

# News•Run

Run with a friend ...

November 1996

## From the Presidential Suite ...

The day was exquisitely fall — the sun shining, a cloudless sky and a real chill in the air. It was not a singlet day, especially for the half marathon, but everything else seemed perfect.

The cannon let out a loud boom as we stood waiting at the start, going through the usual pre-race rituals with old and new friends. I started my watch as we all took off. Harry, running with his Sunday dress shirt over his singlet, and I decided after comparing notes that a common pace was in the offing. Mile one and two were on target; mile three seemed fast in six minutes flat; then we settled in to a steady pace, with Stafford and John joining us as we proceeded up Route 1 and then onto Route 88.

We traded leads along the way. In no time mile 7 was upon us and it seemed too good to be true, only six miles left. The lightness of the day was kissed by the chilly air on your back letting you know that this was one of the better runs. We pushed through miles 8 to 10 without much fanfare while Harry moved about 25 yards ahead. At the bottom of "the crusher" we were only too delighted to have the MTC "band" cheer us on.

At the top of "the crusher" I had planned to hammer the last several miles to the finish but that would prove difficult. Harry took off his dress shirt by this time and I knew he meant business after that. By the time we got to the boulevard Stafford and John were 15-20 seconds ahead and Harry 30. What turned out to be the second female finisher pulled up to me. In silent communication often experienced by racers, this fine runner and I pushed each other through that last mile to the finish. It was a race to remember, as good as they get and the organizers and volunteers have a lot to be proud of.

Speaking of events, on Nov. 13 the MTC annual election of officers will take place as part of the regular

*(Continued on page 4)*

## November MTC Meeting

**Wednesday, November 13, 6:15 p.m.  
Falmouth Congregational Church  
267 Falmouth Road, Falmouth**

**Topic: Potluck supper and elections for  
1997 MTC board of directors**

In a departure from the usual monthly club meeting at Southern Maine Technical College, the November gathering will be a potluck supper at Falmouth Congregational Church. Please see the flyer included in this newsletter for more details about the supper.

Following the supper, elections will be held for the 1997 MTC board of directors. A list of nominees can be found on Page 2. Don't miss this chance your chance to vote!

The Maine Track Club meets monthly, the second Wednesday of each month, at 6:30 p.m. in the Machine Room Auditorium at Southern Maine Technical College in South Portland.

## What's inside ...

Nominees for board of directors ..Page 2  
Race results.....Pages 5-8  
New members.....Pages 9-10  
Report on Newburyport trip.....Page 13  
Race schedule .....Page 15



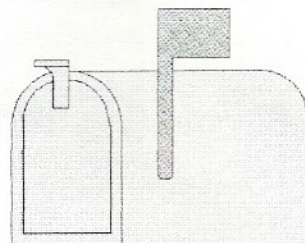
## MTC nominations for 1997 Officers and Board

OFFICE	NOMINEES
President	Michael Reali and Terry Sutton
Vice President	John Gale
Treasurer	Andrew Coffin Joe Guimond
Secretary	Mary Ann Doss
Membership	Maggie Soule & John Eldredge
Race Committee Chair	Everett Moulton
Board--At Large (3)	Russ Bradley Gerry Conley Rob & Wendy Craig Ann McGovern (a.k.a. Strom) Donna Moulton Howard Spear
Newsletter Chair	Marge Parsons

Elections to be held at November MTC meeting

## Volunteers needed for newsletter

To get this newsletter to the membership each month, there is a task that is performed just before mailing: that of stuffing the newsletters and any accompanying material into envelopes and preparing the envelopes for mailing according to zip codes. The crew that has been doing this for several years has reported that these sessions can actually be quite a lot of fun, but the present crew is getting a little tired and would appreciate fresh recruits. If you could devote one evening a month to helping us out, it would be greatly appreciated. Please call Marge Parsons at 829-5079. Thanks!



## Save this date!!!!!!

*Saturday, January 18, 1997 @ 5:30 PM*  
**"MTC Annual Awards Banquet"**  
*Presented by the Maine Track Club*  
*Speaker: to be announced*  
**Dinner! Awards! Prizes! Fun!!!!**

## News•Run Sponsors

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

Rute Stuffletoe

Jerome K. Jerome

Locksley Hall



# Nomination Form

## 1996 Maine Track Club Annual Awards

*Please indicate your suggestions for the 1996 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 15, 1996. Using the following categories, please indicate your suggestion next to the appropriate 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 +) Male

Female

MTC Most Outstanding Masters Runner (Age 40-49)Male

Female

MTC Most Outstanding Senior Runner (Age 50+) Male

Female

## MTC Comeback Runner

MTC Most Outstanding Triathlete

MTC Most Outstanding Ultramarathoner

### John Fyalka Award for Outstanding Service to the Maine Track Club

First Time Marathon Award - Any member who has completed his or her first marathon in 1996 is eligible for this award.

Name	Marathon	Time
------	----------	------



(Continued from page 1)

membership meeting. Instead of SMTC, the meeting will be held at the Falmouth church and will feature a pot luck supper as well. We need each and every member to turn out and vote for the candidates of your choice. And there are several choices, especially for board positions. We have two candidates for treasurer, and for the three at-large board positions six

MTC members have come forward. This is a very important election for the club; we have some very talented members who are running for office. Please come out and vote for the members you wish to lead the club in 1997 and beyond.

MTC members and friends, please set aside the evening of Jan. 18, 1997, the date of the annual MTC banquet. It promises to be another stunning event with an Olympic star speaker and a host of MTC awards. More to come in the next NewsRun. In this edition of the newsletter you will find a nomination form to forward your suggestions for award winners.

The membership meeting this past month featured a talk by sports psychologist, Bernie Gehret. Bernie discussed the essentials behind mental preparation for races and other physically demanding events. Members present were treated to a stellar presentation by our speaker and learned first hand about the impact of the mind on body movement and performance.

MTC membership continues to grow; we are over 400 households strong with an estimated 500+ individual members. Among other things this means we have an ample number of potential volunteers for races and other MTC sponsored activities. The challenge for us now is to educate race directors and others who need volunteers to contact members directly for assistance, especially the new members. And to do it early. There are many benefits to this; it ensures that you have the volunteers you need for events, serves to bring new members into club activities and gives the existing core of

volunteers a much deserved break.

At the next board meeting the race committee will be recommending races they feel the MTC should sponsor or offer to manage in 1997. This stems from concern that the MTC gets involved in too many races, some of which don't provide significant financial or social benefits to the club and its membership. If you have any thoughts on this matter please contact one of us or Everett Moulton, the MTC race committee chair.

Enjoy the fall while it lasts. See you on the roads and at the races.

*Ron and Martha Deprez*  
(e-mail: 102334.3720@compuserve.com.)

