

Maine Track Club

December 1991

Run with a friend...



FROM THE EDITOR

'Tis the season (so soon!) and I really haven't been such a good girl this year. Santa may have to skip my house on Christmas! Hope you are all enjoying this holiday season, running a little extra to loose those few extra turkey and dressing pounds.

Please think about this year's Banquet -- we had such a good time last year and I've heard that this one will be even more fun. Sign up if you haven't yet and join us for an evening you won't soon forget.

Looking for some to get your favorite runner this Christmas? Check out Mr. Mel's House of Running Couture Gift Certificate in this issue. Call Mel if you would like to buy this perfect holiday present.

Peter Bastow, who has done such wonder-ful work this year as our President, has written a goodbye letter that everyone will enjoy. Thank you, Peter, for all you have given to the Club.

We had such a blast at the Marine Corps Marathon last month that we're thinking of planning another road trip marathon next fall. If you have any suggestions, contact me or Bill Stuart.

The next Newsletter deadline will be January 20 (photo deadline is the 15th) to accommodate the January/February double issue. Call or write if you would like to con-tribute.

I hope you all will be blessed in the coming year with happiness, health and a few PR's.

Candace

COVER: Ron & Elizabeth Dubois celebrate Ron's first marathon in Washington at the Marine Corps.

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NEXT MTC MEETING Wednesday - Dec. 11 - 7:00 p m SMTC-Machine Tool Auditorium

Tom Eastler of Farmington will be conducting a Race Walking clinic at Decem-ber's meeting. Tom has coached many nationally ranked race walker, including his daughter, Gretchen Eastler, currently at Simmons College. Gretchen has set 7 world records for race walking. A video will accompany the presentation.

The clinic will begin at 7:00 and the regular business meeting of the MTC will follow. Please join us for an exciting evening.

DECEMBER'S RUN AND BRUNCH

Saturday, December 14th
Marilyn & Lou Champagne
28 Whitten Hills Road
Kennebunkport
967-8057

Times: 8:00 am 8-10 miles
9:00 am 4-6 miles
10:00 am Brunch

Bring: Fruit juice, muffins, bagels, breads.

DIRECTIONS: Turnpike exit 3 (Biddeford) to R. 1 South. Left at flashing light (Gazelle Canoe Factory. Approximately 2 miles to first left past Trolley Museum (Goose Rocks Road). 3 miles (bearing right) to Whitten Hills Road (1st paved road on left) to 2nd house on right (white cape with attached barn.

UPCOMING EVENTS

Saturdays:

Fresh Pond Runs (2½ & 5M); 10AM; Cambridge, MA; Fred Brown, (617) 391-1899.

December:

- 14 **GSH Snowstorm Classic 10K Winter Series**; Porter Lake, Springfield, MA; 10AM; (413)532-1511.
20th Winter Series 10M; Central Park, New York City; 10AM; NYRRRC, 9 E. 89th St., New York, NY 10128, (212)860-4455.
15th WYYP Rocket City Marathon; Huntsville (Alabama) Hilton, 401 Williams Ave.; 8AM; Harold Tinsley, Huntsville T.C., 8811 Edgehill Dr., Huntsville, AL 35802, (205)881-9077.
- 21 **GSH Snowstorm Classic 5K Winter Series**; Same as above.
- 22 **MAC 30K Championship Run**; Central Park, NYC; NYRRRC, (212)860-4455.
Holiday 4 Miler; Central Park, NYC; NYRRRC, (212)860-4455.
- 28 **GSH Snowstorm Classic 10K Winter Series**; Same as above.
- 29 **Western Mass. A.C. "Fat Ass" 50M**; North Adams, MA; 8AM; Bob Dion, Box 207, R.R.1, Readsboro, VT 05350, (802)423-7537.
- 31 **3rd Annual New Year's 5K**; City Hall Plaza, Portland; Noon; \$12 entry (includes admission to all New Year's Portland events & official t-shirt), \$5 (no free admission & no shirt); Mail registration: New Year's 5K, Maine Arts, 582 Congress Street, Portland, ME 04101; In person: The Bay Club in One City Center, Portland.
Runners World Midnight Run 8K; Central Park, NYC; Midnight; NYRRRC, (212)860-4455.

January:

- 1 **9th Five on the First 5M**; Bonnell Ford, Rte 3, Winchester, MA; 11AM; \$8 entry/\$10 post; Mary Bialecki, 289 Cherry St., W. Newton, MA 02165 or Kathy Nary (508)462-9552.
12th Winner's Circle R.C. Hangover Classic 10K; Winner's Circle Sports Bar, 371 Elm Street, Route 110, Salisbury, MA; 11AM; \$5/\$8 post; Bob Manning, (508)462-8994 (or-1073).
- 4 **CMS Winter Series 5K**; Worcester State College, Worcester, MA; 8:30 AM; CMS PO Box 2, Greendale Station, Worcester, MA 01605 (508)754-8304.
GSH Snowstorm Classic 5K Winter Series; Same as above.
- 5 **Colonial Road Runners 4M Winter Series**; Depot-Railroad Station, Abington, MA; 1PM; Frank, (617)341-8019.
Season Opener 5M; Central Park, NYC; 10AM; NYRRRC, (212)860-4455.
- 11 **CMS Winter Series 5K**; Same as above.
GSH Snowstorm Classic 10K Winter Series; Same as above.
20 Kilometer Run & Hot Chocolate 5K; Central Park, NYC; 9:55AM; NYRRRC, (212)860-4455.
PruCare Lady Track Shack 5K Classic; Winter Park, FL; Women's Race; Track Shack, 1322 N. Mills Ave., Orlando, FL 32803; (407)896-1160.

