



NEWS • RUN

Run with a friend . . .

November 1993

Marty Shue Leads Team Maine to Win at Bud Light Women's 5K



Marty Shue

Marty Shue of Brunswick won the Bud Light Women's 5K in 17:24 and led Team Maine to the team championship. Edie Dubord, Christine Snow-Reaser, Tina Meserve and Julia Kirtland swept second through fifth overall. Two time winner of this race, Tina Meserve, and her mother, Mary Kirby, placed first among the mother/daughter teams and team coordinator, Marjorie Podgajny, was the first master, finishing 8 seconds off the record of 19:27 set by Carol Weeks in 1992.

The Run to Win Team placed second. Scoring were Wanda Binette, Marjorie Haney, Carol Hogan, Jeanne Hackett and Mary Hendricks. Their coach, Brian Gillespie, pioneered as the first male Awards Breakfast speaker, and, as always, provided tremendous support for this event.



*Bud Light Women's Distance runners (l to r)
Jeanne Hackett, Brigitte Edquid, Carol Weeks*

Bangor YMCA members Caroline Meehan, Mary Meehan, Sheila Hodges, Donna Just and Nichi Farnham won third place. Other teams with five or more members included the Maine Track Club, the Run to Eat Team and the Westbrook College Women's Cross Country Team. Thanks to all who participated. We hope our team competition continues to grow.

This was the 5th anniversary of our race. Munjoy Hill was still there, the Sonesta put on a delicious pancake breakfast, a great field turned out and we met our goal of donating \$2,000 to McAuley Residence. Thanks again to our runners, our volunteers and our sponsors. See you next year!

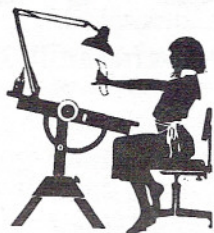
*Susan Davenny
Ruth Hefflefinger*

More photos on pages 4 and 5.

Inside Features

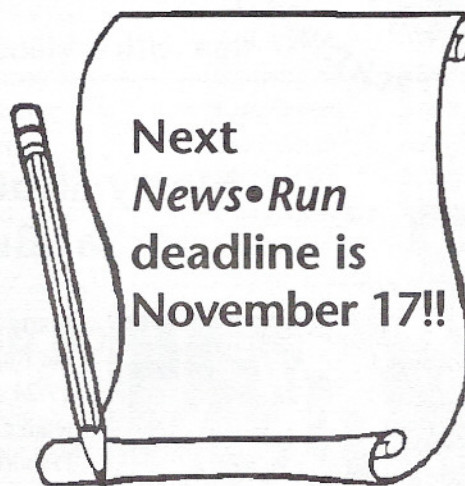
Editor's Column	2
Group Runs	3
MTC Application	14
MTC Meeting Notice	6
New Members	7, 8
President's Column	6
Race Schedule	3

From the Editor . . .



It's incredible how quickly weeks can pass! It's November already, and time to be thinking about year-end activities and changes. The Club again rolls into another year with new faces, new aspirations, and hopefully renewed commitment and energy. There will be seats to fill on the board and we are still looking for a small nominating committee to assist in the election process. This newsletter effort also requires attention at this time as we are looking to keep it a volunteer project. This editor position, as well as the layout and design of the News Run, are calling for new creative blood. I feel strongly that this position of editor is a fantastic opportunity for someone to have a voice in the Club and to make a lasting mark. Unfortunately I don't feel like I have the extra creative edge and energy it deserves right now, and I would love to see someone in here who does. As Bernadine Small teaches us, change can be the spice of life, and I trust this Club is in for some real positive changes. I urge you as members to seize the opportunity to become involved at some level, either as a board member or a participant on an action team. And of course racing and volunteering at races are as significant. I look forward to remaining active and invested in the life of this Club, since running is truly my passion. Please, think about giving something back.

See you on the road - Jeanne Hackett



MTC Banquet is Coming

Mark this date on your calendar
Saturday January 8, 1994
The Portland Club

Great food by the Lemon Tree
Great Band for Dancing
Great Atmosphere

Celebrate with your Friends
More details and reservation forms will be
arriving shortly.
Stay tuned.

