



# News•Run

Run with a friend ...

November 1997

## From the Presidential Suite ...

Well, it's nice to know that we were not being overly optimistic in last month's column when Michael predicted that the NYLCare Maine Marathon would be a big success. It seems from all accounts that it couldn't have gone much better (notwithstanding the weather that is). Indeed, even the weather cooperated as the race was underway and the torrential rain at the start tapered to drizzle and most finishers were greeted by a warmer and sunnier finish.

Many thanks are due to those who made this event possible. First and foremost, we need to thank Joe Teno for stepping up to the race director role. This was really key to the marathon's success. It was a tough job to take on and we didn't have the benefit of much of the prior year's experiences to draw from. But the club's members really stepped in and made the event happen.

My personal experience on the committee was quite rewarding. It was wonderful to see everyone pick up on the loose ends, not get overwhelmed by the details (although at times it seemed quite overwhelming) and really commit themselves to making it a success. I observed it to be a strengthening experience for those involved and a great way to get to know each other on a different level than merely running together.

The weekend of the race was loaded with work but all who contributed had a wonderfully positive attitude

*(Continued on page 12)*

## November MTC Meeting

Wednesday, November 12, 1997, 6:30 p.m.  
Southern Maine Technical College  
Machine Tool Auditorium  
Fort Road, South Portland

### Guest speakers:

**Joan Samuelson and Jane Dolley**

Joan Benoit Samuelson and Jane Dolley will be present at this month's club meeting to describe the race that they are planning for August 1998. This will be a big event designed to attract world-class runners. Joan and Jane will answer questions and explain the involvement of the Maine Track Club. They will also begin to recruit volunteers. This is a great opportunity for the club and should result in tremendous exposure for us. It should also be very exciting and a great deal of fun.

**The MTC meets the second Wednesday of each month at SMTC's Machine Tool Auditorium.**

6:30

## Inside This Issue

News•Run Notes	Page 2
Tribute to Brigitte Edquid	Page 3
Upcoming races	Page 4
Race results	Pages 5-8
Awards Banquet announcement	Page 9

## Coming events

**NOVEMBER:** A pasta dinner is scheduled for Saturday, Nov. 1, at Sprague Hall in Cape Elizabeth, located at the corner of Route 77 and Fowler Rd.. There will be a group run for anyone interested at 4 p.m., followed by the dinner. The price is \$7, and family and friends are welcome.

**DECEMBER:** The December meeting will consist of a Christmas run and social on Wednesday, Dec. 10. Time and location to be announced. Volunteer elves to help plan the event will be more than welcome.

## News•Run Notes

### MTC members tackle Mt. Chocorua

Five longtime members of the club — vice president John Gale, Sandy Utterstrom, Ray and Ruth Hefflefinger, and Alyce Schultz — enjoyed a day of hiking in the White Mountains on Sunday, Sept. 21. The quartet was joined by a friend of the Hefflefingers — Rick Doherty — in an 8-mile climb up Mt. Chocorua.

□□□

Several MTC members have run fall marathons out of state in the past six weeks. Here are some results:

Clarence DeMar: Britt Wolfe, 3:03:00; Al Butler, 3:06:25; Ron Cedrone, 3:16:32; Willie Sproul, 3:17:37; Rich Robinov, 3:18:10; Ann McGovern, 3:22:42; Rex Holtan, 3:45:11; Malcolm Washburn, 3:50:18; Howard Spear, 4:04:33; Mike Brooks, 4:05:48; Jean Thomas, 4:15:46; Sally Gore, 4:56:20.

Hartford: John Rolfe, 3:21:28; Gerard Conley, 3:25:12; 3:34:03.

Bay State: Stafford Soule, 2:58:19; Michelle Ohman, 3:35:16; Rosalyn Randall, 3:54:55; Loren Lathrop, 4:08:22; Bob Aube, 4:08:48; Maurice Harmon, 4:53:13.

□□□

Condolences to the family and friends of Jim Carroll, a longtime member of the MTC who passed away at the age of 88 on Sunday, Oct. 19.

### We need your input

**News•Run** Notes features news of interest about fellow MTC members. If you have some news to share about yourself or someone else in the club, please pass along the information by calling Marge or Bob Aube at 829-5079, sending e-mail to Bob at 74270.2276@compuserve.com, or by mail to: Maine Track Club, Newsletter, P.O. Box 8008, Portland, ME 04104. The deadline for each issue is the 15th of the preceding month.



**Top: From left, Rick Doherty, Alyce Schultz, Sandy Utterstrom, Ruth Hefflefinger, John Gale and Ray Hefflefinger at the top of Mt. Chocorua**  
**Bottom: Ron Cedrone, left, and Howard Spear at the Clarence DeMar Marathon**

photos courtesy of Sandy Utterstrom



## News•Run Sponsors

If you would like to become an individual **News•Run** 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 give you advertising space in **News•Run**.

**Sponsor**

**The Nielsen family**

## Tribute to Brigitte Edquid

To those who knew Brigitte Edquid, the first word that comes to mind when describing her is "strength". Her strength was evident in her running, it was an integral part of her personality, and it was borne out by her stubborn fight against cancer.

Edquid, 49, passed away a few weeks ago after a three-year battle with cancer. To her friends, it was a cruel irony that someone so strong was ultimately unable to fight off the ravages of the disease.

It was January 1995 when Edquid, then one of the state's top masters runners, was diagnosed with an advanced stage of breast cancer. For more than two years, she fought to regain her health, and she was chosen the MTC Comeback Runner of the Year in 1995. Just when it looked as though she had won the battle, though, the cancer returned and spread throughout her body.

Throughout her ordeal, she never once complained, say those who knew her well. "It was like she was being strong for us instead of us being strong for her," said Carol Hogan, one of Edquid's teammates on the Run to Win team.

Another Run to Win teammate, Betty Rines, thought back to when Edquid joined the team back in 1990.

"We've always told the story of how impressed she said she was with the other members of the team after she started running with us," said Rines. "We looked at her, this aerobics instructor with a muscular, toned body, and thought it was funny that *she* was impressed with *us*."

No matter who you talk to about Edquid, it's impossible to get away from that word -- strength.

"What I admired most in her was her strength," said Hogan. "When I first started racing, I remember watching her, and I aspired to be like her."

"I referred to her as a Clydesdale. She had this incredible physical strength. Then when I joined Run to Win and got to know her, I realized that her strength went a lot deeper."

Yet there was more to Edquid than simply strength.

