



NEWS • RUN

Run with a friend

November 1994

From the Presidential Suite. . .

Banner Month for Club . . .

October 1994 will be recorded as our finest October ever. Starting with the Lifeline 5K to kick off the Marathon & Half Marathon weekend on Saturday, October 1 to the Brunswick Physical Therapy 8K on October 16, the races provided our club with some of its finest goodwill and positive P.R.

The Maine Marathon & Half Marathon 1994 will go down in the annals of the history of our club as a classic benchmark for future races. The hard work of the race directors, Peter Bastow and Don Kent, cannot be measured. It was simply outstanding. The use of the media, both in print and communication, was a classic. Everything came together to make the Marathon weekend a huge success.

The Ultramarathon 50 Miler was held on October 15 under clear, beautiful skies. Sandy and Al Utterstrom were at their finest. This is an MTC tradition that we all hope will continue for many more years. The Physical Therapy 8K on October 16 was held under ideal conditions as well, with a large field of runners. Our experienced and knowledgeable race director, John LeRoy, was in complete command. The Maine Track Club-Central Maine Strider Challenge was won handily by our club. Thank you, John. We look forward to defending our plaque next year.

We are very proud of our directors, volunteers, and runners. A successful event makes all the hard work worthwhile.

Mel

The Maine Track Club expresses its deep appreciation to the firm of Berry, Dunn, McNeil & Parker for their generous contribution of the typesetting, layout, and design of this newsletter. Special thanks goes to Ann Witkower for her excellent work on behalf of her employer.

From the Editor . . .

The feedback we have received about the Marathon edition of **NEWS-RUN** has been terrific. We were pleased to be able to put together a sort of retrospective. As you may have figured out, in order to spend the time preparing this type of edition, we needed to combine the August and September issues of **NEWS-RUN**. We appreciate your patience and apologize for any inconvenience this may have caused.

The next issue of **NEWS-RUN**, the December/January issue, will feature highlights from the Maine Marathon-Half Marathon. You will notice a few pictures in this issue, but look for more in the next. Until then, happy running.

Susan

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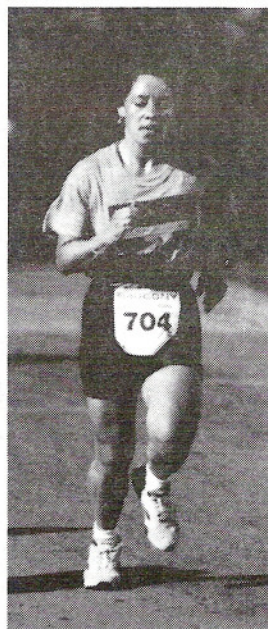
Carleton Mendell runs his 100th Marathon

A Different Ending to the Sixth Women's Distance Festival

A change in the location of the finish, requested by the Sonesta Hotel for the convenience of their guests, has given us a safer, more manageable area on Free Street and a new course record. The course was recertified and Julia Kirtland won the race in 17:12. The old course record of 16:35 belonged to Joan Samuelson.



Cindy DiPalma



Patty Medina

A heavy rain stopped and the sun came out about an hour before the race, giving us a record of good weather for five out of six years. Thanks for everybody's prayers. Approximately \$2,700 was raised for McAuley Residence.

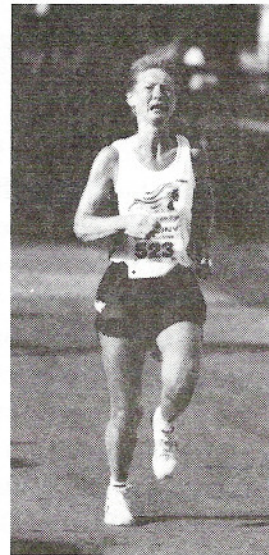
The race continues to attract women doing their first race. This year, they numbered 30 strong. Forty-two year old Madelyn Sawyer of Cliff Island was first among them in 24:09. Masters, watch out!

Especially enjoyable to see are the mother/daughter teams, 16 in all this time. Nancy Lagin and Julie Lagin-Nasse from Starks won. Fifteen year old Julie finished 11th overall in 19:35.

The team competition was keen without the presence of Team Maine. Run to Win captured first, followed by Maximum Performance and Run to Eat.



Evie Strohm

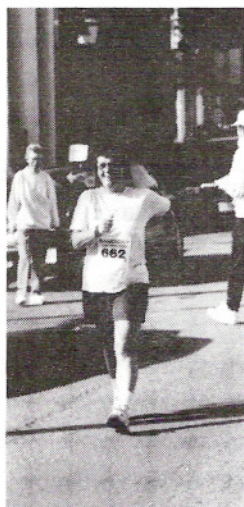


Cynthia Smith

Special congratulations to 8 year old MTC member Lisa Barker, our youngest finisher. Lisa ran while Mom and Dad, Pam and Larry, worked as traffic guards. Pam changed gears while Chute Sister Jan Bastow RAN the race!

Our thanks to all who ran and helped and sponsored this race. See you on September 17, 1995.

