

Maine Track Club

December 1988

Run with a friend...



UPCOMING MEETING

MTC Banquet in January

The Maine Track Club banquet will be held on January 14, 1989. The place is Micheal's Restaurant in Westbrook, the speaker is Bruce Bickford. Plan to join us! Details to follow.

Candy Cane Fun Run -Dec 17

Come to Freeport and participate with Joan Benoit Samuelson and Bruce Bickford in this 2.6 mile fun run at 3pm on December 17. The run goes down to the Freeport Nursing Home to sing carols and then back. \$8 preregister, \$10 the day of the run. This raises money for the Maine Special Olympics. Call Rob Laskey for more information or to volunteer as a road guard.

Upcoming Races

To keep on top of the upcoming races in Maine, get a subscription to *Maine Running and Outing Magazine*. This is a quality publication that lists all the race results and upcoming races you ever wanted to know about. The MTC Newsletter is not regular enough to count on, and we would rather save our space for member results and newsy stuff. Chuck Morris does a great service to the athletes of Maine as the single handed publisher/editor, and we need to give him our full support.

The Greater Boston Track Club Invitational is being held on Sunday, January 29, 1989, 9am-5pm, at Harvard University Indoor Track. Contact Rich Schilder at (617) 325-6630 for applications. This meet usually attracts the East Coast's best college, high school and post-collegiate athletes.

Lamey-Wellehan's is now offering a 15% discount to MTC members, on non-sale running/racing shoes. Chris Stanley is doing great things to expand their product line in the athletic direction, so check them out!

The Nike Store in Freeport is offering a 15% discount on running shoes and running clothing.

As usual, these discounts are for use by MTC members only, and you must show your membership card.

The MTC Potluck was a great success, as usual, and Officers were nominated as listed below.

Nominations for Officers for 1989

The following nominations were presented at the Pot Luck Supper, November 9th:

President: Herb Strom
Vice President: Bill Stuart
Secretary: Susan Davenny
Treasurer: Rick Strout
Race Committee Chair: Charlie Scribner

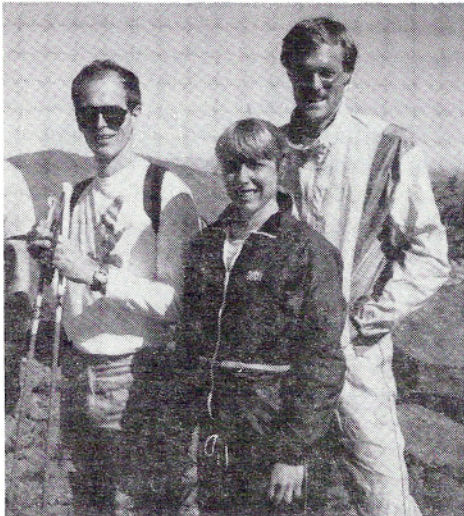
Other nominations may be made by contacting Charlie Scribner (772-5781) or Susan Davenny (772-1787) before elections at the December meeting. Also let us know if you are interested in a committee position.

Thank You For The Help on the Pot Luck Supper

Bob & Brenda Cushman	Jean Thomas
Bill Davenny	Ruth Hefflefinger
Phil, John & Rae Pierce	Terry McGovern

And to the many that pitched in that evening, thanks!
Sue Davenny

Congratulations to Sandy Wyman and Ambrose Berry who were married on Oct. 1 in Falmouth. Barbara Coughlin, Barbara Footer and Joan Lavin were in the wedding. Sandy and Ambrose went to France on their honeymoon and will live in Scarborough.



Clint Merrill, Ruth and Peter Hall standing at the top of Sugarloaf after Ruth blasted the Female course record of the Sugarloaf Uphill Climb by 4 minutes. She also won the combined cup of Sugarloaf 10K and Uphill Climb.

MEMB. MEETING NOTES

MTC Membership Meeting October 12, 1988

SMVTI

7:00 P.M.

President Charlie Scribner began the meeting by having guests and new members introduce themselves. They were Donna and Everett Moulton, Donald McDade, David Howser, Craig Robinson, Kurt Nielsen, Linda Rosenberg, Doug Owen and Tom Atchison.

Russ Connors introduced Tom Bennett from the Downeast Ski Club. Tom spoke on hiking and cross-country skiing.

Treasurer Rick Strout reported funds on deposit as of September 6, 1988, as \$8,632.81.

Membership Ruth Hefflefinger reported about 10 new members in the last month.

Clothing Mel Fineberg brought clothing on hand to the meeting, distributed special order white sweatshirts and asked about interest in MTC bicycle caps.

Statistician Don Penta mentioned Sandra Wyman's wedding on October 1, the birth of Debbie Sawyer's child, Zebediah, and Jane Dolley's PR of 3:21 at Twin Cities. Complete lists of Cape Challenge results were available that night.

Refreshments Sue Davenny thanked Terry McGovern, Pat Buckley, Carlton Mendell, Walter Webber, and Sally Paterson for the evening's refreshments.

November Meeting A pot luck supper will be held November 9, at 6:30 PM at the Falmouth Congregational Church. Bob Cushman will help. Two more people needed for set-up. Nominations for officers will be taken. Elections will be at the December meeting. Sue and Ruth will send out a flyer.