## 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. E-mail your story, article or announcement to Bob Aube at 74270.2276@compuserve.com, or send it to:

**Marge Parsons**  
178 Bruce Hill Road  
Cumberland Center, ME 04021

If you have something to share for *News-Run* but don't feel like writing it, contact Larry Dyer (725-6962).



# Race Results

## Submitted by Don Penta

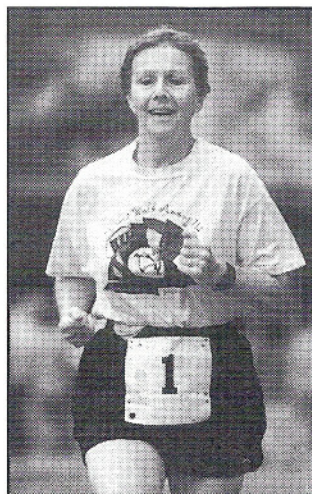
11th Annual Road Runners Club of America  
Portland, Maine, Women's Distance Festival 5K

Ruth Hefflefinger and Susan Davenny have  
inaugurated and co-directed for a decade: 1986  
to 1995 - in an outstanding way!! THANK-YOU!!

429 Women Running  
Radisson Eastland Hotel, Congress Square, Portland  
8:30 AM, Sunday, September 8th, 1996

"(MTC)" indicates that the runner  
is a Maine Track Club member.

"USAT&F" indicates that the runner qualifies for  
national ranking according to standards established  
by the National Running Data Center of USAT&F



**Ruth Hefflefinger, left, and Brenda Tanguay**

photos by Don Penta

### Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Christine Snow-Reaser 1,overall	30	17:43	5:42
2 Rose Prest-Morrison 2,overall	33	18:09	5:51
3 Kelly Rodrigue 3,overall	32	18:13	5:52
4 Veronica Haskell 4,overall	29	18:29	5:57
5 Denise Harlow 5,overall	25	18:31	5:58
6 Gayla Underkoffler 6,overall	34	18:46	6:03
7 Katie Payson 7,overall	31	18:55	6:06
8 Laurel Valley (MTC) 8,overall	33	18:57	6:06
9 Wanda Binette 9,overall	30	19:02	6:08
10 Marjorie Graff 10,overall	28	19:11	6:11

### Top Overall Masters

12 Gretchen Read (MTC) USAT&F	53	19:14	6:12
14 Carol Hogan (MTC) USAT&F	45	19:20	6:14
16 Nancy Kneeland (MTC)	41	19:42	6:21

### Other Top Divisional Finishers

11 Nancy Weis 35-39	36	19:12	6:11
13 Cathleen Allen 30-34	30	19:19	6:13
18 Ellie Tucker 40-44	41	20:01	6:27
21 Julianna Lagin-Nasse 16-19	17	20:12	6:30
23 Catie Dean 25-29	26	20:17	6:32
25 Becky Wallace 20-24	23	20:25	6:35
32 Claire Fontaine (MTC) 15&under	15	21:09	6:49
60 Cecile Fontaine (MTC) 45-49	45	22:13	7:09
67 Faye Gagnon 50-54	51	22:28	7:14
123 Patricia Terrill 60-64 USAT&F	61	24:22	7:51
149 Polly Kenniston 55-59	59	25:12	8:07
339 Ashley Ryder 65-69	67	31:42	10:13
419 Eugenia McLaughlin 70&over	71	46:18	14:55
428 Margaret T. Martin 3,70&over	83	52:20	16:51

### Other Maine Track Club Finishers

17 Ann McGovern 2,30-34	32	19:54	6:24
22 Jeanne Hackett 3,35-39	37	20:16	6:32

27 Ann Stairs 3,25-29	27	20:34	6:38
30 Tanya Horne	28	21:00	6:46
22 Alison Kisch	30	21:12	6:50
34 Michele Ohman	30	21:13	6:50
36 Kathryn Tolford	41	21:30	6:55
43 Kate Meyers	36	21:40	6:59
50 Sarah Parrott	37	21:55	7:04
52 Kim White	34	21:56	7:04
54 Julia Drinker	35	22:01	7:05
57 Diane LaVangie	37	22:04	7:07
62 Betsy Barrett 2,45-49	45	22:19	7:11
63 Theresa Gallupe	34	22:24	7:13
68 Susan Kolakowski	39	22:35	7:17
70 Wendy Williams	43	22:39	7:18
74 Joan Lavin 3,45-49	48	22:47	7:20
80 Cindy Aiken	42	22:50	7:21
90 Martha Deprez 2,50-54	51	23:15	7:29
92 Kitty Kelley	49	23:23	7:32
97 Carolyn Court	42	23:21	7:34
101 Heidi McDonald	34	23:35	7:36
104 Carol Nale	45	23:43	7:38
106 Cindy Smith	49	23:47	7:40
108 Maryanne Strand	41	23:55	7:42
110 Nancy Murphy	49	23:56	7:42
121 Dianne Kazilionis	36	24:17	7:49
126 Beth Wilson	40	24:25	7:52
150 Sherry Carll	49	25:13	8:07
151 Patty Pulia	26	25:14	8:07
174 Nancy Hewett	49	25:42	8:17
176 Beverly Doughty	45	25:45	8:18
193 Deb McKenna	39	26:31	8:33
201 Mary Coolidge	28	26:43	8:36
206 Annette Elowitch	53	26:48	8:38

(Continued on page 6)



# More Race Results

(Continued from page 5)

219 Patrice Johnsen.....	37	27:12	8:46	336 Dianne McCorkle .....	37	31:31	10:09
224 Yvette Knight.....	50	27:17	8:47	352 Virginia Cross .....	53	32:31	10:28
233 Jeanne McDonald.....	47	27:25	8:50	354 Jan Bastow.....	60	32:44	10:32
234 Dierdre Hennessey.....	14	27:25	8:50	355 Terry Keough.....	40	32:48	10:34
235 Carlene Anderson.....	46	27:28	8:51	356 Donna Moulton .....	47	32:51	10:35
239 Ann McCullough.....	26	27:47	8:57	358 Kate Harris .....	51	32:58	10:37
250 Jennifer McGeoghegan.....	28	28:01	9:01	371 Maggie Soule.....	54	34:01	10:57
278 Rachel Piper.....	28	28:40	9:14	381 Meaghen LaVangie.....	9	35:43	11:30
281 Marge Parsons.....	45	28:51	9:18	382 Pat Buckley.....	58	35:52	11:33
289 Linda Metzger.....	53	29:09	9:23	385 Laurie Quint.....	35	36:06	11:38
299 Susan Davenny.....	48	29:31	9:30	394 Jeannie Butts.....	34	38:20	12:21
301 Marlene Russell.....	54	29:35	9:32	396 Ruth Hefflefinger 3,65-69.....	67	38:32	12:25
303 Pamela Kinner.....	37	29:36	9:32	418 Pat Coolidge.....	56	46:18	14:55
306 Linda Iselborn.....	36	29:38	9:33	423 Beryl Cole.....	46	47:26	15:16
313 Brenda Tanguay.....	34	30:18	9:46	426 Reola Conley.....	65	52:18	16:50
321 Nian Lyman-Lajoie.....	47	30:44	9:54	Many thanks to new race director Jim McCorkle for complete results!			
327 Bethany McCorkle.....	11	31:08	10:02				

