



News•Run

Run with a friend ...

November 1995

From The Presidential Suite ...

When I first joined the Maine Track Club and saw the motto, "Run with a friend ...", I reflected on many hours spent on long pre-marathon training runs with friends. After several years as a member, the motto has taken on a new and deeper meaning as new friendships have been formed entirely as the result of running and participating in club activities.

As I write, I'm flying back from Washington, D.C. after running the Marine Corps Marathon with about a dozen other MTC members. To my knowledge we all finished — including the first-time marathoner in the group of five I ran with for 23 miles.

Memories were made this weekend. The pasta-loading supper, with Clyde Coolidge and his family, Everett and Donna Moulton and Mary Ann Doss, included projected times and meeting first-time marathoners.

With 19,000 other runners, it was a surprise to bump into two fellow Yarmouth residents, including MTC member Claire Robbins, at the start of the race.

On the course, which loops past historical monuments and federal buildings in Washington, D.C. and northern Virginia, I saw Donna Moulton and Julius Marzul. I couldn't catch up with Carlton Mendell.

This is what "Run with a friend" means to me now.

Just as we all have similar memories of other races, many visiting runners have memories made during the Maine Marathon and Casco Bay Half Marathon. The runners have taken these good memories and stories back to their respective home states. The resulting trips back to Maine can't help but have a positive effect on our economy and the Maine Track Club has played a role.

One final but important note. Our thanks goes to Ann Blanchard for producing a new MTC membership application. This marketing tool was placed in the Maine Marathon race packets and has resulted in new memberships. Thank you, Ann, for your efforts.

Good luck in your November races and enjoy Thanksgiving with family and friends.

*Safe running,
Ron Pelton*

November MTC Meeting

Wednesday, November 8, 6:30 p.m.
Southern Maine Technical College
Fort Road, South Portland

Topic: It's The Real Thing
Guest Speaker: Dr. Barry Sears

Dr. Barry Sears, author of the best-selling book "The Zone" and a leading authority on nutrition for endurance athletes, will speak. Dr. Sears, the man who invented the now-famous 40/30/30 diet and who recently perfected the technique for a nutritional system that has demonstrated improved results for endurance athletes, will speak on his accomplishments in the fields of nutrition and athletic performance. This is a program you will not want to miss.

What's inside ...

Letters of thanks from marathoners. Page 2
Tanya Horne's nutrition column .. Pages 3-8
Recipes Page 4
Race results Pages 5-8
Women's Distance Festival..... Pages 9-10
Climbing Mt. Aconcagua Page 11
Report on Great Island 5K Page 13
Presidential Pie Run..... Page 14

Letters of thanks

Dear Race Directors, Volunteers and Residents:

I had already decided to write a letter to commend you on a terrific race when I found the questionnaire in my race packet. Since the questionnaire didn't cover some of the best parts of the race and since ya'll deserve a pat for the great job, I decided to include a letter as well.

This was only my seventh marathon, but it was by far one of the best organized. It was a wonderful idea to have the box so people could put in special accomplishments to be announced as they crossed the finish line. There was more than an adequate supply of water and fruit after the race which is really appreciated. After having read the course description and the several warnings about paying attention to police, bikers, etc., I was concerned that the course would be "poor". This was not the case. The course was wide enough that I never encountered any problems (although that one bridge that was under construction toward the end was a little hazardous). I would suspect that you could accomodate several hundred more runners before the course would ever be a problem.

By and far, the most wonderful thing about your race was the volunteers and the surrounding residents of the course. It was like I had extended family everywhere! I have never seen so many local people put out their own water/sports drink stands as I did along your course. The sincere encouragement I received while I was running truly kept me in the race. Even the little ones were offering support. I can say without a hesitation that this race outdid Boston by leaps and bounds. I will encourage all my running friends and pass it along to the local running clubs that this is a "must do" race.

Thanks for all the hard work, time away from family and effort. It was a pleasure to run your race and you should be very proud of a great job.

Dear Maine Track Club,

Re: Maine Marathon and Casco Bay Half Marathon.

Thank you so much for your generous hospitality. Our group had a wonderful, wonderful time.

I hope to personally compete next year and look forward to meeting you.

You should know that this is the favorite race for Achilles.

Cordially,
Richard Traum, Ph. D.
President
Achilles Track Club
New York City

Sincerely,
Mary Crist
Southampton, N.J.

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*.

Sponsors

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Nutrition Notes

By Tanya Horne

Greetings, fellow runners. I would like to extend my appreciation to the Maine Track Club for inviting me to speak at the September meeting where I presented the best food choices for post marathon recovery. This month's newsletter will include a synopsis of what I presented during the meeting. Besides this month's article, I have volunteered to write a regular nutrition column for the newsletter entitled Nutrition Notes. Various nutrition topics will be addressed that will not only enhance your athletic performance but encourage a lifetime of healthy eating habits for you and your family.

For those of you I have not met, I would like to introduce myself. I am a Registered Dietician with a bachelor of science degree in nutritional sciences. Beyond being certified by the American Dietetic Association, I am licensed to practice in the state of Maine. To stay up to date with this dynamic field, I must attend approved continuing education classes every year. Currently, I am employed at the Lewiston-Auburn Kidney Dialysis Center.

As for the post marathon nutrition recovery, the guidelines not only apply to marathon events but to the shorter races and training runs as well. The primary goal of eating and drinking after an event of workout is to replace the nutrients lost during the event. The top four nutrients that your body will lose during an event are carbohydrates, potassium, sodium and fluid.

Carbohydrates provide energy to working muscles. Carbs are stored within muscle and liver tissue in the form of glycogen. After every workout and race, your glycogen stores are partially depleted. Refuel your glycogen with complex carbohydrates.

It is very important to eat soon after you exercise because there is an increased blood supply to muscles. You can take advantage of this increased blood flow to supply carbohydrates to the muscles that need the replenishment. These carbohydrates are transferred to the muscles as glucose where they are transformed and stored as glycogen. Signs of carbohydrate depletion are chronic fatigue during workouts and continual poor performances during races.

To determine the amount of carbohydrates you need immediately after an event, divide your body weight in half. The resulting number is the amount of carbohydrates in grams that you should try to consume within the first four hours after an event or workout. Refer to Table 1 to determine the approximate amount of carbohydrates in certain food items. These carbohydrates do not have to be eaten all at once, so if you don't feel like eating immediately following a workout, that's OK. You can spread out your carbohydrate intake over the next four hours.