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

Mystery Sponsor (?)
Kurt Nielsen

Carol Pierce
Maggie Soule

John Woods

November Race Schedule:

- 7.. USATF CROSS COUNTRY STATE CHAMPIONSHIPS - Readfield-Maranacook School-Marty Thornton-623-3682.
- 13.. FROSTBITE TWO RUN-Ellsworth-5K-11am-YMCA-667-3086.
- 14.. DARE TO RUN OR WALK-Somersworth, NH-10K & 5K-10am-Brian Barrington-1-800-392-4282.
- 20.. UST&F MASTERS 8K CROSS COUNTRY MEET-Boston-Call John Leroy at Mainely Running-725-8680.
- 20.. GREAT OSPREY-10K-Freeport-10am-Ed-865-6171.
- 20.. MAINE RUNNING HALL OF FAME-Waterville-6pm-Jerry St. Amand-873-6753.
- 21.. 10K TURKEY TROT-Sanford-9am-Sanford Recreation-Laurie Hegarty-324-2733.
- 21.. TURKEY TROT 5K-Brewer-Dave Jeffrey-825-3403.
- 21.. SHOP N SAVE TURKEY TROT-Cape Elizabeth-Toddler's 1/4 mile 9:15,Kid's 1 mile 9:45, 5K 10:15, 10K 11:00-Call Mel Fineberg to volunteer-774-8868.
- 25.. THANKSGIVING DAY 4 MILER-Portland-9am-Kids at 8:30 am-George Towle-878-8419.
- 25.. GASPING GOBBLER 10K-Augusta-10am-also 2 miler-John Schwerdel-622-4507
- 27.. TURKEY TROT-5K-Caribou-10am-Dan Harrigan.
- 28.. CHRISTMAS CLASSIC 5K & 1 MILE-Farmington-11:30 & 11:00-Jack Paul-778-3962.

Turkey Trot Race

Sunday November 21, 1993

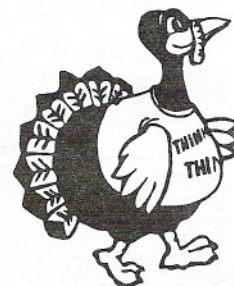
Toddler Trot 1/4 mile 9:15 am

Kids 1 mile 9:45 am

5K 10:15 am

10K 11:00 am

➤ **Please note:** If you received an application with your newsletter and do not plan to use it or already have one, please recycle it by giving it to a friend or work associate. Thanks - The Race Committee



Watch for the MTC Annual Handicap Race

Sunday December 5, 1993

Carol and Sumner Weeks are planning some new fun events for the race this year. **Members Only.**



Group Runs:

Portland - early mornings - USM - Bill Davenny 772-1787

Portland - Rat Pack - varying times - Mike Reali 767-5218

Cape Elizabeth High - Sunday 7:30 AM - RTW Team - Brian Gillespie 772-2753

South Portland - Tuesday PM - Donna Moulton 799-2894

Kennebunk - Thursday PM- Village Marketplace - Steve Jacobsen-h-985-4107,w-985-2941



*Bud Light: Faye Lawrey (28);
Renee Lathrop (181); Mary Anne Peck (221)*



Anne Strout and Jan Bastow (143)

Bud Light 5K Awards Sponsors

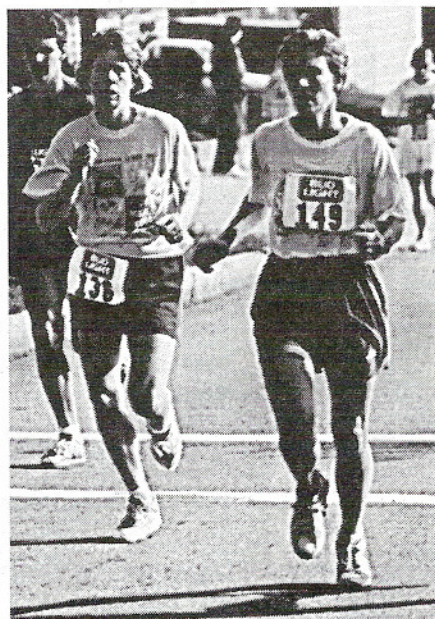
Major Sponsor: Bud Light
Quest & Poland Spring Water

Women's Distance Festival Sponsors: Saucony, Moving Comfort, Runner's World and RRCA