1996 Casco Bay Half Marathon  
584 Finishers (121 Female & 463 Male)  
Baxter Boulevard at Shop n'Save Plaza  
Portland to Falmouth & back  
8:00 AM, Sunday, October 6th, 1996

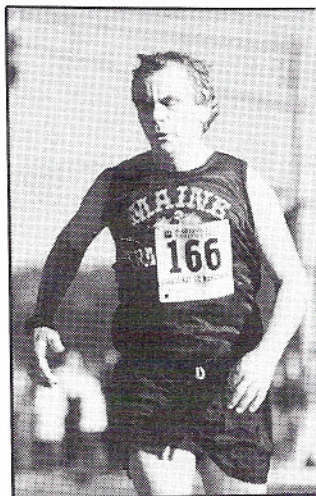
\*\*\* after time indicates a female finisher

## Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Michael Grigware 1,overall.....	32	1:13:51	5:38
2 Randall Welner 2,overall.....	35	1:15:09	5:44
3 Guy Segars 3,overall.....	36	1:16:08	5:49
4 Bob Gillon 1,over.mas. USAT&F .....	45	1:16:23	5:50
5 Peter Haslam 4, overall.....	29	1:17:24	5:55
17 Christine Snow-Reaser 1,over.....	30	1:20:54*	6:11
43 Mimi DiPietro 2,over. USAT&F .....	39	1:26:10*	6:35
47 Alison Hayden 3,overall.....	24	1:26:42*	6:37
51 Donna Hurley 4,overall.....	39	1:26:51*	6:39
55 Katrina Bisheimer 5,overall.....	31	1:27:26*	6:41

## Other Top Divisional Finishers

6 Ludovic Bruyere 20-29.....	27	1:18:23	5:59
7 Kevin McDonald 2,ov.mas USAT&F .....	46	1:18:34	6:00
8 Thomas Estabrook 35-39.....	39	1:18:36	6:00
10 George Towle (MTC) 3,ov.mas. ....	46	1:19:41	6:05
13 Nghia Huynh 19&under.....	19	1:20:05	6:07
16 John Mollica 40-44.....	44	1:20:50	6:10
28 John Tarling 45-49.....	46	1:24:05	6:25
30 Michael Simensky 30-34.....	34	1:24:19	6:26
42 Ronald Deprez (MTC) 50-54.....	52	1:26:08	6:35
52 Bob Coughlin (MTC) 55-59 USAT&F ..	57	1:27:00	6:39
66 Joy Griffin 35-39.....	38	1:29:01*	6:48
74 Jen Allen 30-34.....	30	1:29:59*	6:52
83 Ellie Tucker 1,over.master .....	42	1:30:33*	6:55
85 Gretchen Read(MTC) 2,o.m.USAT&F ..	53	1:30:36*	6:55
86 Mary Hartzheim 20-29.....	28	1:30:51*	6:56



Bob Coughlin, left, and Paul Greene

photo by Don Penta

123 Nancy Cooper 3,over.master .....	42	1:34:50*	7:15
126 Rosalyn Randall (MTC) 45-49 .....	46	1:35:01*	7:15
175 Kathryn Tolford (MTC) 40-44 .....	42	1:38:29*	7:31
281 Martha Deprez (MTC) 50-54.....	51	1:45:26*	8:03
288 Gene Ross 60-64.....	61	1:46:00	8:06
290 Louisa Dunlap 55-59 USAT&F.....	56	1:46:10*	8:06
318 Rene Collins 2,55-59 USAT&F .....	55	1:48:17*	8:16
353 Russ Bradley (MTC) 65&+ USAT&F ..	72	1:51:18	8:30
390 Kelly Stuart 19&under USAT&F .....	11	1:53:39*	8:41
451 Jane Rasmussen 60-64 USAT&F .....	60	1:58:41*	9:04

## Other Maine Track Club Finishers

9 Paul Greene 2,20-29 .....	24	1:18:53	6:02
26 Daniel Hutchins.....	36	1:23:24	6:23

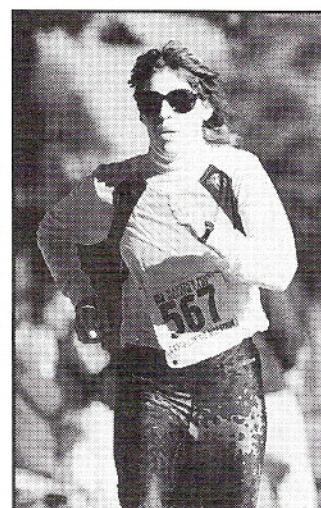
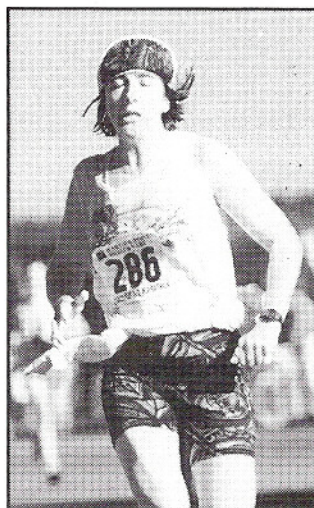
(Continued on page 7)



# More Race Results

(Continued from page 6)

