



NEWS • RUN

Run with a friend . . .

November 1992

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Coming in the December MTC News•Run

Why would anyone want to run 50 miles in a day? Bill Davenny tells his loyal fans why he completed his fourth consecutive MTC Ultramarathon. . . Also, results of MTC runners in the Citibank 10K, Falmouth (Mass.) in the Fall and other races of interest; a member profile; and banquet news!



Movie fans swoon over Mel!

Stunned Fineberg at a loss to explain phenomenon!

Leading man Mel Fineberg says he is shocked at the reaction he has received in Maine this fall during the shooting of his new movie, *The Man without a Face*.

As young women asked him to autograph their undergarments, singlets and in one case, an actual anatomical part, Mel tried to retain his composure, saying, "There is enough of me for all of you." Medics

Mel tried to downplay the adulation of adoring fans, though at times he clearly was overwhelmed. "I haven't had this type of fan reaction since the movie about my running legs (Lethal Weapons II) opened several years ago," Mel said, obviously overwhelmed at the adulation. "I hardly feel worthy."

Still, for raw sex appeal, these fans could not get

time out from his busy schedule to meet with swooning well-wishers and offering his fashion tip, which at times electrified the audiences.

"I am a simple man," he uttered repeatedly to the gathering throngs, though his claims of being a common man clearly did not square with the image of those present. They came looking for sex appeal, and sex appeal is what they found.

Do You Have An Item For The MTC Auction?

It's not too late to donate — or solicit — a product or service for the Maine Track Club auction, which will follow the MTC pot luck dinner November 11 (in place of the regular November meeting). What items are we looking for? Food items (including home-baked!), services (snow plowing, composting), athletic products, crafts, gift certificates, etc. If you have such an item, or if you can solicit one from a friend, neighbor or someone who owes you a favor, please call Carol and Sumner Weeks, co-presidents, at 774-7302.

Remember, the auction will be only as successful as you make it. At our last auction two years ago, we raised \$1500 to purchase the club computer for membership records and race results. We need the same level of commitment and energy from members to achieve those results again!

Presidents' Message

Dear Maine Track Club Members,

Our membership has conducted some truly first class road racing events in the months of September and October. It has been a rewarding time for all of the members of the Maine Track Club. All of us have manifested the volunteer spirit as never before! Congratulations and thanks to all of our dedicated and hardworking members. Also, hats off to the great running performances turned in by MTC members!

Congratulations to race directors Ruth Hefflefinger and Sue Davenny, the volunteers and MTC runners who helped and participated in The Bud-Light Women's Distance Festival.

Congratulations to race directors Sandra and Dave Shennan, Bill Stuart and the hundreds of MTC volunteers for bringing the Marathon back to Portland! What an incredible day it was for everyone. Bobby Winn led the parade of MTC runners who successfully competed on October 4. Great job to all!

Congratulations to race director John LeRoy and all the volunteers who once again brought us the Physical Therapy 8K. It was a super race.

Congratulations to Sandy and Al Utterstrom, race directors for the Maine Track Club 50 Miler and all of the volunteers who once again put on the "mother" of all MTC races!

Congratulations to Dr. Phil Pierce, race director, volunteers and MTC runners who made the State Championship Citibank United Way 10K a successful event for our club.

Congratulations to Tom Dann for following through on past President Peter Bastow's efforts to finally bring Bronze Medalist Lynn Jennings to Portland for our Club's October meeting. What a great evening it was. By the way, Lynn had heard of our running legend Carlton Mendell and asked to meet our hero. I hope we have that on film!

The MTC thanks each and every member for all the time and effort that they expended to make all of our running and racing events first class. I am sure that we will be giving out a record number of volunteer T-shirts at the annual banquet in January.

Good health and good running,
Carol and Sumner Weeks

Maine Track Club Meeting

October 14, 1992

OUR PROGRAM: Much to the delight of a packed house, Lynn Jennings and her husband Dave Hill finally arrived. They were well worth the wait!! While most of the program dealt with Lynn, her training and her ultimate Olympic experience, we also heard from Dave in a question and answer segment at the close. Lynn was even kind enough to sign autographs for practically everyone in attendance!

Due to the length of our program, the business end of the evening was shortened. Several items that were mentioned follow. A new location was chosen for next month's auction. It will be held at the Cumberland Congregational Church. Assistance was asked for in designing and printing brochures for this event.

A call went out for anyone interested in serving an office term in '93. Mention was made of several vacancies, among those: Carlton Mendell is stepping down as Member-at-Large, and Ruth Hefflefinger as Membership-Chairperson.

A "Well Done" to all Race Directors for September and October events.

Also mentioned was the need of Achilles runners for the New York Marathon. Contact Dave Shennan.

50-50 Winner: Ray Shevenell.

Respectfully submitted,
Reggie Sargent

Wanted: News•Run Sponsors

The Maine Track Club gratefully acknowledges the generosity and support of those members listed below. If you would like to become an **individual News•Run** sponsor, please send \$10 to Maine Track Club, PO Box 8008, Portland, ME 04104.

To become a corporate sponsor, please mail your \$25 donation to the same address. Prime sponsorships in the amount of \$50 will reserve you advertising space in *News•Run*.

Sponsors

Milt Bailey
Charles Iselborn

Eileen Dunfey
John Woods

Bud Light 5K Donates \$2103 To McAuley Residence

The 1992 Bud Light 5K, A Women's Distance Festival, attracted 285 registrants and raised \$2103 for McAuley Residence of Portland, a transitional housing program for women alone or with children. This brings the four year total donated to McAuley to approximately \$7300. Bud Light has been the primary sponsor for three years. National Distributors, through arrangements with Bud Light, Poland Spring Water, and Quest, this year provided the race applications, t-shirts, volunteer hats, Bud Light bags, race numbers, water, Quest, cups, tickets, signs, postage, insert fee for Mainely Running, the MTC management fee and race liability insurance fee.

Tina Meserve of Livermore Falls first won the race in 1989 with a time of 17:49. She was second in 1991 with a 17:45 and won this year

As always, every finisher was a winner; the age group winners, the first time racers, the teams, the mothers and daughters, the middle of the pack and the back of the pack. Thirty first time racers joined us this year. The first of these to cross the finish line was Martha Blackburn, 33, of Kingfield. Special congratulations to MTC member, Jane Lathrop, finishing last but not least, in her first race. Katherine and Sherry Chabot of Livermore Falls, repeated as Mother/Daughter Team winners. Fifteen Mother/Daughter Teams participated. Kate Digiacomio, 10, of Saco was the youngest finisher. Mardie Brown, 75, of Palermo was the oldest.

The new Team Award went to the Run to Win Team, coached by Brian Gillespie. Wanda Binette, Carol Weeks, and Mary Martin scored as the top three, but all the members of this team and Brian should be recognized for the support they have given this race from its beginning. Other team members who ran this year were Constance



Wanda Binette
Bud Light 5K



176: Patti Tableman; 246 Jean Rand
Bud Light 5K

again in 17:23. Edie Dubord of Waterville has run the race all four years and improved each year. In 1989 she was 4th in 18:27. In 1990 she was 4th in 18:19. In 1991 she was 3rd in 17:52. This year, she was 2nd in 17:35. Carol Weeks of Portland set the masters' record in 1989 of 20:21. She broke that this year with a 19:27. Wanda Binette has run all four races, placing 3rd this year with her best time of 18:08. We appreciate the support and participation of these and other top female athletes that make this a highly competitive event.

Hallett, Marjorie Haney, Carol Hogan, Jeanne Hackett, Carrie Croft, Erin MacLean, Nancy Lund, and Brigitte Edquid. Many turned out with just a few hours notice for the race preview. Nancy passed up the national biathlon championship. Brian shared his expertise in an article by Erin MacLean to help first time racers prepare for this course.

Other teams with three or more finishers were the Maine Track Club, North Yarmouth Academy, and the We're On Track Pacesetters. Two women qualified for TAC national

**Continues on
next page**

Bud Light 5K continued



Sue Inches; Carol-Ann Days-Merrill — Bud Light 5K

*Photos courtesy of
John LeRoy*

**"... I felt as
if I have
won."**

rankings; Sally Amory, 67, 26:19 and Mardie Brown, 75, 35:30.