Races

For Kids'Sake Rick Strout reported that WCSH was very happy with the race and will televise it next year with a new name. There were 674 finishers in the 4 miler. Multiple shoots will be used next year. Registration and results will be at USM. Volunteers are especially encouraged to wear MTC clothing as many appear on camera.

50 Miler Ken Dolley announced 14 pre-registrants for October 16, 7:30 AM. Come and visit this special event even if you can't stay to work it.

Turkey Trot Herb Strom will be in charge of volunteers for this November 20 10 K. Mike Reali has arranged the police and facility. Charlie is doing the applications.

Newsletter Deb Merrill will be doing the newsletter with assistance from Pat Buckley. Other volunteers are needed to pick up the newsletter from the printer in Brunswick and prepare it for mailing.

Banquet We are awaiting word from Bruce Bickford on our invitation to be our speaker. The banquet will be on a Saturday night in January. Michel's is holding one date. Possible others include Keeley the Caterer, the Marriott, and Verillo's. We may have a sit down meal instead of a buffet.

Respectfully submitted

Susan Davenny
Susan Davenny
Secretary

MTC Membership Meeting September 14, 1988

SMVTI

7:00 P.M.

Russ Connors introduced speaker, Kurt Nielson, who through-hiked the Appalachian Trail from 4-3-88 to 8-9-88.

Treasurer Rick Strout reported a balance of \$5288.68.

Secretary's report will appear in the newsletter.

Refreshments for this meeting are provided by Steve Woodsum, Widgery Thomas, Rick Strout, Jodi & Mike Reali, and Theresa Cameron.

Membership Pat Buckley has distributed MTC applications to the local sporting goods stores.

Clothing Mel Fineburg is taking orders for white hooded sweatshirts. Deadline is Friday. He distributed a list of items available for immediate sale. Some clothing will be brought to the next meeting. Jane Dolley suggested we look into having some Tyvak jackets done.

Newsletter Jennifer Rood will do an Aug., September, October issue. Deb Merrill will take over with a December issue. Everyone is encouraged to submit articles.

Races

Cape Challenge Charlie praised Jane Dolley and Barbara Coughlin for the excellent direction of the Cape Challenge. Jane thanked all 120 volunteers.

Falmouth Lions' Club 10K Phil Pierce needs 20 volunteers. Sign up sheet. October 2, 10:00 A.M.

For Kids'Sake Rick Strout seeking volunteers. October 9, 10:40 & 11:11 A.M. Will be televised on Channel 6 and Channel 2. Bruce Bickford has preregistered.

Casco Bay Marathon Charlie is looking for members interested in exploring the possibilities of conducting a marathon in the Greater Portland area. A committee needs to target possible sponsors and work with the city of Portland through Parks and Recreation Director Larry Mead and Portland Police. Concern was expressed about the number of volunteers needed for such an effort by the club.

The meeting adjourned at 9:10 P.M.

Thank You for Refreshments August 24 Meeting

Marla Keefe
Russ Bradley
Betsy Baldwin
Dave Conley
Loren Lathrop

Al Mack
Conrad Demers
Bob Jolicoeur
Jim Toulouse
Peter Bastow

TREASURER'S REPORT

TREASURER'S REPORT
October 5, 1988

Funds on Deposit September 6, 1988

\$ 8,632.81

Receipts:

Check returned	(\$ 12.00)	
Cape Challenge	\$ 1,230.00	
For Kids Sake	\$ 1,956.00	
Memberships	\$ 51.00	
Interest	\$ 41.93	\$ 3,266.93
		\$11,899.74

Disbursements:

*Chronomix Corp.	\$ 110.29	
Clock repairs		
*Dale Rand - Printing	\$ 54.60	
*Chronomix Corp - key pad repairs	\$ 50.32	
*Kirt Nielson - speaker	\$ 50.00	
September meeting		
*Michael Frost - expense	\$ 72.90	
Turkey Trot - flyer, refreshments		
*Town of Cape Elizabeth - Police	\$ 160.00	
Cape challenge		
*Charles Scribner - Registration	\$ 182.00	
Race management conference		
*Road Race management	\$ 64.00	
Magazine subscription		
*Charles Scribner - expenses road	\$ 150.00	
Race management conference		
*Rainbow Racing System - Race	\$ 109.40	
Numbers		
*Jane Dolley - expense, Cape Challenge	\$ 427.25	
Rainbow racing, Fox Glasswork's (trophies),		
TAC Insurance		
*Coastal Silkscreen - T-shirts	\$1,689.45	
Cape Challenge		
*Sportline trophies - engraving	\$ 41.60	
Trophies - Cape Challenge		
*Postmaster - Portland -	\$25.00	\$ 3,186.81

Funds on deposit October 5, 1988

\$ 8,712.93

Richard K. Strout
Richard K. Strout
Treasurer

28th Annual Mt. Washington 7.6 Mile Road Race
Pinkham Notch, N.H. - 800 F. - 6/18/88

Teams:

- 1 Greater Lowell (Mass.) Road Runners (5:48:56)
- 6 Maine Track Club (6:30:06)
- 10 Central Maine Striders (6:58:25)

Top Finishers:

- 1 Janine Aiello (88th) 28 1:20:48*
- 2 Ruth Hall (MTC) (92nd) 30 1:21:05*
- 1 David Dunham (C. Rec.) 24 1:00:50

Other MTC Finishers:

- 19 Paul Merrill 34 1:11:56
- 44 Joel Titcomb 29 1:16:35
- 47 Richard Mulhern 34 1:16:59
- 52 Barry Fifield 31 1:17:49
- 55 Peter Hall 26 1:18:07
- 107 Ronald Cedrone 39 1:22:09
- 113 Michael Reali (PR) 34 1:22:27
- 184 Bob Coughlin, Jr. 49 1:28:00
- 221 Alburn Butler 34 1:30:35
- 238 John Gale (PR) 32 1:32:04
- 252 Russell Connors (PR) 55 1:32:37
- 337 Dick Lajoie 48 1:37:55
- 350 Paul Waterhouse 45 1:38:25
- 418 Michael Frost 37 1:43:46
- 424 Carlton Mendell 66 1:44:11
- 520 Robert Jones 15 1:49:26
- 566 Harvey Rohde 46 1:52:33
- 764 Dennis Connelly, Sr. 40 2:16:48

RACE RESULTS

By Don Penta

Cape Challenge Half Marathon - 277 Fin.
S. Portland, ME - 11 September '88

Top Finishers:

- 1 David Severence 30 1:10:23
- 3 Jim Toulouse (MTC) 40 1:13:30
- 24 Rose Prest-Morrison (CR) 25 1:23:05*
- 86 Roger Nichols 54 1:30:54
- 141 Joan Lavin (MTC) 40 1:37:02*
- 188 Marie Lueders 55 1:44:04*

Other MTC Finishers:

- 10 Steve McGrath 33 1:17:51
- 13 Malcolm Kidd 32 1:18:34
- 16 Harry Nelson 34 1:19:11
- 22 Sean Keough 33 1:22:51
- 29 Jim Paterson 2,45-49 47 1:24:30
- 33 Joe Richards 3,45-49 45 1:24:43
- 46 William Bristol 31 1:27:01
- 50 Ronald Deprez 44 1:27:26
- 59 Carol Weeks 3,open 39 1:28:53*
- 62 Robert Jacobs 29 1:28:59
- 67 Dick McFaul 44 1:29:38
- 73 Christopher McDonald 24 1:30:08
- 77 Frank Ferland 39 1:30:18
- 81 Bill Davenney 43 1:30:35
- 82 Les Berry 40 1:30:38
- 90 Cheryl MacMahon 1,19-29 25 1:31:11*
- 92 John Gale 32 1:31:33
- 97 Jennifer Rood 2,19-29 27 1:32:00*
- 102 David Trussell 45 1:32:28
- 103 Don McGilvery 36 1:32:30
- 106 Lloyd LaFountain 26 1:32:52
- 110 Barry Howgate 39 1:33:16
- 121 Bob Hazzard 56 1:34:17
- 126 Gregory Rogers 23 1:35:00
- 127 Walter Webber 58 1:35:14
- 140 Carlton Mendell 1,60+ 66 1:36:59
- 150 Jeff Babino 33 1:38:16
- 159 Jack Ireton-Hewitt 50 1:40:04
- 162 Loren Lathrop 39 1:40:21
- 163 Doug Aiken 35 1:40:26
- 166 Stephen DiPalma 32 1:40:32
- 169 Craig Robinson 42 1:41:18
- 170 Orlando Delogu 51 1:41:52
- 171 Frank Morong 55 1:42:05
- 173 Al Mack 38 1:42:16
- 176 Richard Robinov 28 1:42:28
- 183 Cindy Vokey 30 1:43:44*
- 187 Maureen Sproul 32 1:43:58*
- 190 Philip Bartlett 40 1:44:32
- 191 Raphael DePrez 48 1:44:49
- 201 Paul D'Amboise 58 1:46:01
- 223 Robert Laux 33 1:49:30
- 225 Sandy Utterstrom 44 1:50:00*
- 226 Rick O'Brien 41 1:50:13
- 231 Jean Thomas 2,50-59 52 1:51:08
- 242 Linda Rosenberg 25 1:52:00*
- 251 Kathy Gardiner 1,45-49 46 1:54:23*
- 252 Sally Paterson 2,45-49 47 1:54:59*
- 254 Susan Davenney 40 1:57:34*
- 264 Marianne Gagne 47 2:05:33*
- 266 Robert Wyman 51 2:05:34

Special thanks to John Gale for complete results and other information.

NEW MEMBERS

<u>Name & Address</u>	<u>Phone</u>	<u>Occupation</u>	<u>Age</u>
Paul D'Amboise RR2, Box 1248 New Gloucester, ME 04260	H926-3336 W783-9171	Department of Labor	58
"CR" Davis RR3, Box 777 Wiscasset, ME 04578	H442-7062 W443-6256	Product Manager Down East Machine & Eng.	42
Jessica Fulmer 1 Meadow Creek Lane North Yarmouth, ME 04021	H829-3037	Student North Yarmouth Academy	13
Daniel Gray 63 Cumberland Road Cumberland Ctr., ME 04021	H829-5825 W856-6911	Engineer S. D. Warren	31
James Hodnett Sandra Laura 184 Sea Road Kennebunk, ME 04043	H967-2898 W879-8696	RN Osteopathic Hospital	41 40 15
David Houser Suelene Sarah 8 Champion St. Scarborough, ME 04074	H883-9444 W741-4500	Store Manager Ethan Allen	38 25 2
Malcolm Kidd Adrienne RR1, Box 1233 Kennebunkport, ME 04046	H985-3008 W282-6155	Operations Manager SHAPE, INC.	32 27
Thomas Kirby 18 S & H Drive Ellsworth, ME 04605	H667-9771 W667-2526	Meter Utility Bangor Hydro Electric	32
Donald McDade Risa 838 Brighton Ave. Portland, ME 04102	H773-6813 W768-6245 W770-6599	Director, Alumni Fund Bates College Admin.Asst. EB Marketing	36 33
Everett Moulton Donna Scott 39 Bonny Bank Terrace So. Portland, ME 04106	H799-2894 W799-5511 W871-2711	Detective, S.P.P.D. Plebotomist, Maine Med. Student, S.P.H.	42 39 16
Kurt Nielsen 19 Farragut St. Portland, ME 04103	H797-8935 W772-3546	Maintenance, Jetport	34
Guido Vandervan P.O. Box 17763 Portland, ME 04101	H892-8168	Self	31