"She was one of the warmest people I've ever known," said Rines. "She was very strong in her personality and her running, and she was very competitive, yet in a friendly manner."

Edquid's competitiveness and desire to be the best runner she could be manifested itself even during training runs.

"She was always so focused when she ran," said Rines. "We have a funny story about her that we like to tell. Our team used to do training runs on the Cape Elizabeth 10-mile course, and there's a beautiful view of the ocean as you come up over a hill."

One day, after she had been running with us for about three months, she finally noticed the view and said 'Wow, look at the ocean.' We all laughed because we couldn't believe she had noticed it before."

In the fall of 1993, Edquid was part of a women's masters team, known as the Chocolate Chip Cookie Chicks, which won its division at the Cape Cod Marathon Relay. They won again in 1994, but when it came time to defend their title the following year, Edquid was battling cancer. No matter, though, she was determined to compete anyway.

"We let her do the first leg, which was a 5K," recalled Jane Dolley. "After she finished, she just walked off toward the beach and stood there looking out on the ocean, trying to gather herself, because the run had taken so much effort."

"To me, that was the essence of Brigitte -- fighting for everything, using every bit of her strength. We couldn't imagine the pain she must have been going through, but she was so determined to be a part of our team. And because of her effort, we won the masters division for the third year in a row."

As recently as this spring, it appeared that Edquid's determination to beat the cancer had succeeded. Soon, though, doctors discovered that the cancer had spread to her brain and other areas of her body.

"When she was first diagnosed with breast cancer, I think it was at Stage 3, which is pretty advanced," said Dolley. "No one expected her to make it through, but she had a strong body, a strong will, a strong mind and a strong heart. She was determined to beat it, and it looked like she had done it."

"When it came back this spring, it must have devastated her."

About a week before Edquid's death, Dolley paid her friend a visit.

"Before I left, she asked me if we girls were going down to Cape Cod to run this year," said Dolley. "I told her, 'No, Brigitte, because we don't have a full team until you come back.' I'm not sure if the Chocolate Chip Cookie Chicks will ever compete again."

In the week's prior to Edquid's death, her friends started to organize a benefit race in order to help defray her medical expenses. That race, scheduled for Sunday, Nov. 2, at 9 a.m. in Falmouth, will now serve as a memorial to Edquid. The fee is \$10, and all proceeds will go to Edquid's family. There will be no t-shirts or awards. Anyone wishing to participate can send a check payable to Brigitte Edquid in care of 5K Sports, Route 1, Falmouth, ME 04105. Additional donations are also welcomed.

## Clothing manager still needed

The Maine Track Club is still searching for someone to take over for Howard Spear as clothing manager. The job entails purchasing clothing to be sold to club members, as well as maintaining contact with MTC race directors to arrange for volunteers to sell clothing at MTC events. If you're interested, please contact Mike Reali (829-2014) or Howard Spear (856-6496).

## Upcoming Races

### November 2

Run for a Runner (5K), Falmouth, 9 a.m. Contact: 5K Sports 781-3134 or Nancy Lund 781-5607.  
Maine USATF Cross Country Championships (8K), Scarborough, noon. Contact: Kevin McDonald 925-1864.  
Maine Running Hall of Fame 5K, Orono, 1 p.m. Contact: Judd Esty-Kendall 942-7509.

### November 15

Great Osprey 10K, Freeport. Contact: Charlie Scribner 781-7223.  
Capital City 5K, Augusta, 11 a.m. (1-mile kids run at 10 a.m.). Contact: Tom Wells 685-3332 or David Hopkins 621-2312.

### November 16

Stump's Revenge 10K, Topsham, 1 p.m. Contact: 725-1726.

### November 23

Turkey Trot 5K, Cape Elizabeth. Contact: Maine Track Club 741-2084.  
Brewer Turkey Trot 5K, 1 p.m. Contact: Dave Jeffrey 825-3403.

### November 27

Portland Thanksgiving Day 4-Miler, 9 a.m. Contact: George Towle 780-5595 or 878-8419.  
Gaspig Gobbler 10K and 2-Miler, Augusta, 10 a.m. Contact: John Schwerdel 623-8086.

### December 6

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

**Note: MTC races are in bold**

For the latest race schedules and information, call the MTC hotline at 741-2084 or visit the Sub5 web site at <http://www.finishlynx.com/sub5>

# SUPPORT YOUR RUNNING CLUB

Run or volunteer for the Twenty-Ninth Annual Shop 'n Save Turkey Trot Race

*Do you know that the proceeds from  
this race helps support our many activities  
and programs?*

*Plan now to run or volunteer. An  
application is included in this newsletter.*

**Sunday, Nov. 23rd  
Cape Elizabeth/Pond Cove  
Cafetorium**

**Kid's Race begins @ 8:30a.m.  
5K Race begins @ 9:00a.m.**

Questions? - Call Mel Fineberg at (207) - 774 - 8868

## Notice about race fliers

Anyone who wishes to have their race fliers included in the Maine Track Club newsletter must submit the fliers and a payment of \$40 by the 15th of the month. Fliers 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 fliers.

# Race Results

## Submitted by Don Penta

**New England Rehabilitation & 5K Sports Present**  
**The Casco Bay Bridge 5K Road Race**  
**1072 Finishers (418 Female & 654 Male)**  
**From South Portland To Portland & Back**  
**10 a.m., Sunday, August 31st, 1997**

(MTC) = Finisher is a current Maine Track Club member.

### Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Joan Benoit Samuelson (Hon.MTC).....	40	16:30	5:19
2 Christine Braceras 1,30-34.....	34	18:15	5:53
3 Carol Hogan (MTC) 1,45-49.....	46	18:41	6:01
4 Carrie McCusker-Brady 1,25-29.....	27	18:47	6:03
5 Annie Elkanich 1,20-24.....	22	19:04	6:09
1 Byrne Decker 1,30-34.....	30	15:03	4:51
2 Stephen Sarkozy 1,25-29.....	29	15:19	4:56
3 Don Legere 1,35-39.....	35	15:27	4:59
4 David Weatherbie 2,25-29.....	29	15:35	5:01
5 Ben Fletcher 1,15-19.....	17	15:54	5:07