(Continued on page 8)

Food	Amount	Carbohydrate (grams)	Potassium (milligrams)
Fruits			
Apple	1 med	20	159
Orange	1 med	20	250
Banana	1 med	25	451
Raisins	1/4 cup	30	300
Cantaloupe	1 cup pieces	13.4	494
Apricots	8 halves	30	385
Vegetables			
Corn	1/2 cup	18	172
Winter Squash	1/2 cup	15	445
Tomato sauce	1/2 cup	10	250
Peanut	1/2 cup	10	190
Carrot	1 med	10	233
Green Beans	1/2 cup	7	185
Broccoli	1 stalk	5	166
Zucchini	1/2 cup	4	173
Breads			
Submarine Roll	8" lg	60	60
Barolo Bread	2 slices	35	50
Begel (Lender's)	1	30	41
English Muffin	1	25	319
Pita Pocket	1/2 of 8" round	22	45
Bran Muffin	1 lg	45	75
Pancakes (Aunt Jemima)	2 X 4"	30	88
Waffle	1	17	71
Saltines	6	15	24
Graham Crackers	2 sq	11	20
Breakfast Cereals			
Raisin Bran	1/2 cup	21	200
Granola	1/4 cup	18	62
Grape-Nuts	1/4 cup	23	85
Oatmeal, Maple Instant	1 pkt	30	98
Cream of Wheat	1 sv	22	36
Beverages			
Apricot	8 oz	35	250
Cranberry	8 oz	36	46
Apple	8 oz	30	166
Orange	8 oz	25	338
Gatorade	8 oz	10	40
Cola	12 oz	38	0
Beer	12 oz	13	75
Milk, Chocolate	8 oz	25	460
Milk, low fat 2%	8 oz	13	422
Fruit Yogurt	1 cup	50	402
Grains, Pasta, Starches			
Baked Potato	1 lg	55	844
Baked Beans	1 cup	50	781
Lentils, Cooked	1 cup	40	731
Spaghetti	1 cup	40	85
Rice, Cooked	1 cup	35	57
Entrees			
Bean Burrito	1	50	501
Chili	1 cup	45	731
Macaroni and Cheese	1 cup	45	240
Pizza, Cheese	2 slices	42	170
Pie, Min	1	40	740
Chow Mein	1/2 cup	12	202
Sweets, Snacks, and Desserts			
Maple Syrup	2 T	25	70
Jam or Jelly	1 T	13	14
Honey	1 T	15	11
Fig Newtons	1	11	30
Chocolate Chip Cookie	1	10	14
Oreo	1	7	17

Fruit cocktail bars

From Henrietta and Russ Bradley

Ingredients

- 1 1/2 cups sugar
- 2 eggs
- 1 can (17 oz.) fruit cocktail, undrained
- 1 teaspoon vanilla
- 2 1/4 cups flour
- 1 1/2 teaspoon baking soda
- 1 teaspoon salt
- 1 1/3 cups flaked coconut
- 1 cup chopped nuts

Glaze

- 1/2 cup sugar
- 1/4 cup margarine
- 2 tablespoons milk
- 1/4 teaspoon vanilla

Directions

Put cream, sugar and eggs in a mixing bowl, add fruit cocktail and vanilla, mix well. Combined flour, baking soda and salt, add to creamed mixture and mix well. Pour into a greased 15x10x1 baking pan. Sprinkle with coconut and nuts. Bake at 350 degrees for 20-25 minutes. Cool for 10 minutes.

In a sauce pan, bring sugar, margarine and milk to a boil. Remove from heat, add vanilla and mix well. Drizzle over cake. Cool. Cut into bars.

Cucumber salad

From Henrietta and Russ Bradley

Ingredients

- 1 cup mayonnaise or salad dressing
- 1/4 cup sugar
- 4 teaspoons vinegar
- 1/2 teaspoon dill weed
- 1/2 teaspoon salt (optional)
- 4 medium cucumbers, peeled and thinly sliced
- 3 green onions chopped

Directions

In a large bowl, combine mayo, sugar, vinegar, dill and salt; mix well. Add cucumbers and onions, toss. Cover and chill for one hour.



Share your recipes

Please share your recipes with your hungry fellow runners. Just send a favorite recipe or two to:

Newsletter
P.O. Box 8008
Portland, ME 04104

We need your input

In order to make *News·Run* the best it can be, we need your ideas, stories and other items of interest to your fellow track club members.

If you have a story or a news item that you think belongs in *News·Run*, please bring it to our attention. Send your story, article or announcement you'd like submitted to:

Larry Dyer
52 Falmouth Road, C-13
Falmouth, ME 04105

If you have something to share for *News·Run* but don't feel like writing it, contact Larry Dyer (892-2508) or Pat Buckley (775-4817).

Race Results

Submitted by Don Penta

4th Annual Casco Bay Half Marathon
643 Finishers (231 Female & 412 Male)
From Baxter Boulevard, Portland to Falmouth & Back
8 AM, October 1st, 1995

Top Overall Finishers

(WOMEN)

1 Joan Samuelson(Hon.MTC) USAT&F	38	1:18:38	6:00
2 Lyn Balsamo 2,overall	23	1:30:04	6:53
3 Sheila Hodges 3,overall	40	1:31:24	6:59
4 Carol Manley 4,overall	41	1:32:31	7:04
5 Mary Ann Doss (MTC) 5,overall	35	1:32:34	7:04

(MEN)

1 Scott Brown 1,overall	37	1:12:57	5:34
2 Christopher Spinney 2,overall	35	1:15:05	5:44
3 Jeffrey Banger 3,overall	34	1:16:21	5:50
4 Lars Dietrich 4,overall	29	1:17:21	5:54
5 Robert Gillon 5,overall	44	1:17:50	5:56

Other Top Divisional Finishers

(WOMEN)

6 GretchenRead(MTC) 50-54 USAT&F	52	1:32:38	7:04
8 Carol Weeks (MTC) 45-49 USAT&F	46	1:34:20	7:12
9 Kathryn Tolford (MTC) 40-44	41	1:35:04	7:15
10 Merrily Prest-Clayton 30-34	30	1:36:38	7:23
13 Anne O'Regan 35-39	39	1:37:38	7:27
14 Leigh Minor 20-29	25	1:37:42	7:27
57 Louisa Dunlap 55-59 USAT&F	55	1:47:01	8:10
145 Katie Gould 19&under	19	2:04:07	9:28
195 Amy Goldstein 60-64	62	2:15:49	10:22

(MEN)

7 Derek Fisher 40-44	41	1:19:55	6:06
19 Robert McNaught 45-49	47	1:23:41	6:23
34 Terry Clark (MTC) 50-54	51	1:27:52	6:42
39 Nghia Hayah 19&under	18	1:28:53	6:47
49 Adrien Lachance 55-59	57	1:30:02	6:52
152 John Howe 60-64	60	1:40:20	7:40
308 RussBradley(MTC) 70&+ USAT&F	71	1:55:33	8:49
402 Norman Wakely 65-69	68	2:25:06	11:05

Other Maine Track Club Finishers

(WOMEN)

26 Cecile Fontaine	44	1:42:14	7:48
30 Betsy Barrett	44	1:42:50	7:51
41 Joan Lee	41	1:44:26	7:58
45 Betty Rines	38	1:45:09	8:02
54 Kitty Kelley	48	1:46:42	8:09
58 Dianne Kazilionis	35	1:47:20	8:12
66 Daria McNamara	46	1:47:43	8:13