February:

- 1 **Sorbothane/USRA Masters Circuit National Champ. 8K**; Orlando, FL; Dean Reinke & Assoc., 400 N. New York Ave., Suite 103, Winter Park, FL 32789; (407)647-2918.
- 2 **10th Annual Mid-Winter 10 Mile Classic**; Cape Elizabeth High School; Noon; Race day registration: 10:45 to 11:45AM; Bob Payne, 655-6006 (eve), 402 Route 85, Raymond, ME 04071; Marla Keefe, 775-6262 (day), 655-7350 (eve), RR2, Box 1441, Casco, ME 04015; Maine Track Club, P.O. Box 8008, Portland, ME 04104.
- 12 **Colonial Road Runners 4M Winter Series**; Same as above.
- 18 **Maine Track Club Annual Awards Banquet**; South Portland Marriott Hotel; Social hour begins at 6PM.
CMS Winter Series 5K; Same as above.
GSH Snowstorm Classic 5K Winter Series; Same as above.
- 19 **13th January Thaw 4.5 Miler**; Belgrade Central School; Noon; \$3 entry; Gene Roy, 465-7296 or Central Maine Striders, P.O. Box 1177, Waterville, ME 04901.
CMS Winter Series 5K; Same as above.
Colonial Road Runners 4M Winter Series; Same as above.
North Wind 10K; Central Park, NYC; NYRRRC, (212)860-4455.
- 25 **Central Maine Striders Annual Awards Banquet**; Evening; Waterville Holiday Inn.
CMS Winter Series 5K; Same as above.
GSH Snowstorm Classic 10K Winter Series; Same as above.
- 26 **Cliff White 10K**; Tara Hyannis Hotel, Hyannis, MA; 11AM; \$5/\$6 post; Cliff White 10K, P.O. Box 322, Hyannis, MA 02601; (508)778-6965.
Colonial Road Runners 4M Winter Series; Same as above.



Sumner Weeks-MTC VP and Brian Gillespie-Coach Extraordinaire at the Great Pumpkin

PRESIDENT'S PAGE

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1991 Has been a busy year for the Maine Track Club, and I hope it has been a happy and successful one for the members. With the assistance and guidance of the MTC Race Committee and the various race directors, we had over 25 quality events for the running community. Establishing a race committee was a priority, and I want to express my personal thanks to each of the race directors, and the super efforts and dedicated work of Charlie Scribner and Bill Stuart of the race committee. With the computer-wise knowledge of Ruth Heffle-finger, Sue Davenney, Charlie and Bill race management and race results were more efficiently and accurately handled.

In addition to maintaining top-notch races this year, there were other successes which I want to mention in this, my last column as President.

Our Vice Presidents, Carol and Sumner Weeks, are to be commended for the variety and quality of our monthly programs. It takes much time and planning to have speakers who will be of interest to the majority of our members. Good job!

Maureen Sproul was asked to head a photography committee and she has

done an excellent job. She and various club members have taken many photos and have displayed these at various meetings.

Carol Weeks was chairperson of youth programs, scholarships and the Bruce Ellis camperships. MTC awarded four Bruce Ellis Camperships this year.

Another priority was to get better newspaper coverage of road racing. Thanks to MTC members' post card blitz to the Portland Papers, we were able to convince them to list full results in many more races. Thanks go to Erin MacLean for her weekly articles and many special columns regarding particular races and individuals. As they say: "Keep those cards and letters coming."

The Newsletter did not get a new name, but under Candace Karu's efforts and talents, the readability of the text and the clarity of the pictures improved immensely. Most members received their issue several days before the monthly meetings, and Diana Laskey and her crew should be thanked for their efforts of stuffing and addressing the envelopes.

We now have a Finish Line structure that will be used in MTC races; we have a trophy case to display significant MTC awards and trophies, such as the large MTC Runners of the Year and the Handicap Race trophies.

Community awareness projects were highlighted by our participation in and assistance to Rock Green's 24 hour run to benefit the AIDS project. This was a successful event. Also, the sponsors of the Fore River Challenge, Bay Club and Blue Cross, donated \$1,600 to the Pack Cove Path in Portland.



LEFT: President Peter Bastow always goes the Distance!

Serious consideration for a 1992 Souther Maine Marathon is presently underway. The Race Committee and Board of Directors did not want to pursue this unless we got someone to enthusiastically step forward as a director. I was very pleased when I got a call from Dave Shennan. Hopefully we will have some decisions made in the next several weeks.