We were fortunate to have over 80 volunteers for this event, 50 alone on traffic. Thank you all!!!! A very hard working group obtained items for the goodie bags and an outstanding array of certificates and merchandise for awards and prizes. Special thanks to Joan Lavin, Maggie Soule, Debbie Atchison, Dana Seguin, Marlene Russell, Pat Buckley, Mel Fineberg, Kathleen Duddy, and Wendy Hall. Please thank and support these sponsors.

The Road Runners Club of America and Women's Distance Festival sponsors, Runner's World, Women's Sports and Fitness Magazine, Alamo Rent-A-Car, and Moving Comfort provided the top three medals, magazine subscriptions, a running outfit, directors' jackets, listing in their national publications, coupons and Tone Soap for the goodie bags, and, in our case, a Past President to speak at the Awards Breakfast. Thanks, Jane!

Each year as I prepare for this race and as I'm looking back at it, I read Kim Murphy's 1989 article about her first race and tears come to my eyes. "In the middle of the pack, my heart was bursting. Not because I was breathless. Because I was proud...exhausted, soaked with sweat, I felt a rush of stunned happiness I've never known...The street disappeared from under my feet. I floated into the arms of my family...I felt as if I had won."

For Ruth Hefflefinger and myself,
Susan Davenny Co-Director

Bud Light 5K Volunteers

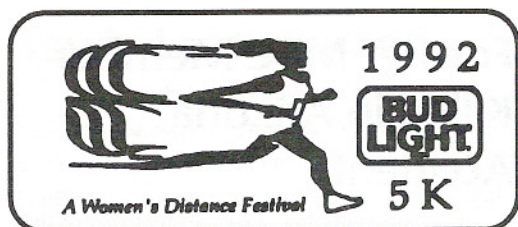


Peter Bastow
Pat Buckley
Pam Barker
Larry Barker
Scott Binette
Jeanne Clemence
Tom Carll
Dick Campbell
Micheal Crowley
Rocco Corsetti
Don Cross
Marie Croxford
Mike Cavanaugh
Terry Clark
Maryann Champeon
Bill Davenny
Ben Davenny
Bob Delaney
Ron Dubois
Conrad Demers
Mark Finnerty
Kathi Foye
Warren Foye
Mel Fineberg
Mike Frost
Don Foshay
John Gale
Brian Gillespie
Gene Gendron
Will Giroux
Dave Houser
Richard Holleman
Ray Hefflefinger
Steve Jacobsen
Kathy Jacobsen
Dick Joseph
Jenny Labrecque
Carole Levesque
George Liming
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Angelo Litrocapes
Carlton Mendell
Rick Meinking
Al Mack
Paul Days-Merrill
Bob Moyer

John Merritt
Barbara Merritt
Phil Meyers
Harry Nelson
Kurt Nielsen
Don Penta
Sally Paterson
Greg Parker
Bob Perkins
Rae Pierce
Phil Pierce
John Pierce
Mildred Pollard
Harry Russell
Dale Rines
Harvey Rohde
Christopher Rolfe
Jack Reagan
Bill Stuart
Chuck Snekvik
Marianne Snekvik
Dick Scribner
Ann Strohm
Gerard Salvo
Dave Shennan
Dana Seguin
Reggie Sargent
Gordon Scannell
Herb Strom
Ray Shevenell
Jean Thomas
Eric Tableman
Tom Toye
Walter Webber
Sandy Utterstrom
Al Utterstrom
Malcolm Washburn
Bob Wyman
Warren Wilson
Sumner Weeks

Thank You

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CALORIE
REFRESHER



Bud Light 5K Awards Sponsors

Sonesta Hotel, Portland
 Gerald S. Fineberg, Fine Hotels
 World Gym Portland, Westbrook
 Videopoint, Portland
 Tangerine's, Falmouth & South Portland
 Victory Deli, Portland
 Sugarloaf USA
 The Hair Affair, Portland
 Varsity Grill, Falmouth
 Snow Squall Restaurant, South Portland
 Jameson Tavern, Freeport
 Cornish Inn, Cornish
 Sheraton Tara, South Portland
 YMCA, Portland
 The Galley, Falmouth
 Polly's Hair Care, Cape Eliz.
 Pat's Meat Market, Portland
 Cakes Extraordinaire, Portland
 Green Mountain Coffee Roasters, Portland
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 Haggett's Cycle Shop, Portland
 White Columns Inn, Bar Harbor
 Sable Oaks Marriott, So Portland
 Levinsky's, Portland
 Hoyt's Cinemas, South Portland and Portland
 Carbur's Restaurant, Portland
 Trillium Gift Shop, Falmouth
 TGI Friday's, Portland
 Country Farm Furniture, Gray & Kennebunk
 Alberta's Cafe, Portland
 Skillin's Greenhouse, Falmouth
 Jordan's Lobster House, Westbrook
 Cole Farms, Gray
 Wharf Street Cafe, Portland
 Mangino's, North Windham
 Workout Fitness Store, South Portland
 Port Bake House, Portland
 RSVP, Portland
 Mother's Mountain Mustard, Falmouth
 Champion & J.C. Penney, Auburn

Thank You!

Run To Win Ladies Team Wins Team Championship at Bud Light 5K

Many months of training and preparation paid off for the RTW ladies team. In a field of 241 runners, the ladies placed their team of 12 entries in the top 40 finishers. Ten of these ladies set course PR's by large margins. Five ladies earned awards in age group divisions, led by Carol Weeks, 1st in the 40-44, while setting a Masters course record. The ladies also won the first time 5K team championship with Wanda Binette (3), Carol Weeks (8), and Mary Martin (11).

Adds coach Brian Gillespie, "This race is very important to our team. It's a quality, exciting, enjoyable race. I do my best to see the ladies are well prepared, focused, and truly believe in themselves and their ability to perform. I'm very happy for them and very proud of them."

3	Wanda Binette	18:08		Course PR by 1:06
8	Carol Weeks	19:27	1st 40-44	Course PR by :53
11	Mary Martin	19:53	2nd 35-39	
12	Connie Hallett	20:02	2nd 30-34	Course PR by :52
13	Marjorie Haney	20:04	2nd 20-24	Course PR by :28
14	Carol Hogan	20:05	2nd 40-44	Course PR by 2:08
16	Jeanne Hackett	20:08		
22	Carrie Croft	20:26		Course PR by 1:02
23	Erin McLean	20:36		Course PR by :01
24	Nancy Lund	20:37		Course PR by :14
27	Brigitte Edquid	20:50		Course PR by :14
40	Nanette Dyer	22:14		Course PR by 1:42

Brian "Ziggy" Gillespie, Coach

RUNNER'S
WORLD

WOMEN'S
SPORTS & FITNESS

moving
comfort
fit for women

Alamo
Rent A Car
Where all the miles
are free



Race Committee Continues Work

The race committee continues to develop policies designed to enhance our races — the most visible events with which the public associates the Maine Track Club.

The race committee's focus includes:

- Recommend purchase of and maintain all race-related equipment
- Develop MTC race schedule
- Choose and train race directors
- Choose and train special skill volunteers (computer operators, timing equipment operators)
- Set standards for MTC events

This year has been a year of transition for the committee, as we have moved from a small core of people to a larger organization more representative of the club as a whole. The emphasis in 1992 has been on organizing a committee that will take the burden off long-time chair Charlie Scribner and encourage more members to become active.

Among the accomplishments so far this year.

- Name Rick Meinking equipment manager and develop an accounting and inventory system for all MTC race-related equipment
- Alter slightly the dates of some 1992 races (to continue in 1993) to minimize the concentration of races in a given month, thus diluting fields of runners and burning out volunteers
- Create a consistent, equitable new fee structure for equipment rental and management fees (the largest source of income in our annual budget)
- Begin to develop standards that a race must meet to continue to be associated with Maine Track Club

The last point is quite important. With the proliferation of races in Southern Maine, runners (like all consumers) are looking for information that will help them distinguish one race (or product) from another. We want the brand name Maine Track Club to stand for some things that runners value and can count upon with confidence: strong organization, an accurately measured course, excellent traffic control, an appropriate number of water stops, results compiled accurately and expediently, post-race replenishing refreshments and an equitable distribution of awards. These elements are critical to gaining runners' confidence and distinguishing a MTC event from myriad other options that runners face weekly.

Our plans in 1993 include a training program for race directors (to share ideas, offer guidelines and provide assistance), a training program for computer and timing people, a further evaluation of the race calendar and an evaluation of equipment.

If you would like more information about the race committee, please contact chairman Charles Scribner at 772-5781 or secretary John LeRoy at 725-8680.