68 Wendy Craig	36	1:48:01	8:15
76 Deborah Cassidy	38	1:49:15	8:20
102 Arabella Eldredge	41	1:54:59	8:47
103 Carol Nale	44	1:55:22	8:48
104 Mary Beth Coolidge	27	1:55:35	8:49
113 Cindy DiPalma	37	1:57:19	8:57
136 Colleen Brady	32	2:02:06	9:19
175 Doris Dubay	48	2:11:03	10:00
177 Constance Barrett-Albert	38	2:11:35	10:03
181 Jane Dolley	47	2:12:45	10:08
196 Sally Gore	32	2:15:52	10:22
222 Donna Moulton	46	2:33:46	11:44

(MEN)

10 Rob Craig 3,35-39	39	1:21:43	6:14
21 John Eldredge	41	1:24:20	6:26
24 Tom Menendez	42	1:25:47	6:33
30 Harry Nelson	41	1:27:01	6:39
36 Scott Strout	33	1:28:20	6:45
60 Daniel Hutchins	35	1:31:45	7:00
64 Sumner Weeks	46	1:32:34	7:04
69 Ron Cedrone	46	1:33:10	7:07
76 Bob McCormack	44	1:33:53	7:10
80 Peter McDonald	35	1:34:12	7:11
87 Bob Cerf	42	1:34:47	7:14
89 Michael Beaudoin	53	1:34:58	7:15
90 Al Butler	41	1:35:01	7:15
91 Larry Kinner	46	1:35:02	7:15
130 Ronald "CMS" Paquette	54	1:38:51	7:33
144 Lloyd LaFountain, III	33	1:40:02	7:38
160 Paul LaVangie	37	1:41:06	7:43
168 Jim Harmon	35	1:41:26	7:45
171 Gary Johnson	49	1:41:33	7:45
185 Stephen DiPalma	40	1:42:46	7:51
198 Will Terrill	24	1:43:51	7:56
222 Donald Foshay	36	1:45:45	8:04
232 Dan Hogan	44	1:46:37	8:08
243 Brian Brown	38	1:47:55	8:14
261 Lee Akerley	59	1:50:11	8:25
272 Orlando Delogu	58	1:50:41	8:27
285 Bryan Schultz	33	1:52:13	8:34
296 George Conly	47	1:53:51	8:41
319 Paul Cohen	34	1:56:15	8:52
347 Don Russell	58	2:00:16	9:11
353 Daniel Sobel	47	2:02:22	9:21
359 Robert Green	47	2:03:00	9:23
363 Tom O'Connor	44	2:04:23	9:30
391 Ken Dolley	59	2:16:57	10:27
403 Julius Marzul 2,65-69	69	2:28:18	11:19
412 Mark Clinch racewalker	39	8:56:38	40:58

Many thanks to Mary Anne Champeon and Ruth Hefflefinger for complete results!

More Race Results

4th Annual Maine Marathon

362 Finishers (64 Female, 297 Male, & 1 Male WC)
From Baxter Boulevard, Portland to Yarmouth & Back
8 AM, October 1st, 1995

Top Overall Finishers (WOMEN)

1 Cheryl Dube 1,overall USAT&F	38	2:53:16	6:37
2 Mary Crist 2,overall	34	3:13:01	7:22
3 Ruth E. Hall 3,overall	37	3:13:26	7:23
4 Nora Hannafin 4,overall	33	3:13:30	7:23
5 Ellen Bowden 5,overall	43	3:14:02	7:24

(MEN)

1 Patrick Sullivan 1,overall	34	2:34:31	5:54
2 Rick Chalmers 2,overall	33	2:35:22	5:56
3 Terrance McNatt 3,overall	30	2:36:58	5:59
4 John Gorman 4,overall	37	2:37:29	6:01
5 Joseph Bertolaccini 5,overall	29	2:41:27	6:30

Other Top Divisional Finishers (WOMEN)

6 Susan McNatt 20-29	29	3:16:15	7:29
7 Kerry KeenanCorcoran(MTC) 30-34	30	3:19:30	7:37
9 Mary McCauley 35-39	36	3:23:07	7:45
12 Nancy Cooper 40-44	41	3:27:15	7:55
21 Faye Gagnon 50-54 USAT&F	50	3:37:53	8:19
28 JeanM.Thomas(MTC) 55-59 USAT&F	59	3:49:22	8:45
42 Mary Glidden 45-49	47	4:11:43	9:36

(MEN)

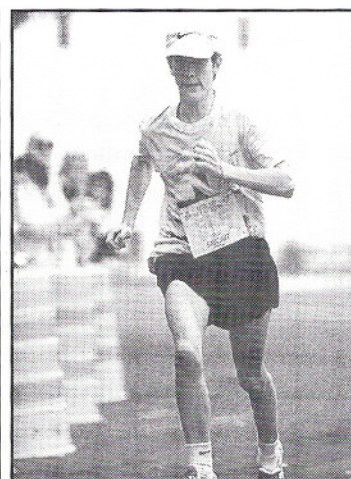
6 William Emerson (MTC) 30-34	31	2:43:02	6:13
7 David Weatherbie 20-29	27	2:43:26	6:14
8 David Roberts 40-44	40	2:43:54	6:15
10 Jamie Boese 35-39	36	2:46:01	6:20
11 Jim Toulouse (MTC) 45-49	47	2:47:09	6:23
71 Bob Coughlin, Jr. 55-59	56	3:09:02	7:13
76 Gilles Lamontagne 50-54	53	3:10:20	7:16
Enock Glidden wheelchair		3:12:54	7:22
134 Ben Fudge 60-64	60	3:23:20	7:46
244 Sean Kellogg 19&under	18	4:04:35	9:20
257CarltonMendell(MTC)70&+ USAT&F	73	4:11:20	9:36
284 Hu Goldstein 65-69	67	4:37:19	10:35

Other Maine Track Club Finishers (WOMEN)

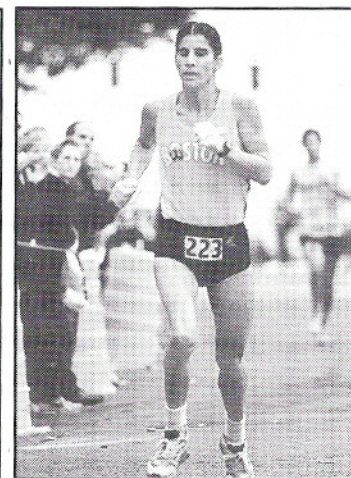
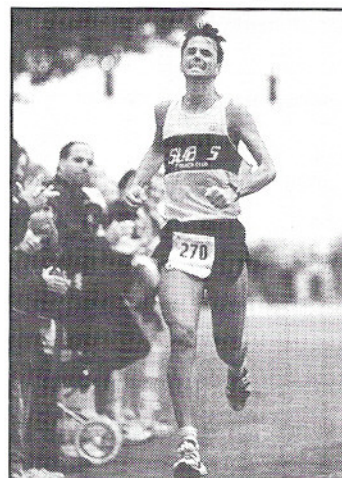
53 Sherry Carll	48	4:21:27	9:59
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(MEN)

29 Craig Wilson 3,45-49	46	2:56:14	6:44
49 Pierre Martel	23	3:00:30	6:53
51 Reich Reitenbach	45	3:01:20	6:55
60 Paul Lessard	38	3:06:24	7:07
62 Loren Lathrop	46	3:06:45	7:08
77 Peter West	31	3:10:27	7:16
96 Ronald "MTC" Paquette	44	3:14:46	7:26



Above: Half marathon winners Scott Brown and Joan Samuelson. Below: Marathon winners Patrick Sullivan and Cheryl Dube.