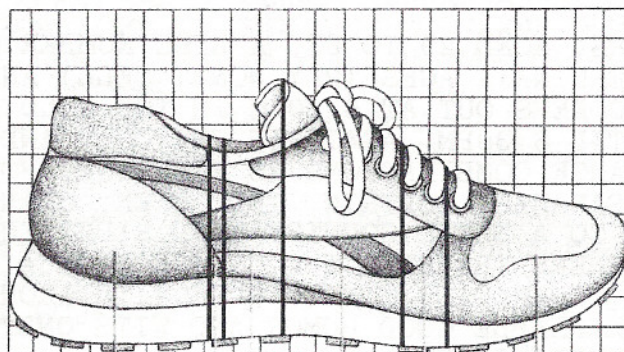
Marathon Promo: A Plot Afoot

It's no secret that, a few years ago, the Boston Marathon was dogging it—breathing hard on Heartbreak Hill. The quality of the field was down, and, in 1985, for the first time ever, the city had empty hotel rooms during a Patriot's Day weekend.

As the story goes, the city's financial fathers stepped in to gently convince the Boston Athletic Association that the marathon couldn't be allowed to limp along any longer. It needed to be upgraded. The commerce of the city, they said, would be the beneficiary.

At the time, there was debate. Some purists objected. Commercializing the marathon wouldn't mean a boon to the city or anyone else, they argued. It would just mean a commercialized marathon.

Nonetheless, in rode John Hancock Mutual Life Insurance, the event's first corporate sponsor, with a \$10 million, 10-year contract to



A Day In The Country - The MTC 50 Miler

A DAY IN THE COUNTRY

WHAT BRINGS 17 RUNNERS, AGED 29 TO 67, A LIKE NUMBER OF VOLUNTEERS (OF INDETERMINATE AGES-THEY WON'T TELL) AND A COVEY OF CURIOUS ONLOOKERS OUT AT 6:30AM IN THE COLD AND DARK-MANY TO STAY UNTIL 6:30PM, AGAIN IN THE COLD AND DARK. WHAT BRINGS SUCH STRANGE COMBINATIONS AS VASELINE, HOT SOUP, BAND AIDS, COOKIES, BANANAS, ASPIRIN, IBUPROFEN, ORANGES, M & M'S AND STALE COKE TO A BLEAK COUNTRY ROAD SIDE? THE MTC 50 MILER IS WHAT. RUNNERS TRAVELED THE COURSE FROM A 7.9 MINUTE RATE PER MILE TO AN 11.6 MINUTE PACE WITH IRON DETERMINATION AND REMARKABLE GOOD HUMOR AND WITH ONLY ONE RUNNER (AMAZING!!) DROPPING OUT.

THE RACE HAD A STRONG INTERNATIONAL CAST THIS YEAR WITH NATIVES OF SCOTLAND, ENGLAND, AUSTRALIA, KENYA, THE NETHERLANDS AND PRESQUE ISLE (JUST KIDDING). WE ALSO HAD PEOPLE RECENTLY MOVING FROM UTAH AND MINNESOTA AND FOLKS FROM MASSACHUSETTS AND NEW HAMPSHIRE.

THE MOST CONSISTENT RUNNER AWARD GOES TO DICK HOGAN, A PHILOSOPHY PROFESSOR, AT A CONSTANT 32 MINUTES FOR EACH LAP. DICK HAS RUN MANY ULTRAS AND OBVIOUSLY KNOWS THAT THE STEADY HORSE WINS THE RACE. AND THAT IS JUST WHAT DICK DID IN 6:38.24. CONGRATULATIONS, DICK!!!

PHIL PIERCE, WITH SEVERAL ULTRAS UNDER HIS BELT, AND JOE HAYES, WITH OVER 20 ULTRAS AND "A FEW" HUNDRED MILERS, RACED EACH OTHER THE ENTIRE DISTANCE. AT THE FINISH JOE, WITH A SLIGHT LEAD, WAITED FOR PHIL SO THEY COULD CROSS THE LINE TOGETHER. HANS VAN WILLIGEN, WHO HAS RUN THE WESTERN STATES 100 HAD A LOYAL MARATHONER FOR A WIFE WHO RAN SEVERAL LAPS WITH HIM. PHIL PIERCE COMPLETED 26.2 MILES AT 3:16, A STRONG MARATHON EFFORT AND STILL HAD 23.8 TO GO. BOB BACON HAD A TECHNIQUE OF COUNTING EACH 4 MILE LOOP AS A "MONTH" SO HE KNEW THAT WHEN HE REACHED "FALL" IN SEPTEMBER THAT WINTER, "DECEMBER" AND THE END WAS NOT FAR AWAY-GOOD PSYCHOLOGY. (RIGHT, PHIL?)