### Other Top Divisional Finishers

14 Kim White (MTC) 35-39.....	35	19:51	6:24
19 Mandy Bowden 10-14.....	13	20:16	6:32
21 Jessica Jordan 15-19.....	16	20:18	6:32
23 Kitty Kelley (MTC) 50-54.....	50	20:37	6:39
90 Elise Moody (MTC) 9&under.....	8	23:15	7:29
172 Polly Kenniston 60-64.....	60	25:33	8:14
184 Carlene Sproul (MTC) 55-59.....	58	25:42	8:17
376 Dottie Gray 70&over.....	72	31:42	10:13
397 Nora Stetson 65-69.....	69	34:10	11:00

6 Allan Muir 40-44.....	42	15:56	5:08
12 Ron Newbury 45-49.....	47	16:07	5:11
53 Mark Googins 10-14.....	14	17:36	5:40
61 Bill Reilly 50-54.....	50	17:53	5:46
74 Lawson Noyes 55-59.....	55	18:15	5:53
249 Michael Cowell 60-64.....	60	21:39	6:58
462 Carlton Mendell (MTC) 70&over.....	75	25:02	8:06
475 Aaron Tanguay (MTC) 9&under.....	9	25:19	8:09
546 Ralph Baxter, Sr. 65-69.....	65	27:02	8:42

### Other Maine Track Club Finishers

6 Monica MacDonald 2,30-34.....	31	19:10	6:10
8 Daniela Daggy 2,25-29.....	26	19:14	6:12
22 Kate Meyers 5,35-39.....	37	20:25	6:35
30 Sarah Parrott 7,35-39.....	38	21:01	6:46
36 Patrice Burdo 7,30-34.....	31	21:12	6:50
38 Allison Guistra 8,25-29.....	28	21:24	6:54
45 Claire Fontaine 4,15-19.....	16	21:40	6:59
46 Angela Small 10,25-29.....	27	21:40	6:59
55 Kathryn Tolford 7,40-44.....	42	22:11	7:09
58 Lisa Belisle.....	26	22:17	7:11
62 Cecile Fontaine 4,45-49.....	46	22:26	7:14
73 Sherry Carll 2,50-54.....	50	22:51	7:22
99 Diane LaVangie.....	38	23:28	7:34
106 Suzanne Umland 9,45-49.....	49	23:39	7:37
117 Diane Cormier.....	40	24:14	7:48
129 Kelly Fernald.....	35	24:16	7:49
141 Betsy Lane.....	45	24:33	7:54
142 Carlene Anderson.....	47	24:41	7:57
145 Ann Marie McGovern.....	33	24:47	7:59
159 Beverly Doughty.....	46	25:16	8:08
162 Sarah MacCall.....	41	25:41	8:10
166 Cheryl MacCall.....	41	25:28	8:12

171 Sherron Small 7,50-54.....	50	25:33	8:14
181 Galina Conrad 9,10-14.....	11	25:38	8:15
190 Nancy Lovetere 8,50-54.....	53	26:00	8:23
194 Ann McCormack.....	35	26:11	8:26
198 Lisa Kelley.....	32	26:23	8:30
225 Brenda Tanguay.....	35	26:59	8:41
239 Sally Paterson 2,55-59.....	56	27:17	8:47
241 Mary Beth Coolidge.....	29	27:19	8:48
246 Sandy Utterstrom.....	53	27:26	8:50
258 Cathy Siebold.....	43	27:41	8:55
260 Susan Davenney.....	49	27:46	8:56
273 Debra McKenna.....	40	28:11	9:05
292 Kimberly Moody.....	42	28:32	9:11
298 Marby Payson 4,55-59.....	58	28:40	9:14
300 Meghan LaVangie 3,9&under.....	9	28:48	9:16
304 Marlene Russell 5,55-59.....	55	29:00	9:20
305 Annette Elowitch.....	54	29:02	9:21
313 Dianne McCorkle.....	37	29:12	9:24
316 Lisa Barker.....	11	29:23	9:28
330 Marge Parsons.....	46	30:04	9:41
333 Niah Lajoie.....	47	30:10	9:43
385 Wendy Williams.....	43	32:17	10:24
395 Pat Buckley 8,55-59.....	59	33:39	10:50
396 Kate Harris.....	52	33:45	10:52
403 Ruth Hefflefinger 2,65-69.....	68	35:23	11:24
7 Jeffrey Banger 2,35-39.....	37	16:00	5:09
16 Robert Ashley 2,40-44.....	41	16:18	5:15
25 David Roberts 4,40-44.....	42	16:39	5:22
27 Robert Fast 5,30-34.....	34	16:40	5:22
28 Jim Toulouse 4,45-49.....	49	16:40	5:22
31 Rob Craig 5,40-44.....	41	16:43	5:23
32 Craig Banger 4,25-29.....	29	16:45	5:24
34 Britt Wolfe 6,40-44.....	32	16:48	5:25
35 Owens McCullough 5,35-39.....	35	16:51	5:26
38 Will Lund 6,40-44.....	42	16:58	5:28
40 Marlin Conrad 5,45-49.....	45	17:02	5:29
45 John Mollica 7,45-49.....	45	17:16	5:34
46 David Chamberlain 8,35-39.....	35	17:19	5:35
49 Paul Aceto 10,30-34.....	31	17:24	5:36
57 Michael Boucher 8,40-44.....	40	17:47	5:44
66 Dennis Smith 9,45-49.....	47	17:57	5:47
71 Kevin Conley 2,10-14.....	14	18:09	5:51
76 Mike Payson.....	34	18:19	5:54
92 Donald Foshay.....	38	18:58	6:07
96 Ed Doughty.....	48	19:04	6:09
102 Tim Clement.....	36	19:16	6:12
107 Ray Shevenell 2,55-59.....	56	19:20	6:14
118 Nick McCall.....	43	19:35	6:18
132 Kurt Nielson.....	42	19:49	6:23
135 Elliot Conrad 8,10-14.....	13	19:53	6:24
136 Al Sproul 3,55-59.....	59	19:54	6:25
137 Bruce Akers.....	39	19:55	6:25
141 Scott Hamilton.....	46	19:57	6:26
143 Steve Jacobsen.....	47	19:59	6:26
147 Larry Kinner.....	48	20:04	6:28
151 Richard Scribner.....	46	20:11	6:30
161 Phil Pierce 4,55-59.....	56	20:24	6:34
185 Thomas Carll.....	53	20:47	6:42
186 Daniel Hogan.....	46	20:49	6:42
189 Claton Conrad.....	15	20:51	6:43
196 Frank Knight.....	51	20:57	6:45
201 Neil Martin.....	54	21:00	6:46

(Continued on page 6)

## More Race Results

(Continued from page 5)