102 Joe Hayes	47	3:15:40	7:28
117 Patrick Gwinn	30	3:20:27	7:39
124 Tom Clemence	38	3:21:45	7:42
150 Hap Hazzard 2,60-64	61	3:28:01	7:56
151 Richard Robinov	35	3:28:11	7:57
159 Gary Giffard	36	3:29:26	8:00
163 John Brady	36	3:29:55	8:01
174 Clyde Coolidge	56	3:35:48	8:14
191 Thomas Carll	51	3:42:32	8:30
200 Rex Holtan	43	3:48:55	8:44
202 Gerard P. Conley, Jr.	41	3:49:45	8:46
236 Stephen Coolidge	23	4:01:46	9:14
242 Dennis Connelly, Sr.	47	4:03:24	9:17
272 Bill Davenny	50	4:20:28	9:56
273 Stephen Assante	43	4:20:33	9:57

Many thanks to Susan Davenny and Ruth Hefflefinger for complete results!

More Race Results

1995 Saucony/RRCA Women's Distance Festival 5K Race
325 Female Finishers
Radisson Eastland Hotel, Congress Square, Portland
8:30 AM, September 17th, 1995

USAT&F = Equals Or Beats National Qualifying Standards For National Rankings As Established By USA Track & Field's Road Running Information Center.

Top Overall Finishers

1 Daniela Daggy (MTC) 1,overall	24	19:07	6:10
2 Gretchen Read (MTC) 2,over. USAT&F	52	19:30	6:17
3 Jessie Andrews 3,overall	20	19:34	6:19
4 Carol Hogan (MTC) 1,40-44	44	19:37	6:20
5 Ruth Hall 1,35-39	37	19:43	6:22
6 Sheila Hodges 2,40-44	40	19:52	6:25
7 Julie Fitzgerald 1,30-34	30	19:55	6:25
8 Nancy Kneeland (MTC)	40	20:02	6:28
9 Kelley Cullenberg 2,30-34	34	20:10	6:30
10 Jeanne Hackett 2,35-39	36	20:14	6:32

Other Top Divisional Finishers

11 Carol Weeks (MTC) 45-49 USAT&F	46	20:15	6:32
18 Juliana Lagin-Nasse 15-19	16	20:40	6:40
26 Pamela Hewitt 25-29	28	21:12	6:50
62 Sarah Northrop under15	14	23:09	7:28
109 Polly Kenniston 55-59	58	25:20	8:10
133 Patricia Terrell 60&over	60	26:08	8:26
144 Sally Amory (MTC) USAT&F	70	26:24	8:31
223 Ashley Ryder USAT&F	66	30:49	9:56

Other Maine Track Club Finishers

15 Kathryn Tolford	40	20:37	6:39
16 Ann Strohm	31	20:39	6:40
32 Joan Lavin 2,45-49	47	21:38	6:59
35 Betty Rines	38	21:48	7:02
37 Cindy Aiken	41	22:00	7:06
44 Kitty Kelley	48	22:13	7:10
46 Diane LaVangie	36	22:19	7:12

48 Marjorie Graff	27	22:24	7:14
50 Dianne Kazilionis	35	22:29	7:15
56 Deborah Cassidy	38	22:39	7:18
64 Robin Estey	32	23:14	7:30
66 Cindy Smith	48	23:24	7:33
69 Maryanne Strand	40	23:37	7:37
71 Martha Deprez 2,50-54	50	23:44	7:39
79 Sherry Carl	48	24:15	7:49
84 Mary Coolidge	27	24:35	7:56
110 Cindy DiPalma	37	25:20	8:10
111 Patty Medina	37	25:20	8:10
125 Carlene Anderson	45	25:54	8:21
126 Dierdre Hennessey	13	25:58	8:23
135 Jennifer Labrecque	13	26:09	8:26
154 Connie Barrett-Albert	38	27:05	8:44
167 Pamela Kinner	36	27:44	8:57
177 Marlene Russell	53	28:05	9:04
186 Julie Haskell	22	28:39	9:13
192 Maggie Soule	54	28:46	9:17
195 Bernadine Small	49	29:01	9:22
213 Marge Parsons	44	29:55	9:39
216 Brigitte Edquid	47	30:12	9:45
233 Laurie Quint	34	31:24	10:08
241 Jan Bastow	59	32:19	10:25
244 Virginia Cross	52	32:26	10:28
303 Colleen Salvo	39	47:40	15:23

Top Teams

1 RTW 1:39:35 (Jessie Andrews, 19:34; Carol Hogan, 19:37, Julie Fitzgerald, 19:55; Jeanne Hackett, 20:14, Carol Weeks, 20:15)
2 MTC 1:47:12 (Kathy Jenkins, 20:26; Ann Strohm, 20:39; Joan Lavin, 21:38; Cindy Aiken, 22:00; Dianne Kazilionis, 22:29)
3 FCC 1:52:20
4 MAMAS 1:58:41
5 RTE 2:09:22

Many thanks to Sue Davenny and Ruth Hefflefinger for complete results!

1995 Kennebunk Pursuit 5K Road Race
40 Finishers (14 Female & 26 Male)
Kennebunk, Maine
9:15 AM, October 9th, 1995

*** Indicates A Female Finisher

1 Allan Muir	40	16:24	5:17
2 Jeff Tidd	30	16:41	5:23
3 T.J. Hesler	26	17:14	5:34
4 Ron Plourde	26	17:15	5:34
5 Jonathan Grindler	37	17:36	5:41
9 Richard Scribner (MTC)	44	19:13	6:12

10 Jessie Andrews	20	19:17*	6:13
11 Nancy Weis	35	19:23*	6:15
13 John Cain (MTC)	34	20:10	6:30
16 Nancy Clark	37	20:26*	6:35
17 Dennis St.Hilare	50	20:38	6:39
18 Katie Reed	19	20:42*	6:41
21 Kristen Berube	18	21:17*	6:52
24 Ona King	45	22:49*	7:22
29 Nancy Murphy	48	24:34*	7:55
31 Holly Weiss	13	25:36*	8:15
39 Mark Clinch (MTC) racewalker	39	30:30	9:50

Many thanks to Richard Scribner for complete results!