Finally I want to thank the following people for all their assistance, advice, good humor and friendship during the last two years:

Donna and Everett Moulton; refreshments with a theme. Barbara Coughlin for her experience and sound advice as a member at large. We will miss you next year. Rob Laskey and Rick Strout for their financial expertise, we are lucky to have them both on board for next year; Tom Atchison with his 50-50 smile; Marla Keefe for her planning ability, thanks Marla; Don Penta for his statistics and keeping us correctly posted; John Leroy (Mr. Mainely Running) for all he's done for MTC and the Maine running community.

John Gilliss and Dale Rines, a great year certifying courses. Ruth Hefflefinger, as membership chair and computer expert, is one of the hardest working of the club who does most of her work unknown to most club members. Ruth, you should get the unsung hero award!

Mel "The Hat" Fineberg, our clothing and gym bag demonstrator -- thanks, Mel!

Charlie "Mr. Race Director" Scribner; no one knows how much this man does for the MTC and the running

community. Thanks for all you given to the Club.

Carlton "The Statesman" Mendell; thanks for being you. Your presence at the board meetings has been and inspiration.

Bill Stuart, our past president, has put countless hours into Club work. Thanks for your advice, your race directing abilities, your photography, your computer wizardry, and your quick sense of humor!

Sue Davenney, Secretary par excellence. Thanks for the detailed work you have done for the Club, not only this year, but the past several years. You tackle a task with the determination of a marathoner, you never hit the wall, and you finish with a beaming smile. We all thank you for your efforts.

Thanks to all of you active Club members who are always willing to volunteer without being asked. You seem to find the time to race as well as work at 10 or 15 races. Keep up the good work and have fun!

I hope you will make plans to attend our annual banquet in January. It is always a fun time and a great way to end one year and begin a new year. For those of you who cannot make the December 11 membership meeting, I will take this opportunity to wish you a happy holiday season, and thanks for your support this past year!

Best regards, Peter

RACE RESULTS

4th Mark Hoffmaster Memorial 5 Miler
Westbrook, ME - 53 Fin. - June 2nd, '91

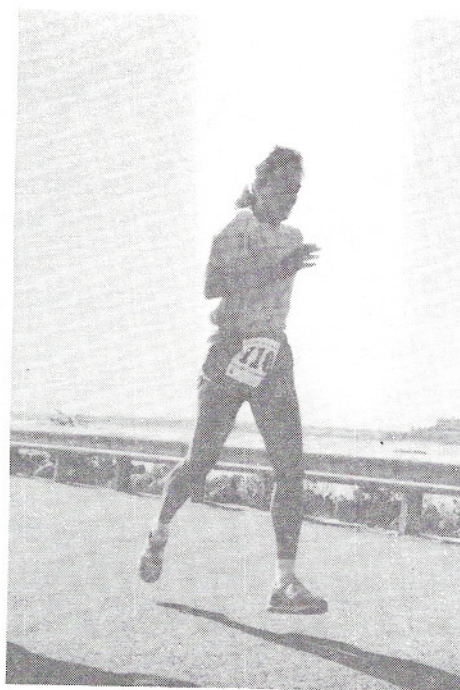
1 Andy Howard	27:36
2 Roland Thibeault	27:38
3 Sean Keough (MTC)	28:52
4 John Nowinski	30:15
5 Bob Coughlin	30:50
9 Russ Connors (MTC)	31:53
11 Richard Scribner (MTC)	32:24
13 Peter Bastow (MTC)	32:43
14 Larry Barker (MTC)	32:52
15 Dick Lajoie (MTC)	33:19
22 Meg Randall	34:18*
24 Dale Rines (MTC)	34:24
26 Laurie Nicholas	34:46*
28 Diane Whitcomb	34:50*
29 Janet Sparkowich (MTC)	35:01*
31 Eric Ellis (MTC)	36:58
32 Gary Giffard (MTC)	37:03
33 Marnie Randall	37:33*
34 Jessie Plourde	37:34*
47 Donald Kent (MTC)	42:13

Many thanks to Patty Titcomb for complete results.

Race Results are carefully
compiled and edited by
Don Penta each month.



Tom Dann (left) and
Paul Coburn.



Eileen Dunfey (above).

5th Annual St. Peter's 4 Miler - 127 Fi.
Portland, Maine - August 11th, 1991

Top Overall Finishers:

1 Nathan Howes	22:58
2 Michael Brosnan	23:16
3 Steven Hightower	23:35
4 Zachary W. Laidley	23:55
5 Jim Willitts	23:56
14 Carol A. Weeks (MTC)	25:44*
18 Jeanne Hackett (MTC)	26:03*
20 Elisabeth Gendron (MTC)	26:09*
28 Lynn Bay	26:40*
29 Coreen Corsetti (MTC)	26:46*

Other Maine Track Club Finishers:

12 Sumner C. Weeks	25:39
13 Yun J. Chong	25:47
17 Mark Giroux	25:56
23 David Houser	26:36
24 Malcolm W. Washburn, Jr.	26:40
26 Dick Campbell	26:43
27 Gary Giffard	26:44
30 David Shevenell	26:51
31 Stephen DiPalma	26:54
32 Dominic Reali	26:55
37 Bill Davenney	27:13
39 James Boisvert	27:31
48 Betty Barber	28:15*
49 Michael J. Cavanaugh	28:23
50 Kathryn Tolford	28:24*
52 Carlton E. Mendell	28:35
58 Mary Anne Peck	29:09*
60 Henry Wolstat	29:12
61 Patricia Medina	29:28*
63 Larry A. Barker	29:36
72 Suelene Houser	30:07*
73 Christopher Rolfe	30:10
77 Bob Cushman	30:31
79 Oscar H. Cloutier	30:44
81 Michelle Giroux	30:46*
82 Nancy Lovetere	31:24*
89 Joan Tremberth	31:30*
90 Kathleen Duddy	31:56*
95 Martha Deprez	32:30*
97 Wendy L. Hall	32:44*
101 Robert M. Wyman	33:24
104 Denny Morrill	33:54
106 Dave Conley	34:03
115 Wayne I. Newland	35:19
121 Donald P. Penta	36:16
122 Bill Stuart	38:59
127 James Carroll	46:03

Many thanks to Jim Nappi, Mike Reali,
and Ron Cedrone, for complete results.

Marine Corps Marathon
Washington, D.C. - November 3rd, 1991

Top Maine Finishers:

Thomas McCarthy (MTC)	2:44:08
Christine Snow-Reaser	2:47:50*

Maine Track Club Finishers:

Tom Clemence	3:06:01
Steven Jacobsen	3:18:56
Carlton Mendell	3:31:49
Don Bessey	3:35:06
Michael Cavanaugh	3:37:31
Lynn Patrick	3:41:14*
Malcolm Washburn, Jr.	3:41:15
John Kazilionis	3:44:24
Orlando Delogu	3:48:33
Lloyd LaFountain	3:49:09
Jeanne Clemence	3:51:00*
Richard Cavanaugh	3:53:04
Jeanne Hackett 1st Marathon	3:54:38*
William Davenney	4:15:03
Brenda Keene	4:15:21*
Barbara Coughlin	4:18:28*
Ronald Dubois	4:22:13
Jane Dolley	4:27:54*
Candace Karu	4:28:56*
Melvin Fineberg	4:50:55
Jeanne Richmond	4:54:17*
Everett Moulton	4:54:17
Warren Foye	5:10:10
Dolores Billings	5:29:15*

Special thanks to Erin MacLean for complete Maine results; special congratulations to all MTC finishers & other MTC participants for great heart; and special thanks to the MTC support team.

Delta Dental Marathon

Newport, Rhode Island - November 3, 1991

Maine Track Club Finishers:

Scott Fone	3:28:05
George Liming	3:44:41

Thanks - again to Erin Maclean!



Steve Jacobsen qualified
for Boston at the Marine
Corps Marathon

11th Annual Doc's Tavern 3 Mi. - 286 Fi.
Biddeford, Maine - June 14th, 1991

Top Overall Finishers:

1 Tom Dann (MTC) open	34	14:21
2 Andy Palmer 1,30-39	37	14:25
3 Kim Wettlaufer 2,30-39	34	14:59
4 Michael Grigware 1,19-29	26	15:03
5 Pete Bottomley 2,20-29	29	15:09
23 Michele Hallett open	27	16:26*
26 Sally Perkins 1,19-29	28	16:28*
59 Coreen Corsetti(MTC)2,19-29	26	18:17*
63 Jeanne Hackett(MTC) 1,30-39	32	18:31*
71 Deb Merrill (MTC) 2,30-39	35	18:44*

Other Top Division Finishers:

8 Ron Newbury 40-49	41	15:21
14 Robert Boldus 18&under	18	16:16
52 David Knox 50-59	51	18:04
83 Carol Weeks (MTC) 40-49	42	19:05*
114 Peter A. Scontras 60&over	62	20:05
127 Renee Mardowney 18&under	17	20:31*
264 Dolores Billings (MTC) 60&+ 61	27	27:04*
265 Kathy Blake 50-59	50	27:13*

Other Maine Track Club Finishers:

18 Chuck Snekvik	48	16:18
34 Thomas Clemence	34	17:03
39 Carl Fogg	43	17:41
62 Peter Bastow 2,50-59	54	18:21
66 Lloyd P. LaFountain	29	18:39
67 Sumner Weeks, Jr.	42	18:40
69 Eric R. Ellis	38	18:42
70 Clyde Coolidge 3,50-59	52	18:43
77 Rocco Corsetti	43	18:52
78 Ray Shevenell	50	18:55
87 Steven Jacobsen	41	19:12
88 Elisabeth Gendron 3,19-29	28	19:13*
94 Linda Hovencamp	25	19:33*
96 Bill Davenney	46	19:36
99 Nancy Kneeland 3,30-39	36	19:42*
101 Brigitte Edquid 2,40-49	43	19:46*
102 James Boisvert	34	19:48
103 Janet Sparkowich	33	19:49*
108 Nancy Lund	39	19:56*
113 Bob Jolicoeur	54	20:04
126 Gail Waitkun	36	20:27*
131 John Kazilonis	43	20:39
135 James M. Carter	22	20:43
136 Russ Bradley 2,60-69	67	20:44
137 David Shevenell	29	20:44
138 Mary Anne Peck	32	20:46*
140 Timothy Monahan	20	20:50
141 Terry Wiley	31	20:53*
145 Betty Barber	34	21:06*
152 Bob Cushman	53	21:11
153 Diane LaVangie	32	21:20*
159 Henry Wolstat	57	21:30
160 Jeanne M. Clemence 3,40-49	42	21:31*
166 Marilyn Champagne	32	21:56*
168 Warren Wilson	57	21:59
180 Lou Champagne	40	22:27
198 Jeanne Richmond	32	23:01*
199 Wendy Hall	25	23:02*
206 Kathleen Duddy	40	23:10*
215 Craig Cunningham	31	23:33
220 Richard V. Cavanaugh	58	23:49
227 Reggie Sargent	45	24:11
232 Judy Grassi	32	24:31*
241 Don Penta	45	24:51
244 Everett Moulton	45	25:16
256 Kathy Jacobsen	38	26:08*
257 Sally Paterson	49	26:11*
270 Donna Moulton	42	28:21*
271 Ruth Hefflefinger 2,60&over	62	29:15*
272 Pat Buckley 2,50-59	53	29:29*
274 Virginia Cross	48	29:50*
275 Ted Cunningham	63	30:28
281 Michelle Mondor	43	30:53*