LYNN GENTLING, WITH A 3:13PR AT TWIN CITIES MARATHON, FINISHED HER FIRST ULTRA IN 7:46 TO QUALIFY FOR THE WESTERN STATES 100. TOM MCMILLAN RAN A STRONG RACE UNTIL A BAD LEG SLOWED HIM DOWN. HE WAS 10 MINUTES AHEAD OF LAST YEAR'S PACE AT 22 MILES. LEE DICKEY FINISHED SIXTH AS HE DID LAST YEAR, YET HE TOOK 5 MINUTES OFF HIS TIME IN THIS, HIS SECOND ULTRA.

THE AWARD FOR HAVING THE BIGGEST SUPPORT CREW GOES TO GEOFF CLARK (7 MARATHONS, PR OF 3:15) WITH 9 FRIENDS AND FAMILY CHEERING HIM ON. LOREN LATHROP AND CARLETON MENDEL WERE USING THIS RACE AS A "TUNE UP" FOR THE MARINE CORP MARATHON. (LOTS OF LUCK GUYS) WE ALL KNOW OF CARLETON'S LEGENDARY BACKGROUND, BUT LOREN HAS ONLY BEEN RUNNING FOR A YEAR!! IN FACT, HIS VERY FIRST RACE WAS THE "87" CAPE CHALLENGE. (KEEP PICKING THE EASY ONES, LOREN).



Ken Dolley and Rick



TOM MCMILLAN STARTED WELL AHEAD OF LAST YEAR'S PACE, INCURRED A VERY PAINFUL LEG BUT HUNG ON AND FINISHED. JOHN SMITH, A FIRST TIMER, MADE IT THROUGH 38 MILES BEFORE A BAD LEG STOPPED HIM BUT THE OTHER FIRST TIME ULTRA RUNNERS, JAMES ARWA, GEOFF CLARK, BRUCE SPAULDING, LOREN LATHROP AND LYNN GENTLING ALL FINISHED IN GOOD SHAPE. TOM FORBES AT AGE 55 HAS RUN 12 AND 24 HOUR ULTRAS TRAVELING 58 AND 93 MILES SO THIS 50 WAS JUST A "MILD WORKOUT"--RIGHT, TOM? JACK MROCZOWSKI HAS A SRI CHIMNOY 12 HOUR RUN UNDER HIS BELT--ANOTHER WELL EXPERIENCED RUNNER.

FINALLY I WAS TOLD BY JERRY ST AMAND OF THE STRIDERS IN WATERTOWN THAT SCHOOL TEACHER RON PAQUETTE DID VERY LITTLE TRAINING BUT IS "JUST A NATURAL". RON COULD KNOCK OFF A COUPLE HOURS WITH MORE TRAINING (RUMOR HAS IT).

AS USUAL THE RACE WAS BLESSED WITH A CADRE OF WONDERFUL, WARM "ULTRA VOLUNTEERS". EACH RACER EXPRESSED HIS PERSONAL THANKS FOR EVERYTHING FROM THE HOT SOUP SUPPLIED BY JEAN THOMAS AND SANDY UTTERSTROM TO THE TENDER LOVING CARE SHOWN BY EACH RUNNERS "PERSONAL" TIMER. ONCE ABAIN, THANKS GO TO THE FOLLOWING PEOPLE, MOST OF WHOM MADE A DAY OF IT AND HAD SOME FUN TOO: ROB LASKEY, BILL AND BAMBI LOVETT, DON PENTA, RAY (GETTING READY FOR KNEE SURGERY) AND RUTH HEFFLEFINGER, WIDGERY THOMAS (BACK IN RACING FORM), TERRY MCGOVERN (GETTING HIS "NEW" KNEE IN SHAPE), BILL AND SUE DAVENNY, BOBBY JONES (WITH TIMEOUT FOR A LOCAL CROSS COUNTRY RACE), DRU JONES, RICK STROUT, WALTER WEBBER, SANDY AND JEAN AND JANE DOLLEY.

THANKS, GUYS!!!!

KEN DOLLEY

Some of the Volunteers, Phil Pierce crossing the finish line, the soup kitchen





Ken Dolley and Rick Strout

RACE RESULTS

2nd Annual For Kids Sake 4 Miler - 673 F.
Portland, Maine - 9 October '88

Top Finishers:

1 Stan Bickford	25	18:31
18 Jim Toulouse (MTC)	40	20:05
41 Sally Perkins	24	21:15*
286 Jeri Schroeder (MTC)	41	27:18*
495 Joyce Goodie	55	32:16*

Other MTC Finishers:

8 Dan Dearing	27	19:07
23 Peter Hall	27	20:36
30 George Towle 2,35-39	38	20:49
39 Peter Dubé	26	21:10
52 Malcolm Kidd	32	21:30
58 Bob Coughlin 1,45-49	49	21:47
59 Joel Titcomb	29	21:49
63 John Eldredge	34	21:57
66 Robert Jones 3,16-19	16	22:05
68 Bob Payne 2,50-59	50	22:10
80 Ronald Deprez	44	22:37
83 George Liming	37	22:45
90 Brian Milliken	35	22:55
100 Michael Towle	40	23:16
102 Dick McFaul	44	23:17
108 George Prescott	40	23:24
109 Frank Ferland	39	23:26
118 Ruth Hall 1,30-34	30	23:41*
121 Wanda Haney 2,20-29	22	23:45*
128 Adam Hamilton	15	23:54
130 Peter Bastow 3,50-59	52	23:55
132 Christopher McDonald	24	23:59
161 Bob Hazzard	56	24:36
164 Thomas Jackson	25	24:39
166 Lloyd LaFountain	26	24:44
167 Barry Howgate	39	24:45
170 John Watson	44	24:50
173 Clint Merrill	40	24:58
174 Bill Davenny	43	25:00
177 David Trussell	45	25:04
185 Gregory Rogers	23	25:18

More MTC Finishers:

188 Dale Rines	36	25:23
197 Joan Lee 2,30-34	34	25:34*
204 Brian Mercer	27	25:45
212 Deb Merrill 3,30-34	32	25:50*
216 Douglas Aiken	35	25:54
236 Eric Ellis	35	26:18
238 Stephen DiPalma	33	26:19
243 David Houser	38	26:24
245 David Paul	43	26:26
264 Cindy Tifft	34	26:47*
266 Loren Lathrop	39	26:49
267 J.P. Lavoie	33	26:50
274 Craig Robinson	42	27:02
275 Maureen Sproul	32	27:05*
279 Kathleen Dearing	26	27:10*
283 Cindy Vokey	30	27:15*
295 Richard Downs	42	27:26
306 Philip Bartlett	40	27:40
327 Russ Bradley 1,60+	64	28:36
350 Patricia Titcomb	30	29:14*
371 Kyle Milliken	09	29:38
372 Marla Keefe	35	29:38
381 Donna Blackman	31	29:49*
397 Michelle Jordan	22	30:05*
403 Sandy Utterstrom 3,40-44	44	30:13*
427 Martha Deprez	43	30:41*
465 Ken Dolley	52	31:46
468 Widgery Thomas 3,60+	64	31:50
470 Martin Howgate	12	31:53
486 Mel Fineberg	53	32:08
514 Martin Weiss	31	32:40
521 Pam Twombly	39	32:59*
529 Kenneth Dion	30	33:10
537 Don Penta	42	33:29
565 Tammy Prince	28	34:22*
570 Deborah Borduas	39	34:28*
580 Brenda Cushman	47	34:54*
587 Sally Paterson	47	35:09*
626 R. Hefflefinger 3,50-59	59	36:44*
631 Ted Cunningham	61	37:01
644 Jan Bastow	52	39:13*
660 Donna Moulton	39	42:13*
661 Everett Moulton	42	42:36

TO: All For Kids Sake Volunteers

Thanks for your help in the FOR KIDS SAKE RACES. I have listed below those persons I know worked. If anyone is not listed, please contact me so you will receive proper credit.

Tom Allen	Steve Strout
John Gale	Scott Strout
Bill Lovett	Patty Erickson
Bambi Lovett	Ray Hefflefinger
Rick O'Brien	Mike Frost
Carlton Mendell	Barbara Frost
Dick Lajoie	Al Butler
Cheryl Machahn	Tammy Butler
Kathy Gardiner	Mike Reali
Harry Nelson	Jode Reali
Sandy Utterstrom	Lloyd Cook
Jean Thomas	Joyce Cook
Jan Dolley	Frank Morang
Kathy LeBreck	Steve Woodman & family
Barbara Coughlin	Charlie Scribner
Joan Lavin	Dew Jones
John Lavin	Herb Stone
Sue Davenny	Walter Webber
	Tony McGover

Rich Strout
Rickard K. Strout
Race Director

Frank Sabasteanski TAC Memorial Track &
Field Championships - Bowdoin - 8/6/88

400 Meters:	Clint Merrill, 6th, 57.2
800 Meters:	Kathy Dearing, 3rd, 2:50.2
1500 Meters:	Dan Dearing, 2nd, 4:06.2
	Kathy Dearing, 2nd, 5:42.8
5000 Meters:	Dan Dearing, 1st, 15:36.8
10,000 Meters:	Robert Jones, 1st, 40:02

RACE RESULTS

By Don Penta

LL Bean 4th of July 10K - 314 Fin.
Freeport, Maine - 4 July 1988

Top Finishers:

1 Stanley Bickford	24	30:45
5 Joan Samuelson (H.MTC)	30	34:03*
6 James Toulouse (MTC)	40	34:11
34 Robert Marquis	50	37:54
178 Nancy Lovetere (MTC)	44	46:29*
195 Jane Rasmussen (MTC)	52	47:15*

Other MTC Finishers:

3 Dan Dearing	26	32:23
9 George Towle	38	34:49
13 Paul Merrill	34	35:03
21 Malcolm Kidd	32	36:31
22 Steve McGrath	33	36:36
41 Russ Connors	56	38:29
42 Ron Cedrone	39	38:34
46 Peter Carlton	30	39:04
48 Tom Allen	32	39:10
52 Ron Deprez	44	39:29
61 Michael Reali	43	40:14
72 John Braccio	34	40:46
73 Michael Cowell	50	40:47
80 Robert Jolicoeur	51	41:01
86 Roy Morejon	45	41:15
?? John Gale	31	41:16
90 Frank Ferland	39	41:17
92 Rick Strout	49	41:23
97 Donald McGilvery	36	41:36
101 Barry Howgate	39	41:56
110 William Davenney	43	42:36
112 Rosalyn Randall	38	42:45*
119 Bob Hazzard	56	43:08
124 William Rouse	32	43:30
127 Walter Webber	57	43:40
128 Dale Rines	36	43:48
129 David Brink	25	44:14
136 Dick Lajoie	48	44:34
141 Cheryl MacMahon	24	44:34
145 Will Stackpole	30	44:55
152 Warren Foye	40	45:12
159 Orlando Delogu	52	45:34
160 Michael Hayes	30	45:37
161 Michael Frost	37	45:44
163 Richard Stott	43	45:52
180 Loren Lathrop	39	46:31
182 Greg Rogers	23	46:35
185 David Conley	48	47:20
196 Gary Downs	56	47:20
197 Paul D'Amboise	58	47:22
202 Rick O'Brien	41	47:31
210 Suzanne Spencer	27	47:47*
217 Russ Bradley	64	48:11
224 Robert Wyman	51	48:44
225 Nancy Rouse	35	48:45*
237 John Rasmussen	51	49:54
246 W.D. Alpern	39	50:43
247 Richard Lemieux	43	51:12
253 Richard Robinov	28	51:12
277 Allen Pusch	54	53:35
286 Sally Paterson	46	55:04*
298 Mel Fineberg	52	57:11
310 Ruth Hefflefinger	59	62:34*
311 Susan Davenney	39	64:03*
313 Stephanie Paterson	17	64:13*
314 Joe Wildman	50	67:26

Bowdoin & Back Run to the Coast - 259 F.
Brunswick, ME - 10 Miles - 21 August '88

Top Finishers:

1 Daniel Dearing (MTC)	26	51:58
9 Warren Dean	52	57:47
11 Mitchell Loveins	43	58:22
17 Kelly Rodrigue	24	59:14*
105 Jane Dolley (MTC)	40	1:08:38*
258 Beverly McCoid	53	1:35:10*

Other MTC Finishers:

16 Richard Mulhern 1,30-34	34	59:14
19 William Bristol 3,30-34	31	59:28
20 Harry Nelson	34	59:37
27 Alan Quinlan	32	1:00:38
29 Bob Coughlin 3,45-49	49	1:00:49
35 Joe Richards	45	1:01:41
36 Brian Milliken	35	1:02:04
40 Robert Jones 1,18&-	15	1:02:40
45 George Liming	37	1:03:01
46 Tom Allen	32	1:03:08
51 Ron Deprez	44	1:03:31
55 Bob Jolicoeur	51	1:03:32
57 Philip Pierce	46	1:04:00
66 John Gale	32	1:04:49
68 Frank Ferland	39	1:04:58
71 Peter Carleton	30	1:05:10
72 John Braccio	34	1:05:13
82 Rick Strout	49	1:05:58
85 Michael Cowell	51	1:06:06
88 William Davenney	43	1:06:44
89 Chris McDonald	24	1:06:49
90 Carol Weeks 1,35-39	39	1:06:56*
91 Sumner Weeks	39	1:06:58
95 Donald McGilvery	36	1:07:27
98 Bob Hazzard	56	1:07:57

More MTC Finishers:

106 Cheryl MacMahon 1,19-29	25	1:08:39*
109 Lloyd LaFountain	26	1:08:50
116 Walter Webber	58	1:09:25
117 Dick Lajoie	48	1:09:39
118 David Trussell	45	1:09:40
121 Greg Rogers	25	1:11:16
124 Carey Trimble	54	1:11:54
125 Doug Aiken	35	1:12:04
134 Craig Robinson	42	1:13:09
135 Loren Lathrop	39	1:13:19
136 Carlton Mendell 1,60+	66	1:13:23
144 Jeri Schroeder 1,40-44	41	1:14:58*
150 David Conley	48	1:15:33
159 Orlando Delogu	51	1:16:25
168 Deb Merrill 1,30-34	32	1:17:29*
175 Robert Wyman	51	1:18:08
178 Warren Foye	40	1:18:40
189 Steve Dipalma	32	1:19:31
190 Cynthia Vokey	30	1:19:40*
191 Maureen Sproul	32	1:19:41*
196 Sandy Utterstrom	44	1:20:32*
201 Rick O'Brien	41	1:21:02
212 Sally Paterson 2,45-49	47	1:22:04*
216 Susan Davenney	39	1:23:11*
224 John Woods	70	1:24:06
228 Fran Brennan	51	1:25:17
238 Melvin Fineberg	52	1:27:16
243 Don Penta	42	1:28:45
249 Marianne Gagne 3,45-49	47	1:33:36*
251 C.R. Davis	42	1:34:10

EQUIPMENT ROUND-UP

By Chris Stanley

Fall is when all the shoe companies quietly introduce their new shoes for spring, and (as can be expected) there is a lot of new and exciting stuff heading our way. Even with the ever present price increases, I think that you will find the 1989 shoes to be better values than the shoes that are on the shelves now. While I can not go over everything that will be new, I will review a few companies very quickly.