More Race Results

1995 YMCA Fall 3 Miler
46 Finishers (9 Female & 37 Male)
Waterville, Maine
Wednesday, September 20th, 1995

*** Indicates A Female Finisher

1 Tom Thibeau (CMS)	37	15:24
2 Derek Veilleux	17	16:54
3 George Towle (MTC)	45	16:58
4 Kenneth Flanders	43	17:12
5 Randy Spencer (CMS)	33	17:16
6 Bill Dubord (CMS)	48	17:29
7 Fred Karter (CMS)	46	17:50
10 Mike Simoneau (CMS)	47	18:19
11 Tom McGuire (CMS)	49	18:23
13 Richard Scribner (MTC)	44	18:42
15 Debbie Tozier	39	19:09*
16 Bill Lawler (CMS)	38	19:24
17 James Moore (CMS)	52	20:04
18 Steve Razidlo (CMS)	33	20:15
21 Joshua Tozier	12	20:48
22 Judy Gallagher	37	20:53*
24 Bob Gillespie (CMS)	57	21:16
26 Denny Morrill (MTC)	56	21:48
27 Eric Johnson	10	21:59
28 Douglas Johnson	34	21:59
29 Natasha Lightford	14	22:04*
31 Barbara Tilton	24	22:19*
32 Keith Curtis (CMS)	66	22:19
34 Louisa Dunlap (CMS)	54	22:47*
36 Richard Tozier	47	23:19
37 Carlton Mendell (MTC)	73	24:23
40 Cheryl O'Heir	45	26:38*
41 Margaret Griffin	45	26:38*
42 Gina Krummel	40	27:05*
43 Elvis Krummel (dog)	??	27:06
44 Kasmiera Hughes	8	28:17*
45 Russ Hughes	36	28:18
46 Mark Clinch (MTC) racewalker	39	28:55

Many thanks to the Central Maine Striders' INTERVAL for complete results!

(Continued from page 3)

Now let's move onto potassium replacement. The main function of this mineral is to maintain fluid balance in the body. During a race or a workout that lasts 2-3 hours you may lose 300-800 mg of potassium through perspiration. Replenish your potassium levels with high potassium foods. Some great sources of high potassium foods are raisins, yogurt, melons, bananas, orange juice and potatoes. To determine potassium levels of other foods items, refer to Table 1.

Sodium is another mineral lost through the skin during exercise. This mineral is fairly easy to replace after events that last less than four hours. However, for those who compete in events that last longer than four hours (for example, the ironman and ultra distance competitions) sodium replacement is a bigger issue. Approximately 1,800-5,600 mg of sodium are lost within 2-3 hours of hard exercise. Most popular recovery foods such as yogurt, muffins, pizza and spaghetti contain more than enough sodium to replace what has been lost. By consuming foods and drinking various beverages throughout the day, your body's sodium level will be replenished, and then some. The best way to determine if your body is lacking in sodium is to rely on your body's internal messages. If your body needs sodium, you will crave salty foods.

Fluid replacement helps eliminate waste, dissipate heat, and carry away metabolic by-products. A general rule of thumb for fluid replacement is to drink 2-3 cups of fluid within one hour after you exercise. After race day, continue to drink eight cups of fluid per day; this should keep you well hydrated. A quick and dirty way to determine if you are consuming enough fluids is to monitor your urine volume and color. The lighter your urine color and the more frequent you urinate, the better. These are good indicators that you are being well hydrated. Try not to rely on your thirst mechanism solely to determine your hydration level because it's not very effective. Indications of fluid dehydration include chronic headaches, nausea, decreased appetite, increased pulse rate and fatigue.

Notice about race flyers

An organization sponsoring a road race that wishes to have their flyers included in the Maine Track Club newsletter must submit the flyers and a payment of \$40 by the 15th of the month. Flyers will not be included in any mailing if not accompanied by the \$40 service fee.

Everything Up For Women's Distance Festival #7

More registrants, more walkers, more first-time racers, more teams, more mothers and daughters! The Women's Distance Festival is growing again. In the year when many top female runners were working on their marathons and many teams went to Lake Winnepesaukee, we had a great race!

Some of the highlights:

Twenty-four year old Daniela Daggy won in 19:07. Fifty-two year old Gretchen Read crossed the finish line 23 seconds later. Twenty year old Jessie Andrews was third, four seconds after Gretchen.

Maine Masters continue to run close to the top. Carol Hogan (44) placed fourth (19:37); Sheila Hodges (40) was sixth (19:52); Nancy Kneeland (40) was eighth (20:02); and Carol Weeks (46) was 11th (20:15) after running Lake Winnepesaukee the day before.

Out of nine teams, Run to Win was first, Maine Track Club second and Falmouth High

cross country was third.

A special welcome to the two school teams that entered this year — Falmouth High and Westbrook Junior High.

Oldest finisher, 70-year-old Sally Amory, received a standing ovation without us announcing her finishing time of 26:24, below USAT&F national standards!

Preceding the awards, Maine Running Hall of Famer member Kim Moody delivered a spell-binding story of what running has been to her and what it can be to all women.



(Continued on page 10)

Volunteer List

Bob Aube
Larry Barker
Pam Barker
Peter Bastow
Don Bessey
Russ Bradley
Jim Bunnell
John Cain
Dick Campbell
Tom Carl
Jamie Chamberlain
Mary Ann Champeon
Terry Clark
Pat Clark
Tom Clemence &
Andrew
Mark Clinch
Andrew Coffin
George Conly
Clyde Coolidge
Rob Craig
Don Cross
Ted Cunningham

Bill Davenny
Susan Davenny
Bob Delaney
Ron Deprez
Steve DiPalma
Jane Dolley
Ken Dolley
Larry Dyer
Mel Fineberg
Warren Foye
Mike Frost
John Gale
Gene Gendron
Robert Greene
Hap Hazzard
Ray Hefflefinger
Ruth Hefflefinger
Tom Hennessy
Dan Hogan
John Holmes
Dave Horne
Kathy Jacobsen
Steve Jacobsen

Brenda Keene
Don Kent
Larry Kinner
Frank Knight
Dick Lajoie
Brian Lathrop
Loren Lathrop
John Lavin
John LeRoy
Carole Levesque
Angelo Litrocapes
Al Mack
Jim McCorkle
Terry McGovern
Carlton Mendell
Dennis Morrill
Jacob Morrill
Bruce Morrison
Everett Moulton
Donna Moulton
Kurt Nielson
Eric Ortmann
Joe O'Donnell

Nate Parsons
David Paul
Ron Pelton
Don Penta
Rae Pierce
Vern Pollard
Michelle Poulin
Ron Read
Dale Rines
Sister Annette Rioux
Bob Rodman
Gerard Salvo
Jennifer Sarah
Charlie Scribner
Dick Scribner
Dana Seguin
Chuck Snekvic
Marianne Snekvic
Howard Spear
Willie Sproul
Maureen Sproul
Widgery Thomas
Joan Tremberth

Malcolm Washburn
John Watson
Walter Webber
Sumner Weeks
Warren Wilson

Awards & Prizes

Pat Buckley
Maggie Soule
Dana Seguin
Joan Lavin
Mel Fineberg
Bernadine Small
Ann Strohm
Jane Dolley

YMCA

Marla Keefe

(Continued from page 9)

Primary sponsor, Harvard Community Health Plan, was wonderful. All race expenses were covered, allowing us to donate proceeds of \$3,000 to McAuley Residence. They enhanced our festival with a booth featuring give away items and health information for runners, family and friends. Intermed, a Harvard Community Health Plan provider, conducted health screenings. Staff and family members participated in the race, adding to our increased numbers.