Susan Davenny and Ruth Hefflefinger



*Central Maine Strider
Newsletter Editor
Linda Benn*



Renee Lathrop

Women's Distance Festival Volunteers

Without the many volunteers, the Women's Distance Festival would not have been the success it was. Thanks goes to:

Steve Assante
Larry Barker
Peter Bastow
Don Bessey
Pat Buckley
Tom Carll
Stoddard Chaplin
Mark Clinch
Carl Comstock
Clyde Coolidge
Don Cross
Paul D'Amboise
Sue Davenny
Orlando Delogue
Ron Dubois
Ken Dolley
Mel Fineberg

Bob Aube
Pam Barker
Fred Beck
Russ Bradley
Dick Campbell
Mary Anne Champeon
Terry Clark
Andrew Coffin
George Conly
Mark Coughlin
Ted Cunningham
Bill Davenney
Bob Delaney
Steve DiPalma
Elizabeth Dubois
Ed Doughty
Mark Finnerty



From left, John Gale, Mike Frost



President Mel Fineberg

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Mike Frost
John Gale
Ray Hefflefinger
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Brenda Keene
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Malcolm Washburn
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1994 Women's Distance Festival Sponsors

We would like to thank the following organizations for their generous contributions to the Women's Distance Festival:

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SPORTS & FITNESS
MAGAZINE

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Coach's Corner . . . Brian "Ziggy" Gillespie



Are you interested in becoming a stronger, faster runner? How about losing some weight without more running?

You have got to get in the weight room and strength train! This is the best time of the year to give it a try. Fewer races, cold weather— just try it for two

months. All the runners I coach are required to build up their upper body during this period of the year. Numerous studies have shown that runners who work on strength training are far more successful and avoid injury.

At around 30 years of age, we begin to lose about one-half pound of muscle every year—for the rest of our lives! Studies show that runners, who only run, lose much more muscle mass than those who strength train. Muscle loss not only sets you up for possible injuries, but it also affects performance and even leads to weight gain.

Which muscle groups do you work? The back and abdominals are very important. Remember, all the forces related to running go through these areas. Biceps and triceps are also important, in many ways. Strong arms provide steering action; weak arms cause your running form to deteriorate. The tricep is the opposing muscle to your bicep, so you must have balance between these two muscle groups to develop strength. I do not have the athletes I train do much weight training with legs. I would advise it only under direct supervision. The chance of injury is greater than the gain.

Join a local health club for three months—give it a try. You will understand the importance in a very short time.

RUNNER'S
WORLD®

Coach's Corner, *continued*

A few important tips:

1. Free weights are best; they develop balance, coordination, and agility.
2. Work out Mondays and Thursdays. Your muscles need 48 hours to repair between workouts.
3. Run a slow 20 minute run before you lift.
4. Get advice at the Health Club.

The Vermont Covered Bridges Half-Marathon

Earlier this spring I had received a flyer in the mail with the captivating offer to run a half-marathon which wound its way through the covered bridges of Vermont. It sounded like a nice way to spend the day, and I thought it would be an excellent end to my training for the Sugarloaf Marathon, which was being held on the following Sunday.

We pulled out the map and, after several minutes of searching, found that Quechee is a small town located midway between White River Junction and Woodstock, Vermont. Getting there was as much a part of the weekend as the race itself. It meant a drive through the White Mountains of New Hampshire, across the Kancamagus Highway, and then a final drive through the Green Mountains of Vermont. The drive, which took about 4½ hours, was enjoyable but, because of

the distance, is not something to do the morning of the race. We needed to drive over the day before, which meant calling ahead for reservations.

Working with the list of local motels/hotels and Bed and Breakfast Inns which had been sent by the race committee along with a map of the local area and the race route, we tried to make reservations as close to the starting line of the race as possible. We quickly found that "there was no room at the Inn." One of the desk clerks finally suggested I call around in White River Junction (about 7 miles away), as all of the local reservations had been filled almost immediately. He told me that the number of applications being received was far beyond the expected response and that the race was going to prove to be quite the "event." I was able to make the reservations immediately at the local Holiday Inn, although they told me that they were also filling up quickly.

Saturday (5/14/94) finally arrived and, being sure I had all of my running gear (the right shoes, my MTC singlet, LIFA in case it was cold, MTC wind suit, etc.), we were on our way. The drive over to Vermont was enjoyable, the weather was perfect, and the scenery was as beautiful as it always seems to be in that part of the Northeast. After several hours of driving up and down mountain roads, we arrived at the Holiday Inn without any complications. Dinner that night was at a local Italian restaurant, where the pasta and salad were excellent.

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 A.M. - RTW Team - Brian Gillespie, 772-2753

South Portland: Tuesday P.M. - Donna Moulton, 799-2894

Kennebunk: Thursday P.M. - Village Market Place - Steve Jacobsen, H 985-4107; W 985-2941

Covered Bridges, *continued*

Sunday, May 15, 1994, turned into a beautiful spring day as nearly 1,500 runners prepared to run the 3rd Annual Vermont Covered Bridges Half-Marathon. Just a year before, the field of runners had barely numbered 500, but word had gotten out concerning the quality of this race, the beautiful scenery, and the layout of the course. In three short years this race had grown into a major event.