29 Mark Steege	41	1:24:12	6:26
33 Harry Nelson	42	1:24:57	6:29
36 Stafford Soule	44	1:25:39	6:33
39 Erich Reitenbach 2,45-49	46	1:25:53	6:34
56 Jim Bunnell	38	1:27:54	6:43
71 Bob Payne 2,55-59	58	1:29:28	6:50
72 Al Butler	42	1:29:34	6:50
89 Ann Stairs 2,20-29	27	1:31:18*	6:50
93 Peter McDonald	36	1:31:59	7:01
101 Mark Olsen	28	1:33:09	7:07
107 Alison Kisch 2,30-34	30	1:33:34*	7:09
118 Joseph Guimond	37	1:34:19	7:12
136 Tanya Horne	28	1:35:45*	7:19
148 Julia Drinker 3,35-39	35	1:36:51*	7:24
176 Dick Lajoie	56	1:38:36	7:32
180 Michael Cavanaugh	45	1:38:44	7:32
185 Mary Ann Doss	36	1:39:01*	7:34
191 Brian Hewett	34	1:39:22	7:35
198 Joan Lavin 2,45-49	48	1:39:38*	7:37
199 Cecile Fontaine 3,45-49	45	1:39:44*	7:37
212 Clyde Coolidge	57	1:41:17	7:44
230 Dan Hogan	45	1:42:30	7:50
237 Cindy Aiken 2,40-44	42	1:43:07*	7:52
238 Susan Kolakowski	39	1:43:09*	7:53
248 Wendy Craig	37	1:43:44*	7:55
252 Eric Lagios	37	1:43:54	7:56
256 Davis Hart	50	1:44:02	7:57
257 Angela Small	26	1:44:03*	7:57
264 Chas. Foehl	31	1:44:39	7:59
298 Wendy Williams	43	1:46:37*	8:08
299 Jim Stokes	34	1:46:41	8:09
300 Michael Cowell	59	1:46:48	8:09
325 Arabella Eldredge	42	1:49:10*	8:20
329 Carol Nale	45	1:49:55*	8:24
335 Milt Dudley	44	1:50:10	8:25
361 Ralph Butts	35	1:51:45	8:32
364 Jennifer Kinney	27	1:51:58*	8:33
366 Maurice Harmon	46	1:51:59	8:33
388 Harry White	54	1:53:21	8:39
392 Craig Whiton	46	1:54:01	8:42
398 Dianne Kazilionis	37	1:54:11*	8:43
400 Sarah Parrott	37	1:54:15*	8:43



Wendy Craig, left, and Alison Kisch

photo by Don Penta

412 Orlando Delogu	59	1:55:40	8:50
422 Marc Cole 3,19&under	19	1:56:20	8:53
429 Paul Cohen	35	1:57:14	8:57
446 Doris Dubay	49	1:58:11*	9:01
453 Christin Burnham	22	1:59:02*	9:05
468 Daniel Day	59	2:00:42	9:13
479 Patty Puia	26	2:02:00*	9:19
483 Constance Barrett-Albert	39	2:02:27*	9:21
510 John Cole	44	2:06:27	9:39
540 Sandy Utterstrom 3,50-54	52	2:13:14*	10:10
546 Sally Gore	35	2:16:05*	10:23
558 Dianne McCorkle	37	2:19:31*	10:39
559 Ann Blanchard	39	2:19:31*	10:39
568 Wayne P. Olson	39	2:28:47*	11:21
570 Donna Moulton	47	2:31:06*	11:32
574 Julius Marzul 3,65&over	70	2:35:15	11:51

Many thanks to director Jim McCorkle for complete results to the NYLCare Casco Bay Half Marathon and NYLCare Maine Marathon!

## Notice about race flyers

Anyone who wishes to have their race 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. The fee applies only to races not run by the MTC, so if a race fee is already being paid to the club, there is no charge for race flyers.



# More Race Results

6th Annual NYLCare Maine Marathon  
325 Finishers (84 Female & 241 Male)  
Baxter Boulevard at Shop n'Save Plaza  
Portland to Yarmouth and back  
8:00 AM, Sunday, October 6th, 1996

## Top Overall Finishers

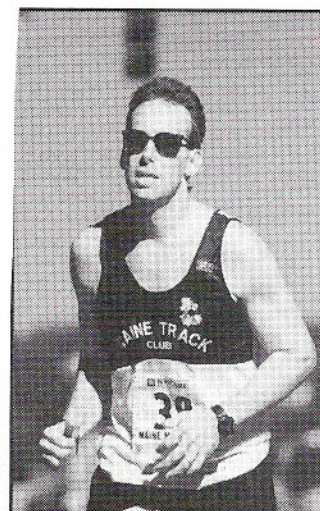
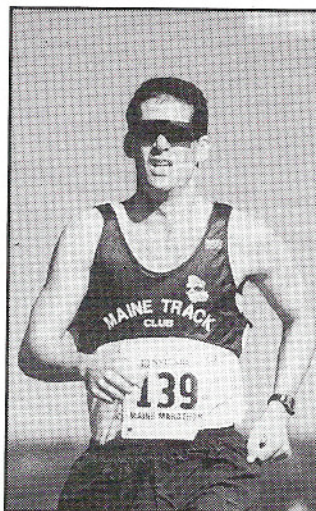
PLACE/NAME	AGE	TIME	PACE
1 Byrne Decker 1,overall.....	29	2:34:56	5:55
2 Dave Dunham 2,overall.....	32	2:34:57	5:55
3 David Weatherbie 3,overall.....	28	2:36:08	5:58
4 Michael Payson 4,overall.....	33	2:38:54	6:04
5 Jim Elwell 5,overall.....	36	2:41:35	6:10
31 Kristin Pierce 1,overall.....	22	3:05:00*	7:04
60 Nora Hannafin 2,overall.....	34	3:15:01*	7:27
64 Maureen Sproul (MTC) 1,ov.mas.....	40	3:17:42*	7:33
75 Julie Millard 3,overall.....	33	3:21:01*	7:41
81 Ann McGovern (MTC) 4,overall.....	32	3:24:15*	7:48
94 Christina Morin 5,overall.....	25	3:30:18*	8:02

## Other Top Divisional Finishers

6 Kevin Bruno 35-39.....	37	2:44:00	6:16
8 Peter Ronco 20-29.....	27	2:46:17	6:21
9 Rolf Westphal 30-34.....	32	2:48:55	6:27
11 David Roberts (MTC) over.mas.....	41	2:49:29	6:28
13 Frank McElwain 2,over.master.....	41	2:53:36	6:38
15 William Romito 3,over.master.....	41	2:55:14	6:42
16 Bob Dunfey, Jr. 45-49.....	45	2:55:57	6:43
18 Richard L'Heureux 40-44.....	44	2:56:51	6:45
36 R.J. Harper 50-54.....	50	3:06:23	7:07
41 Guy Jean Claude 55-59.....	58	3:10:04	7:15
88 Ben Fudge 60-64.....	61	3:27:07	7:54
102 Lisa Mitsock 35-39.....	37	3:32:57*	8:08
117 Michele Ohman (MTC) 30-34.....	30	3:37:09*	8:17
142 Sarah McCall 2,over.master.....	40	3:41:21*	8:27
147 Toni Moen (MTC) 3,over.mas.....	51	3:43:15*	8:31
148 Pamela Hall 1,40-44.....	43	3:43:19*	8:32
172 Janet Hancock 45-49.....	48	3:48:09*	8:43
249 Jean Thomas (MTC) 60-64.....	60	4:15:22*	9:45
289 Carlton Mendell (MTC) 65&+.....	74	4:38:14	10:37