Our one concern was that breakfast food ran short and was delayed. We extend our apologies and those of the Radisson Eastland Hotel. The Radisson has offered to adjust some breakfast fees. Contact Sue Davenny at 772-1787. The balance of the adjustment will go to McAuley Residence.

Ruth and I want to thank everyone involved in our seven years of directing this race. The sponsors, runners and volunteers have been terrific! Best wishes to new director Jim McCorkle. You are in good hands

— Sue Davenny

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Health Plan

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and

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EASTLAND HOTEL PORTLAND

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Harvard Community Health Plan

Major Sponsor

Radisson Eastland Hotel Portland

RRCA WDF Sponsors

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Runner's World
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DuPont

Water

Poland Spring & National Distributors

Pace Car

Lee Auto Mall

Showers

Portland YMCA

Goodie Bags

Clayton Hewwood, Nabisco Food Service
Vacationland Snacks
Kinko's
Peoples Heritage Bank
5K Sports

Awards and Prizes

Lioness International
White Column Inn
Fine Hotel Properties
Caravan Beads
Haven's Candies
Videoport
Sheraton Tara
Port Bake House
Carbur's Restaurant
Cole Farms
Jameson Tavern
Workout Fitness Store
AAA of Maine
Great Lost Bear

World Gym

Hair Affair
YMCA
Cyclemania
Cakes Extraordinaire
Skillin's Greenhouse
Walter's Cafe
Harraseeket Inn
Winter People
Conroy Tully Funeral Home
Prisma Corporation
Green Mountain Coffee
Tortilla Flat
Dante's
Joan Samuelson
Dr. Christiane Northrup
Ricetta's Brickoven Pizzeria
Eye Care and Surgery Center of Maine
Jon Young's Furniture Market
Cunningham Security
Sugarloaf, USA
Coastal Athletics

Maine Track Club clothing available

Plenty of Maine Track Club clothing is available to those members who like to show their club spirit whenever they race. Just contact Howard Spear at 856-6496 if you're interested in purchasing MTC singlets, shorts, gymbags or other paraphernalia. Howard also can obtain wind suits by special order. MTC clothing is produced by Bill Rodgers Sportswear, so the quality is very good. Be sure to get some MTC gear of your own and display the club's green and white colors at your next race.

Nomination Form

1995 Maine Track Club Annual Awards

Please indicate your suggestions for the 1995 Maine Track Club Annual Awards and return this form to: Awards Committee, Maine Track Club, P.O. Box 8008, Portland, ME 04104. The deadline for nominations is November 14, 1995. Awards will be given in the following categories. Please indicate your suggestion next to the award. Nominated persons should be Maine Track Club members.

Outstanding Contributor to Maine Running _____

MTC High School Runner Male - _____

Female- _____

MTC Runner of the Year Male- _____

Female- _____

MTC Most Improved Runner - Open Male- _____

Female- _____

MTC Most Improved Runner - Master (Age 40-49)
Male- _____

Female- _____

MTC Most Improved Runner - Senior (Age 50 and over)
Male- _____

Female- _____

MTC Comeback Runner _____

MTC Most Outstanding Triathlete _____

MTC Most Outstanding Ultramarathone _____

MTC Most Outstanding Master's Runner (Age 40 and over)
Male- _____

Female- _____

John Fyalka Award for Outstanding Service to the Maine Track Club

First Time Marathon Award - Any member who has completed their first marathon in 1995 is eligible for this award.

Name _____ Marathon _____ Time _____

Climbing Mt. Aconcagua

Waiting ... stuck in a tent at 19,000 feet on Argentina's giant Aconcagua, the tallest peak in South America — that's all I could do. It was snowing and blowing with winds gusting to 80 mph, temperatures dipping to 10-20 degrees below fahrenheit, and a wind chill factor of -100. Tomorrow, not today, would be my chance at the summit, 4,000 feet higher.

I set an ambitious target: Lofty Aconcagua, thrusting upward along the mountainous border where Argentina meets Chile. It seemed, with work, doable. At 22,834 feet, Aconcagua was challengingly high, and I noted with a certain grim satisfaction that it was no pushover, not at that altitude. More than 60 climbers have paid the ultimate price in the quest for its summit.

Good conditioning is required in climbing, and not just to get you up a mountain. Most accidents actually occur on descent, when climbers are tired. Fitness also makes an experience more enjoyable and memorable. It's impossible to overstate how difficult it is to do anything, including think, at very high altitudes. Even the smallest step forward can require several gasping breaths. So as part of my training, I ran the 25th New York City Marathon six weeks prior to my expedition.

Suddenly it's morning, clear and cloudless. Aconcagua is giving me a fair shot after all. As I climb higher, I traverse a long snowfield, then up steep snow to the base of Aconcagua's notorious Canaletta. Thinking it has taken maybe an hour from Independencia, I start to feel as if I have a chance. But then I look at my watch, and despair sets in: It is already 3:30 in the afternoon. Time is passing so quickly. I wonder if I have enough strength to get up that final 800 feet — called even by veterans of Everest one of the toughest physical experiences in all of climbing.

It's 800 feet of loose scree and boulders — three steps up, then a slide or two back. Over and over, like trying to climb up a down escalator. The key is not to look at the summit, seemingly a stone's throw away, but not getting any closer. Another three-hour blur, and I am within 50 feet of the top. There is no concept of time. I just know that I have to put one foot in front of the other, and I'll be standing on the highest patch of ground outside Central Asia. At that moment, I'll probably be the highest human on earth, because it's January, when Himalayan expeditions rarely climb.

It takes a full 20 minutes to cover the last 50 feet. But at 6:30 p.m. on January 23, 1995, I see the famous aluminum cross commemorating lost climbers. I have made it. I am at the top of Aconcagua.