Eye Care & Surgery Center of Maine, Portland
Greater Portland YMCA
Amaryllis, Portland
Sonesta Hotel, Portland
White Columns Inn, Bar Harbor
Fine Hotels, Gerald S. Fineberg
Videoport, Portland
Levinsky's, Portland
T.G.I. Friday's, Portland
Carbur's Restaurant, Portland
Victory Deli, Portland
Alberta's Restaurant, Portland
Varsity Grill, Falmouth
Sheraton Tara, South Portland
Dos Locos Restaurant, Portland
House of Stiles, Yarmouth
Cakes Extraordinaire, Portland
Jameson Tavern, Freeport
Skillin's Greenhouses, Falmouth
Minott's Florists, Portland
Sugarloaf, USA
Village Cafe, Portland
Mr. Bagel, Portland
Cole Farms, Gray
Abacus, Portland
Coastal Athletics, Portland
Haggett's Cycle Shop, Portland
Prisma Fragrance Corp., Portland
Just Me, Portland
Green Mountain Coffee Roasters, South Portland
Dante's Restaurant, Portland
Port Bake House, Portland
Trillium Gift Shop, Falmouth
August Gardens, Portland
Harbour Books, Yarmouth
Southern Maine Message Therapy, Cape Elizabeth
Hair Affair, Portland
Workout Fitness Store, Portland
World Gym Portland, Westbrook
Jon Young's Furniture Market, Portland
Grab Bag Treats:
Clayton Heywood, Nabisco Food Service Division
Showers: Greater Portland YMCA

Bud Light 5K Volunteers

Steve Assante	Andy McLean
Dermot Bostock	Mary Martin
Larry Barker	Carlton Mendell
Russ Bradley	Terry McGovern
Kevin Burke	Dennis Morrill
Dolores Billings	Sue Nelson
Don Bessey	Jack Opper
William Bernier	Eric Ortman
Peter Bastow	Joseph O'Donnell
Pat Buckley	Dave Paul
Terry Clark	Sally Paterson
Andrew Coffin	Don Penta
Marie Croxford	Bob Perkins
Dick Campbell	June Paine
Ted Cunningham	Greg Parker
Stoddard Chaplin	Phil & Rae Pierce
Marc Coughlin	Vern & Mildred Pollard
George Conly	Mike Reali
Clyde & Pat Coolidge	Dale Rines
Tom Carll	Willie Sproul
Mark Clinch	Reggie Sargent
Dave Delaney	Chuck & Maryanne Snekvick
Bob Delaney	Howard Spear
Ken & Jane Dolley	Herb Strom
Bill & Sue Davenny	Nian Severy
Kathleen Duddy	Charlie Scribner
Eileen Dunfey	Bill Stuart
Ron Dubois	Gerard Salvo
Mike Frost	Tim & Ann Strohm
Mel Fineberg	Dick Scribner
Kathi Foye	Dave Shennan
Tom Gruber	Dana Seguin
Jeanne Hackett	Maggie Soule
Paul Hakanson	Widge Thomas
Bob Hazard	Jean Thomas
Ray & Ruth Hefflefinger	Patti Tableman
Brenda Keene	Al & Sandy Utterstrom
Don Kent	Richard Vail
Alan Leathers	Ned & Anne Vadakin
Loren Lathrop	Craig Wilson
Angelo Litrocapes	Warren Wilson
Dick Levesque	Heather Welch
Dick Lajoie	John Watson
John & Joan Lavin	Walter Webber
George Liming	Bob Wyman
Paul & Carol Ann Merrill	



Sue Inches (136) and Eugenie Moore (149)



Diana Laskey

President's Column:

Yes, I am still alive and well. I have been somewhat silent for the last couple of months, as my load of responsibilities swelled a bit beyond my control. Many of you who know me, realize that I'm pretty good at that. I think we all want to do as much as we can to gain satisfaction in our lives, but certainly limits have to be set. Life, as they say, is a "list of priorities" and sometimes a few of these items need to be put on "the back burner" for a while.

One good lesson that some of us have difficulty learning at times (and usually unintentionally,) is that our family comes first. There are so many endeavors that we all love to involve ourselves with, but "we can't do it all," especially when it takes too much time away from our family.

I am happy to say that I am very happily married and I have a very special son. I fully intend to keep it that way. Wouldn't it be great if we could work less (and of course make more money) and have the time to run while it is still light outside, all without interfering with other household members? For most of us, however, that remains a fantasy.



Interested in attending the RRCA national convention?

The 37th national convention will be held in Washington, D.C. in conjunction with the 22nd running of the Cherry Blossom 10 mile race on April 10, 1994.

We are planning to have a large contingent of MTC members make the trek to the nation's capital on April 8-10.

Will you join us?

Call Mel Fineberg at 774-8868 for more information.