203 Jim Estes.....	48	21:02
207 Chet Matthews.....	51	21:06
232 Ron Schopp.....	47	21:29
250 Ralph Butts.....	36	21:39
255 Harley Lee.....	43	21:40
260 Eric Lagios.....	38	21:44
272 Clyde Coolidge 7,55-59.....	58	21:51
279 Larry Barker.....	48	22:01
281 Mike Brooks.....	51	22:02
290 Albert Tanguay.....	35	22:08
332 Don Russell 2,60-64.....	60	22:49
340 Richard Cavanaugh 3,60-64.....	64	22:57
351 K. Scott Hinckley.....	39	23:05
356 Derry Rundlett.....	51	23:10
364 Harry White.....	55	23:17
375 Paul LaVangie.....	39	23:29
378 George Conly.....	49	23:35
380 Robert Cormier.....	49	23:37
394 Orlando Delogu 5,60-64.....	60	23:49
413 Dan Sobel.....	49	24:12
415 John Cole.....	44	24:14
422 John Perry.....	51	24:15
435 John Littlefield.....	41	24:34
442 Scott Cook.....	36	24:41

477 Mike MacColl 2,9&under.....	8	25:21	8:10
478 Larry Perkins.....	52	25:24	8:11
488 Russ Bradley 2,70&over.....	73	25:33	8:14
509 Andrew Coffin.....	29	26:18	8:28
519 Chris Bell.....	10	26:33	8:33
520 Arthur Bell.....	45	26:33	8:33
547 Ryan Salvo.....	10	26:56	8:40
551 Ross Attfield.....	13	27:14	8:46
552 Melvin Attfield.....	45	27:14	8:46
553 Gerard Salvo.....	42	27:14	8:46
570 Stanis Moody 3,9&under.....	8	27:55	8:59
575 Kenneth Spier.....	54	28:00	9:01
576 Bill Spier.....	16	28:01	9:01
586 Jeffrey McCorkle 4,9&under.....	7	28:14	9:06
600 Robert Daggy.....	49	29:02	9:21
611 Dick Lajoie.....	57	30:11	9:41
626 Nelson Soule 4,70&over.....	76	31:04	10:00
630 Bob Small.....	53	31:13	10:03
631 Donald Johnson 4,65-69.....	67	31:16	10:04
637 Widge Thomas, Jr. 5,70&over.....	73	32:26	10:27
642 Donald Penta.....	51	33:07	10:40
650 Julius Marzul 6,70&over.....	71	35:32	11:27

Many thanks to GRANITE STATE RACE SERVICES for complete results!

The Maine Track Club Presents  
The 1997 NYLCare Maine Marathon  
259 Finishers (71 Female & 188 Male)  
Loop Course From Portland To Yarmouth & Back  
8 a.m., Sunday, October 5th, 1997

USAT&F = Finisher qualified for national ranking according to standards established by USATF's National Running Data Center.

\*\*\* following finisher's time indicates a female.

### Top Overall Finishers

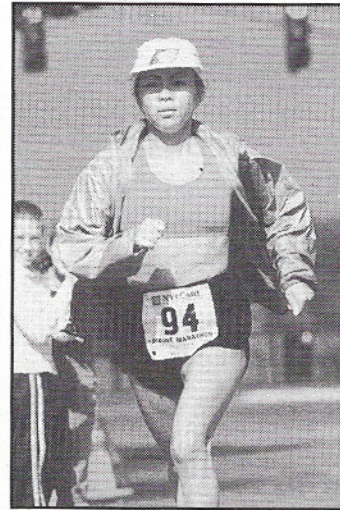
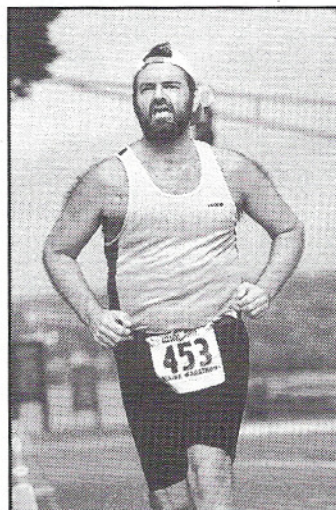
PLACE/NAME	AGE	TIME	PACE
1 Byrne Decker 1,overall.....	30	2:36:31	5:58
2 Robert Ashby 2,overall.....	29	2:38:07	6:02
3 Todd Allen 3,overall.....	34	2:41:17	6:09
4 Joseph Bertolaccini 4,overall.....	31	2:41:30	6:10
5 Dan Dominie 5,overall.....	33	2:42:20	6:11
30 Mary Meehan-Bates 1,overall.....	31	3:12:13*	7:20
42 Nancy Schmidt 2,overall.....	38	3:18:30*	7:34
54 Angela Edgecomb 3,overall.....	29	3:24:18*	7:48
56 Rhonda Benner 4,overall.....	25	3:25:48*	7:51
60 Ashley Wernher-Collins 5,overall.....	26	3:26:17*	7:52

### Top Overall Masters Finishers

8 Guy Cardinal.....	40	2:53:30	6:37
9 William Romito.....	43	2:56:15	6:43
10 Richard L'Heureux.....	45	2:58:27	6:48
68 Eileen Dunfey.....	41	3:28:05*	7:56
69 Pam Hall.....	44	3:28:07*	7:56
121 Alice Smith.....	40	3:42:40*	8:30

### Other Top Divisional Finishers

6 Paul Sommer 35-39.....	36	2:50:47	6:31
Enoch Glidden Wheelchair.....	19	2:58:52	6:49
11 Timothy Decker 20-29.....	29	2:59:28	6:51
12 Michael Pratico (MTC) 30-34.....	31	3:00:40	6:53
13 Dick Graves (MTC) 40-44.....	42	3:02:58	6:59



Milt Dudley and Melissa Matthews

photos by Don Penta

18 Victor Aguirre 45-49.....	45	3:05:37	7:05
32 Yvon Vallee 55-59.....	55	3:13:13	7:22
62 Kathleen McGrath 35-39.....	35	3:27:20*	7:54
63 Caroline Gilman 20-29.....	21	3:27:30*	7:55
95 Judy Milesen 30-34.....	30	3:34:39*	8:11
138 Charles Sabatine 60-64.....	64	3:48:32	8:43
144 Lou Joline 65&over.....	65	3:49:46	8:46
149 Susan O'Brien 40-44.....	40	3:51:14*	8:49
151 Kellee Richard 50-54.....	54	3:51:45*	8:50
177 Penny Duncan 45-49.....	46	4:00:00*	9:09
213 Polly Kenniston 60-64.....	60	4:25:24*	10:07