Former MTC Member Killed in Arizona Accident

Barbara Hamaluk, a former member of the Maine Track Club, died Friday, Oct. 16, from injuries sustained when she was struck by a car while jogging in Tucson, Arizona. She moved to Tucson from Portland last year to work at Arizona Mail Order Company. She lived in Portland during the previous 15 years, the last 10 of which she worked at L.L. Bean.

Barb had completed a number of marathons, including Boston, New York and New Orleans. She also competed in triathlons, including the Ironman Triathlon in Hawaii. Several months before her death, she was injured when she was hit by a car while bicycling.

Race May Be Moving

Tom Dann and Steve Jacobsen, race directors of the fabulously successful '92 Presidential Race in March, have announced that the race may move from its Kennebunkport location in 1993.

"If current (Oct. 20) polls hold," Dann announced, "we plan to hold the race in the Little Rock area next year. We cannot be sure that the weather will be better than what we had in 1992, but you can trust us that the Flowers will be out — though conditions may be slick! We have found a good course — there's only one Hill!"

Added Jacobsen, "Of course, if we do hold the race in Clinton country, the question will be, 'Willie run?' We will have a contest to see who looks second worst in running clothes among those participating. Those wearing Gore-Tex will not be eligible!"

Towle Leads Nation

Lori Towle has a lot to live up to this basketball season. Lori, a South Portland native and member of the Maine Track Club, does not confine her running to track, cross country and road races.

Last season, as a Bowdoin College freshman, Lori showed her accuracy shooting the basketball. She connected on 31 of 58 attempts from the three-point range, a sizzling 53%. According to the sports information office at Bowdoin, Lori led the nation in three-point shooting accuracy. Lori set Polar Bear records for three-pointers in a game and in a season.

Awards Committee

It is time to begin thinking about MTC awards for 1992, to be presented at our banquet in January 1993. Please nominate deserving candidates on the enclosed ballot form. Usually we have very little member participation in this process. Please fill out a nomination ballot, even if you do not know enough to nominate someone for every award. (Few people do!)

You probably keep track of your age category, you must have a favorite race, you probably are aware of the people who have contributed the most to running in Maine or to the Maine Track Club. Please help us recognize these achievements by voting!

Order Early and Often

Now is the best time to purchase your Christmas gifts for friends and family.

Maine Track Club

- ✓ hats
- ✓ gloves
- ✓ sweatshirts
- ✓ short sleeve T-shirts
- ✓ long sleeve T-shirts

... make excellent and practical gifts for everyone on your gift list. Give Mel a call (744-8868) or attend a club function to place an order.

Lights . . . Camera. . . Auction !

Be sure to bring your appetite,
a dish of food,
your zest for a bargain
and your checkbook
to the

Maine Track Club Auction!

When: Wednesday, November 11, 6 pm
Dinner beginning at 6 pm
Auction beginning at 7 pm

Where: Congregational Church,
Rt. 9 and Blanchard Road,
Cumberland

Why: Maine Track Club annual pot luck dinner
and fund raiser to raise money for youth
running program, scholarships and equip-
ment.

What to bring:

(Last name begins with. . .)

A-H Salad (pasta or veggie)

I-P Entree

Q-Z Dessert

Drinks, cups, plates and silverware will be
provided

Directions: (from South) I-295 through Portland to
Rt. 9/Lunt Road exit in Falmouth. At the end of the off ramp,
turn right. At the light, turn right (Rt. 9/Middle Road). Keep
going (Rt. 9 forks to left after Turnpike overpass - follow Rt. 9
left) and going. Church is at intersection of Blanchard Road/
Tuttle Road. (from North) I-95 to Yarmouth/Cumberland/Rt. 1
exit (second Yarmouth exit). Turn left at light. At stop sign at
Tuttle Road, turn right onto Tuttle. At next stop sign church
will be in front of you.

Working Out With the One You Love

Quick Survival Techniques! by Jackie Cowlshaw

Sorry, but when it comes to exercising with your spouse, emotions and endorphins just don't mix.

I'm not alone in thinking this. Practically every woman I've ever spoken to on this topic would rather swim with piranha than swim with her husband — or run, or ski, or play tennis.

Why is this? What causes a woman, the moment she steps onto the track or the court or the slopes, to suddenly want to punch out this man she ordinarily adores? Is it competition? No. Fear? No. way. Hormones? Maybe. But chances are it's a statement like, "You're doing it wrong, Hon," or some other brilliant utterance that sends the woman into orbit and leaves the man standing there going, "Huh?"

Happily, though, couples can stay fit side-by-side — and remain couples — but only if they follow these guidelines:

Husbands:

- Don't assume the role of coach. In fact, it's best to ignore your partner's technique altogether. Talk about the weather, the Braves, anything but her technique. No matter what you say, good or bad, what she hears is, "I'm a natural at this and you're really lame," and she'll never want to speak to you again.
- Choose a sport in which crashing is not part of the learning process (such as skiing). You men don't seem to mind falling on your faces in public, but we women generally prefer not to. It goes against everything we were ever taught about being graceful. Just remember: If the sport makes her look like a moose caught in chicken wire, she's likely to react like one, and stomp on your head.
- Never ever ask her if she's okay, even if she's just run off the edge of a large cliff. Call an ambulance if it looks like she needs one, but DON'T ASK, "Are you okay?" This is positively the worst thing you can ask your wife when working out together. It just is. Trust me.

Wives:

- Wear a Sony Walkman.
- Turn it up loud.
- Smile and nod a lot.

From *Running Shorts*, Fall, 1992

Race Schedule

This schedule includes the most current information at the time of publication. Contact race directors to confirm details and receive additional information. Races boxed are Maine Track Club events. Races denoted CMS are Central Maine Striders events; applications are available from CMS, PO Box 1177, Waterville ME 04901.

Nov. 7 **Warren Bishop Memorial 2.9 Mile Run.** Hampden Academy, Hampden. 10 am. \$5 (or \$9 with T-shirt) pre-registration/ \$6 (or \$10 with T-shirt) race day. Information: Mr. Balentine, Hampden Academy, Hampden ME 04444.

Nov. 14 **Second Annual Frostbite "Two" Run 5K.** Ellsworth, Down East Family YMCA, Rt. 1A. \$7 pre-registration. Information: YMCA 667-3086

Nov. 21 **11th Annual Great Osprey Ocean Run 10K.** Wolf's Neck State Park, Freeport. 10 am. \$10 pre-registration (T-shirt to first 100)/\$12 race day. Information: Freeport Community Education 865-6171.

Nov. 21 **10K Turkey Trot.** Sanford. 9 am. Information: Laurie Haggerty 324-2733.

Nov. 22 **24th Annual Shop 'n Save Turkey Trot.** Cape Elizabeth (at elementary school next to traditional Middle School location!). Brought to you by the man who gives you singlets in January and tights in July - our own MTC haberdasher, Mel Fineberg, and his merry band of elves. Two races: 5K (10:30) and 10K (11:30). 5K is somewhat hilly; 10K is challenging. Also kids fun run. Cost: \$7.50 per race. Hurry - the first 200 runners receive quality warm running gloves with Shop 'n Save logo. (Mel will have generic gloves available in May!). Information: Mel Fineberg 774-8868.

Nov. 26 **11th Annual Shaw's Thanksgiving Day 4 Miler.** Portland Expo. 8:30 am. Only the turkeys don't run this one! George Towle's USM women's and Portland High School girls' cross-country teams host this traditional holiday event. \$6 pre-registration (T-shirts to first 100)/\$7 race day. (Good idea: Receive \$1 off entry fee if you bring an item of non-perishable food to donate to the less fortunate in the greater Portland area.) For more information: George Towle at 878-8419 (eve.) or a message at 780-5574 or George Towle, USM Athletic Department, Gorham ME 04038.

Nov. 26 **13th Annual Gasping Gobbler 10K.** Augusta Civic Center (Exit 31 off I-95). 10 am. \$5 preregistration (water bottle to first 150 in 10K)/\$6 race day. Also 2 mile fun run \$3 or \$5 with bottle. CMS

Race Schedule

Nov. 29 **Fifth Annual Christmas Classic 5K.** Farmington (State Theater on Broadway). 11 am. \$5 pre-registration (T-shirts to first 25). Information: Jack Paul at 778-3962 or 5 Pleasant St. Apt. 2, Farmington ME 04938

Nov. 29 **Dare to Run Roadrace 10K.** Somersworth, NH. (Spaulding Turnpike, Exit 9 right at end of ramp to Rt. 9 East. Left on Memorial Drive to Somersworth High School). Noon. \$8 pre-registration (T-shirt to first 150)/\$10 race day. Information: 603-692-4282 or Somersworth Rotary, PO Box 271, Somersworth NH 03878.