November MTC Meeting

November 10, 1993 6:00 pm

See enclosed flyer for more info

Potluck Dinner

Falmouth Congregational Church
267 Falmouth Rd, Falmouth- Next to
police station and town hall

I will say that some of my time and energy consuming activities have subsided and are a bit more in control. Therefore, I am looking forward to becoming an active President once again for the remainder of my term. I want to give my most sincere thanks to Mel, Reggie, Steve, Carol, Sumner, Charlie, Laurie, Jeanne, Donna, Pat, Russ, and Don for picking up the slack and lending me support during my difficulties. These board members exemplify the true meaning of friendship and volunteerism. And isn't this what we are looking for when we join a club? They do a great job of representing what the MTC is all about; volunteering time for a good cause and creating long-lasting friendships.

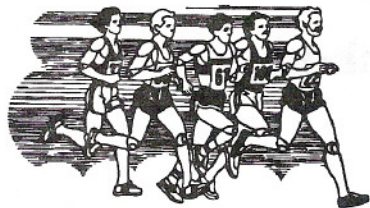
Well, on we go from the heat and humidity of summer, to the crystal clear color-filled horizons of autumn, and soon to the cold blustery and dark days of winter. And that's okay, because you can count on another MTC member to be there beside you no matter what the weather or how you are feeling.

"Have you hugged an MTC member today?" Try it and show them your appreciation.

Run and have fun - Tom Dann, President

A Heartbeat Away

Maine Track Club member Walter Webber of Walpole, Maine, writes that he would like to make a deal...He is looking to sell his Accurex heart rate monitor(with a newly replaced battery) so that he can upgrade to an Accurex 2. Call 644-8515.

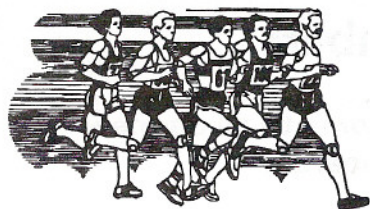


New MTC Members

Let's have a warm Track Club welcome to all our new members. Welcome aboard!!!

NAME AND ADDRESS	TELEPHONE	OCCUPATION	AGE
Gail Turner 135 Pleasant St Yarmouth, ME 04096-9796	H846-6541 W781-31204	Hostess/Supervisor Woodlands Club	01/08/60
Rick Baum & Cathy Cech 20 Vesper St Portland, ME 04101-4177	H780-6779 W761-8033(R)	(R)Veterinarian (C)Dentist	(R)01/03/65 (C)12/10/59
Daniel Hutchins 198 Margaret St So. Portland, ME 04106	H767-5852 W774-4541	CPA - Coopers & Lybrand	04/22/60
Patricia Ianni 16 Tremont St Portland, Me 04103	H775-0603	Student -UME Law School	01/08/59
Barbara Kucine 10 Whitehall Ave So. Portland, ME 04106	H799-6344 W770-6128	UNUM	08/19/59
Gerry Shanahan 45 High Bluff Rd Cape Elizabeth, ME 04107-1705	H767-0620		09/01/52
John Gilbride 1 Lorraine Ave Lewiston, ME 04240-4937	H783-2733 W783-2001	Asst Mgr Customer Service Geiger Bros	07/30/31
Rick Fecowicz P.O. Box 223 Freeport, ME 04032-1223	H865-1189 W865-4761	Retailing - L.L.Bean	04/16/55
Pamela & Larry Kinner 47 Highland Ave O.O.B., ME 04064	H934-2122	(P)Secretary - Roger Fagan (L)Mailhandler - USPS	(P)04/02/59 (L)07/23/49
John Flaherty 90 Concord St Portland, Me 04103	H774-0426 W854-0840	Teacher - Westbrook School Dept	11/24/51
Gary Johnson RR1 Box 2610 Bowdoinham, ME 04008-9730	H666-3431 W921-2650	Analyst - USNavy	09/28/46
Kathryn Harris 15 Andrews Ave Falmouth, ME 04105-1901	H781-9956 W871-2662	Hospital Administrator Maine Medical Center	07/17/45

More new members on next page!