(Continued on page 7)

## More Race Results

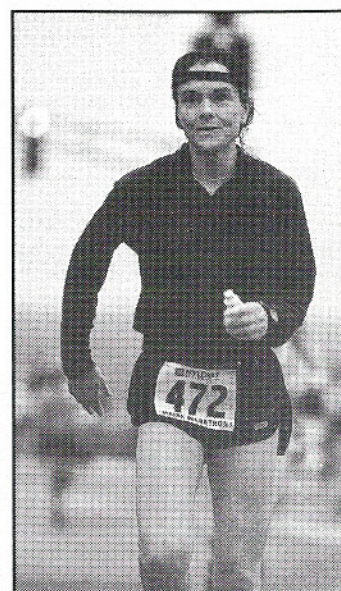
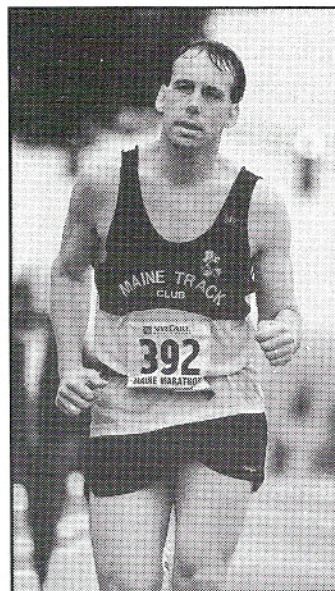
(Continued from page 6)

### Other Maine Track Club Finishers

21 Mark Steege 2,40-44.....	42	3:07:27	7:09
26 Ross Cameron.....	30	3:10:10	7:15
35 Ken Cotton 3,45-49.....	48	3:14:00	7:24
39 Paul Aceto.....	31	3:18:00	7:33
44 Tom Keating.....	41	3:18:37	7:35
50 Dave Stuart.....	36	3:21:22	7:41
51 Peter West.....	33	3:21:29	7:41
79 Al Sproul.....	59	3:31:00	8:03
82 Craig Wilson.....	48	3:31:57	8:05
112 Tom Kirner.....	49	3:39:25	8:22
115 Colleen Redmond 2,30-34.....	32	3:40:30*	8:25
124 Mike Doyle.....	33	3:43:27	8:31
125 Melvin Attfield.....	45	3:43:27	8:31
129 Joe Hayes.....	49	3:46:38	8:39
153 Kevin Fifield.....	32	3:52:12	8:51
157 Kevin Butterfield.....	27	3:52:48	8:53
174 Clyde Coolidge.....	58	3:59:27	9:08
198 Paul Cohen.....	36	4:14:50	9:43
220 Milt Dudley.....	45	4:32:03	10:23
221 Kelly Fernald.....	35	4:33:34*	10:26

### NYLCare Marathon Relay Results

PLACE/TEAM	TEAM TIME
1 GLACIAL PACERS.....	2:47:18
{James Haddow, Richard Mulhern(MTC), Owens McCullough(MTC), & Paul Wolf}	
2 MARINO, INC.....	2:50:08
{Michael Marino, Gordon Scannell, David Wilcox, & Rob Craig(MTC)}	
3 TEAM O'BRIEN (Female Team).....	3:15:27
{Rene Collins, Sue Foster, Annette Hatch-Klein, & Beret Skorpen}	
4 HANNAFORD BROS. CO (Female Team).....	3:19:00
{Anne-Marie Davee, Sarah Parrott(MTC), Christy Hillman, & Chris McDonald}	



**Peter West and Eileen Dunfey**

photos by Don Penta

5 FITNESS BY DEE (Male Team).....	3:23:51
{Paul Flaherty, David McCullough, Edward Jaccoma, & Tom Collins}	
6 WICKED AWESOME GUYS.....	3:30:32
{Nelson Soule(MTC), Stafford Soule, Eric Bowie, & Leslie Soule}	
7 L. L. BEAN (Mixed Team).....	3:44:59
{Bill Shea, Julie Burnes, Dan D'Entrement, & John Oliver}	
8 FITNESS BY DEE (Female Team).....	4:02:50
{Dee Coughlin, Cherie Davis, Kim Cole, & Lenore Williams}	

**The Maine Track Club Presents  
The 1997 NYLCare Casco Bay Half Marathon  
503 Finishers (197 Female & 306 Male)  
Portland To Falmouth & Back  
8 a.m., Sunday, October 5th, 1997**

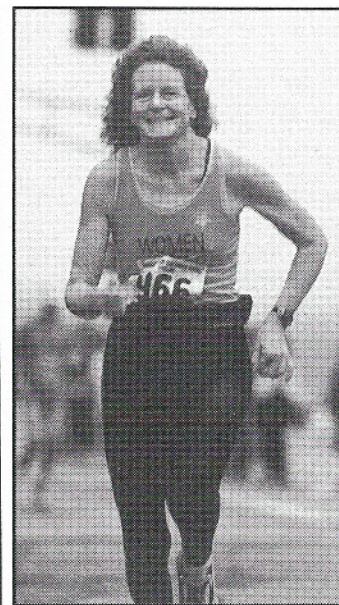
### Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Steve Sarkozy 1,overall.....	29	1:11:46	5:28
2 Michael Payson (MTC) 2,overall.....	34	1:12:14	5:31
3 Pete Bottomley (MTC) 3,overall.....	35	1:14:36	5:41
4 T.J. Hesler 4,overall.....	28	1:15:49	5:47
5 Morgan Laidlaw 5,overall.....	25	1:16:09	5:49
11 Joan Benoit Samuelson USAT&F.....	40	1:20:07*	6:07
15 Ann Bokman 2,overall.....	28	1:22:15*	6:16
56 Kimberly Moody (MTC) 3,overall.....	42	1:32:21*	7:03
57 Ellie Tucker 4,overall.....	42	1:32:38*	7:04
58 Erin Leighton 5,overall.....	36	1:32:43*	7:04

### Top Overall Masters Finishers

6 George Towle (MTC) USAT&F.....	47	1:16:39	5:51
8 Bob Gillon USAT&F.....	46	1:18:05	5:57
11 Joan Benoit Samuelson (Hon.MTC).....	40	1:20:07*	6:07
13 Jim Toulouse (MTC).....	49	1:20:24	6:08
56 Kimberly Moody (MTC).....	42	1:32:21*	7:03
57 Ellie Tucker.....	42	1:32:38*	7:04