Dec. 5 **Season's Greetings 5.5 Miler.** Madison. 11 am. Note to serious sports fans: This race may conflict with the Michigan-Duke basketball at Cameron Indoor Stadium in Durham. Consult your local listings for the time of this rematch of the 1992 National Championship game! Race information: Ron Paquette 437-9237.

Dec. 31 **Fourth Annual New Year's/Portland 5K.** Bay Club, One City Center, Portland. This race has become the perfect kick-off to the new year's celebration, with a fast field and challenging intown Portland course. Information: Patti Tableman 721-0848.

Jan. 1 **18th Annual Hangover Classic 10K.** Salisbury, MA (I-95 to Amesbury/Salisbury exit, right on Rt. 110 to fitness center). 11 am. Also four-mile walk. What a way to begin your recovery from the debauchery of the night before! You have to run this one if you hope to match Carlton Mendell race-for-race. This is the first of his usual 75+ races in a year. Good sweatshirts, good course, good times. Information: (508)462-1073.

Looking a little farther ahead . . .

Feb. 11th **Annual Mid-Winter Classic.** Cape Elizabeth. Yes, the 10-railer to end all 10-milers. Always a challenging course, often challenging weather. Start at the high school, finish around the Spurwink hills unless you are properly trained and make it to the chute back at the high school. Information: Marla Keefe: 655-7350

March **Hyannis Marathon and Half Marathon.** Usually a terrific race, unless Mother Nature has been spited. Seriously, a good training half marathon to gauge fitness for a spring marathon and the last marathon qualifier for Boston. Weather was bitter cold in 1992 this race has a reputation for not having bad weather two years in a row. Always a strong contingent of MTC runners at this one.

Officers to Be Nominated

Are you officer material? We need a few members to shed their enlisted status and accept nominations for the officer corps. No, you do not need to attend Officer Candidate School, wear a uniform or recite tasteless jokes in your underwear in front of a superior officer with a billy club.

You may be nominated — by yourself or in your behalf by someone else in the club — for any officer position except past president. Positions are:

President

Vice President

Secretary

Treasurer

Race Committee Chair

Member at Large

Member at Large

Member at Large

Newsletter Editor

Membership Chair

The positions in **bold** will be vacant, as the current members are stepping down. If you are interested in a position, please call Vice President Tom Dann at 985-2727. He can provide more information about skills needed and time commitments.

Monthly Training Run

Now that the weather has turned too cold to congregate in Payson Park before and after a training run, it's time to hold these activities indoors. Join old and new friends for a training run at Bill Stuart's home on Saturday, Dec. 5. Walkers and spouses/supporters/ family welcome.

7 am 18 miles 9 am 6 miles

8 am 12 miles 10 am Food!

Please bring something delicious for breakfast: orange, grapefruit or prune juice; bagels; possum liver pate on English muffins, regular muffins, cheese & Slim Jim omelets (on a plate or the on-a-rope variety), strawberry and turkey neck preserves, etc.

Directions: Very close to SMTC meeting place.

92 Elsmere Ave.

So. Portland

799-5961

Get onto Broadway in So. Portland heading north toward SMTC. At Cottage Road (Pratt-Abbott Cleaners on left, library on right, gruesome mosaic of Jesus ahead and slightly right), turn right. Go past Red's, up hill, past DePietro's and Thaxter Theatre, then slow down. Elsmere is on left, just before Colonial Cleaners. Bill's house is first on right, right behind cleaners (white house with hedge).

Race Results

1992 Septemberfest 5K Road Race - 421 F.

Kittery, Maine - September 13, 1992

1	Dan Verrington	30	14:33
2	Michael Grigware	27	14:37
3	Mohamed Hamcha	24	14:48
6	Joe Noel	35	15:14
9	Tom Dann (MTC)	35	15:20
10	Ron Newbury	42	15:25
17	Michael Northrop	17	15:58
18	Jane Welzel	37	15:59*
19	George Towle (MTC)	42	16:04
20	Rita Cecil	36	16:18*
22	Chuck Keating	51	16:22
23	Joel Croteau	48	16:31
29	John Fesh	14	16:52
33	Wanda Binette (MTC)	26	17:09*
41	Nanci Sirois	34	17:19*
47	Kara Molloy	21	17:44*
50	Joe Richards (MTC)	49	17:48
52	David Cate (MTC)	43	17:53
53	Moe Villeneuve	60	18:01
71	Jeanne Hackett (MTC)	33	18:51*
76	Jennifer Avery	15	19:03*
82	Carol Hogan (MTC)	41	19:13*
97	Nancy Lund (MTC)	40	19:40*
105	Colleen Boddy	14	19:50*
116	Meghan Collins	11	20:13*
125	Andrew Freeman	11	20:28
126	Benjamin Hobson	9	20:30
141	Cindy Smith (MTC)	45	20:49*
225	Ben Cate (MTC)	14	22:53
226	Dan Butler	7	22:54
246	Nancy Stokes	65	23:30*
283	Linda Richards (MTC)	29	24:24*
321	Marianne Gagne (MTC)	51	26:08*

Many thanks to **Ted Cunningham** complete results!

Inaugural Book Around Back Cove 5K Portland, Me - 125 Fin. - September 27, 1992

Top Overall Finishers:

1	Bob Winn (MTC)	33	15:17
2	Donald Legere	30	16:00
3	Michael Grigware	28	16:24
4	Ron Newbury	42	16:27
5	Ryan McCalmon	16	17:07
13	Christine Braceras	30	18:21*
17	Catie Dean	22	19:06*
25	Donna Hart (MTC)	25	19:57*
31	Marjorie Haney	24	20:08*
33	Connie Hallett	33	20:14*

Other Top Divisional Finishers:

6	Joel Croteau	48	17:20
32	Bill McCalmon	50	20:11
51	Elizabeth Brown	17	21:44*
57	Russ Bradley (MTC)	68	22:15
58	Carlton Mendell (MTC) TAC	70	22:22
83	Dan Aderman	12	24:56
86	Kathryn Yates (MTC)	41	25:03*
113	Heide Daniels	12	31:20*
123	Nancy Whitehouse	51	49:37*

Other Maine Track Club Finishers

11	Jim Bunnell	34	18:09
12	Daniel Campbell	40	18:20
18	David Cate	43	19:07
22	Mark Giroux	23	19:38
26	Jim McCorkle	37	19:20
27	Les Berry	44	19:59
29	Robert Moyer	48	20:03
30	Rocco Corsetti	45	20:05
34	John Rolfe	38	20:16
35	David Smith	51	20:24
36	Gary Giffard	33	20:20
46	Dan Hogan	41	21:07
47	Michael Crowley	41	21:12
49	John Watson	48	21:38
54	David Houser	42	22:07
55	Reggie Sargent	46	22:09
56	Bob Cushman	54	22:12
60	Suelene Houser	29	22:26*
68	Stanley Simpson	44	23:22
71	Mary Anne Peck 2	34	23:34*
80	Wendy Hall	27	24:44*
94	Michael Crowley	8	26:56
98	John Kendall	42	28:01
99	John Woods	74	28:19
108	Donald Penta	46	30:25
109	Sheldon Kretchmer	53	30:25
111	Richard Levesque	57	30:49
119	Ted Cunningham	65	32:38

Many thanks to **Ted Cunningham** complete results!

2nd Annual Physical Therapy 8K - 199 F.