Saucony has changed most of their shoes for '89. The Azura, which is selling well for a lightweight trainer, is now being offered in a new color. Building on the success of the Azura, Saucony has made a new shoe called the Arrow, which is basically a more training orientated version of the Azura. In 1989 you will find the Jazz being reborn, d/b/a the Jazz 2000 (this shoe being a cross between the old Jazz and the old Shadow, two shoes that had great popularity).

Avia is trying to make a strong push into the running field (again). They will introduce 10 all new styles (5 men, 5 women), and this new line is obviously well thought out (and they have "the right stuff" to be winners), but I wonder how many stores will carry this line. The top two models in this Avia line will have the new ARC system (a Hytrel cushioning device inbedded in the midsole). Models that should be found in Maine are the ARC 2090 (the 2nd from the top of the line that will more or less replace the 975), the 2050 (a rugged stability shoe that replaces the 925), and the 2010 (replacing the 910). The 2010 should prove to be a great value, as it has a 2D CMEVA midsole, a Gore lacing system, a good external counter, a durable carbonized outsole, and a \$49.99 price tag (hopefully).

Asics-Tiger is offering nothing all that new, though I was excited to hear that the Epirus is reborn (in the form of the Gel Epirus). This shoe will have the same construction as the old version but with a gel pad both in the forefoot and heel.

Finally, I'll fill you in about New Balance. The 1500 is here after almost a year of pre-hype. Also new is the 595 (in both m & w models), which is basically a more stable and durable update of the old 570. Two shoes that should prove to be strong sellers for New Balance are the 676 and the 495 (both available in m & w versions). The 676 replaces the 675 (with a better midsole package), and the 495 replaces the 476. New Balance has a very impressive diversity of shoes this year, with a total of 16 running shoes being offered. Every possible type of runner can be outfitted by this company, especially considering all the widths that they make and the different

shapes and styles of running shoes that they offer. The big task will be in finding the style and width that you need in Maine.

Let me wrap this up by saying the best way to buy your running shoes is by shopping around. Feel free to ask questions, to try on styles that you never tried on before, to understand what types of shoes best fit your needs. It is because that consumers are so informed and knowledgeable that footwear companies are putting more of a "punch" into their shoes than ever before.

MORE RACE RESULTS

The Blueberry Run 5 Miler - 117 Fin.
Machias, ME - 20 August '88

1 Bruce Bridgham	26:04
6 Guy Martin (M)	27:51
12 Robert Payne (S) (MTC)	29:17
34 Julie Millard	33:28*
43 Sandra Wyman (MTC) 3,open	35:27*
44 David Paul (M) (MTC)	35:30
93 Ambrose Berry (Sandy's)	43:48

11th Annual Clarence Demar Marathon
9/25/88 - Keene, N.H. - 170 Fin.

1 Celio Hernandez	2:33:41
14 Harry Nelson (MTC) 2nd ME	2:47:19
48 Michael Cowell (MTC) 2nd Sr	3:03:28
49 Alburn Butler (MTC) 6th ME	3:03:56
53 Ron Cedrone (MTC) 7th ME	3:05:59
60 Bob Jolicoeur (MTC) 3rd Sr	3:08:12
76 Michael Reali (MTC) 9th ME	3:15:27
134 Kim Konieczny (MTC) 10th W	3:47:47*

Special thanks to Bob Jolicoeur for these results.

3rd Annual Roland Dyer Memorial - 101 F.
Winslow, ME - 5K - 27 July '88

1 Gregory Hale	25	15:56
13 Warren Dean	52	17:36
20 Robert Jones (MTC)	15	18:10
33 George Liming (MTC)	37	19:10
37 Peter Bastow (MTC)	51	19:23
38 JoAnn Nealey	27	19:24*
54 Eric Ellis (MTC)	35	20:36

26th Annual Bangor Labor Day Race
Bangor, ME - 5 M - 9/5/88 - 162 Fin.

1 Gerry Clapper	24:22
4 Dan Dearing (MTC)	25:54
35 Robin Emery-Rappa	31:23*
59 Bill Shuttleworth (MTC)	33:29
62 Wade Boggs (!)	33:32
98 Kathy Dearing (MTC)	37:09*

The Fitness Connection Biathlon Series
Lewiston, ME - Run: 5; Bike: 20

	#2 5/22	#3 6/19
Joel Titcomb	1:20:41-4	1:19:08-2
G. Chamberlain	1:30:33-27	
Les Berry	1:32:21-32	1:32:06-29
Patty Titcomb	1:41:37-46	1:38:11-35
Jeri Schroeder	1:43:42-48	1:38:58-37
Brenda Cushman	1:51:19-52	1:56:17-55
David Brink		1:21:03-3
George Liming }		1:36:00-33
Charity Liming }		
J.P. Lavoie		1:39:52-40
Suzanne Spencer		1:43:13-46
Robert Cushman }		1:49:18-52
Ronda Cushman }		
Nancy Rouse		2:03:32-57
William Rouse		2:03:33-58
	52 Fin.	58 Fin.

Note: Brenda Cushman teamed with Dee Nicely (not a MTC member).

7th Annual Pottle Hill 10K - 61 Fin.
Mechanic Falls, ME - 22 June '88

1 Lee Petty	20	36:09
7 Ray Johnson	40	39:17
10 Robert Jones (MTC)	15	40:05
12 Robert Payne (MTC)	49	40:15
39 Carlton Mendell (MTC)	66	47:38
46 Paul D'Amboise (MTC)	58	51:27

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Deb Merrill

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