Now we stood in a field in Quechee about 3/4 of a mile from the finish line, getting our race packets and waiting to board buses which would transport us the 13.1 miles to West Woodstock and the starting line. There were hot air balloons floating overhead, music, and a tent set up similar to that used at the base of the Mt. Washington Road Race. After picking up our race packets with bib number, t-shirts, and commemorative mugs, we were loaded onto buses with almost military precision, and shortly after arrived at the starting line of the race with about 45 minutes remaining for stretching and warming up. The starting line area was as well organized as the staging area had been. There were cases upon cases of Vermont Springs water for the runners' fluid needs, and there was a Bavarian style band for entertainment. The first of the covered bridges was here at the starting line. After the buses dropped us off we walked through this first bridge to get to the actual starting line.

The race began on a tree-lined dirt road with a gentle uphill, which quickly turned to the left

and a series of downhill or easy rolling hills continued for the next several miles. Because of the large number of runners, the first mile was more of a jog than a race pace, but eventually we thinned out and, by the second mile, the pace was starting to pick up. Water stops were every few miles, and we soon found ourselves entering the town of Woodstock. After running through the town and crossing the second of the covered bridges, we looped around the town square to the sound of churchgoers, townspeople, and friends clapping and cheering us on.

After leaving Woodstock, we continued running alongside the Ottauquechee River on a beautiful course of gently rolling terrain, passing fields of grazing cows and horses. At about the 7.5/8.0 mile mark, we came upon the third covered bridge and the one real hill on the entire course. As we turned left away from the River, we found a brass band standing at the base of the hill. Listening to them play and the crowds cheering, we were up and over the hill almost before we knew it. From that point on, the course had a few more gentle rolling hills, but most of the way to the finish line tended to be on a gentle downhill glide. As we neared the 12-mile mark, we could hear the activity at the finish line; a PA system announced runners' names as they crossed the finish line, and a Scottish Bagpipe unit was playing. Soon the fourth covered bridge came into sight and, as we crossed through this last bridge, we made a half loop around Lake Pinneo and came to the finish line.

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, P.O. 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*.

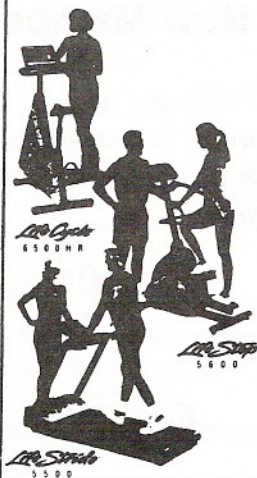
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Covered Bridges, *continued*

Awaiting the runners was a huge tent full of refreshments, which included unlimited amounts of bagels, Vermont Springs water, ice cream bars, yogurt, oranges, and bananas. Also at the finish line was Bill Rogers, signing autographs and giving words of encouragement. He had run the race, and was now participating in the post-race activities. Once again, buses were available to bring the runners back to the original staging area (which was about 3/4 of a mile from the finish line), but many of the runners chose to walk or jog their way back. After getting our fill of refreshments (the ice cream bars were the best), we walked back to the car. We then proceeded to do some sightseeing at the Gorge and a few other attractions in the area before heading back towards Maine, enjoying the ride back through the mountains.

This was a great race, and a great weekend. Within a few days, I received a postcard in the mail, detailing my race results, which included my official finishing time and my placement among the nearly 1,500 other runners. I highly recommend to anyone who would like to do a spring half-marathon that he/she consider this as the race of choice for next May. Use it as a goal of its own, or use it as a last training run before Sugarloaf. From what we heard, next year's race will be even bigger and better than this one.

Dennis Connolly

Member Profile - Nancy Lund

When I first began to see Nancy Lund run locally, I thought she looked like a seasoned runner, fit and fast, so I was very surprised when she said she has only run for five years. Nancy began running "just to get in shape" when her two sons, Nick and Alex, started school. Then her workouts began to include a few other women who considered themselves "recreational runners." When this nucleus felt ready for more challenge, Nancy approached her brother, local coach and MTC co-founder Brian Gillespie, with the idea that he consider coaching the group. From that initial idea has grown the highly visible and much awarded Run To Win Ladies' Team.

Nancy soon branched from "just running," and began to take part in the National Summer Biathlon Series, running cross country and shooting, placing 9th among the women in 1991. At the same event in 1994, she was the second master.

This versatility is not just in athletics. With her background as an R.N., Nancy worked in the highly specialized dialysis area for ten years. Recently, in order to have more time with family, she joined a small local newspaper as a graphic artist, a skill she "learned by doing." Her creativity has been seen, and worn, by many of us. It's her design on the 1993 Maine Marathon-Half Marathon shirts and on the 1992 MTC annual volunteer tee shirts.

Nancy Lund, *continued*

Nancy's husband, Will, doesn't just sit around and watch all this. He's a triathlete who is recently having success in his age division and was MTC's "Most Improved" in the 1993 triathlete category.

Just off the wire: At this July's Yarmouth Clam Festival Five-Miler, Nancy exceeded her PR of last year, taking 40 seconds off to finish in 32:52. And this water stop volunteer can tell you that she was looking very good in the effort.

Pat Buckley

News About Our Members

BRIAN GILLESPIE NAMED NAIA MAYFLOWER CONFERENCE COACH OF THE YEAR

Brian "Ziggy" Gillespie, women's cross-country coach at Westbrook College, has been named the NAIA Mayflower Conference Coach of the Year. Only a second year program, his team recently finished runner-up to Lyndon State College at the conference championships.