## Other Maine Track Club Finishers

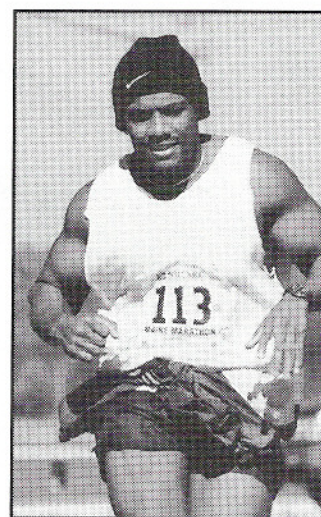
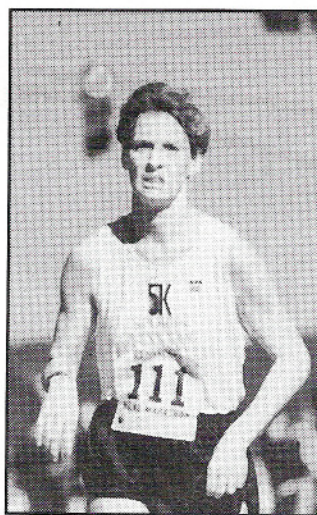
12 Jaime Jackson 3,20-29.....	28	2:52:56	6:36	166 Rex Holtan.....	44	3:47:07	8:40
19 Craig Wilson 2,45-49.....	47	2:57:12	6:46	170 Rick Meinking.....	35	3:47:30	8:41
25 David Chamberlain.....	34	3:02:10	6:57	209 Howard Spear.....	46	4:01:46	9:14
38 Joe Hayes.....	48	3:09:26	7:14	223 Chet Matthews.....	50	4:06:11	9:24
46 Britton Wolfe.....	31	3:11:16	7:18	226 Bob McArtor.....	57	4:06:19	9:24
51 William Sproul.....	38	3:13:08	7:22	261 Jan Williams.....	52	4:20:42	9:57
68 Dick Graves.....	41	3:19:28	7:37	264 Alfinodah Fahray.....	30	4:21:30	9:59
89 Peter West.....	32	3:27:15	7:55	278 Gary Giffard.....	37	4:27:15	10:12
95 Don Foshay.....	37	3:30:32	8:02	293 Christopher Dowe.....	36	4:39:04	10:39
96 Zeke Janas.....	25	3:30:37	8:02	305 Diane Covell.....	43	4:47:06*	10:58
126 Jennifer Hanic 2,20-29.....	27	3:39:18*	8:22	307 Annette Elowitch 2,50-54.....	53	4:51:35*	11:08
131 Kim White 3,30-34.....	34	3:39:46*	8:23	308 Brian Barnes.....	30	4:52:36	11:10
135 Gerard Conley.....	42	3:39:55	8:24	309 George Conly.....	48	4:53:25	11:12
158 Richard Robinov.....	36	3:45:22	8:36	310 Linda Metzger 3,50-54.....	53	4:58:03*	11:23
163 Jay Neil.....	34	3:46:11	8:38	324 Susan Reynolds.....	45	5:31:05*	12:38



Above: Britt Wolfe, left, and Peter West

Below: Anne McGovern and Brian Barnes

photos by Don Penta





# Welcome to our newest members

David Chamberlain  
15 Charlotte Drive  
Falmouth, ME 04105  
878-0459

Eric Lagios, Nicholas and Kate  
40 Larchwood Road  
S. Portland, ME 04106-6505  
799-4834  
Sales Manager, BoDacious Bread

Jack Nyhan  
One Fore River Avenue  
Weymouth, MA 02191  
617-335-1124  
Attorney

Sally Wigon  
18 Free Street  
Portland, ME 04102  
773-0293  
Owner, Joe Wigon Office Products

Michael Davey  
41 Coyle Street  
Portland, ME 04101-4738  
874-9515  
Self-Employed, General Contractor

Martha Crunkleton  
340 College Street  
Lewiston, ME 04240-6001  
784-8424  
Dean of the Faculty, Bates College

Jeff Thaler  
RR 3, Box 4170  
Yarmouth, ME 04096-9759  
846-6083  
Attorney, Berman & Simmons

Paul & Mary Nadeau  
1 Pearl Avenue  
Old Orchard Beach, ME 04064  
934-0629

Ronald & Mary Olmstead-Schopp  
106 Pine Street  
Portland, ME 04102-3721  
828-5320  
Human Resource Manager, Konica;  
Social Worker

Martha Payson  
13 Andrews Avenue  
Falmouth, ME 04105-1901  
781-4709  
Sales, Pilgrimage Books

Richard Conley  
2465 Palisade Avenue  
New York City, NY 10463  
718-796-2191

Loan Officer, Community  
Development/Preservation Corp.

Cathy Locke  
10 Hill Drive  
South Berwick, ME 03908  
384-5340

Teacher, Marshwood Jr. HS

Ken & Judy Cotton Family  
HC 62 Box 133  
Bristol, ME 04539-9206  
677-3758  
Self-employed Site Evaluator; Teacher,  
Bristol CSD

Tina Schneider  
162 Edwards Street  
Portland, ME 04102-2538  
828-1292  
Self-employed, Attorney

Jessica Strout  
3 Cottage Street  
Biddeford, ME 04005-3461  
283-2784  
Financial Consultant, York Hospital

Colleen Redmond & Michael Doyle  
11 Johansen Street  
Portland, ME 04103-4914  
871-0051  
Sales Asst., Norwest Mortgage;  
Operations Manager, Maine Credit  
Union League

Paul Aceto  
12 Ridgeway Road  
Scarborough, ME 04074-8210  
885-0787  
Rural Carrier, US Postal Service

George Boudreau  
8 King Street, Apt. 1#A  
Biddeford, ME 04005-9998  
282-1334  
Self-employed Construction

Betsy Lane  
31 Anderson Avenue  
Yarmouth, ME 04096-1039  
846-9293  
Teacher, Town of Yarmouth

Terry Morris  
276 Pine Point Road  
Scarborough, ME 04074-9236  
883-1467  
Receptionist, G.M. Pollack

Maryellen Fitzpatrick  
46 Merewind Drive  
Cumberland, ME 04021-9357  
829-4657

Dana Brown  
258 Mitchell Road  
Cape Elizabeth, ME 04107-1217



## Notes from our newest members

I began running distances over 6 miles this last spring with some friends who are members of the Maine Track Club. If it wasn't for William Sproul, Maureen Sproul and Ann McGovern, I would never have completed the Maine Marathon this last Sunday and qualified for the Boston Marathon. I have been involved in athletics all my life, but this is the first year I have done any road racing. I look forward to competing in future races and being part of the Maine Track Club.