— William Emerson

MTC financial report

For period ending 9/30/95

	ACTUAL	BUDGET
Checkbook balance 8/31/95	\$7,957.64	

Receipts

Clothing	\$64.00
Equipment Rental - Special Olympics	\$150.00
Management Fee - Maine Mall Mile	\$250.00
Interest - July and August	\$9.92
Total	\$473.92

Disbursements

Maine Running and Fitness Ad	\$40.00
John Casavola - Deering Oaks Meet race official	\$30.00
John Corcoran - Deering Oaks Meet race official	\$20.00
Paul Conley - Deering Oaks Meet race official	\$25.00
George Towle - Deering Oaks Meet expenses	\$131.00
USM women's track - Deering Oaks Meet expenses	\$78.00
Sandy Utterstrom - Deering Oaks Meet expenses	\$190.90
Coastal Athletics - Deering Oaks Meet T-shirts	\$1,099.70
Eastern Supply - 14 safety vests	\$75.68
Circus Signs - finish line banner	\$132.50
Maximum Performance - final coaching payment	\$500.00
Coastal Athletics - clothing	\$1,056.13
BRQ Printing - August newsletter	\$230.48
Postmaster Portland - stamps for treasurer	\$19.20
Imageset Design - artwork for membership application	\$30.22
Holtan Business Forms - coffee mugs for race committee	\$430.92

Checkbook balance 9/30/95	\$4,341.83
---------------------------------	------------

Maine Running Hall of Fame Banquet

The Maine Running Hall of Fame will hold its annual induction banquet Saturday, Nov. 11 at the South Portland Marriott at Sable Oaks. This year's inductees are Dave Farley, Wendy Sayres, Steve Ross, Danny Paul and Larry Greer.

Tickets for the banquet, which begins with a social hour at 6 p.m., are \$20. The fee includes free entry into the Maine Running Hall of Fame 5K Race to be held the following morning at 10 a.m., starting and finishing at 5K Sports in Falmouth.

If you don't plan to attend the banquet but want to participate in the race, the fee is \$8 for pre-registration or \$9 on race day. The first 100 registered runners receive a long sleeve t-shirt.

For more information, contact Phil Pierce at 781-3769.

Board of Directors Meeting

Minutes from meeting on Oct. 4

President's Report: The Achilles Track Club participants in the Maine Marathon and Casco Bay Half Marathon were very appreciative of the support they received from the Maine Track Club. Two participants from the New York Road Runners Club chapter of the Achilles Track Club ran the marathon and two ran the half marathon. Steve Assante and Mark Clinch served as "guides" for the runners.

Treasurer's Report: Read and accepted as presented.

Secretary's Report: Read and accepted as presented.

Race Committee Report: Everett Moulton reported that five races have been billed their race management fees. Seven races remain outstanding.

Newsletter Committee Report: The October issue of the newsletter was prepared with two editions — 14 pages for members and eight pages without race results, treasurer's report and board meeting minutes for the marathon packets. Larry Dyer and Bob Aube make up the current newsletter committee. Larry is looking for a third person to coordinate the printing and mailing aspect. Material for the newsletter should be mailed by the 15th of each month to Larry Dyer at 52 Falmouth Road, C-13, Falmouth, ME 04015.

Membership Committee Report: Our current paid membership is 313 households, including 63 new members. A pink renewal form will be included with the December newsletter mailing.

Awards Banquet: The Awards Banquet is scheduled for January 13, 1996. The Banquet Committee will include Mary Ann Doss, Chairperson; Clyde Coolidge; Everett Moulton; Marge Parsons; Ann Strohm; Ron Pelton. Others may be added. Bill Rodgers has been confirmed as the speaker. Bill's presence will be made possible by the Rick Strout Fund.

Upcoming Race: Frank Graziano spoke with Larry Dyer about sponsoring a race along the ocean roads in Old Orchard Beach similar, in concept, to the Falmouth Road Race in Massachusetts. More communication will take place in regard to this race.

Maine Marathon and Casco Bay Half Marathon: Response from runners participating in these two races on October 1 was very positive. Comments from runners indicated the races were well organized. The race will be broadcast on ESPN in early November. There was a concern from some runners that the distance of the half marathon was long. The course will be remeasured. The location of the awards ceremony was listed in the program as in the USM gymnasium. The ceremony was held at the start/finish line.

Equipment Manager Needed: Howard Spear has indicated he will be resigning as equipment manager at the end of this race season (or end of calendar year). Appreciation was expressed for Howard's conscientious care and maintenance of the equipment. Howard will continue as clothing chairman.

Nominating Committee Report: Ron and Martha Deprez will be nominated as co-presidents for 1996. Michael Reali will be nominated as vice-president.

Nominations for 1996 MTC officers

Co-presidents: Ron Deprez and Martha Deprez

Co-vice presidents: Mike Reali and Terry Sutton

Secretary: Mary Ann Doss

Treasurer: Andrew Coffin

Race Committee Chairperson: Everett Moulton

Membership Committee Chairperson: Alyce Schultz

Newsletter Committee Chairperson: Larry Dyer

Members at Large: Russ Bradley, Clyde Coolidge, Pat Gwinn, Donna Moulton, Charles Scribner

Nominations are still being accepted. Officers will be elected at the November 8 club meeting.

Five Star 5K

If a rating system for road races existed, much as it does for restaurants and resorts, the 5K Great Island Road Race would receive high marks!!

* The first star would signify superb scenery. The brochure boasts of an oceanside start and finish, but it failed to mention the quaint streets, boats moored offshore, and picturesque houses that lined a course which wound its way around the enchanted island. The race offers some of the most fantastic views a runner could imagine.

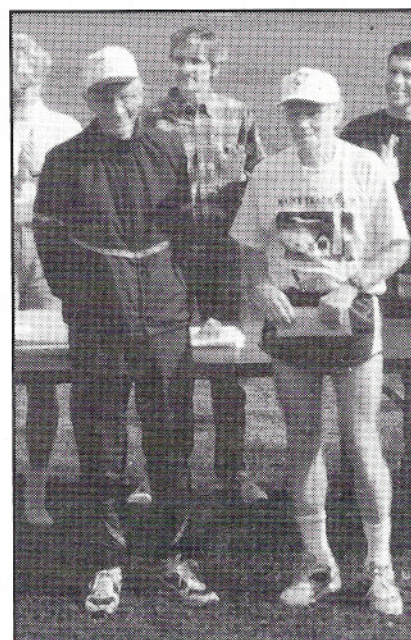
* The second star would indicate that the post-race refreshments resembled a feast. The usual water, sports drink and bagel fare was expanded to include homemade cookies, chocolate cupcakes and brownies!! (Chocoholics take note!!)

* The third star would represent superior organization leading to ease of parking one's car, registering or picking your race number, and finding the starting point, race course and finish line. All race activities proceeded along smoothly from pre-race to post-race. There were virtually no lines anywhere.

* The fourth star would be awarded for acknowledging the achievement of many of the runners. Numerous cash awards, raffle prizes, posters and fabulous t-shirts will serve as mementos of this day. A new course record was set by Dave Dunahm (14:59) of Bradford, Mass. Our own duo of Russ Bradley (23:52) and Carlton Mendell (25:19) were rightfully acknowledged for their age category first and second places. Rose Prest-Morrison (18:21) was the third woman finisher. Jeanne Hackett (19:44) finished 70th overall.