Many thanks to race director Ken Dion
for complete results.

1 Jonathan Aretakis open	32	2:39:58
2 Doug Kewley 1,40-44	41	2:42:31
3 Patrick Montuoro 2,40-44	42	2:47:15
4 John R. Gagnon 1,20-24	24	2:48:43
5 Bryant Bourgoin	41	2:49:22
6 Harry Nelson (MTC)1,35-39	37	2:49:26
18 Bruce Bell 1,50-59	52	3:02:42
19 Bob Couglin 2,50-59	52	3:03:28
22 Susan Hawkins open	29	3:05:18*
29 Gordon Scannell (MTC)	38	3:09:14
30 Maureen Sproul (MTC)35-39	35	3:09:57*
42 Sharyn Kingma 1,40-44	41	3:22:10*
49 Thomas Carll (MTC)	47	3:26:10
56 Carlton Mendell(MTC)1,60+	70	3:30:15
58 Dick Campbell (MTC)	40	3:31:34
59 Pamela Wuerthner 1,25-29	26	3:33:10*
60 Connie Mendonca 2,40-44	41	3:33:23*
78 Ken Simpson (MTC) 1st Mar	42	3:44:59
84 Carol Pierce (MTC)1,45-49	45	3:51:28*
89 Youngdahl "John" Kim (MTC)55	3	3:57:55
93 Richard Scribner (MTC)	40	4:01:50
94 Glenn McAllister (MTC)	42	4:03:21
97 Patricia Clark (MTC) 1stM	31	4:06:56*
108 Nan. Jolicoeur (MTC) 1stM	30	4:23:42*
111 Bethany Scherpf(MTC) 2ndM	31	4:49:24*
65 Steve Robertson (MTC)	32	3:35:54

Many thanks to directors Jerry & Ruth
Saint Amand for complete results. Apolog-
ies to Steve Robertson!

1991 Bank of VT/ VT City Marathon
Burlington, Vermont - May 26, 1991

Maine Track Club Finishers:

Scott Fone	3:34:26
Carol Pierce PR	3:34:58*
Youngdahl Kim	3:49:45

Many thanks to Carol Pierce for complete
results.

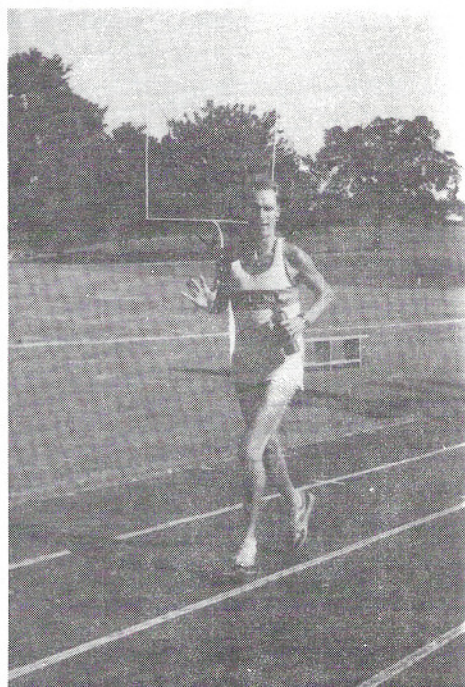
Ron Cedrone reports:

Saturday, October 19th, 1991 saw five
Maine runners line up for the Green Moun-
tain Marathon in South Hero, Vermont. A
temperature interval of 45 to 50°F, over-
cast skies, and a breeze off the lake
greeted the runners. When it was over
Maine runners walked away with several
awards, taking five of the first seven-
teen places in the marathon!

In the half-marathon Dick Lajoie was
second in the 50's age division in 1:31:
57.

The following Maine runners finished
the marathon: Bill Devou, 2:57:30 (5th);
Al Butler (MTC) 2:58:05 (7th); Mike Re-
ali (MTC) 2:59:20 (9th); Carl Fogg (MTC)
3:04:52 (14th); & Ron Cedrone (MTC) 3:07:
18 (17th overall).