New MTC Members

NAME AND ADDRESS	TELEPHONE	OCCUPATION	AGE
Kitty Kelley 343 Stevens Ave. Portland, ME 04103-2642	H774-1627 W878-2811	Accts Payable - Eastern Supply	01/05/47
Martha & Richard Crawford 303 Front St So. Portland, ME 04106-1510	H799-9825 W774-2611(R)	(R) Oral Surgeon	(M)06/20/62 (R)03/08/62
Eric Ortman 58 High St # 3 So. Portland, ME 04106-1514	H799-8579 W799-3090	Waiter - Cap'n Newick's	03/19/59
Bob Aube RR2 Box 770 Greene, ME 04236-9612	H946-7681 W784-5411	Sportswriter Lewiston Sun-Journal	10/13/65
Raymond Dupont 40 Hearn Rd Scarborough, ME 04074-9161	H883-7008 W883-2425	Plant Mgr-Fresh Look Drycleaners	04/25/55
David Young 110 Douglas St Portland, Me 04102-2584	H871-0919 W871-2124	Security Mgr - ME Med Center	11/23/51
Kim Konieczny 211 Foxcroft Circle W770-6336 Scarborough, ME 04074-8798	H883-9151	Systems Cnlt - UNUM	07/21/62
William Tozier 16 Second St Hallowell, ME 04347-1455		Retired Accountant	08/26/27
John & Arabella Eldredge 620 Pleasant Valley Rd Cumberland, ME 04021	H829-4540 W772-3648(J)	(J) Mgt Consultant (A) Art Therapist	07/19/54 03/16/54
Iain Eldredge			12/09/87
Macgill Eldredge	10/16/89		
Laurie & Ted Curtis RR1 Box 93 Yarmouth, ME 04096-0093	H846-4613 W846-9051(L)	(L)Teacher - NYA (T)L.L. Bean	01/19/47 08/18/44
	Alysa Curtis	Student - NYA	04/06/78
	Marian Curtis	Student - NYA	06/26/76
	Elizabeth Curtis	Student - Wellesley College	12/02/74

We welcome all of you!!

Spicey Visioning

Peter Sense in his book *The Fifth Discipline*, focuses on the idea of the learning organization or community. He describes the five disciplines and suggests that "System Thinking" fuses the following other disciplines into one body.

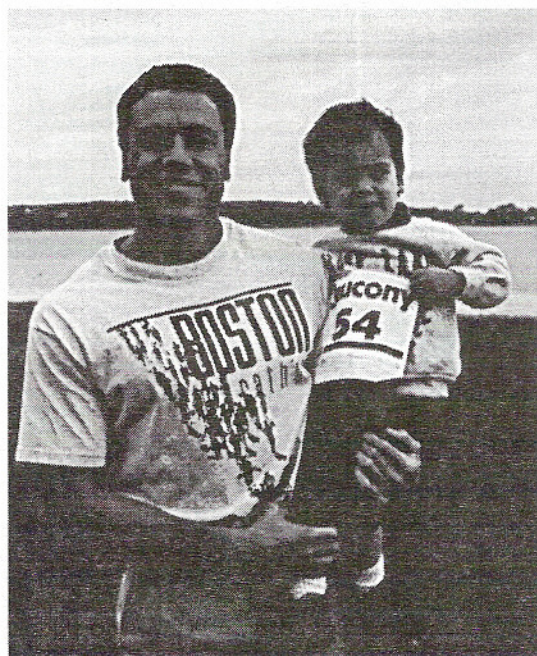
- Building a shared vision
 - Personal mastery
 - Mental models
 - Team learning
- (cont. Visioning)

"Vision 94" looks to build System Thinking into the Maine Track Club. We already have a shared vision and certainly personal mastery exists as we individually clarify and deepen our running goals. Team learning will be our next step.

Over the next few Track Club meetings, members will be asked to join an Action Team. This is your chance to imagine and dream about the future of our Club.

Change is the spice of life! Please help sprinkle some flavor on our future.

Spearheaded by Bernadine Small



Mike Reali and son at the Lifeline 5K

Ooops!

Last month this editor freely touted one local bagel purveyor for their contribution to the Club and failed to recognize that Bagel Works, located on Temple Street, supplied their fabulous rendition of the runner's favorite snack, at the post-marathon refreshment stand. Thank you for your support!!!