* The fifth star is reserved for the co-director with enthusiasm, concern and sincere appreciation for each volunteer, prize contributor, towns person and runner in attendance! The secret to his successful endeavor, Maine Track Club member Kevin Burke confided, was that "everybody in town is behind this race." The overall goal was to present a race for all levels of runners to enjoy while raising money for new playground equipment for the town park. The weather cooperated fully and the awards ceremony was truly the crowning point of the effort that had been put forth by Kevin and other members of the Recreation Committee.

5K Great Island Road Race = ***** = really magnificent.



MTC members Carlton Mendell, left, and Russ Bradley at the 5K Great Island Road Race.

— Marge Parsons

New members

Please take the time to call a new running friend!!

Dennis, Marcia, Bradley & Brittany Wiggins
56 Stonybrook Road
Cape Elizabeth, ME 04107-1430
799-9207
Pilot, Continental Airlines

Marlene Manoogian
197 Myrtle St.
Westbrook, ME 04092
854-2897
Retired

Alicia Pulsifer
ImageSet
470 Forest Avenue
Portland, ME 04101
725-2243
Educator, ImageSet

Richard Hart
103 Highland
Portland, ME 04102

Stewart Jordan
12 Conifer Lane
North Yarmouth, ME 04097-3308

Mark, Matt & Dan Steege
P.O. Box 677
Standish, ME 04084
207-642-4269
Professor, USM

Janis Childs
112 Salem St.
Portland, ME 04102
772-7342
Faculty, USM

Luke Reinhard
448 Ocean Avenue
Portland, ME 04103

Presidential Pie Run

The 1995 Presidential Pie Run was held September 24 at Payson Park. This was a two-mile run on the Boulevard with a pie! Here were the race results:

1. Carol Pierce 13:35
2. Deirdre Hennessey 17:36
3. Marge Parsons 18:13
4. Maggie Soule..... 22:11
5. Jerome K. Jerome 22:12

The winners got their pick of pies off the table.

The winning pies:

1. Deirdre's lemon pie (she and I almost ate it all with our fingers. Next time, Deirdre, I'll bring a spoon for each of us; you bring the lemon pie!)

2. The Blue Plate Special (a wonderful chocolate pie! And we got to eat it this year. Thank you, Jerome.)

After the run, we all sampled the pies.

In attendance in addition to the above runners: Donna and Everett Moulton, Tom Hennessey, Pat Buckley, Al Utterstrom, Jean Thomas, Nate Parsons, and of course Ron Pelton (who did get a couple of pies in the face!) Mel Fineberg joined us long enough to taste the pies. And myself (I also got a couple of pies in the face).

We raised \$85 toward a new timer and stand and had a great time doing it. Thank you to all who took part in this fun time!

— Sandy Utterstrom



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Upcoming races

November 4

Sanford Turkey Trots (10K and 4 miles), Sanford, 10 a.m. Contact: Sanford Recreation Dept. 324-9130.

November 5

CISV 5K, cross-country, Orono, 1 p.m. Contact: University of Maine, Doris Twitchell 866-3503.

November 11

Frostbite 5K Road Race, Ellsworth 10 a.m. Contact: Down East Family YMCA 667-3086.

November 12

Maine Running Hall of Fame 5K, Falmouth, 10 a.m. Contact: Phil Pierce 781-3769.

November 18

14th Great Osprey Ocean Run 10K, Freeport, 10 a.m. Contact: Freeport Community Education 865-6171.

November 19

Turkey Trot 5K, 10K and youth run, Cape Elizabeth: Contact, Malcolm Washburn 727-5653 or Mary Anne Champeon 799-0456.

November 23

Thanksgiving Day 4-Miler, Portland, 9 a.m. Contact: George Towle 780-5595 (office), 878-8419 (home).

Gasping Gobbler 10K and 2-mile fun run, Augusta, 10 a.m.: John Schwerdel 623-8086.

November 25

Turkey Trot, 5K, Caribou, 10 a.m. Contact: Mike Mendonca 493-4224.

December 2

Season's Greetings 5.5-miler, Madison, 11 a.m. Contact: Ron Paquette 437-9237.

December 9

Jingle Jog for Kids (5K run and 3.1K walk), Kennebunk, 10 a.m. Contact: Ann Marie Flaherty 985-2526.

Note: Races in bold are MTC events

Deering Oaks Track & Field Classic Volunteer List

Bernadine Small
Mary Anne Champeon
Kevin McDonald
Ron Pelton*
Reggie Sargent
Dave Jeffery
Mel Fineberg
George Mendros
Lori Nicholas
Kathi Foye
Brenda Keene
Dixie Hayes
Jan Moberg
Marcia Feller
Robert McArtor
Bill Robertson
Bill McCalmon

Ronda Benner
Bob Payne
Marie Harris
John Gale
David Dowling
Marge Parsons
Nate Parsons
James Haddow
Dave Harris
Julie Haskell
John Gilbride
Aleta Kilborn
Kate Feller*
Jean Thomas
Russ Bradley
Al Utterstrom
Everett Moulton

Donna Moulton
Laurel Valley
Eric Ortman
Malcolm Washburn
Nancy Kneeland
Kitty Kelley
Don Bessey
Ken Dolley
Jane Dolley
Jamie Chamberlain
Gerry Conley
Daniela Daggy
Cecile Fontaine
Sue Davenney
Bill Davenney
Ruth Hefflefinger
Scott Hamilton*

John Caterina
Don Kent
Andy Coffin*
Brian Brown
Lester Berry
Lee Akerley
Herb Hoppe*
Mark Clinch
Pierre Martel
Bob Green
Jane Lathrop
Leandra McAfee
Ray Hefflefinger
William Tozier

* These volunteers won coffee certificates

Thank you all for volunteering and making this a great event (If we missed anyone, please let us know.)! Everyone there deserves a thank you and credit toward your three MTC events. Thank you!

— Sandy Utterstrom and George Towle



Maine Track Club 1995 Officers and Committee Chairs



Ron Pelton	President	846-9039	Don Penta	Statistician	892-4526
Ron Deprez	Vice President	772-4312	Maureen Sproul	Photography	926-4681
Mel Fineberg	Past President	774-8868	Howard Spear	Equipment/Clothing	856-6496
Larry Barker	Treasurer	761-0137	Dale Rines	Course Certification	854-2481
Mary Ann Doss	Secretary	799-0896	John Gillis	Course Certification	879-0222
Alyce Schultz	Membership	780-9805	Bob Aube	Newsletter	946-7681
Everett Moulton	Race Committee	799-2894	Ann Blanchard	Newsletter	883-6905
Donna Moulton	At Large	799-2894	Pat Buckley	Newsletter	775-4817
Russ Bradley	At Large	799-3864	Larry Dyer	Newsletter	892-2508
Clyde Coolidge	At Large	603-742-9405	Susan Roberts	Newsletter	829-6288

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