Brunswick, Maine - October 3, 1992

Top Open Division Finishers:

1	Todd Coffin		24:57
2	Mike Bunsey	28	25:10
3	Michael Gaige TAC	40	25:47
4	Mike Grigware	28	25:55
5	Peter Lessard	30	26:07
6	Jeff Meserve		26:19
17	Tina Meserve	25	28:20*
21	Edie Dubord		29:16*
24	Christine Braceras	30	29:45*
28	Wanda Binette (MTC)	26	30:22*
30	Marty Shue	24	30:29*
32	Julie McGee	32	30:38*

Top Age Divisional Finishers

10	Ron Newbury 40-49	42	26:55
15	Tim Miller 19&under	17	28:05
16	Joel Croteau 2,40-49	48	28:12
35	Lawson Noyes 50-59	50	30:48
43	Ellen Bowden 40-49	40	31:31*
130	Anathea Powell 19&under	18	39:24*
152	Sally Amory (MTC) TAC 60&+67		42:29*
168	Dianne Haile 50-59	57	44:20*

Race Results

Other Maine Track Club Finishers:

25	Ronald Plourde	23	29:47
31	Tom Menendez	39	30:30
33	Terry Clark	48	30:39
34	Joe Richards	49	30:44
44	Ira Cohen	40	31:32
45	Jody King	32	31:33*
47	Peter Bastow 2,50-59	56	31:39
48	Carol Weeks 2,40-49	43	31:43*
54	Harley Lee	39	32:06
59	Jim Bunnell	35	32:21
61	Donna Hubert	25	32:27*
65	Dick Scribner	41	32:43
66	Will Lund	37	32:52
67	Jim McCorkle	37	32:56
72	Sumner Weeks	43	33:06
73	Jeanne Hackett	33	33:10*
82	Carol Hogan 3,40-49	41	33:35*
87	Joan Sarles-Lee	38	34:22*
96	Joan Lavin	44	34:59*
101	Brigitte Edquid	44	35:32*
110	Reggie Sargent	46	37:11
138	Linda Richards	29	40:25*
151	Mark Clinch	36	42:13
158	Theresa Finnerty		43:06*
170	Fran Brennan	56	44:26
176	Jerome K. Jerome	53	45:20
177	Marianne Gagne 2,50-59	51	45:40*
184	Albert Farris	45	46:17
190	Maggie Soule	51	47:39*
194	Christine DeTroy 2,60&over	64	50:14*
196	Donald Penta	46	50:30

Many thanks to **John LeRoy** for complete results of the Physical Therapy 8K!

Inaugural Maine Marathon - 345 Finish.

Portland to Yarmouth & back - October 4, 1992

Top Overall Finishers:

1	Bob Winn (MTC) 1,open	33	2:30:17
2	Byrne Decker 2,open	25	2:33:10
3	Scott Jaynes 3,open	26	2:35:18
4	Tim Root 4,open	28	2:36:22
5	Jeff Mello 5, open	33	2:36:26
37	Cheryl Ann Buckley 1,open	29	2:59:10*
40	Lanier Drew 2,open	33	2:59:55*
54	Mary Meehan 3,open	26	3:07:05*
67	Eileen Dunfey (MTC) 4,open	36	3:10:31*
94	Kathy Jenkins 5,open	32	3:16:24*

Other Top Divisional Finishers:

6	Bob Sholl 45-49 TAC	45	2:37:48
7	Chip Merrow 30-34	31	2:41:42
8	Gary Allen 35-39	35	2:42:47
13	John-Richard Gagnon 20-29	25	2:50:22
16	Stephen Hancock 40-44	44	2:51:31
53	Bob Coughlin 50-54	52	3:06:57
72	Ben Fudge 55-59	57	3:11:29

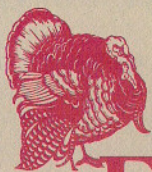
96	Carol Manley 35-39	38	3:17:46*
106	Russ Connors (MTC) TAC	60	3:18:52
127	Sue Foster 30-34	34	3:23:28*
128	Laura Ross 20-29	24	3:23:43*
138	Connie Mendonca 40-44	41	3:25:30*
178	Carlton Mendell (MTC) TAC	70	3:37:51
205	Kristin St.Peter 19&under	18	3:45:34*
245	Eileen Jordan 50-54	50	3:59:56*
287	Sandy Brown 45-49	45	4:17:11*
305	Nancy Stokes 65&over TAC	65	4:28:27*

Other Maine Track Club Finishers

9	Stephen Fluet 2,30-34	34	2:43:41
11	Paul Days-Merrill 2,35-39	38	2:48:59
22	Jim Toulouse 2,40-44	44	2:53:51
27	Michael Reali	38	2:56:48
29	Alburn Butler	38	2:57:06
30	Kevin Carley	37	2:57:29
73	Phil Pierce 3,50-54	51	3:11:54
91	Steven Cohen	39	3:15:43
95	Carlos Philbrick	40	3:16:46
107	Frank Ferland	43	3:19:06
122	George Prescott	44	3:21:29
123	William Sproul	34	3:23:38
136	Thomas Allen	36	3:24:55
149	Michael Cowell 2,55-59	55	3:29:22
167	Nancy Duffy 3,35-39	39	3:34:53*
179	Paul Stugaitis	46	3:37:51
182	John Rolfe	38	3:39:03
192	Hubert Strom 2,60-64	63	3:42:12
208	Christopher Rolfe	30	3:46:57
212	George Campbell, Jr.	45	3:47:39
220	Nikki Kagan 3,35-39	35	3:49:13*
222	Linda Folger	40	3:50:14*
224	Paul Kenison	50	3:51:00
247	Richard Cavanaugh	59	4:00:41
255	Suelene Houser	29	4:01:48*
258	Jane Dolley	44	4:03:05*
264	Sally Paterson 3,50-54	51	4:06:13*
265	Stanley Simpson	44	4:06:42
299	Daniel Sobel	44	4:24:05
307	Raymond Oneglia	44	4:29:20
321	Don Kent	39	4:34:02
323	Patricia Clark	32	4:36:54*

Many thanks to **Ruth Hefflefinger** for complete results!

Race Results continue on next page



Entry Form

PLEASE PRINT CLEARLY

Name _____

Age on Nov. 22, 1992 _____

M___ F___

Address _____

Town _____

State _____ Zip _____

Telephone No. _____

No Radio Headsets
No Baby Strollers
No Refunds

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effect of the weather (including rain, wind and snow), traffic and the conditions of the road, in consideration of your accepting my entry. I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, the Town of Cape Elizabeth, Shop 'n Save (Hannaford Bros. Co.), and all other sponsors, their representatives, and successors from all claims of liabilities arising out of my participation in this event.

Signature _____

Parent (if under 18) _____

☐ 10K (\$7.50) ☐ 5K (\$7.50)

☐ Check if Hannaford Bros. Co. Employee

Mail by November 16 to:

Turkey Trot
 Maine Track Club
 P.O. Box 8008
 Portland, Maine 04104

Shop 'n Save Turkey Trot
 Maine Track Club
 P.O. Box 8008
 Portland, Maine 04104

the Maine Track Club presents
 a Thanksgiving Tradition



The 24th annual Shop 'n Save TURKEY TROT ROAD RACE

Sunday, November 22, 1992
 Middle School/Pond Cove Elementary
 Scott Dyer Road
 Cape Elizabeth, Maine

Kids' 1/2 mi. Fun Run @ 10:00 a.m.
 5K (3.1 mi.) @ 10:30 a.m.
 10K (6.3 mi.) @ 11:15 a.m.

10K is TAC certified ME-9010-GN

5K is TACC ME-91001-WN



REGISTRATION

5K & 10K Races

Pre-registration by mail: \$7.50 pre-race entry fee, postmarked no later than Monday, November 16, 1992, and mailed to:

Turkey Trot
Maine Track Club
P.O. Box 8008
Portland, Maine 04104

Registration on race day: \$7.50 entry fee
5K race - register from 9:00 - 10:15 a.m.
10K race - register from 9:00 - 11:15 a.m.
Race-day registration closes 15 minutes before each event.

- Quality winter running gloves to the first 200 registrants in 5K and 10K races.
- Post-race massage
- Post-race refreshments
- Locker rooms and showers

AWARDS

A turkey, provided by Shop 'n Save supermarkets, will be awarded to the top three overall male and female finishers in each race, and to the top three finishers in the following age categories:

19 and under	20 - 29	30 - 39
40 - 49	50 - 59	60 and over

Special awards for the first male and female employees from Hannaford Bros. Co. (Shop 'n Save supermarkets) to finish the race.



SHOP 'N SAVE TURKEY TROT ROAD RACE

COURSE DESCRIPTIONS

10K: Start in front of middle school. Scott Dyer, right onto Spurwink, left onto Eastman, left onto Sawyer, left onto Wells, right onto Spurwink, left onto Scott Dyer, finish in school parking lot.