(Continued on page 8)



**Sarah MacColl, left, and Rosalyn Randall**

photos by Don Penta

## More Race Results

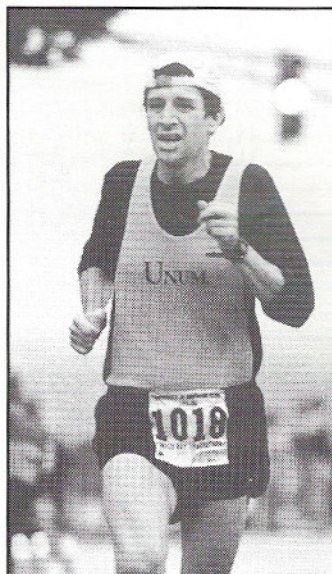
(Continued from page 7)

### Other Top Divisional Finishers

7 Rick Chalmers 35-39	35	1:17:05	5:53
9 Ludo Bruyere 20-29	28	1:18:14	5:58
10 David Drew 30-34	33	1:19:27	6:04
17 Kevin McDonald 45-49	47	1:22:46	6:19
18 Thomas Bennett 40-44	40	1:23:45	6:23
34 Bob Kammann 50-54	52	1:28:27	6:45
39 Pierre-Luc Carpentier 19&under	19	1:29:29	6:50
62 MaryAnn Doss 35-39	37	1:33:00*	7:06
67 Alison Kisch (MTC) 30-34	31	1:33:21*	7:06
77 Carole Roth 20-29	28	1:34:44*	7:14
81 David Dogsdale 55-59	59	1:35:08	7:15
83 Nancy Cooper 40-44	43	1:35:12*	7:16
179 Connie Mendonca 45-49	46	1:43:19*	7:53
208 John Howe 60-64	62	1:45:56	8:05
250 Jane Levesque 55-59	56	1:49:02*	8:19
276 Kate MacLeay 19&under	19	1:51:05*	8:28
326 Emily Goldsmith 50-54	52	1:55:42*	8:50
470 Leo Nash 65&over	70	2:16:22	10:24
496 Janet Aldous 60-64	64	2:40:06*	12:13

### Other Maine Track Club Finishers

23 David Chamberlain 3,35-39	35	1:24:38	6:27
27 Michael Boucher 3,40-44	40	1:26:12	6:35
84 Colin Robertson	35	1:35:13	7:16
85 Les Berry	49	1:35:35	7:17
86 Donald Russell	37	1:35:38	7:18
94 Patricia Burdo	31	1:36:44*	7:23
96 Ed Doughty	48	1:36:50	7:23
99 Monica MacDonald	31	1:37:08*	7:25
102 Carlos Philbrick	45	1:37:10	7:25
115 Kim White 3,35-39	35	1:38:22*	7:30
116 Sarah MacColl	41	1:38:24*	7:30
131 Daniel Hogan	46	1:39:34	7:36
136 Bruce Akers	39	1:39:56	7:37
158 Gregg Wood	38	1:42:08	7:47
167 Mick McCall	43	1:42:43	7:50
197 Rodger Smith	51	1:44:40	7:59
199 Albert Tanguay	36	1:45:06	8:01
226 Cindy Aiken	43	1:47:36*	8:12
233 Rosalyn Randall 2,45-49	47	1:48:03*	8:15
237 Denise Robertson	36	1:48:14*	8:15
238 Carol Nale 3,45-49	46	1:48:20*	8:16
239 Halle Sobel	25	1:48:24*	8:16
248 Harry White 3,55-59	55	1:48:48	8:18
263 Stephen Fox	31	1:49:54	8:23
269 George Conly	49	1:50:19	8:25
291 Suzanne Umland	49	1:52:32*	8:35



**Jim Toulouse and Suzanne Umland**

photos by Don Penta

296 Neil Chivington	50	1:53:26	8:39
336 Carlene Sproul	58	1:55:58*	8:51
344 Richard Scribner	46	1:56:38	8:54
349 Bob Green	49	1:57:02	8:56
376 Bob McArtor	58	1:59:53	9:09
380 Orlando Delogu	60	2:00:08	9:10
385 Betsy Lane	46	2:01:09*	9:14
386 Steve Robbins	37	2:01:18	9:15
394 Tom O'Connor	46	2:02:29	9:21
404 Daniel Gray	40	2:04:07	9:28
429 Beverly Doughty	46	2:08:11*	9:47
432 Lisa Kelley	33	2:09:30*	9:53
433 Constance Barrett	40	2:09:41*	9:54
436 John Cole	43	2:09:47	9:54
438 Sally Paterson	56	2:09:53	9:54
472 Shannen Tamminen	34	2:16:49*	10:26
475 Cathy Siebold	43	2:19:30*	10:38
484 Debra McKenna	40	2:23:21*	10:56
491 Linda Metzger	54	2:27:06*	11:13
492 Annette Elowitch	54	2:27:21*	11:14
498 Julius Marzul 3,65&over	71	2:54:11	13:17

Many thanks to NYLCare Maine Marathon computer chief Bob Aube for complete results!

## A happy marathoner

Dear MTC Friends,

Thanks to all race directors, volunteers and spectators and runners who participated in Sunday's Marathon and Half Marathon. It was so well organized and well run. Such a great event — despite the early showers, we all had a great time. All the smiles sure showed everyone's gratitude!

It was especially rewarding for me to see all my MTC friends I haven't seen for a while. You'll always have a special place in my heart. I haven't been racing much, but it was sure fun running again Sunday!

Thanks again for your dedication to the sport of running and to your fellow runners.

*Running Ever,  
Nancy Ellis Duffy*

## Welcome to our newest members

Heather Hall (26)  
191 Pine Street, #4  
Portland, ME 04102-3520  
771-7979

U. ME School of Law, Class of 2000

"I have run three Boston Marathons and ran in two half marathons. While I am no speed demon (approx. 9-min. miles), I really enjoy it and hope to get faster with time."

Jeff Flynn  
372 Cottage Road  
South Portland, ME 04106  
767-7128 (H) 767-0022 (W)  
Real Estate Broker, Flynn & Co.

Amy Lambiase (29)  
145 Forest Street  
Westbrook, ME 04092  
856-2315  
Student, Univ. of ME School of Law

"I picked up this application last Thursday when running with the group to the Portland Head Light. Fun time! I'm joining you folks to run with people, improve my beginner status as a runner, learn about races, and general camaraderie of running types. Great running with the group last two weeks!"