— *Michael Davey*

I started running only last July. I loved it and have discovered that it gives me a whole new zest for life!! I have raced in two 5 Ks and done pretty well for my age group. I would love to find other people who enjoy running as I do. I have a lot to learn and would enjoy being a member.

— *Martha Payson*

I have been running for approximately 6 months, interrupted by shin problems recently. I have competed in 2 road races without much success. I am looking forward to becoming a member of the track club to improve as a runner and meet new people. I was involved with track for a short time in high school and enjoyed competing as a team; this would be something I would also enjoy.

— *Jessica Strout*

My husband and I enjoy running. We have participated in Greater Portland road races for many years. We are currently training for the Marine Corp. Marathon. The race experience has always been exciting and fun. We walk away glad we came and looking forward to the next one. We appreciate the hard work and dedication of the Maine Track Club. We would like to assist our fellow runners.

— *Colleen Redmond and Michael Doyle*

On January 1st of this year, I began working out at One South Fitness Club. The running I did on the treadmill led me to enter the Boys and Girls Club 5 Miler in April. I had never run in a road race in my life and finished with a time of 33:08, I was thrilled!! Eight more races followed including the Oakhurst Milk Run, LL Bean 10K, and Bowdoin & Back 10 miler among others. (Editor's note: He also ran the Casco Bay Half Marathon after writing this note.)

— *Paul Aceto*

I'm joining the club because I heard it would facilitate my getting information about area road races. Furthermore I would like to be a part of the running circuit, instead of around it. Thank you for your consideration.

I started running about 5 months ago to lose weight. I lost 35 pounds. While doing this, I feel in love with it. I started off with a couple of miles, then eventually 50 to 60 mile weeks. Sixteen miles is my longest run.

I've run five 5Ks and one 4 miler. My first 5K time was 24.49 and my last one at the Eliot Festival was 20.25. I've been able to get a PR every time I've run a race and it's exciting.

— *George Boudreau*

As a recreational runner, I decided to join Maine Track Club to benefit from coaching, training, and running activities. I do not see myself as a competitive runner, but am interested in improving as much as possible. I also need something to keep me running during the winter.

— *Betsy Lane*

Have run road races in the past and am a member of the UNUM Corporate Track Team. Need motivation.

— *Terry Morris*

I am interested in joining the club to be one of the many who enjoy running. Having completed the half marathon in Portland, I decided to become involved with this great group of people.

Last year Jim McCorkle introduced me to the professional program of putting on a race. We put on the "Memorial Mile" in Cumberland. It was a wonderful community event. I plan on doing it again this year.

I look forward to receiving all the running news and information for the runners of Maine.

— *Maryellen Fitzpatrick*

I have been running since I was a freshman in high school and now 8 years later, it's still my passion. My training has varied and gone from pack running with friends on my team, to solitary runs at 11:00 pm in college to get out pre-exam jitters.

I have moved home after graduating from UVM in May and am looking for new friends to run with. I love the comradery the MTC has to offer!

— *Dana Brown*





## Coming soon to a newsstand near you

For those of us who have mourned the loss of *Mainely Running*, help is on the way. Roland Thibault of Westbrook is preparing to introduce a new magazine for Maine runners and endurance athletes, to be called *Pine Tree Running Journal*. The magazine will feature road racing, high school cross country and track, news about college athletes from Maine, triathlons and cross country skiing. Thibault plans to publish 11 issues a year (each month except March), beginning with a December issue. Subscriptions are \$23, with a \$3 discount offered to anyone who subscribes before Nov. 1. Each issue will cost \$3 on the newsstand.

For more information, contact Roland at 854-5168, or if you'd like to subscribe, send your check to: *Pine Tree Running Journal*, 67 Church St., Westbrook, ME 04092.

## HOW FIT ARE YOU?

Lifeline Performance Testing  
can answer that question


Your choice of options:

<input type="checkbox"/> Non-aerobic (upper-lower body strength/flexibility/body composition)	\$12.95
<input type="checkbox"/> Full evaluation including sub. max treadmill	\$34.95
<input type="checkbox"/> Physician supervised max treadmill	\$64.95
<input type="checkbox"/> Full evaluation including physician supervised treadmill	\$79.95

Call Julia today at 780-4639 for all the details

***Lifeline***

Center for Fitness, Recreation and Rehabilitation  
A Public Service unit of USM

 **University of Southern Maine**



## Group runs

The Maine Track Club includes all kinds of runners doing many different distances at a variety of paces — from the weekend jogger to the daily 20-minute runner to the serious road racer.

Whatever your pleasure may be (social, speed, long distance), we probably have a running/training group near your area. For more information, contact any of the following:

### Kennebunk

The Kennebunk Road Warriors run weeknights in Kennebunk. Contact: Steve Jacobsen 985-4107 or Nancy Kneeland 985-8100.

### Portland

The USM Morning Group runs at 5:45 a.m. daily from the USM gym. Contact: Mel Fineberg 774-8868 or Ruth Hefflefinger 797-4625.

The Rat Pack runs at 7 a.m. Sunday mornings from Payson Park. Contact: Ron Deprez 772-4312 or Mike Reali 829-2014.

YMCA Noon Runs from YMCA on Forest Ave. Contact: Marla Keefe 775-9620 or Mike Pratico 874-1111.

### South Portland

South Portland Road Runners run Thursday nights at 5:30 p.m. from the high school. Contact: Russ Bradley 799-3864 or Donna Moulton 799-2894.

### Yarmouth

The Royal River Rapids meet weekdays at the entrance to Royal River Park on East Elm Street at 6 a.m. Pace is moderate to slow, and distances are between three and six miles. Contact: Keith Malone 846-1403.

If you know of a group run that isn't listed above, please contact either Bob Aube (946-7681) or Marge Parsons (829-5079) to let us know where, when, how far, approximate pace per mile and contact person for inclusion in the monthly newsletter.

## MTC Discounts

The following area sporting goods stores have agreed to give MTC members discounts on running shoes and running clothing. It is necessary that you show your 1996 club ID card when requesting discounts.

### 5K SPORTS,

190 US Route 1, Falmouth  
15% on Shoes; 20% on Clothing

### OLYMPIA SPORTING GOODS,

Maine Mall, South Portland  
10% on Shoes Only

### YANKEE SPORTS,

35 Foden Road, South Portland  
10% on Shoes Only

### GOLDSMITH'S SPORTING GOODS,

120 Center St., Auburn; 581 Rt 1,  
Scarborough (Dunstan Corner)  
15% on Running Shoes and Running Clothing

### COASTAL ATHLETICS,

502 Woodford, Portland  
ASIC Shoes Exclusively...  
discounts according to model  
Call ahead for Ron Kelley 772-4530

### GEORGE AND PHILLIPS, INC., Rt. 1, Kittery;

295 Water St., Exeter, NH  
These are Nike Outlet Stores featuring slightly defective or blemished shoes at reduced prices. All top quality regularly prices shoes 20% off.