5K: Start in front of school. Scott Dyer, left onto Hill, right onto Rte. 77, right onto Scott Dyer, right onto Brentwood, around Brentwood, right onto Scott Dyer, across Spurwink, onto Wainwright, right onto Spurwink, left onto Starboard, right onto Scott Dyer, finish in front of school.

NEW for '92! Kids' Half-mile Fun Run

A half-mile race for kids 12 years of age and younger. Registration fee is only \$2.00. Register the morning of the race from 9:00 to 9:45 a.m. All finishers will receive goodies provided by Shop 'n Save.

Notice to All Runners

For your protection, please note the following Turkey Trot safety rules:

1. You share the road with vehicular traffic. Stay to the right side of the road at all times, allowing enough room for a car approaching from behind to pass safely, unless instructed to do otherwise by a course official.
2. We do not permit headsets, baby strollers of any kind or pets in this event.

Failure to abide by these important safety rules may result in your disqualification from the race!

Calendar of Maine Track Club Upcoming Races

Sept. 20	Bud Light 5K - A Women's Distance Festival Women only. Portland 772-1787 or 797-4625
Oct. 3	Physical Therapy 8K Brunswick • 725-8680
Oct. 4	Maine Marathon and Half Marathon Portland to Yarmouth • 725-0716
Oct. 10	Maine Track Club Ultramarathon 50-Miler Brunswick • 797-4710
Oct. 11	Citibank 10K Falmouth • 781-3769
Nov. 22	Shop 'n Save Turkey Trot Cape Elizabeth
Dec. 31	New Year's Portland 5K Portland

For more information on any of these races, please contact race directors at the above telephone numbers or write to Maine Track Club, P.O. Box 8008, Portland, ME 04104

Race Results

Inaugural Maine Half Marathon - 510 Fin.

Portland to Falmouth ~ Back - October 4, 1992

Top Overall Finishers:

1	Craig Fram 1,open	34	1:09:32
2	Art Sorrell 2,open	32	1:10:43
3	John Milligan 3,open	31	1:11:41
4	John Conforti 4,open	36	1:13:16
5	Bryan Kuprewicz 5,open	36	1:15:41
10	Joan Samuelson (H.MTC)TAC	35	1:16:54*
23	Lisa Wakem 2,open	25	1:21:14*
65	Catie Dean 3,open	22	1:28:40*
69	Tina Blier 4,open	27	1:29:11*
80	Shelley Antone 5,open	24	1:29:49*

Other Top Divisional Finishers:

6	Shaun Keenan 30-34	30	1:16:21
7	Roland Thibault 20-29	24	1:16:25
8	Ken Houle 45-49 TAC	45	1:16:49
9	Gordan Hartwell 30-34	34	1:16:52
11	George Towle (MTC) 40-44	42	1:16:58
15	Thomas Bennett 2, 35-39	35	1:18:47
18	Conrad Walton 50-54 TAC	53	1:19:24
91	Sheila Hodges 35-39	37	1:30:46*
94	Jane Rau 40-44	42	1:31:00*
99	Colleen Brady (MTC) 20-29	23	1:31:27*
120	Judith Brauza 30-34	31	1:33:26*
203	Russ Bradley (MTC) 65+TAC	68	1:39:37
207	Harry Nasse 55-59	58	1:40:00
250	Jennifer Sawyer 19&under	16	1:42:55*
277	Connie Gilman 45-49	45	1:44:05*
280	Louisa Dunlap 50-54	52	1:44:23*
283	Josh Weingarten 19&under	17	1:44:35
383	Dorothy Bergman 60-64 TAC	61	1:53:39*
384	Paul Bergman 60-64	61	1:53:39
457	Joyce Goodie 55-59	59	2:06:25*

Other Maine Track Club Finishers:

13	Sean Keough FIRST,35-39	37	1:17:15
17	Gordon Scannell 3,35-39	39	1:19:23
22	John Eldredge	38	1:21:12
34	Bill Devou	44	1:23:43
43	Ronald Deprez	48	1:26:04
53	Erich Reitenbach	42	1:27:42
60	Ron Cedrone	43	1:28:20
63	Larry Barker	43	1:28:36
82	Muzzy Barton	40	1:29:57
86	Yun Chong	32	1:30:21
100	Kevin Gordon	38	1:31:28
102	Lloyd LaFountain	30	1:32:13
107	Coreen Corsetti 3,20-29	24	1:32:36*
130	Rocco Corsetti	45	1:34:18
135	Gary Giffard	33	1:34:50
140	Jeanne Hackett	33	1:35:05*
160	Dick Lajoie	52	1:36:32
175	Katheryn Tolford 3,35-39	38	1:37:11*
185	Elisabeth Gendron	29	1:37:34*
195	Michael Cavanaugh	41	1:38:38
198	Brigitte Edquid	44	1:38:48*
225	Dana Seguin	38	1:41:10
236	Marc Lusignan	40	1:41:39

275	Carol-Ann Days-Merrill	28	1:44:02*
279	Nanette Dyer	30	1:44:21*
281	Orlando Delogu	55	1:44:23
294	Jeff Thaler	39	1:45:12
313	Karol Call	29	1:46:25*
319	Frank Morong	59	1:46:57
326	Brian Alward	52	1:47:39
341	Eric Ellis	39	1:48:55
344	Kathleen Cohen	35	1:49:11*
347	Joe Hepp	42	1:49:36
348	Marilyn Champagne	33	1:49:37*
357	Diane Daley	36	1:50:28*
420	Larry Dyer	48	1:57:09
422	David Conley	52	1:57:21
423	Michael Denning	47	1:57:54
425	Jeffrey Greenhalgh	41	1:58:00
436	Connie Kennedy	35	2:00:21*
451	Carol Gillis	33	2:05:31*
463	Cleve Folger	43	2:08:09
487	Thomas Decker	48	2:15:32
495	Donna Moulton	43	2:19:22*
499	Nora Stetson 2,60-64	64	2:20:48*

Also — Non MTC:

114	Guy Berthiaume TAC	46	1:18:33
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Many thanks to **Charlie Scribner** for complete results!



Nancy Duffy

Schoodie



Dave Shannan

Race Results

2nd Annual Citibank United Way 10K
Falmouth, Me - 142 Fin. - October 11, 1992
Top Overall Finishers:

1	David Weatherbee overall	24	33:30
2	Roly McSorley 1,40-44	41	33:44
3	Dan Dearing 1,30-34	31	33:53
4	Tom Dann (MTC) 1,35-39	35	34:16
5	Roland Thibault 1,20-24	24	35:15
21	Wanda Binette (MTC) overall	26	39:37*
26	Mary Meehan 1,25-29	26	40:25
45	Rhonda McCrea 2,25-29	27	42:36*
50	Mairi Crawford 1,19&under	17	42:52*
59	Christine Horstman 1,30-34	30	43:50*

Other Top Divisional Finishers:

11	Joel Croteau 45-49	48	36:33
18	Doug Ludewig 50-54	52	38:44
51	Dick Cummings 55-59	55	43:01
71	Kathryn Tolford (MTC) 35-39	38	45:21*
75	Brigitte Edquid (MTC) 40-44	44	45:51*
84	Russ Bradley (MTC) 65-69	68	46:52
98	Louisa Dunlap 50-54	52	48:08*
114	Nancy Ludewig 45-49	47	49:45*
115	Carlton Mendell (MTC) TAC	70	49:47

Other Maine Track Club Finishers:

16	Bill Devou	44	38:21
22	Joe Richards 2,45-49	49	39:46
33	Richard Scribner	40	41:24
34	Will Lund	37	41:26
37	Harley Lee	39	41:47
39	Jim McCorkle	37	41:52
46	Gary Giffard	33	42:37
47	Rocco Corsetti 3,45-49	45	42:40
60	Dale Rines	40	43:57
70	Paul Kenison	50	44:52
77	Elisabeth Gendron	29	46:00*
86	Nanette Dyer 3,30-34	30	47:20*
91	Tom Atchison	43	47:53
94	Michael Crowley	41	48:00
111	Sue Inches	37	49:18*
120	Stanley Simpson	44	51:36
122	Linda Richards	29	52:25*
125	Kathryn Yates 3,40-44	41	53:42*
132	Richard Levesque	57	55:11
134	Robert Wyman	55	57:17
135	Albert Farris	45	57:18
140	Sally Paterson 3,50-54	51	63:01*

Many thanks to **Charlie Scribner** for complete results!

MTC Willie Emerson Wins Long Lake Guideboat Race

LONG LAKE—A sunny morning greeted 40 competitors in the annual Long Lake Regatta Saturday, July 25.