John Whitman (52)  
162 Island Avenue  
Peaks Island, ME 04108  
766-2211 (H) 774-7474 (W)  
Lawyer

Reason for joining: "To receive notice of upcoming races."

Zoom Zorn (61)  
34 Cobble Knoll Road  
Poland Spring, ME 04274  
Psychotherapist, Counseling & Consultation Assocs.

Joe Pike (33)  
138 Pine Street, #4  
Portland, ME 04102  
780-0387 (H) 799-4410 (W)  
Owner, Beals Ice Cream

Nina Rayer (49)  
P.O. Box 4874  
Portland, ME 04112-4874  
774-4874  
Art Conservator

Earl Smith (41)  
1 Pine Street  
Springvale, ME 04083-2022  
324-2274  
Textile Worker, International Woolen Co.

"I've been running since mid-1995 as an exercise program to battle Type II diabetes and also attempt to one day qualify to run the Boston Marathon. I have added incentive to reach that lofty goal since I broke my left foot in a charity walk on the course in Oct. 1994. Over the past two years, I have run several MTC-sponsored races throughout southern Maine and have been impressed with both the organization of the events as well as meeting many fine people who are club members. Therefore, I would like to join the Maine Track Club and try and give back something to a sport which has rapidly become an important part of my life. I'm looking forward to working with you in the future!!"

Tom Mundhenk (47)  
15 Belmont Street  
Portland, ME 04101  
775-3863 (H) 772-2550 (W)  
Attorney

"Just moved to Maine so ran your Casco Bay 1/2 instead of my usual fall race — Philly Distance Run. You did a great job."

## MTC Awards Banquet scheduled for January 24

**Set aside Saturday, Jan. 24 on your calendar for the annual Maine Track Club Awards Banquet, to be held at the Italian Heritage Center in Portland. Look for more details in next month's 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 1997 club ID card when requesting discounts.

**Olympia Sporting Goods**  
Maine Mall, South Portland  
10% on shoes only

**Yankee Sports**  
35 Foden Road, South Portland  
10% on shoes only

**Coastal Athletics**  
84 Cove St, Portland  
Asics shoes exclusively  
Discounts according to model  
Call ahead for Ron Kelley 772-4530

**George and Phillips, Inc.,**  
Route 1, Kittery;  
295 Water St., Exeter, N.H.  
These are Nike Outlet Stores featuring slightly defective or blemished shoes at reduced prices. All top quality regularly.  
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  
10% on non-sale running shoes and clothing

**Famous Footware**  
330 Clarks Pond Pkwy., South Portland  
Also Auburn and Kittery  
10% on running shoes



## Group runs

The Maine Track Club includes all kinds of runners doing many different distances and 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:

### Brunswick

Long runs on weekends and track and tempo workouts during the week. Times vary, so it's best to call. Contact John LeRoy (725-8680).

### 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 Sunday mornings at 7 a.m. from Payson Park. Contact Ron Deprez (772-4312) or Mike Reali (829-2014).

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












The Maine Front Runners, a gay and lesbian running club, runs from Back Cove across from Shop 'n Save on Saturday mornings at 9 a.m. Contact Jim Estes (761-2059).

### 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).

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

## Support these MTC members in business

<p><b>Integrated Physician Services, P.A.</b> <b>Center for Family Psychiatry</b></p> <p><b>Psychiatric Care for Children, Adolescents and Adults</b></p> <p><b>25 Long Creek Dr., S. Portland, ME 04106</b> <b>Ph: (207) 775-5527 Fax: (207) 756-8541</b></p>	<p> <b>The Franklin</b> Life Insurance Company ★ An American General Company</p> <p>Carlton E. Mendell CLU, ChFC, LUTCF Area Manager</p> <p>272 Maine Ave. Portland ME 04103 207-797-7806</p>	<p> <b>ARI</b> INSURANCE AGENCY</p> <p>MICHAEL S. REALI CIC</p> <p>19 Commercial Street, P.O. Box 567, Portland, ME 04112-0567 Phone: (207) 780-1677 800-286-5352 Fax: (207) 780-6377</p>
<p><b>Conroy-Tully</b> <i>funeral homes</i></p> <p>172 State Street, Portland, Maine 04101 1024 Broadway, South Portland, Maine 04106 (207) 773-6511 / 773-9610</p>	<p><b>EYE ASSOCIATES</b></p> <p> Ronald M. Cedrone, O.D., F.A.A.O. Steven A. Goldstein, O.D. Doctors of Optometry Specializing in Contact Lenses</p> <p>152 Middle Street Portland, Maine 04101 207-773-2020</p>	<p>GERARD P. CONLEY, JR. ATTORNEY AT LAW</p> <p>CLOUTIER, BARRETT, CLOUTIER &amp; CONLEY 22 MONUMENT SQUARE THIRD FLOOR PORTLAND, MAINE 04101 (207) 778-1616</p>
<p> <b>HAIR AFFAIR</b></p> <p><b>YOU CAN STOP "RUNNING"</b> The salon you've been looking for. Come and see Al &amp; Tammy Butler: 20 St. George St., Portland, 775-2623</p>	<p> <b>PUBLIC HEALTH RESOURCE GROUP</b> 120 Exchange Street Phone: (207) 761-7093 Portland, Maine 04101 Fax: (207) 871-7105 E-mail: phrg@portland.maine.com Website: http://auburn.maine.com/people/plug/</p> <p>Community Health Needs Assessment, Insurance Benefits Design, Health Services/Strategic Planning.</p> <p>RONALD D. DEPREZ, PH.D., MPH PRESIDENT</p>	<p>Telephone (207) 774-0546</p> <p>CHARLES A. ISELBORN, D.D.S. Comprehensive Dental Care</p> <p>148 BRIGHTON AVENUE PORTLAND, MAINE 04102</p>
<p> (207) 283-3980</p> <p><b>PAUL P. GADBOIS</b> Civil Engineering, Surveying, Land Planning, Structural Engineering, Architectural Engineering</p> <p>Paul P. Gadbois, P.E., P.L.S. P.O. Box 327 Saco, ME 04072</p>	<p>William W. Dexter, M.D. Medical Orthopaedist</p> <p> <b>Sports Medicine Center</b></p> <p>Orthopaedic Associates of Portland, P.A.</p> <p>P.O. Box 1260 33 Sewall Street Portland, Maine 04104-1260 (207) 828-2111 (800) 439-0274 (207) 828-2190 Fax dexterw.famprc@mmc.org</p>	<p>207-865-6269 neil b. martin, prop.</p> <p> <b>GOLDENROD GARAGE</b> interesting older autos talked about enthusiastically bought, sold, traded since 1957</p> <p>route 125 freeport, maine 04032</p>
<p>DON FOSHAYS</p> <p><b>DISCOUNT TIRE &amp; BATTERY</b></p> <p>MON - FRI 7:30 - 9:30 SATURDAY 8:00 - 2:00</p> <p>773-0112 282-5192 721-0009 682 Main Street U.S. Route 1 Pleasant Street South Portland Biddeford Brunswick (across from Tyme Records) (next to Argosy Auto) (between Bodwell's &amp; Goodwin's) Bicycle/Fender Town Line</p> <p><b>SHOCKS * STRUTS * BRAKES * EXHAUST</b></p>	<p><b>Dana Seguin</b> Certified Public Accountant</p> <p>Constance E. Grant, CPA 17 Commercial Street Portland, Maine 04101 (207) 772-7722</p>	<p><b>BROWN &amp; MEYERS • Sten-Tel®</b> COURT REPORTING &amp; TRANSCRIPTION SERVICES</p> <p>KATE MEYERS REGISTERED PROFESSIONAL REPORTER</p> <p>P.O. Box 937, YARMOUTH, ME 04096-0937 1-800-785-7505 (207) 846-0420 Fax: (207) 846-0541 E-MAIL: kate@brownmeyers.com INTERNET: www.brownmeyers.com</p>
<p> <b>21st fitness</b> PERSONAL TRAINING</p> <p>Matthew Israelson B.S. - Sports Medicine C.F.I. - Certified Fitness Instructor</p> <p>207-773-7134 295 Forest Avenue #313 • Portland, ME 04101</p>	<p>Printing 132 Kennebec Street Copying Portland, Maine 04101 Graphic Design (207) 761-0041 Digital Network Fax: (207) 761-3768</p> <p> <b>Sir Speedy</b></p>	<p>John B. Perry D.P.M. Board Certified American Board of Podiatry Surgery</p> <p>Tel: 207-773-5800 Fax: 207-773-0277</p> <p>Atlantic Foot &amp; Ankle Center 44 Atlantic Place South Portland, Maine 04106</p> <p> <b>Atlantic Foot &amp; Ankle Center</b> Sport Medicine &amp; Foot Surgery</p>