Brian, forty-seven years old, has been one of Maine's most well known runners, coaches and running organizers for over twenty years. He is founder and past three-time president of the present 400 member Maine Track Club. While at St. Joseph's College from 1980 to 1987 he amassed a 147-11 record as the men's cross-country coach. His teams have qualified for the national championships each year and were New England champions four times. He was named New England Coach of the Year three times.

In 1990, Brian organized and developed the "Run to Win Ladies' Team," a group of fifteen women who have become highly successful under his coaching supervision. Brian is also the personal coach of Bob Winn and Christine Snow-Reiser, Maine's top male and female runners.

MTC Welcomes New Members

The MTC welcomes the following new members. We hope they enjoy this newsletter and join us in the many activities the club will sponsor during the next year.

Michael Beaudoin H: 793-8182
RR1, Box 658
Limerick, ME 04048

Bob & Barbara Brosius H: 685-9563
Ember Brosius
Andy Brosius
RR1, Box 2650
Wayne, ME 04284

John Cain H: 283-4006
342 North Street, Apt. 405
Saco, ME 04072

Susan Clark H: 773-7001
56 North Street, #303
Portland, ME 04101

Patrick Connolly H: 828-1744
38 Middle Road
Falmouth, ME 04105

Daniela Daggy H: 871-7258
101 Pleasant Avenue
Portland, ME 04103

Daniel DeFrees H: 603-335-7124
P.O. Box 91
Rochester, NH 03866

Donna Dumont W: 384-2222
P.O. Box 284
E. Lebanon, ME 04027

Cecile Fontaine H: 797-4568
Claire Fontaine
Daniel Fontaine
Nicole Fontaine
91 Lexington Avenue
Portland, ME 04103

Jennifer Hamel H: 871-5028
Brent Graham
17 Quebec Street, #2A
Portland, ME 04101

continued on page 11



Race Results Submitted by Don Penta

1994 Sports East's Bowdoin & Back Run to the Coast 10 Miler August 21, 1994

394 Finishers (99 Female, 295

Male)

Bowdoin College, Brunswick, Maine

Top Overall Finishers:

- 1 Michelle Isham 1, overall 22 1:03:01* (6:18)
- 2 Terry Sutton 2, overall 33 1:05:12* (6:31)
- 3 Carol Weeks (MTC) 3rd USAT&F 45 1:06:27* (6:39)
- 4 Caroline Meehan 1,20-29 26 1:06:30* (6:39)
- 5 Jeanne Lamontagne (MTC) 30-34 31 1:06:43* (6:41)

- 1 Jim Newett 1, overall 36 55:41 (5:34)
- 2 Michael Grigware 2, overall 29 56:03 (5:36)
- 3 Shaun Keenan 3, overall 32 56:24 (5:38)
- 4 Lonnie Remy 1,19-29 19 56:42 (5:40)
- 5 Bruce Nicholson 1,30-34 32 57:03 (5:42)

Other Top Divisional Finishers:

- 6 Mary Meehan 2,20-29 28 1:06:30* (6:42)
- 7 Ellen Bowden 40-44 USAT&F 41 1:07:26* (6:45)
- 12 Mary McCauley 35-39 35 1:10:23* (7:02)
- 27 Joanna Polito 18&under 15 1:17:26* (7:45)
- 48 Marcelle McGuire 55-59 USAT&F 55 1:24:13* (8:25)
- 12 Tom Howard (MTC) 18&under 17 58:44 (5:52)
- 14 Jim Toulouse (MTC) 45-49 USAT&F 46 59:19 (5:56)
- 19 Gordon Scannell 40-44 41 1:00:19 (6:02)
- 20 Joel Croteau 50-59 USAT&F 50 1:00:22 (6:02)
- 50 Bob Coughlin 2,50-59 USAT&F 55 1:03:39 (6:22)
- 100 Russ Connors (MTC) USAT&F 62 60&+ 1:08:43 (6:52)
- 131 Robert Hazzard (MTC) USAT&F 62 1:11:28 (7:09)
- 249 Carlton Mendell (MTC) USAT&F 72 1:22:48 (8:17)

Other Maine Track Club

Finishers:

- 8 Laurel Valley 2,30-34 31 1:07:39* (6:46)
- 9 Deb Raszmann 2,40-44 41 1:08:46* (6:53)
- 10 Mary-Ann Doss 3,30-34 34 1:09:40* (6:58)
- 13 Alison Kisch 3,19-29 28 1:11:13* (7:07)
- 14 Nancy Kneeland 2,35-39 39 1:11:17* (7:08)
- 20 Betty Rines 3,30-39 37 1:14:15* (7:26)
- 22 Rosalyn Randall 44 1:14:28* (7:27)
- 23 Cindy DiPalma 36 1:14:33* (7:27)
- 24 Brigitte Edquid 4,45-49 46 1:14:46* (7:29)
- 25 Kathy Jenkins 34 1:15:04* (7:30)
- 29 Cindy Aiken 40 1:18:42* (7:52)
- 38 Laurie Curtis 2,45-49 47 1:21:13* (8:07)
- 61 Sally Paterson 2,50-54 53 1:27:30* (8:45)
- 65 Tina Marzul 31 1:28:44* (8:50)
- 75 Carlene Anderson 44 1:31:13* (9:07)