Willie Emerson of Old Town, Maine, a former Long Lake resident, won the Howard Seaman Memorial Guideboat Race. He finished the 2.5 mile course in 25:55:31. Willie, 28, son of Joanne Emerson and the late Councilman James Emerson, has been an active competitor in guideboat, war canoe and canoe races for most of his life.

He's competed in bicycle and running races, running the Boston Marathon twice, finishing in the top 10 percent of racers. He was the fastest American runner in the Athens, Greece marathon in 1991 and was in the top overall 10 percent there. Willie swam a 14-mile fundraising marathon on Long Lake for the Long Lake Rescue cue Squad last summer.

Cornelius "Pete" Peterson was second in 26:40:33, and his son, Charles "Charlie" Peterson came in a close third with a time of 26:51:08. The Petersons, both of Acton, Mass. and Long Lake, have competed in this race since its inception in 1987 when Charlie won first place. Charlie was first again in 1991 and Pete won first place in 1988.

The Harvey Snide Memorial Adult and Child Canoe Race held annually since 1978, attracted 10 teams. Winners were: first, Jim and Tommy Matthews, Elizabethtown and Long Lake; second, Doug and Luke Soules, Coos Bay, Ore., third, Doug and Julie Horn, Atlanta, Ga. tied with Dr. "Chip" and Johnathan Esper, Gloversville and Long Lake.

Pedal Boat Races, held on the pond across from the beach had two classes—one for the Big Boat, one for the Small Boat. Winners in the Big Boat Race were: first, Dan Blumberg and Deanna Jennings; second, Brian and Jason Miranda; and third, Larry Isaacs and Chris Schmitt. Small Boat Race winners were: first, Kris and Ruth Gervat; second, Doug and Luke Soules and third, Cheryl Esper and Luke Horn.

Children's Inner Tube Races were won by first, Luke Soules; second, Johnathan Esper, and third, Shannon Smith. Adult winners were: first, Doug Soules; second, Dr. "Chip" Esper and third, Bruce Breitmeyer.

Doug Soules and Bruce Breitmeyer won the Twoperson Canoe Race, adult category, in 1 minute, 12 seconds. John and Michael Wubbolt were second with a time of 1 minute 23 seconds. "Chip" and Cheryl Esper came in third in 1 minute, 25 seconds.

John and Richard Nelson were first in the Teen category second was won by Brian and Jason Miranda; and bird place winners were Dan Blumberg and Deanna Jennings. Ellen Teme and Julie Horn won the Children's category.

Maine Marathon: A Grand Event

by Bill Stuart

The Maine Marathon and Half Marathon was a smashing success! Everyone who participated — runners and volunteers alike — can take pride in being involved in one of the largest and best events in Northern New England this year!

Those of you who ran one of the two races were treated to a quality T-shirt, a certified course, a lot of water stops, good traffic control, quality refreshments, skilled medical service and invigorating post-race massage. Marathon finishers also received attractive finisher medals and certificates of completion.

Those who volunteered are able to boast of providing the best runner service of any race in Maine in most runners' memories. And those who headed a committee — from course safety and awards to clean-up and signs — can take pride in knowing that you contributed mightily toward the quality of the race.

Dave and Sandra Shennan did a terrific job as race directors. They organized and motivated a committee of two dozen people to do everything from coordinate massage therapists to notify every resident along the course of the race. The committee included Charlie Scribner, senior advisor, data input and results; Bill Stuart, Health and Fitness Festival coordinator; Pat Buckley, registration; Sue Davenny, Ruth Hefflefinger, data input and results; Diana Laskey, transportation; Everett Moulton, course safety/police liaison; George Liming, traffic; Malcolm Washburn, refreshments; Al and Sandy Utterstrom, water stops; Patti Tableman, Bob Wyman and Tom Atchison, mile marker sponsorship; Laurie Quint, Marla Keefe and Herb Strom, signs; Bill Davenny, finish line/chute; Ray Hefflefinger, special equipment; Jack Oppen, relations with Portland Parks & Recreation Dept.; Russ Bradley, clean-up; Reggie Sargent, community relations; Dale Rines and John Gilliss, certification; Sumner Weeks, pre-race dinner.



**Bob Winn, Ogunquit
Maine Marathon Winner**



**Russ Connors at 4 miles. "The
Ambassador of Running"**



Willie Sproul, New Gloucester

Our sponsors played a key role in organizing the race, offering suggestions, providing volunteers, publicizing the event and putting organizers in touch with other helpful resources. The key sponsor representatives included Jim Bunnell (MTC member) and Carol Hooper at The Bay Club; Betsy Johnson and Celina Ouellette at Blue Cross Blue Shield of Maine; Patty Medina (MTC member) of the Lifeline program at USM; Wayne Clark (who ran his first half marathon!) of Maine



**George Prescott,
Scarborough**

Medical Center; Sharon Benoit of Mercy Hospital; and Jane Torres and Rick Danbrie of Brighton Medical Center. Their enthusiasm and help was critical to the success of the race.

Many companies helped in other ways, from food contributions (Bagel Works of Temple Street, Weetabix/Grainfield's, Stonyfield Farms Yogurt, Carrabassett Spring Water, John J. Nissen Baking Company, Burnham & Morrill baked beans, National Distributors/10K) to



Rich Robinov



Stan Simpson, South Portland

cellular telephones (Maine Cellular) to signs (Banacom Instant Signs) to lodging (Ramada Inn, Marriott Sable Oaks) to transportation (Kris-Way Truck Leasing) to visitor information (Convention and Visitors Bureau of Greater Portland, Maine Department of Tourism) to race numbers (Running Times) to advertising assistance (New England Runner) to cups (Shop 'n Save) to facilities (Portland Parks & Rec., One City Center) to medical assistance (sponsoring hospitals, American Red Cross) to printing (Dale Rand, Sir Speedy) to publicity (WBLM,

Maine Marathon

Olympia Sporting Goods) to race program advertising sales (Ziggy Gillespie).

Simply put, it took a lot of work, a lot of cooperation, a lot of coordination and a lot of faith to put this successful event together.

The Maine Track Club can be proud of this achievement. Very few races put together the elements that went into this event: a runner's expo, a pasta-loading dinner, two races, encouragement of physically challenged runners through the Achilles Track Club program. Our event differed from the larger marathons not in content, but merely in scale: The top marathons cater to more runners, have a larger budget and attract more sponsors, but they do not offer much more than what we provided to runners.

Is the marathon committee ready to do it again? Yes! Our enthusiasm was renewed on the day of the event, as we saw nearly 1,000 runners start the two races, as finishers trickled into the stadium and as we learned of the little things that went wrong and can be corrected easily in 1993 to create an even better race. Even Al and Sandy Utterstrom, whose day started at 4 am when they set up the water stops and ended at 8 pm when they dropped off the borrowed trucks, were ready to plan for 1993!

We are still paying the remaining bills and plan soon to contribute the profits from the race to the Portland Parks & Recreation Department to enhance and maintain the Back Cove exercise path. This facility is important to many MTC runners and is critical to promoting exercise among area residents. We are proud of our commitment to this facility.

Are you ready to become involved in the second Maine Marathon and Half Marathon? We will begin planning the 1993 race in late November. We have room on the organizing committee because several people need to devote their time to other activities and because we want to offer new services and programs that will require additional coordinators. If you want to contribute your time and talent to this event, please contact Sandra and Dave Shennan at 725-0716. You can be part of a rewarding effort!

1992 RRCA Maine State 10K Championship

October 11, 1992

Weather: Cloudy, 67 degrees F

73% humidity

"Heavy Air"

The Citibank United Way 10K

Less than ideal running conditions slowed the runners on average by more than 1 minute as the pack of 150 runners took off at exactly 10 a.m. The race went off without a hitch and a pack of six lead runners hit the 1st mile split at 5:14. Going into the woods on Mackworth Island at 1.7 miles, Roly McSorley from Fredericton, New Brunswick, took the lead. He was followed by Dan Dearing, Mike Grigware, Dave Weatherbie, and Tom Dann.

Mike Grigware ran shoulder to shoulder with Roly McSorley around the island, hitting the 5K mark at 16:40. At this point the order was Roly McSorley, Mike Grigware, David Weatherbie, Dan Dearing, and Tom Dann.