The Maine Track Club left its mark
on this small town marathon & has the
locals buzzing about how big those Maine
runners are!



Ed Patton (above) part
of the MTC 24 Hour
Relay Team

HAPPY
HOLIDAYS!

NEW MEMBERS

NAME & ADDRESS	TELEPHONE	OCCUPATION	AGE
John Chase Biddeford Middle School 335 Hill Street Biddeford, ME 04005			
Evan Levine 10 Cragmere Avenue South Portland, ME 04106	H799-9072 W799-0821	Assistant Pro Purpoodock Country Club	28
Mary Peck 348 South Street Biddeford, ME 04005	H284-9816 W985-6116	Chemist - Peck Labs	33
Christopher Rolfe 2 Eastern Avenue Falmouth, ME 04105	H878-2977 W657-3226	Plant Manager Portland Sand & Gravel	29

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MARK HOFFMASTER MEMORIAL 5 MILER - JUNE 2, 1991

The Mark Hoffmaster Memorial 5 Miler took place on Sunday, June 2. Joel and I found the course to be a little short so we went back to the original course done in 1986 and found it to be an even 5. Once again it was warm and sunny, and 53 com-petitors completed this challenging non-PR course.

Joel and I would like to thank all the MTC volunteers listed below, and also a special thanks to my parents, my sister, Monica, my nephews, Chris and Matt Rulman; friends, Sue Cio, Rick, Bob Peacock, Jody King, Erich Reitenbach, and ed Keiser. We couldn't have done it without all your help!

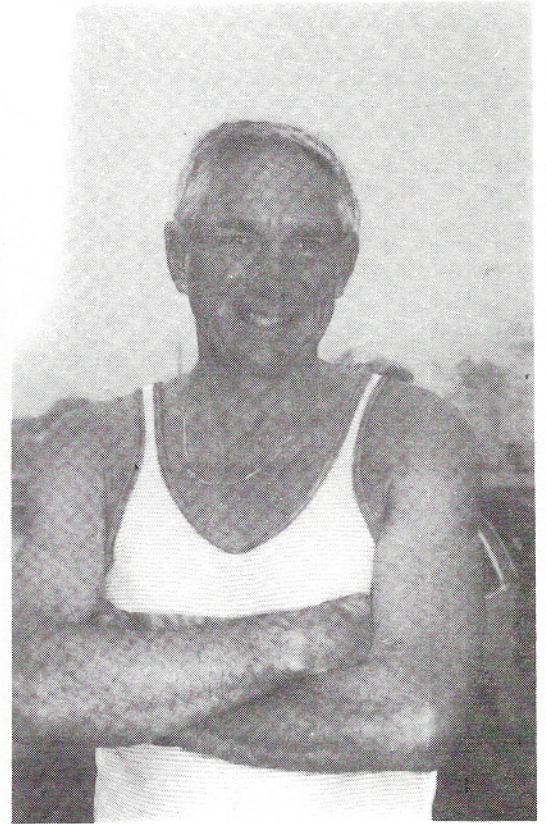
Joel, Patty and Olivia Titcomb

Carlton Mendell
Bill Stuart
Tom Atchison
Donna Moulton
Warren Foye
Malcolm Washburn
Jody King

Phil Meyers
Rich Robinov
Don Penta
Sandy Utterstrom
Terri McGovern
Erich Reitenbach
Ed Keiser



Malcolm (HHBL) Washburn and
Tom Atchison looking fine!



Great Pumpkin pre-race smiles
courtesy of (top) Bob Hazzard
and Clyde Coolidge

MEMBERSHIP MEETING

MAINE TRACK CLUB MEETING NOVEMBER 13, 1991

Our speaker was not able to be with us due to a death in the family. Approximately 65 people attended this meeting.

President, Peter Bastow recognized recent marathoners; Dave Shennan ran NYC with a member of the Achilles Club, several members ran and cheered for runners at the Marine Corps including some 1st timers, and George Liming ran Delta Dental.

New members and guests included Bill Devou, Mary Anne Peck, John Pettorini and Tim Monahan. Member, Kathryn Tolford was attending her first meeting.

Peter described entry information for the National Cross Country Championships in Boston, November 30. Volunteer information is in New England Runner Magazine. Peter also has forms for special early ordering of tickets to the Olympic trials in New Orleans, June 19-28.

Deadline for ordering is Dec. 1.

Questions were raised about the convenience of our meeting place. Peter explained how good SMTC is to us. A survey may be done to determine effect on attendance.

Trophy Case: The partially completed case was on display in the lobby. A motion was approved to give the Board discretion to finance the completion within reason. The trophy for the Maine Track Club Runners of the Year was displayed with engraving done.

Annual Awards Nominations: Please send in forms by Dec. 1. John LeRoy, Erin MacLean, and Don Penta are working on this already.

Rock Green: Rock is looking for ways to express his appreciation for MTC's support for the 24 Hour Run for Aids. Some ideas are to sponsor MTC memberships for some young runners, donate to the Bruce Ellis Memorial Campership Fund, or establish a shoe fund for young runners. Other ideas may be given to Charlie Scribner.