### LAMEY WELLEHAN,

Maine Mall; Falmouth Shopping Center;  
Cook's Corner; Auburn Mall  
10% on Running Shoes

### MVP SPORTS, 333 Clarks Pond Pkwy.,

South Portland 04106  
10% on non-sale Running Shoes and Clothing

### FAMOUS FOOTWEAR, 330 Clarks Pond

Pkwy., South Portland 04106  
Also Auburn and Kittery  
10% on Running Shoes



## Group runs

The Maine Track Club includes all kinds of runners doing many different distances at a variety of paces — from the weekend jogger to the daily 20-minute runner to the serious road racer.

Whatever your pleasure may be (social, speed, long distance), we probably have a running/training group near your area. For more information, contact any of the following:

### Kennebunk

The Kennebunk Road Warriors run weeknights in Kennebunk. Contact: Steve Jacobsen 985-4107 or Nancy Kneeland 985-8100.

### Portland

The USM Morning Group runs at 5:45 a.m. daily from the USM gym. Contact: Mel Fineberg 774-8868 or Ruth Hefflefinger 797-4625.

The Rat Pack runs at 7 a.m. Sunday mornings from Payson Park. Contact: Ron Deprez 772-4312 or Mike Reali 829-2014.

YMCA Noon Runs from YMCA on Forest Ave. Contact: Marla Keefe 775-9620 or Mike Pratico 874-1111.

### South Portland

South Portland Road Runners run Thursday nights at 5:30 p.m. from the high school. Contact: Russ Bradley 799-3864 or Donna Moulton 799-2894.

### Yarmouth

The Royal River Rapids meet weekdays at the entrance to Royal River Park on East Elm Street at 6 a.m. Pace is moderate to slow, and distances are between three and six miles. Contact: Keith Malone 846-1403.

If you know of a group run that isn't listed above, please contact either Bob Aube (946-7681) or Marge Parsons (829-5079) to let us know where, when, how far, approximate pace per mile and contact person for inclusion in the monthly newsletter.

## MTC Discounts

The following area sporting goods stores have agreed to give MTC members discounts on running shoes and running clothing. It is necessary that you show your 1996 club ID card when requesting discounts.

### 5K SPORTS,

190 US Route 1, Falmouth  
15% on Shoes; 20% on Clothing

OLYMPIA SPORTING GOODS,  
Maine Mall, South Portland  
10% on Shoes Only

YANKEE SPORTS,  
35 Foden Road, South Portland  
10% on Shoes Only

GOLDSMITH'S SPORTING GOODS,  
120 Center St., Auburn; 581 Rt 1,  
Scarborough (Dunstan Corner)  
15% on Running Shoes and Running Clothing

COASTAL ATHLETICS,  
502 Woodford, Portland  
ASIC Shoes Exclusively...  
discounts according to model  
Call ahead for Ron Kelley 772-4530

GEORGE AND PHILLIPS, INC., Rt. 1, Kittery;  
295 Water St., Exeter, NH  
These are Nike Outlet Stores featuring slightly  
defective or blemished shoes at reduced  
prices. All top quality regularly  
prices shoes 20% off.

LAMEY WELLEHAN,  
Maine Mall; Falmouth Shopping Center;  
Cook's Corner; Auburn Mall  
10% on Running Shoes

MVP SPORTS, 333 Clarks Pond Pkwy.,  
South Portland 04106  
10% on non-sale Running Shoes and Clothing

FAMOUS FOOTWEAR, 330 Clarks Pond  
Pkwy., South Portland 04106  
Also Auburn and Kittery  
10% on Running Shoes



## 40 Tired Runners and One Dead Battery

By Pat Buckley

On Tuesday, July 30, under blue, balmy skies, 40 Maine Track Club runners were hurtled by chartered bus to Newburyport, Mass., for the Yankee Homecoming 3-mile and 10-mile road races. This club-sponsored trip was arranged for the second year in a row by board member Russ Bradley, from transportation to pre-registrations.

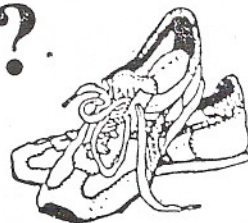
Once in Newburyport, our bus with its conspicuous "Maine" logo settled into the large race parking lot. Our group also advertised our home state with a variety of MTC shirts — old colors and new. Walking around the registration area in a sea of thousands of nervous pre-race faces, you could explore the mini-expo, wait in an endless port-a-potty line or just watch people.

The two races were extremely well organized, with thousands of runners participating. But I can only speak for my own experience in the 3-miler. After a mile or so, experiencing the warmer, more "southern" conditions, I was really picked up by the enthusiastic cheers of the sidewalk crowds. "Wow," I thought, running in a now sparse line of back-of-the-packers, "maybe it's that neat MTC shirt with the lighthouse design that I'm wearing." Then reality came roaring — or running —

(Continued on page 14)

## Do you enjoy running, walking and being fit ?

- Check out our great selection of shoes, apparel and gear
- We offer personal service where you can talk to a runner for the best fit
- Great prices, the same or lower than  
*Road Runner Sports catalog*
- Test drive your new shoes on our treadmill

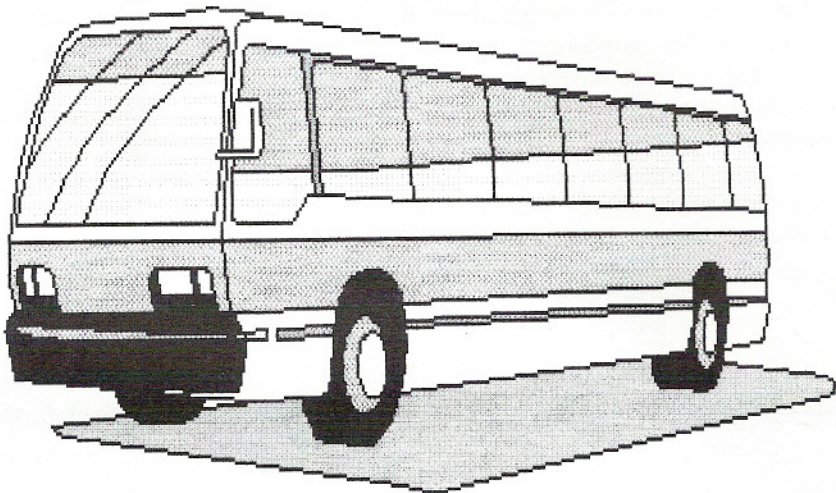




(Continued from page 13)

up. The cheers were for the approaching 10-mile runners as the two races converged.

