10-

Saturdays:

Fresh Pond Runs (2½ & 5M); 10AM;
Cambridge, MA; Fred Brown, (617)
391-1899.

November:

- 9 **TAC X-C State Champs.**; Maranacook
Comm'ty School, Readfield; 2PM;
Mary Thornton, 623-3682.
- 10 **NEAC Super X-C Championships**; Bry-
ant College, Smithfield, RI; 9:30
AM; Ron Boemker, (401)941-8427 or
NEAC, (617)566-7600; All Jr. Olym-
pic divisions, Open & Masters 8K
men & 5K women.
- 16 **10th Great Osprey 10K**; Wolf Neck
State Park, Freeport; 10AM; \$10/\$12
post; Freeport Comm. Education, 30
Halbrook St., Freeport, ME 04032 or
865-6171.
NCAA Division III X-C Champs.; MTC
officiated event: Volunteers needed!
- 23 **Jingle Bell Run for Arthritis 10K**;
Portsmouth, NH; Noon; Marilyn Healey,
Arthritis Foundation, 2½ Beacon St.,
Concord, NH 03301; (800)479-0077.
- 24 **23rd Shop'n Save Turkey Trot 10K &
5K**; Cape Elizabeth Middle School;
11:15 & 10:30AM; \$7 entry; Knit
hats to first 150 entrants; Turkeys
to top 3 finishers open & age div-
isions, both races; Mel Fineberg,
774-8868 or Maine Track Club, P.O.
Box 8008, Portland, ME 04104.
4th Christmas Classic 5K; State
Theater, Farmington; 11AM; Jack
Paul, 778-3962 or John Moore, 778-
2881.
10th Turkey Trot 5K; Brewer H.S.,
Brewer; 1PM; \$6 entry; Dave Jeffrey,
Parkway South, Brewer, ME 04412;
825-3403.

Upcoming Events, continued:

- 28 **Thanksgiving Day:**
**10th Annual Shaw's Thanksgiving Day
4 Miler**; Portland Expo; 8:30AM;
Awards to top finishers in standard
age groups; Special awards to Port-
land & Deering H.S. alumni, Port.
Sch. Sys. & Shaw's employees; George
Towle, 878-8419(eve), 874-8250(day)
or University of Southern Maine,
Athletic Department, Gorham, ME 04-
038 (Attn George Towle/ SASE).
12th Gasping Gobbler 10K/2M; Augusta
Civic Center, off ME I-95, exit 31;
\$9(\$6post, no shirt)/\$3, no shirt, 2M;
John Schwerdel, 622-4507 or Central
Maine Striders, P.O. Box 1177, Wat-
erville, ME 04901.
10th Thanksgiving Day 5K; Boston,
MA; 9AM; Conventures, Inc.; RACE
CANCELLED -- LOSS OF SPONSOR.
- 30 **Turkey Trot 5K**; Caribou; 10AM; Dan
Harrigan.
**TAC National Senior, Junior & Mas-
ters X-C Champoinships**; Franklin
Park, Boston, MA; Noon; New England
Athletic Congress, PO Box 1905,
Brookline, MA 02146; (617)566-7600.
Kinney Northeast Regional X-C Meet;
Van Cortlandt Park, Bronx, NYC, NY;
Marty Lewis, (718)531-4454.

December:

- 7 **8th Season's Greetings 5½ Miler**;
11AM; Madison; Ron Paquette, 437-
9237 or Central Maine Striders, PO
Box 1177, Waterville, ME 04901.
- 8 **Maine Track Club Handicap Run**; For
MTC members only; "Predict your own
time;" 4M on Back Cove (Portland)
exercise path; Look for details
elsewhere in November MTC Newsle'r.

Clyde Coolidge and Patti Tableman at
the Brunswick Physical Therapy 8K.



THE "GRANDDADDY" WILL BE HERE

Portland's Carlton Mendell couldn't cover a half-mile without walking when he began a running program 20 years ago at age 50. This Sunday he'll be competing in Waterville's Pine Tree Marathon -- his 83rd in all.

If ever there was a granddaddy of long distance running in Maine, the 69 year old Mendell is the man. He has run three marathons in a four week period, completing each in less than three hours and 30 minutes.

This year, he is at 56 races and counting. Over the last three years, the number is more than 200. A weekend seldom goes by when the trim underwriter/financial consultant isn't competing in one race or another.

For the Pine Tree Marathon, Mendell has been running an average of 70 miles a week, usually starting his daily run at 20 minutes of six -- in the morning.

And if that's not enough to boggle your mind, consider this: Mendell ran a half-marathon in Hollis, NH a week before the Pine Tree. He said that race should make his legs stronger for the full 26.2 mile distance on Sunday.

Orthopedic surgeons would probably call Mendell a classic example of a runner headed for major injury. But they'd be wrong -- completely wrong.

Mendell, despite a religious adherence to his running regimen, has never been injured.