At the water station on the causeway, Roly McSorley continued in the lead. Mike Grigware slowed for water and Roly assumed a commanding 50-yard lead.

As the runners came into Bramhall Field at the 4.8 mile mark, Dan Dearing and David Weatherbie closed on Roly McSorley. Coming out of Bramhall Field, at 5.3 miles, the pack of



Harley Lee, Citibank 10K



Joan Lee, Brunswick 8 K



Half Marathon — Achilles Track Club

six had been reduced to three, Roly McSorley, David Weatherbie, and Dan Dearing.

Running into a headwind on Route One, David Weatherbie surged ahead at the 6 mile mark and finished strong in 33:30, followed by Roly McSorley in 33:44 and Dan Dearing in 33:53. Special thanks to Dan Dearing for the narrative description of the first six miles.

For the women, Wanda Binette led the whole race and was never seriously challenged. She finished in 39:37 and was followed by Mary Meehan in 40:25 and Rhonda McCrea in 42:36.



Gary Giffard, Citibank 10K

The Citibank United Way 10K

Cash awards were as follows:

Open male: David Weatherbie	33:30	\$100
Open female: Wanda Binette	39:37	\$100
Masters male: Roly McSorley	33:44	\$50
Masters female: Brigitte Edquid	45:51	\$50
Seniors male- Doug Ludewig	38:44	\$50
Seniors female: Louisa Dunlap	48:08	\$50
Veterans male: Russ Bradley	46:52	\$50
70+ male: Carlton Mendell	49:47	\$50

*Orlando Delogu,
Half Marathon*



Next year's race will be October 10, 1993, the day before Columbus Day.

Submitted by:
Phil and Rae Pierce
Race Directors

**Many Thanks to the 50 Volunteers who worked the Citibank
United Way 10K 1992 RRCA Maine State 10K Championship. We
Needed Every One of You!**

Phil and Rae Pierce - Race Directors

Sue Davenny	Sally Paterson
Sandy Utterstrom	Maureen Sproul
Malcolm Washburn	Carol Pierce
Nancy Lund	Pat Clark
Don Kent	Mike Reali
Ken Dolley	Rick Strout
Al Butler	Rob Laskey
Bob Coughlin	Bill Stuart
Rick Meinking	Loren Lathrop
Bill Davenny	Mel Fineberg
Don Penta	Donna Moulton
Al Utterstrom	Frank Morong
Dave Home	Brian Gilliespie
Rhonda Budd	Diane McCorkle
David Crawford	Herb Hoppe
Dave Smith	Dan Hogan
Carol Hogan	Jennifer Pierce
Herb Strom	Jean Hackett
Sean Creighton	Dennis A. Smith
Joe Watson	M.F. Harmon
Nancy Kneeland	Ruth St. Amant
Paul Merrill	John Pierce
Mrs. Dick Cummings	
Charlie Scribner	

And anyone we forgot!!!!

About "News•Run"

This month's issue of the Maine Track Club's newsletter has a new look. The typesetting, layout and design was donated by MTC member Virginia Wilder Cross through her company, Working Words. Ginny volunteered to help with the newsletter expecting a 4-6 page issue (she based her estimate on recent past issues). She was somewhat surprised to receive 19 photos and a folder chock full of stories, articles, race results, etc. What a great tribute to the information gather!

The deadline for the next issue is November 19, 1992 — this is a **firm deadline**. All material must be submitted by that date to:

Marla Keefe
RR 2, Box 1441
Casco, ME 04015-9751
Telephone 655-7350
(W) 775-9620

If you would rather submit your newsletter material in person, you may deliver it to Marla at the Telephone Company on Forest Ave., in Portland.

New MTC Members

NAME AND ADDRESS	TELEPHONE	OCCUPATION	AGE
Ken Brennan 116 Pleasant Hill Rd. Freeport, ME 04032	11865-6770 W725-0602	Technician—Sears Roebuck	48
Kevin Burke PO Box 283 Portsmouth, NH 03802			27
Laurine & Edgar Curtis Elizabet, Marian, Alys RR 1, Box 93 Yarmouth, ME 04096	H846-4613	Teacher, North Yarmouth Academy	45 48 17 16 14
Brian Flynn 45 Montrose Ave. Portland, ME 04103	11774-4341	Billing Rep – UNUM	32
Ed Francis Cushman Hill Road Bryant Pond, ME 04219	11665-2133	Publisher – Simon & Schuster	50
Robert & Jessica Green 7 Woodland Road Gorham, ME 04038	11892-8340 W892-8548	Dentist – Self Student – Gorham High School	44 16
Tim Higgins 307 Congress St. Portland, ME 04101	11772-4270	Catholic Priest	33
Kathy & Kevin Jenkins Andy, Eileen, Emily, Brian 25 Oakwood Drive Gorham, ME 04038	11839-2768 W839-5005	Self – Official Teacher – Gorham School Dept.	32 35 9 7 5 3
Gayle Nappi Josh & Alyssa 6 Great Pond Terrace Cape Elizabeth, ME 04107	11799-3932	Message Therapist	40
Mary Martin 7 Fox Farm Road South Freeport, ME 04032	11865-0689		35
Steven McGrath 60 Clinton Street Portland, ME 04103	11761-4761	Respiratory Therapist MMC	37

New MTC Members

NAME AND ADDRESS	TELEPHONE	OCCUPATION	AGE
Janise Monaghan 18 Wildwood Circle Portland, ME 04103	H772-0467	Hannaford – Human Relations	42
Joseph O'Donnell Jennifer Sara 1350 Forest Ave. #6 Portland, ME 04103	H878-0115 W856-0300 (jo)	IDEXX Labs – Regulatory Affairs	41 50
Ron Pelton 75 West Elm St. Yarmouth, ME 04096	H846-9039 W822-7346	Provider Liaison-Blue Cross	40
Paul Slajus 305 Commercial #408 Portland, ME 04101	H761-0657 W921-2312	Pilot—U.S. Navy	27
Bernardine Small 22 Merrimac Place Cape Elizabeth, ME 04107	W874-8210	Asst. Princ., Learning Strategist Portland Public Schools	46
Marshall Spiegel 340 Eastern Prom #147 Portland, ME 04101	H774-3030		41
Archer Wright 11 Kendalls Mill Woburn, MA 01801	H617-933-6547 W617-565-1578	Manager—IRS	47



Nora Stetson, Half Marathon



Center: Yun Chong, Half Marathon



Jeanne Hackett, Half Marathon



Maine Track Club 1992 Officers and Committee Chairs

Carol & Sumner Weeks	President	774-7203	Greg Parker	At Large	247-4449
Tomm Dann	V. President	985-2727	Ruth Hefflefinger	Membership	797-4625
Reggie Sargent	Secretary	967-5629	Dale Rines	Course Cert.	854-2486
Steve Assante	Treasurer	642-4298	John Gilliss	Course Cert.	879-0222
Peter Bastow	Past Pres.	829-3369	Don Penta	Statistician	892-4526
Charles Scribner	Race. Comm.	772-5781	Rick Meinking	Equipment	772-8301
Russ Connors	At Large	799-8240	Mel Fineberg	Clothing	774-8868
Carlton Mendell	At Large	797-7806			

Maine Track Club Membership Application

(Please check one) ☐ Individual (\$12) ☐ Family (\$15) ☐ Student — 18 year old maximum (\$5)

Membership is through December of the current year. Dues paid after September 30 are good through December of the following year.

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Street address _____ Home phone _____

City _____ State _____ Nine-digit ZIP* _____

*We need nine-digit ZIP for mailing newsletter. Consult a utility bill for your nine-digit ZIP Code.

Employer _____ Occupation _____ Bus. phone _____

Employer _____ Occupation _____ Bus. phone _____

If student, school _____ Yr. of grad. _____

If student, school _____ Yr. of grad. _____

Volunteer Waiver

To be signed by each new member in the household. Applicants under age 18 require signature of parent.

I know that volunteering to work and participating in Maine Track Club events is potentially a dangerous activity. I should not participate or volunteer unless I am medically able. I assume all risks associated with participating in or volunteering at Maine Track Club events, including, but not limited to, falls, contact with participants, the effects of the weather, conditions on the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, its representatives and successors from all claims or liabilities of any kind arising out of my participation in Maine Track Club activities, even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Signature _____ Date _____

Signature _____ Date _____

Signature _____ Date _____

Please mail completed form and check to: Membership, Maine Track Club, PO Box 8008, Portland, ME 04104