- 77 Jeanne Richmond 35 1:31:24* (9:08)
- 82 Candace Karu 41 1:32:58* (9:18)
- 88 Barbara Kucine 35 1:34:40* (9:28)
- 89 Jane Dolley 46 1:34:40* (9:28)
- 91 Jean Thomas 58 1:36:25* (9:39)

- 24 Chris Milliken 29 1:00:57 (6:06)
- 25 John Eldredge 2,40-44 40 1:01:09 (6:07)
- 26 Michael Reali 3,40-44 40 1:01:22 (6:08)
- 28 Rob Brooks 29 1:01:38 (6:10)
- 31 Paul Gadbois 40 1:02:04 (6:12)
- 37 Kevin Carley 39 1:02:31 (6:15)
- 38 Harry Nelson 40 1:02:39 (6:16)
- 42 Rob Craig 38 1:02:52 (6:17)
- 48 Daniel Hutchins 34 1:03:23 (6:20)
- 54 Ron Deprez 3,50-59 50 1:04:28 (6:27)
- 56 Terry Clark 50 1:04:45 (6:29)
- 60 Alburn Butler 40 1:05:15 (6:32)
- 64 Will Lund 39 1:05:30 (6:33)
- 77 Carlos Philbrick 41 1:06:56 (6:42)
- 79 Ron Cedrone 45 1:07:00 (6:42)
- 81 Charles Iselborn 37 1:07:06 (6:43)
- 91 Kevin Jenkins 37 1:07:36 (6:46)
- 103 Les Berry 46 1:08:57 (6:54)
- 104 Peter McDonald 34 1:09:05 (6:55)
- 107 Ed Doughty, Jr. 45 1:09:13 (6:55)
- 116 Gary Giffard 35 1:10:26 (7:03)
- 118 Jacob Morrill 13 1:10:36 (7:04)
- 119 Ira Cohen 41 1:10:37 (7:04)
- 120 Robert McCormack 43 1:10:41 (7:04)
- 123 Malcolm Washburn, Jr. 40 1:10:54 (7:05)
- 130 Steven Jacobsen 44 1:11:21 (7:08)
- 140 Loren Lathrop 45 1:12:11 (7:13)
- 147 Clyde Coolidge 55 1:12:53 (7:17)
- 148 Lloyd LaFountain 32 1:12:56 (7:18)
- 153 Stephen DiPalma 38 1:13:18 (7:20)
- 155 Tom Keating 38 1:13:19 (7:20)
- 158 John Merritt 44 1:13:27 (7:21)
- 176 Dick Lajoie 54 1:15:02 (7:30)
- 184 Scott Hamilton 43 1:15:35 (7:34)
- 190 Dana Seguin 40 1:16:10 (7:37)
- 206 Reggie Sargent 48 1:18:08 (7:49)
- 221 Gary Johnson 47 1:19:35 (7:58)
- 222 Michael Cavanaugh 43 1:19:41 (7:58)
- 225 John Rolfe 40 1:19:51 (7:59)
- 229 Howard Spear 44 1:20:13 (8:01)
- 233 Robert Green 46 1:21:05 (8:07)
- 251 Richard Evans 40 1:23:21 (8:20)
- 253 Dave Conley 54 1:23:39 (8:22)
- 253 Don Kent 41 1:23:51 (8:23)
- 271 Bill Davenny 49 1:26:32 (8:39)
- 275 Don Burnham 53 1:28:38 (8:51)
- 284 Mel Fineberg 58 1:37:59 (9:48)
- 286 Robert Marzul 33 1:38:36 (9:52)
- 294 Julius Marzul 68 1:56:52 (11:41)

Many thanks to Susan Davenny
for complete results!

**The Forecaster's 2nd Annual
Old Fashioned Foot Race 10K
September 2, 1994
132 Finishers
Falmouth High School,
Woodville Road, Falmouth,
Maine**

Top Overall Finishers:

- 1 Bob Winn 1, overall USAT&F 35 30:46 (4:58)
- 2 Brent Leighton 2, overall 25 33:46 (5:27)
- 3 Tom Thibault 3, overall 36 34:09 (5:30)
- 4 Shaun Keenan 1,30-39 32 34:10 (5:31)
- 5 Roland Thibault 1,20-29 26 34:28 (5:34)
- 16 Rose Prest-Morrison 1, overall 31 37:49* (6:06)
- 29 Laurel Valley (MTC) 2, overall 31 39:05* (6:18)
- 34 Donna Hurley 3, overall 37 39:40* (6:24)
- 35 Gail Turner (MTC) 1,30-39 34 39:46* (6:25)
- 38 Mary Meehan 1,20-29 28 40:15* (6:30)

Other Top Divisional Finishers:

- 6 Peter Hall 2,30-39 32 35:25 (5:43)
- 7 Teague Dyer 19&under 18 35:31 (5:44)
- 9 John Eldredge (MTC) 40-49 40 36:53 (5:57)
- 19 Terry Clark (MTC) 50-59 50 38:18 (6:11)
- 40 Carol Weeks (MTC) 40-49 USAT&F 45 40:39* (6:33)
- 52 Hap Hazzard (MTC) 60&over 62 41:41 (6:43)
- 113 Polly Kenniston 50-59 57 54:14* (8:45)
- 130 Ruth Heffelfinger (MTC) 60&+ 65 66:23* (10:42)

Other Maine Track Club

Finishers:

- 12 Harry Nelson 40 37:28 (6:03)
- 13 Rob Craig 38 37:41 (6:05)
- 18 Craig Wilson 45 37:53 (6:07)
- 24 Erich Reitenbach 43 38:45 (6:15)
- 25 Scott Strout 32 38:47 (6:15)
- 26 Richard Mulhern 40 38:54 (6:16)
- 27 Richard Scribner 43 38:57 (6:17)
- 30 Joe Hayes 45 39:12 (6:19)
- 43 James McCorkle 39 40:50 (6:35)
- 45 Phil Pierce 2,50-59 53 40:54 (6:36)
- 49 Peter Bastow 58 41:13 (6:39)
- 51 Ira Cohen 41 41:24 (6:41)
- 54 Paul Lessard 37 41:42 (6:44)
- 60 John Watson 50 42:46 (6:54)
- 61 D. Scott Hamilton 43 42:53 (6:55)
- 62 Glen Gallupe 34 42:58 (6:56)
- 64 Terry Gallupe 32 43:03* (6:57)
- 71 Joan Lee 40 43:39* (7:02)
- 72 Loren Lathrop 45 43:59 (7:06)
- 73 James Harmon 34 44:05 (7:07)
- 74 Bob Aube 28 44:07 (7:07)
- 75 John Rolfe 40 44:08 (7:07)
- 76 Betty Rines 37 44:12* (7:08)
- 78 John LeRoy 57 44:20 (7:09)
- 80 George Liming 43 44:27 (7:10)
- 82 Jeff Thaler 41 45:12 (7:17)
- 90 Denny Morrill 55 47:07 (7:36)
- 91 Howard Spear 44 47:14 (7:37)
- 96 Laurie Curtis 47 48:30* (7:49)
- 97 M. F. Harmon 44 48:32 (7:50)
- 102 Don Russell 57 49:37 (7:57)
- 103 Joe O'Donnell 43 50:02 (8:04)
- 104 Richard Cavanaugh 61 50:46 (8:11)
- 120 Sandy Utterstrom 50 56:50* (9:10)

Many thanks to Charlie Scribner
for complete results!

**9th Annual Women's Distance
Festival 5K
September 18, 1994
241 Finishers
Congress Square, Portland,
Maine**

Top Overall Finishers:

1 Julia Kirtland 1,overall	29	17:12	(5:33)
2 Ann Bokman 2,overall	25	17:57	(5:47)
3 Rose Prest-Morrison 3,overall	31	18:09	(5:51)
4 Marty Shue 1,25-29	26	18:28	(5:57)
5 Kathleen Allen 2,25-29	28	18:55	(6:06)
6 Mary Meehan	28	18:58	(6:07)
7 Ellen Bowden 1,40-44	41	19:16	(6:13)
8 Deb Raszmann (MTC) 2,40-44	41	19:19	(6:14)
9 Gretchen Read 1,50-54 USAT&F	51	19:25	(6:16)
10 Carol Hogan (MTC)	43	19:28	(6:17)

Other Top Divisional Finishers:

11 Julie Lagin-Nasse 15-19 USAT&F	15	19:35	(6:19)
12 Daniela Daggy 20-24	23	19:48	(6:23)
13 Cheryl Bascomb 30-34	34	19:49	(6:24)
15 Sheila Hodges 35-39	39	19:57	(6:26)
16 Carol Weeks (MTC) 45-49 USAT&F	45	19:59	(6:27)
57 Mandy Bowden 14&under USAT&F	10	23:26	(7:34)
71 Samantha Bowden USAT&F	8	24:28	(7:54)
105 Polly Kenniston 55-59	57	26:03	(8:24)
110 Wendy Sayres 60&over	60	26:08	(8:26)
182 Ashley Ryder 2,60&+ USAT&F	65	30:31	(9:51)

Other Maine Track Club

Finishers:

24 Mary-Ann Doss	34	20:26	(6:35)
25 Kathryn Ring	34	20:39	(6:40)
27 Nancy Kneeland	39	20:42	(6:41)
32 Joan Lavin 2,45-49	46	21:00	(6:46)
34 Theresa Gallupe	32	21:10	(6:50)
35 Joan Lee	40	21:19	(6:53)
36 Cindy DiPalma	36	21:22	(6:54)
37 Brigitte Edquid	46	21:32	(6:57)
41 Sarah Parrott	35	21:50	(7:03)
43 Kitty Kelley	47	21:59	(7:05)
45 Cindy Smith	47	22:23	(7:13)
46 Renee Lathrop	16	22:24	(7:14)
47 Daria McNamara	45	22:33	(7:16)
48 Laurie Curtis	47	22:47	(7:21)
31 Patty Medina	36	22:50	(7:22)
53 Heather Sobel	25	23:09	(7:28)
69 Jane Dolley	46	24:18	(7:50)
80 Gay Sampson	37	24:58	(8:03)
104 Carlene Anderson	44	25:58	(8:23)
114 Ann Strohm	30	26:14	(8:28)
133 Barbara Proko	47	27:14	(8:47)
136 Elizabeth Dubois	31	27:25	(8:51)
152 Sherry Carl	47	28:08	(9:05)
154 Jennifer Pierce	26	28:16	(9:07)
160 Jessica Hayes	44	28:35	(9:13)
161 Pamela Kinner	35	28:37	(9:14)
162 Bernadine Small	48	28:38	(9:14)
168 Jackie Katz	35	28:57	(9:20)
170 Marlene Russell	52	29:07	(9:24)
195 Sue Lilley	40	32:19	(10:19)
196 Marge Parsons	43	32:21	(10:26)
197 Maggie Soule	53	32:26	(10:28)
200 Virginia Cross	51	32:36	(10:31)
202 Jan Bastow	58	33:00	(10:39)
207 Lisa Barker	8	34:17	(11:04)
208 Rebecca Sproul	9	34:22	(11:05)
209 Maureen Sproul	38	34:23	(11:05)
210 Laurie Quint	33	34:24	(11:06)
234 Evelyn Strom	55	50:09	(16:11)