"Nothing more than a sore quadricep after a hill run or a downhill run," said Mendell.

Astonishing seems too tame a word for Mendell's continued health. Fantasy seems more appropriate. But Mendell speaks the truth in talking about his good fortune.

He also speaks the truth when discussing his battle with alcoholism. Mendell was what he calls an active alcoholic for 26 years. And this doesn't mean he was running races and swilling beer at the finish line.

No, by active alcoholic, Mendell means he was as addicted to drinking as he is to running today. Back then, Mendell weighed 225 pounds and a half-mile might as well have been 100 miles. He wouldn't have been able to complete either distance.

"I was only a few weeks from death when I found an answer," he said.

The answer was not running, not initially at least. There was a two year gap between the end of

Mendell's active alcoholism and his first jog around the block.

Mendell said there was no major event that caused him to become a runner. He just looked in the mirror one day and didn't like what he saw.

"I looked at myself, and I looked pregnant with twins," he said.

Thus began the running career of one of the most durable runners ever to lace a pair of shoes. Mendell's first race was the Portland Boy's Club 5-Miler on Patriot's Day, 1972.

"I'm sure I was last or second to last," said Mendell, who was still rather hefty at the time.

Mendell's times have improved considerably since that first race. He managed a personal best of 3:03 in the marathon in 1983 and at 62 blazed through the South Portland Boys Club 10K in 38 minutes.

Age hasn't slowed Mendell much. This May, he completed the Sugarloaf Marathon in 3:24:04 and last month he ran the Sentinel 10K Classic in 44:25 -- that's just over a seven-minute-a-mile pace.

Mendell attributes much of his injury-free running career to his training techniques.

In runners' terminology, Mendell is a devotee of the long slow distance -- or LSD -- method. Except for when he's competing, LSD is the only type of running Mendell does.

It's a misnomer, actually, to call Mendell's daily treks a training program. The word training suggests hard work and drudgery. That's not the way Mendell views his running.

"I must like to run, and I enjoy it to this day. Like I said before: I run in the comfort zone. If it became painful, I'd say the hell with it," he said.

Not many of us will be running in road races at age 69. And even fewer of us will be completing these races as quickly as Mendell.

But the lesson to be learned from Carlton Mendell is not about speed or endurance, or how to avoid injuries.,

No, what Mendell teaches us is that life itself is a marathon. It can be a struggle at times, and there are moments when we may want it to stop altogether.

But Mendell didn't quit when alcoholism seemed to have beaten him. He endured. He endured and discovered something that made his life fuller than ever before.

It's extraordinary that he'll be running his 83rd marathon Sunday. But the most extraordinary test of his endurance came 20 years earlier in the Portland Boys Club 5-Miler.

The marathon got easier after that first race, and Mendell has been going strong ever since.

(This article, by Colin Hickey, appeared in the Waterville Sentinel on October 17. Carlton Mendell recently celebrated his 70th birthday.)

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)

Note: Applications received after Sept. 30 are good through the following year.

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. _____

Last Name _____ First Name _____ Sex (M/F) _____ D.O.B. _____

Address _____ Home Phone _____

City _____ State _____ 9-Digit Zip Code* _____

Employer _____ Occupation _____ Phone _____

Employer _____ Occupation _____ Phone _____

If Student: School _____ Year of Graduation _____

If Student: School _____ Year of Graduation _____

*Please include 9-digit zip code to ensure newsletter delivery. If you do not know your zip, please consult a utility bill.

SEND TO: Membership, c/o Maine Track Club, P.O. Box 8008, Portland, Maine 04104

1991 Officers and Committee Chairpersons

Peter Bastow	President	829-3669	John Gilliss	Course Certification	879-0222
S. & C. Weeks	Vice-Presidents	774-7302	Dale Rines	Course Certification	854-2481
Susan Davenney	Secretary	772-1787	Maureen Sproul	Photography	926-4681
Rob Laskey	Treasurer	729-4104	Ruth Hefflefinger	Membership	797-4625
Charlie Scribner	Race Committee	772-5781	Bill Stuart	Past President	799-5961
Candace Karu	Newsletter	967-4258	Melvin Fineberg	Clothing	774-8868
Barbara Coughlin	Member at Large	799-0463	Don Penta	Statistician	892-4526
Carelton Mendell	Member at Large	797-7806	Rick Strout	Member at Large	829-3216
			D.&E. Moulton	Refreshments	799-2894

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

WANTED: NEWSLETTER SPONSORS!

MTC gratefully acknowledges the generosity and support of those members listed at right. If you would like to become an individual sponsor, please send \$10 to the Maine Track Club, Box 8008, Portland 04104.

To become a corporate sponsor, your donation of \$25 should be mailed to the same address. Prime sponsorships in the amount of \$50 will reserve you advertising space in the newsletter. For details, contact the Editor at the number listed above.

All donations are gratefully accepted!

PRIME SPONSORS

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