Fall Marathon: Dave Shennan will lead the effort to establish a southern Maine marathon in 1992.

Annual Banquet: January 18, at the Marriott. \$16 per person. May have surprise speaker. Help on the Banquet would be appreciated by Carol and Sumner Weeks.

Maureen Sproul recognized for 2nd place finish at Pine Tree Marathon.

Correction to Secretary's Report: Kim Moody's name is not Kim Beaulieu Roberts.

Treasurer's Report: Balance as of Nov. 6, \$5367.58. Report cycle will be changed to 15th

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of the month.

Clothing: Gym bags are being embroidered. Ready next week. New sweatshirts with crew neck selling fast.

Newsletter: This month's deadline is Nov. 17th. Photos tonight. No January issue. Peter expressed our thanks to Candace for a great job on the newsletter.

Photography: Maureen had photos from the Citibank 10K posted.

Social: Run and Brunch at Al Butler's, this Sunday. Herb gave directions. Dec. 14 at Marilyn Champagne's. Info in Dec. newsletter.

Race Reports: Citibank 10K scheduled for Oct. 11, 1992. 3.1 mile sign needed. Charlie will contact Jerry Saint Amand's sign maker. NCAA Meet, Nov. 16, and MTC Handicap Race, see Bill Stuart. Turkey Trot, Tom Atchison needs more volunteers for traffic on 10K. New Year's Portland 5K apps are out. Registration will be in atrium outside the Bay Club. Concerns about traffic control will be conveyed to the directors.

Don Penta has Doc's Tavern results and Shaw's 4 Miller apps.

Volunteer t-shirt design: Deb Merrill agreed to work on this.

Pre-meeting fun runs: Herb will not always be there, but has arranged to have the showers available to anyone wanting to run before the meeting.

Dick Johnson's Commentary on WGAN: Peter played a tape of this during which Dick Johnson says it's time for Joan Benoit Samuelson to "let go." Peter read a response that he had written strongly disagreeing with this. A copy of this and a card of congratulations will be sent to Joan.

Nominations for 1992 officers were read. One nomination was made from the floor for Vice-President. The nominee needs to be contacted for his acceptance. List will be in the newsletter.

John LeRoy commented that some members are not aware of their 3 race commitment. Ideas to encourage this are: discount on club races for the following year, discount on club clothing for those who work more than 3 races a year, a punch card to keep track of races worked, and a higher fee for those members who just want to subscribe to the newsletter.

Happy Birthday to Jeanne Richmond.

Carlton Mendell ran the 13th fastest time ever for a 70 year old man at the Pine Tree Marathon. It was the 2nd fastest time in the last two years.

Don Bessey commented that it was nice to have plenty of time to discuss business and perhaps some club meetings should be devoted to issues such as those raised this evening.

Erin MacLean was congratulated on her work in the Maine Sunday Telegram Running Column and other race and running coverage.

Bridgette Edquid won the 50/50 raffle.

Respectfully submitted,
Susan Davenny
Susan Davenny
Secretary



LEFT: Veteran Bill Davenny hugs first-time marathoner Dolores Billings at the Marine Corps.

The Runner's Eden

Running is a positive experience! Runners are a peculiar lot; more understanding, more giving, more universally supportive than the "average person." For those who have immersed themselves in the running community is easy to make generalizations, to assume that their environment is going to be friendly. This is part of the bond that draws us to this sport and holds many of us for a lifetime.

On the third of November I was shocked back to reality! I was forced to realize that there was at least one "subversive" in my running world. I had just completed the Marine Corps Marathon and was mentally struggling to put the toughest race of my career into perspective. I had stopped in a race for the first time and was still in shock from the masses of runners that passed me as I walked -- trying to regain the strength it would take to finish this race. At the finish line I joined with some friends. We quickly assessed our performances, then pointed ourselves toward the large crowd that was between us and the goodies that were going to help reload our seriously depleted carbohydrate stores. I negotiated the mass of bumping bodies and grabbing hands rather quickly (Although time can be severely distorted after a marathon) and was returning, arms laden with my "trophies," to rejoin my MTC friends. My eyes were thoroughly engrossed in making sure that the cup of soup that I was carrying was not going to spill. People in front of me

stopped, I was bumped from behind, and the soup spilled. My fingers rejoiced in the warmth and I paid little attention to spilling it for the remainder of the trip. As I started moving again I heard a voice ask "Can I have one of your cookies?". I looked up to see two runners in front of me. Then came the response "Get your own!" I shuddered and looked around, wondering if I had been transported to an inverse universe where everything that happens is opposite of what you would expect. The ogre then scowled belligerently and stormed off. I looked at the other runner. He stood there dazed and confused. I saw another tired, cold, and hungry warrior from the marathon "front." A mirror image of myself, moving stiffly but steadily through the ever growing crowd that was trying to reach the "carbohydrate Mecca." He looked at me sheepishly, still stunned, not quite daring to ask after such a rude rebuff. I held out my cup of cookies -- the forbidden fruit. "Help yourself!" I said "I have plenty." A warm smile came to the chilled and weary face. "Thanks!" he said. "I was feeling really weak all of a sudden." "I know." I responded. He took two cookies, we smiled at each other and went our separate ways. I hoped that I had corrected that breach of the "runners' code."