Lisa Barker (and friend!) at Lifeline 5K



Don Penta

Race Results

Results submitted by Don Penta

1993 Bud Light Women's Distance Festival 5K Portland, ME - 9/19/93 - 234 Finishers

Top Overall Finishers:

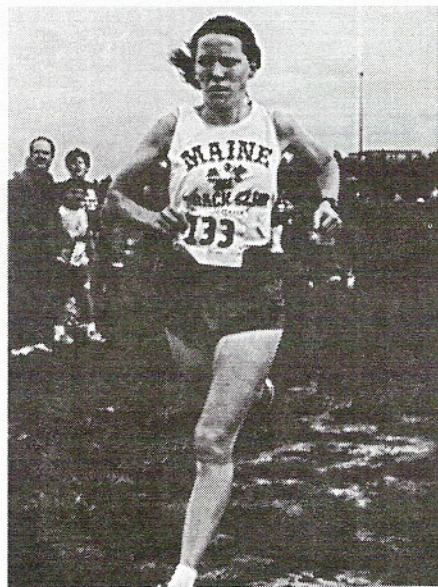
1 Marty Shue	25	17:24
2 Edie Dubord USAT&F	35	17:43
3 Christine Reaser (MTC) 27		17:51
4 Tina Meserve 1,25-29	26	17:58
5 Julie Kirtland 2,5-29	28	18:03
6 Wanda Binette (MTC)	27	18:22
7 Rose Prest-Morrison 1,30-34	30	19:09
8 Kathy Jenkins (MTC) 2,30-34	33	19:11
9 Marjorie Haney (MTC)		19:18
10 Caroline Meehan	26	19:24

Other Top Divisional Finishers:

13 Marjorie Podgajny 2,40-44	40	19:35
32 Joan Lavin (MTC) 2,45-49	45	21:02
43 Jessica Bay 1,15-19	17	21:47
58 Faye Lawrey 1,50-54	50	23:01
71 Kathleen McDonough 1,-14	13	23:44
74 Sandra Barrow 1,20-24	24	24:00
120 Wendy Sayres 1,55-59	59	25:47
129 Sally Amory (MTC) 1,60+ USAT&F	68	26:11

Other Maine Track Club Finishers:

14 Carol Hogan 2,40-44	42	19:39
16 Jeanne Hackett	34	19:49
19 Mary Ann Doss	33	20:13
20 Carol Weeks	44	20:17
26 Maureen Sproul	37	20:42
28 Betty Rines	36	20:56
33 Joan Lee 3	9	21:04
35 Brigitte Edquid 2,45-49	45	21:17
38 Rosalyn Randall	43	21:24
40 Elizabeth Ehrenfeld	34	21:30
42 Ann Strohm	29	21:45
49 Diane LaVangie	34	22:14
50 Cindy DiPalma	35	22:14
53 Cindy Smith	46	22:28
55 Renee Lathrop 2,15-19	15	22:50
57 Mary Anne Peck	35	22:57
61 Joan Tremberth	48	23:07
62 Patti Tableman	35	23:12
68 Harriet Turkanis	40	23:37
73 Patty Medina	35	23:53
76 Shelley Lathrop	27	24:02
87 Arabella Eldredge	39	24:33
88 Jane Dolley	45	24:38
93 Martha Deprez	48	24:52
98 Jody King	33	25:02
103 Sue Inches	38	25:11
117 Judy Bastow	30	25:39
123 Kathleen Duddy	42	25:52
128 Sandy Utterstrom	49	26:01
139 Jessica Parker	11	26:20
146 Elizabeth Dubois	30	26:38
159 Laurie Quint	32	28:10
171 Maggie Soule	52	29:07
173 Bernadine Small	47	29:12
179 Lois Martin	42	29:21
193 Deborah Poore	44	30:54
199 Virginia Cross	50	31:43
203 Mary Anne Champeon	35	32:33
204 Diana Laskey	33	32:33
205 Sherry Carl	46	32:36
216 H'rina DeTroy	12	35:35
217 Christine DeTroy 2,60+	64	35:35
229 Sandra Shennan	43	44:51
231 Anne Strout	53	47:20
232 Janice Bastow	57	47:21



Susanah Beck at the Lifeline 5K

Many thanks to Ruth Hefflefinger for complete results!