237 Colleen Salvo 38 53:24 (17:14)

Many thanks to Ruth Hefflefinger
for complete results!

3rd Annual Maine Half

Marathon

**Portland to Falmouth & Back
535 Finishers (187 Female & 348
Male)**

October 2nd, 1994

Top Overall Finishers:

1 Joan Samuelson USAT&F: open	37	1:15:59*	(5:48)
2 Ann Bokman 2,overall	28	1:19:15*	(6:03)
3 Terry Sutton 3,overall	33	1:24:43*	(6:28)
4 Marjorie Graff 4,overall	27	1:26:44*	(6:37)
5 Rhonda Prime 5,overall	29	1:27:08*	(6:39)

1 Jose Rocha 1,overall USAT&F:open	29	1:06:23(5:04)
2 Stan Bickford 2,overall	31	1:08:37 (5:14)
3 Maurits Van Der Vee 3,overall	27	1:08:59 (5:16)
4 Mohamed Hamcha 4,overall	26	1:09:23 (5:18)
5 Patrick Gillyoly 5,overall	30	1:10:08 (5:21)

Other Top Divisional Finishers:

6 Caroline Meehan 29&under	27	1:27:21*	(6:40)
8 Kelly Rodrigue 30-34	30	1:28:34*	(6:46)
9 Sheila Hodges 35-39	39	1:28:43*	(6:46)
11 Carol Weeks (MTC) USAT&F	45	1:29:37*	(6:50)
13 Carol Marley 40-44	40	1:31:08*	(6:57)
20 Joan Lavin (MTC) 45-49 USAT&F	46	1:36:04*	(7:20)
33 Brigitte Edquid (MTC) USAT&F	46	1:38:34*	(7:31)
48 Carol Johnston 50-54 USAT&F	51	1:43:15*	(7:53)
116 Dorothy Bergman 60-64 USAT&F	63	1:55:51*	(8:51)
140 Polly Kenniston 55-59	57	2:03:03*	(9:24)
178 Libby Irwin 65-69 USAT&F	67	2:26:15*	(11:10)

6 Todd Coffin 30-34	33	1:10:48	(5:24)
7 Gerry Ostermer 29&under	25	1:13:56	(5:39)
11 Jonathan Aretakis 35-39	35	1:16:27	(5:50)
16 George Towle (MTC) Master	44	1:17:59	(5:57)
51 Adrien LaChance 55-59 USAT&F	56	1:24:46	(6:28)
52 Terry Clark (MTC) 50-54	50	1:25:13	(6:30)
53 Paul Baillargeon 45-49	45	1:25:18	(6:31)
98 Russ Connors (MTC) USAT&F	62	1:32:02	(7:02)
111 Hap Hazzard (MTC) USAT&F	62	1:33:30	(7:08)
232 Russ Bradley (MTC) USAT&F	70	1:46:24	(8:07)
329 Leo Nash 65-69	67	2:08:25	(9:48)
Wheelchair: Louis Flores		4:20:37	(9:56)

Other Maine Track Club

Finishers:

10 Mary-Ann Doss 2,30-34	34	1:29:00*	(6:48)
12 Jody King 3,30-34	34	1:30:58*	(6:57)
17 Jeanne Hackett 3,35-39	35	1:32:56*	(7:06)
22 Rosalyn Randall	44	1:36:25*	(7:22)
25 Cindy DiPalma	36	1:37:21*	(7:26)
29 Maryann Knight-Ekberg	31	1:38:05*	(7:29)
39 Kathleen Jenkins	34	1:40:12*	(7:39)
57 Daria McNamara 3,45-49	45	1:45:41*	(8:04)
67 Cindy Aiken	40	1:47:26*	(8:12)
100 Joan Tremberth	49	1:52:52*	(8:37)
112 Harriett Turkanis	41	1:55:32*	(8:49)
122 Jane Dolley	46	1:57:32*	(8:58)
146 Carol Hooper	34	2:04:11*	(9:29)
155 Arabella Eldredge	40	2:06:05*	(9:37)