## MTC 1997 Officers and Committee

USA Track &amp; Field



Mike Reali and Terry Sutton	Co-Presidents	829-2014	Russ Bradley	At-Large	799-3864
John Gale	Vice President	775-5017	Ann McGovern	At-Large	934-1825
Ron and Martha Deprez	Past Presidents	772-4312	Howard Spear	At-Large and Clothing	856-6496
Joe Guimond	Treasurer	797-9463	Al Butler	Equipment	772-6463
Alyce Schultz	Acting Secretary	780-9805	Don Penta	Statistician and Photography	892-4526
Maggie Soule	Membership	846-3631	Maureen Sproul	Photography	926-4681
John Eldredge	Membership	829-4540	Dale Rines	Course Certification	854-2481
Everett Moulton	Race Committee	799-2894	Bob and Marge Aube	Newsletter	829-5079

### Shoe drive

Do you have a collection of old running shoes cluttering up space in your home? If so, here's your chance to get rid of them and help a good cause at the same time. At the November club meeting, George Towle will be collecting old running shoes to send to St. Patrick's School in Kenya. Please bring your old shoes to the meeting so that they can be passed along to a needy young runner.

(Continued from page 1)

that seemed contagious to the field of runners as well. The actual race day went off without a hitch, and indeed some of us marveled at how efficiently the tasks were completed in comparison to our expectations. I think that says a lot about the committee members and their ability to put all the pieces together. I spoke with numerous finishers and they were all complimentary; remarking on the road support, the National Guard emergency vehicles, and the incredible friendliness of the folks working the chute.

Thinking back to some of the committee's early discussions about our goals for the race — efficient operations, safety for the runners, and most of all a fun experience for the participants — I believe we hit all three! And to top it all off, it looks like we'll have made a nice profit on the race so that we can give a generous donation to charity and pay off the deficit created by last year's race, which was not so fiscally fortunate. Great job to all involved!

Following up on last month's column, we discussed at the last club meeting the idea of trimming down the race schedule in order to focus on the bigger races and alleviate the strain on volunteers. There was no objection to that idea, so the board will make the decisions on the revised race schedule at their next meeting.

At our next club meeting we will hear from Joan Benoit Samuelson about the world-class 10K she is organizing for next summer in Cape Elizabeth. We will talk about her plans for the race and our role in it.

Don't forget about the Pasta Feed/Social on Nov. 1. The last one was quite enjoyable, especially the 10-year old slide show.

Until next month  
Terry Sutton

### Seeing red

(Excerpted from the Wall Street Journal)

Washington in autumn; a crispness in the air, trees changing color along the Potomac — and hundreds of men in red dresses running up the Capitol steps.

The Hash House Harriers recently staged their fourth annual Red Dress Run, a five-mile race through the nation's capital. The group, which calls itself a drinking club with a runner problem, was founded in the 1930s by British expatriates and now has chapters all over the world. And once a year, the D.C.-area chapters put on a show for everyone who thinks Washington's an uptight town.

All that was required on Saturday was some sort of red outfit, but most participants — 470 in all, nearly 75% men — went further. The selections ran the gamut from a demure, long-sleeved shift with white collar and cuffs to a red bustier; a see-through negligee with a skimpy lace bodysuit; a flouncy house dress in an African print with matching headdress; and a long, slinky number with black hat, pearls and long gloves.

Why red? Why not? "We do a run where everybody dresses up like a Dalmatian," says Don Kresal, a network analyst in a pointy princess hat.

"People kept asking what we were marching for. Everyone in Washington has to have a political point," said Tom Ball, a 6-foot-3 runner in a size 22 dress with fat white beads and perfectly applied lipstick.

Mr. Ball, a lawyer, had to shop around for his dress. "Initially, I flattered myself into thinking I was a 16," he said.

Eliot Daye, another runner, said one of his friends had a dress altered for the occasion. "Sometimes you can go too far," said Mr. Daye, who wore a cocktail dress with pearl buttons and a blond wig.

Later, at a bar, runners began taking off torn, sweaty dresses. "We're just everyday professional people who want to get out, put on a red dress and run," said Mr. Kresal. "Then everything's back to normal Monday morning."