Race Results

16th Annual Bowdoin & Back 10 Miler Brunswick, ME - 380 Fin. - 8/15/93

Top Overall Finishers:

1 Bob Winn 1,30-34	34	52:02
2 Dan Dearing 2,30-34	31	56:13
3 Shawn Keenan 3,30-34	31	56:25
4 Thomas Thibau 1,35-39	35	56:36
5 David Weatherbie 1,20-29	25	56:48
9 Joan Samuelson USAT&F	36	57:41*
13 Veronica Knight Haskell	26	59:08*
21 Edie Dubord 1,35-39 USAT&F	35	1:00:20*
25 Ann Bokman 2,20-29	24	1:00:58*
47 Julia Kirtland 3,20-29	28	1:04:22*

Other Top Divisional Finishers:

10 Jim Toulouse (MKTC) USAT&F	45	57:41
14 Gordon Scannell (MTC) 40-44	40	59:11
16 Guy Berthiaume USAT&F	47	59:21
23 Ryan McCalmon (MTC) -19	17	1:00:48
31 Lawson Noyes 50-59	51	1:02:09
67 Arnie Green 60-69 USAT&F	61	1:06:11
96 Carol Weeks (MTC) 40-44	44	1:08:15*
110 Jeanne Lamontagne (MTC)	30	1:08:24*
138 Lendal Johnson USAT&F	60	1:10:53
173 Kathleen Jackson -19	18	1:13:55*
182 Brigitte Edquid (MTC) 45-49	45	1:14:38*
226 Joanna Polito USAT&F	14	1:17:35*
234 Russ Bradley (MTC) USAT&F	69	1:17:59
248 Scott Hinds USAT&F	75	1:19:04
288 Louisa Dunlap 50-59	52	1:22:50*
333 Dorothy Bergman USAT&F	62	1:29:23*

Other Maine Track Club Finishers:

18 Steven Hertford	33	59:45
22 Rick Reaser	26	1:00:23
28 Michael Reali	39	1:01:15
29 John Eldredge	39	1:01:19
43 Craig Wilson	44	1:03:49
49 Alburn Butler	39	1:04:24
50 Ron Cedrone	44	1:04:32
56 Gerry Clark	49	1:05:02
70 Bob McCormack	42	1:06:25
74 Ronald Deprez	49	1:06:45
76 Larry Barker	44	1:06:48
83 Richard Mulhern	39	1:07:13
91 Tom Allen	37	1:07:46
98 Christine Reaser	27	1:08:24*
107 Les Berry	45	1:08:50
109 John Rolfe	39	1:09:01
116 Paul LaVangie	35	1:09:21
117 Richard Scribner	42	1:09:23
124 Phil Pierce	51	1:09:47
131 Carlos Philbrick	40	1:10:29
147 Charles Iselborn	36	1:11:41
152 Nancy Kneeland	38	1:11:56*
156 Yun Chong	33	1:12:10
164 John Merritt	43	1:12:57
168 Steve DiPalma	37	1:13:32
172 Archer Wright	48	1:13:54
174 Loren Lathrop	44	1:13:56



Greg Parker at the Lifeline 5K

176 Joan Lee	39	1:14:07*
192 Betty Rines	36	1:15:20*
195 Andrew MacLean	31	1:15:32
198 George Conly	45	1:15:41
200 Malcolm Washburn	39	1:15:48
201 Michael Cavanaugh	42	1:15:52
204 John Dorsey	46	1:16:05
213 Bill McCalmon	51	1:16:23
216 Cindy DiPalma	35	1:16:29*
219 Ed Doughty	44	1:16:51
222 Dale Rines	41	1:17:13
227 Jeff Thaler	40	1:17:35
229 Kathryn Tolford	38	1:17:42*
244 Reggie Sargent	47	1:18:48
261 Ann Strohm	29	1:20:10*
265 Nancy Lovetere 2,45-49	49	1:20:34*
278 Chris Dowe	33	1:21:33
281 Howard Spear	43	1:21:59
292 Raymond Oneglia	45	1:23:23
316 Don Kent	40	1:26:14
321 Nanette Dyer	31	1:27:14*
328 Laurie Curtis 3,45-49	46	1:28:16*
336 Jean Thomas 2,50-59	57	1:29:50*
339 Bill Stuart	35	1:30:19
353 Susan Davenny	44	1:34:12*
357 Dave Conley	53	1:35:07
359 Jane Dolley	45	1:35:47*
360 Ken Dolley	57	1:35:47
362 Bill Davenny	48	1:36:23
366 Mel Fineberg	57	1:39:21
369 Maggie Soule 3,50-59	51	1:41:03*
378 Mark Clinch	37	1:49:02
380 Ruth Hefflefinger 2,60-69	64	2:02:23*

Many thanks to *Charlie Scribner* for complete results!