Uh-oh. I jockeyed for position at the side of the road as the multitude began to thunder by. Soon someone yelled toward me, "you're going the wrong way." This seemed feasible enough, as I was the only one running way over a six-minute pace at that moment. To my great chagrin, I turned around and saw that a little way back I had missed the sign — on the other side of the road — directing the 3-mile racers to a side street. Oh, no! Now I had to not only backtrack but also cross the road through a tidal wave of frontrunners. I waited for a small break, which finally occurred on my side. Then I recklessly waited in the middle of the human missile attack until I could finish crossing and rejoin the 3-mile finishers. Whew! On a gradual uphill, the finish line very slowly appeared. I didn't even bother to look at my time. I had survived a collision course with the front lines. I soon found out that my buddy Ruth had beaten me by a longshot.



Also in the 3-mile race were some MTC people who are usually so much in the volunteer trenches that they hardly ever race. Making cameo appearances across the finish line were Evie Strom, Charlie Scribner, Everett Moulton, Ray Hefflefinger and Al Utterstrom.

After hydration, fruit and one hot dog, and then another from the tables of food that this race is noted for, it was time to go cheer in our MTC 10-mile runners under darkening skies.

Finally, all our Maine troops were gathered in, and we reassembled back at the bus, ready to head north with a post-race glow. Plastic coolers that the Pack and others had packed appeared, bottle caps being speedily snapped off. The driver went aboard to start the bus — but from that sturdy looking vehicle came just a tired chug ... chug ... The sidewalk mechanics all diagnosed a dead battery. Rumors quickly flew that a new bus would be dispatched from Portland ... if a phone could be found. There was talk of taxis. We were asked by neighbors to please move our noisy crowd from the sidewalk to a nearby park. We obliged, settling in for a long wait. Nearby, a skunk sprayed. A crazy acting cat joined our party. A voice from the dark suggested a fun run.

After over an hour of waiting, a tow truck finally appeared to jump start the bus. To cheers, the engine turned over with a mighty roar. All aboard! Russ did a head count to make sure no one had defected. The excitement about over, the bus was fairly quiet except for the murmurings of the Pack in back, still in good spirits.

The entire event was very well organized. Thanks to Russ for his work in making all the arrangements for our group. I'm planning to go back next year, remembering the good course, the crowds, the great food and all the fun that was had both on and just outside the bus. And next year I'll know what side of the road to run on!

## 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.



## Upcoming races

### November 3

Maine Association of USATF Cross Country Championship (8K), Scarborough, noon. Contact: Kevin McDonald 925-1864.

### November 16

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

### November 17

**Turkey Trot 5K & 10K, Cape Elizabeth (5K at 9:30 a.m., 10K at 10:30 a.m., kids run at 8:30 a.m.).**  
**Contact: Malcolm Washburn 727-5633 or Mary Anne Champeon 799-0456.**

### November 24

Brewer Turkey Trot 5K. Contact: Dave Jeffrey 825-3403.

### November 28

**Thanksgiving Day 4-Miler, Portland, 9 a.m. (kids 1K at 8:30 a.m.). Contact: George Towle 878-8419 or 780-5595.**

Gasping Gobbler 10K and 2-Miler, Augusta, 10 a.m. Contact: John Schwerdel 623-8086.

### December 11

**MTC Jingle Bell Fun Run. Contact: Everett Moulton 799-2894.**

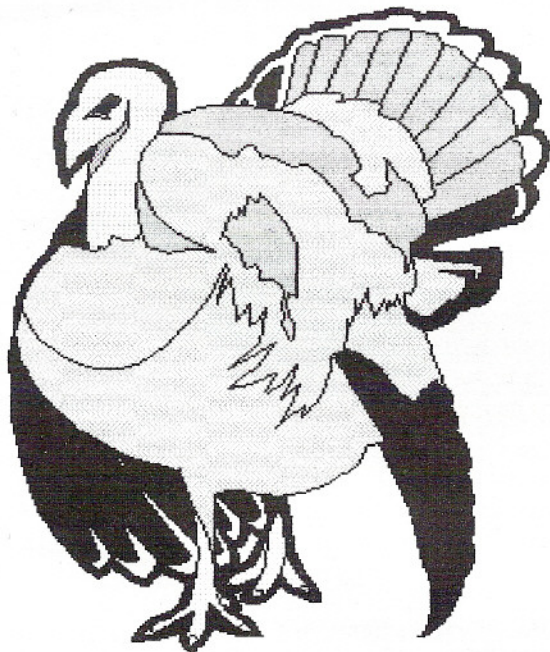
### February 2

**Mid-Winter 10-Mile Classic, Cape Elizabeth, noon. Contact: Don Penta 892-4526, Jeanne Hackett 766-5026 or Ray Shevenell 799-6219.**

### April 6

**Presidential Road Race (5 miles), Kennebunkport, 10 a.m. (1K kids run at 9:30 a.m.). Contact: David McCullough 967-3227 or 967-3293 (fax).**

Note: Races in bold are MTC events



## Turkey Trot

On Sunday, Nov. 17, the turkeys will be running.

Check this date on your calendar and check your October NewsRun for your application to the 28th annual Shop 'n Save Turkey Trot road race.

Please support your club by running or volunteering for one of the MTC's major fundraisers. Call Malcolm Washburn, Maryanne Champeon or Mel Fineberg for more information.

# Happy Thanksgiving





# MTC 1996 Officers and Committee Chairs

USA Track & Field



Ron and Martha Deprez	Co-President	772-4312	Clyde Coolidge	At Large	603-742-9405
Mike Reali and Terry Sutton	Co-Vice Pres.	829-2014	Don Penta	Statistician and Photography	892-4526
Ron Pelton	Past President	846-9039	Maureen Sproul	Photography	926-4681
Andrew Coffin	Treasurer	777-3740	Howard Spear	Clothing	856-6496
Mary Ann Doss	Secretary	799-0896	Jim McCorkle	Equipment	781-3134
Alyce Schultz	Membership	780-9805	Dale Rines	Course Certification	854-2481
Everett Moulton	Race Committee	799-2894	John Gillis	Course Certification	879-0222
Donna Moulton	At Large	799-2894	Bob Aube	Newsletter	946-7681
Russ Bradley	At Large	799-3864	Marge Parsons	Newsletter	829-5079

## Maine Track Club Membership Application

(Please check one) ☐ Individual (\$15) ☐ Family (\$20) ☐ Student — 18 year old maximum (\$10)

Membership is through December of the current year. Dues paid after Sept. 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 form and check to: Membership, Maine Track Club, PO Box 8008, Portland, ME 04104