158 Elizabeth Dubois	31	2:07:37*	(9:45)
160 Andrea Pastore	35	2:08:09*	(9:47)
174 Sherry Carl	47	2:21:46*	(10:49)

9 Thomas Tero 2,29&under	29	1:15:35	(5:46)
40 Bob Brooks	32	1:22:46	(6:19)
61 Mark Finnerty	35	1:26:58	(6:38)
71 Larry Barker	45	1:28:44	(6:46)
76 David Crawford	45	1:29:05	(6:48)
78 Carlos Philbrick	42	1:29:29	(6:50)
79 Scott Strout	32	1:29:32	(6:50)
82 Les Berry	46	1:29:50	(6:51)
101 Bob Dunfee	43	1:32:27	(7:03)
104 Edison Doughty	45	1:32:40	(7:04)
120 Brian Flynn	34	1:34:50	(7:14)
125 John Rolfe	40	1:35:42	(7:18)
127 James Harmon	34	1:35:52	(7:19)
154 John Merritt	44	1:37:54	(7:28)
156 Jeff Thaler	41	1:38:21	(7:30)
162 Dick Lajoie	54	1:38:46	(7:32)
167 Stephen DiPalma	39	1:39:05	(7:34)
172 Scott Hamilton	43	1:39:20	(7:35)
174 Michael Cavanaugh	43	1:39:24	(7:35)
175 Bob Aube	28	1:39:25	(7:35)
197 Gary Johnson	48	1:42:02	(7:47)
200 Howard Spear	44	1:42:19	(7:49)
250 Bob McArtor	55	1:49:18	(8:21)
251 Frank Morong	61	1:49:21	(8:21)
255 Orlando Delogu	57	1:50:02	(8:24)
263 Robert Hilton	35	1:51:10	(8:29)
265 Jim Hooper	36	1:51:32	(8:31)
266 Dave Conley	54	1:51:39	(8:31)
276 Donald Conley	22	1:53:15	(8:43)
284 Bill Davenney	49	1:54:27	(8:44)
285 Al Mack	44	1:54:30	(8:44)
293 Andrew Coffin	26	1:55:51	(8:51)
311 Tom O'Connor	43	2:00:16	(9:11)
324 Milt Dudley	42	2:04:56	(9:32)
339 Philip Pastore	35	2:16:19	(10:24)
344 Julius Marzul	68	2:27:41	(11:16)

Many thanks to Mary Anne
Champeon for complete results!

**3rd Annual Maine Marathon
October 2, 1994**

**307 Finishers (52 Female, 255
Male)**

Portland to Yarmouth & Back

Top Overall Finishers:

1 Cheryl Buckley 1,overall	31	2:51:44*	(6:33)
2 Donna Hurley 2,overall	37	3:04:05*	(7:02)
3 Michelle Severance 3,overall	22	3:07:14*	(7:09)
4 Nora Hannafin 4,overall	32	3:17:57*	(7:33)
5 Laurel Valley (MTC) 5,overall	32	3:18:23*	(7:34)

1 Tim Clark 1,overall	28	2:35:41	(5:57)
2 Patrick Sullivan 2,overall	33	2:35:50	(5:57)
3 Jason Bologna 3,overall	22	2:42:59	(6:13)
4 David Harrison 4,overall	29	2:44:07	(6:16)
5 Allen Schemmel 5,overall	31	2:44:47	(6:17)
6 Jocelyn Coyne 29&under	29	3:21:38*	(7:42)
7 Deb Raszmann (MTC) Master	41	3:22:32*	(7:44)
9 Diane Frigon 30-34	32	3:31:34*	(8:05)
14 Kathryn Tolford (MTC) 40-44	40	3:41:09*	(8:26)
21 Harriet Seekins 45-49	49	3:44:46*	(8:46)
29 Judith Kane 35-39	35	4:09:46*	(9:32)
36 Rhoda Weinman 50-54	51	4:22:25*	(10:01)
39 Jean Thomas (MTC) 55-59	58	4:24:38*	(10:06)

6 Bill Newton 35-39	39	2:46:59	(6:22)
7 Chris Mansfield 29&under	25	2:47:13	(6:23)
8 Todd Allen 30-34	31	2:47:26	(6:23)
18 William Romito 40-44	40	2:53:15	(6:37)
33 Darryl Ferguson 45-49	47	3:01:58	(6:57)

Maine Track Club Discounts

The following area sporting good stores have agreed to give MTC members a discount on running shoes (non-sale items). It is necessary that you show your 1994 Club I.D. card when requesting a discount:

Levinsky's (10%)	Freeport - U.S. Route 1 Portland - 275 Congress St. Windham - Windham Mall
Olympia Sporting Goods (10%)	S. Portland - Maine Mall
Yankee Sports (10%)	S. Portland - 35 Foden Rd.
Coastal Athletics (10%)	Portland - 502 Woodford (ASIC shoes exclusively - discounts according to model)
Goldsmith's Sporting Goods (15%)	Auburn - 120 Center St. Scarborough - 581 Rt. 1 (Dunstan Corner)
George and Phillips, Inc. (These are Nike outlet stores featuring slightly defective or blemished shoes at reduced prices. All top quality regularly priced shoes 20% off.)	Kittery - Rte. 1 Exeter, NH - 295 Water St.

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Volunteers:

Susan Roberts, editor
Pat Buckley, special features
Maggie Soule, race schedule
Brian Gillespie, coach's corner
Don Penta, race results
Ann Witkower, design

Important News-Run Notes:

Ten (10) issues of **NEWS-RUN** are printed each year. Combined issues are the December/January **NEWS-RUN** and the July/August **NEWS-RUN**. The deadline for submission of materials is the 15th of each month. Every effort will be made to print materials received by that date. Send materials to: Editor, **NEWS-RUN**, Maine Track Club, P.O. Box 8008, Portland, ME 04104.