More Race Results

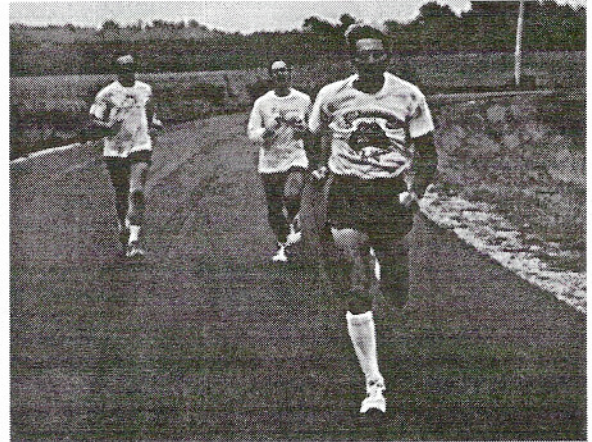
Masters/Seniors Race In Memory of Rick Strout

October 16, 1993 4 Miler

Peter Bastow	27:15 WINNER/SENIOR
Steve Assante	27:17 WINNER/MASTER
Richard Scribner	27:18
Dennis Morrill	29:29
Warren Wilson	35:18
Everett Moulton	36:08
Donna Moulton	39:36*WINNER

MTC Ultra Marathon 50 Miler

Stephen Peckiconis	6:16:11
Ellen McCurtin	6:19:59*NEW COURSE RECORD
James Jones	6:33:26
Paul Days-Merrill	6:41:58 MTC
Craig R. Wilson	6:53:12 MTC
Steve Schiller	7:01:13
Richard Gates	7:08:38
Jennifer Girouard	7:21:15*
Roy Morris	7:29:51
Joe Hayes	7:57:16 MTC
Michael Talbert	8:02:43
Egor Egan	8:12:36
Ron Paquette	8:37:10
Richard J. Busa	9:08:14
Charlesa E. Vadakin	9:50:50 MTC
Loren Lathrop	10:02:48 MTC
Dennis Collins	10:37:50
DNF Rich Langeloh	(30 miles 4:46:38)
*OLD COURSE RECORD KIM BEAULIEU 6:22:56	



Peter Bastow, Steve Assante, Richard Scribner at the Master/Senior Race (at the MTC Ultra 50 Miler)



Jim Bunnell, at the Lifeline 5K



George Conly, at the Lifeline 5K

Lifeline 5K Photos



Joe Richards



Linda Richards



Peter Bastow



Jessica Parker



Dave Paul

THE JINGLE BELL RUN RETURNS!

How would you like to revive a fun activity this year? The Jingle Bell run was a barrel of fun for everyone and it also contributed to the community. *This will take the place of our regular Dec. meeting.* [it's a good change of pace].

We need your participation to make it work. We will meet on Wednesday, Dec.15 at the Preble St. Arterial parking lot[across from Shop&Save] at 6:00 p.m. We will run the Boulevard to the Seaside Nursing Home, sing some carols and then run or walk the rest of the jogging path. We will end up at a nearby eatery and drinkery for some socializing.

Costumes are optional-----Bells necessary

Date: Wednesday, Dec. 15, 1993

Time: 6:00 p.m.

Place: Preble St. Arterial Parking lot

Yes, I plan to attend the Jingle Bell Run

Name _____

I will bring a small gift for a child. The gifts will be collected and presented to a group shelter for handicapped children.

Reminder

Nov. 8 Pot luck meeting

Falmouth Cong. Church

Contact Sandy Utterstrom 797-4710

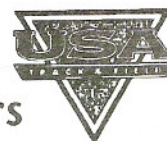
Please call Mel at 774-8868

or send to:

Mel Fineberg

129 Wayside Rd.

Portland, Me. 04102



Maine Track Club 1993 Officers and Committee Chairs

Tom Dann	President	985-2727	Donna Moulton	At Large	799-2894
Mel Fineberg	V. President	774-8868	Pat Buckley	At Large	773-4562
Reggie Sargent	Secretary	967-5629	Russ Bradley	At Large	799-3864
Steve Assante	Treasurer	642-4298	Dale Rines	Course Cert.	854-2486
Carol and Sumner Weeks	Past Pres.	774-7302	John Gilliss	Course Cert.	879-0222
Charles Scribner	Race. Comm.	772-5781	Don Penta	Statistician	892-4526
Laurie Quint	Membership	657-2426	Rick Meinking	Equipment	772-8301
Jeanne Hackett	Newsletter	879-0678	Howard Spear	Equipment Mgr.	856-6496
Maureen Sproul	Photography	926-4681	Judy Grassi	Clothing	774-9656

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