As I thought more about this event, I realized how easy it is for runners to take their "kinder and gentler world" for granted. I, for one, intend to strive harder to make sure that as George Sheehan wrote in "Personal Best," "...Ahead, just past the digital clock, are peace and warmth and friends -- the runner's Eden."

Submitted By
Don Bessey

MAINE TRACK CLUB VOLUNTEERS AT PINE TREE MARATHON

Donna Moulton	Beverly Doughty
Mark Clinch	Peter Bastow
Russ Bradley	Jan Bastow
Brenda Keene	Paul D'Amboise
Don Penta	Catherine D'Amboise
Susan Davenny	Jean Thomas
Bill Davenny	Sandy Utterstrom
Ed Doughty	Bob Wyman

Thank you all and congratulations to Ruth and Jerry Saint Amand on a superb farewell Pine Tree Marathon.

Susan Davenny
MTC Volunteer Coord.

HONOLULU MARATHON

MTC member, Tom Peterson has invited anyone doing the Honolulu Marathon, December 15th, to stay with him. He lives along the 7th and 24th miles of the course. If not this year, plan ahead for next year.

Tom Peterson
236 Kaalawai Place
Honolulu, HI 96816
808-732-4920



Big Fun at the Marine Corps Marathon. How about another Road Trip next year?

NOMINATIONS FOR 1992 MTC OFFICERS

The following nominations were made and accepted at the November meeting. A nomination was made for Vice-President but that person was not present to accept and therefore has not been listed.

President: Carol & Sumner Weeks
Vice-President:
Secretary:
Treasurer: Rob Laskey
Membership: Ruth Hefflefinger
Newsletter: Candace Karu
Race Committee: Charlie Scribner
At Large: Rick Strout
Carlton Mendell
Russ Connors
Past President: Peter Bastow

Elections will be at the December meeting. Additional nominations should be made to Carol and Sumner Weeks 774-7302 or Susan Davenny 772-1787 or with approval or presence of the nominee at the December meeting.

GLAMOROUS GIFTS From CASA Mel!

OUTSTANDING IN YOUR FIELD



MAINE TRACK CLUB

To: YOUR HOLIDAY HONEY

GIFT CERTIFICATE
CLOTHING

From: THAT SPECIAL SOMEONE

DATE-----

\$ 1,000.00

MAINE TRACK CLUB MEMBERSHIP FORM

MEMBERSHIP APPLICATION

I hereby make application to the Maine Track Club as follows: (Check 1)

☐ Individual (\$12.00)

☐ Family (\$15.00)

☐ Student (\$5.00) (18 yrs. old maximum)

Note: Applications received after Sept. 30 are good through the following year.

Today's Date _____

Last Name _____	First Name _____	Sex (M/F) _____	D.O.B. _____
Last Name _____	First Name _____	Sex (M/F) _____	D.O.B. _____
Last Name _____	First Name _____	Sex (M/F) _____	D.O.B. _____
Last Name _____	First Name _____	Sex (M/F) _____	D.O.B. _____

Address _____ Home Phone _____
City _____ State _____ 9-Digit Zip Code* _____

Employer _____ Occupation _____ Phone _____
Employer _____ Occupation _____ Phone _____

If Student: School _____ Year of Graduation _____
If Student: School _____ Year of Graduation _____

*Please include 9-digit zip code to ensure newsletter delivery. If you do not know your zip, please consult a utility bill.

SEND TO: Membership, c/o Maine Track Club, P.O. Box 8008, Portland, Maine 04104

1991 Officers and Committee Chairpersons

Peter Bastow	President	829-3669	John Gilliss	Course Certification	879-0222
S. & C. Weeks	Vice-Presidents	774-7302	Dale Rines	Course Certification	854-2481
Susan Davenny	Secretary	772-1787	Maureen Sproul	Photography	926-4681
Rob Laskey	Treasurer	729-4104	Ruth Hefflefinger	Membership	797-4625
Charlie Scribner	Race Committee	772-5781	Bill Stuart	Past President	799-5961
Candace Karu	Newsletter	967-4258	Melvin Fineberg	Clothing	774-8868
Barbara Coughlin	Member at Large	799-0463	Don Penta	Statistician	892-4526
Carelton Mendell	Member at Large	797-7806	Rick Strout	Member at Large	829-3216
			D.&E. Moulton	Refreshments	799-2894

Maine Track Club, Box 8008, Portland, Maine 04104 * A non-profit organization

WANTED: NEWSLETTER SPONSORS!

MTC gratefully acknowledges the generosity and support of those members listed at right. If you would like to become an individual sponsor, please send \$10 to the Maine Track Club, Box 8008, Portland 04104.

To become a corporate sponsor, your donation of \$25 should be mailed to the same address. Prime sponsorships in the amount of \$50 will reserve you advertising space in the newsletter. For details, contact the Editor at the number listed above.

All donations are gratefully accepted!

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Richard & Nancy Lemieux
Malcolm & Adrienne Kidd
Cynthia Smith

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1. Do you attend some or all of the club meetings? ____ If no, why? (location, time, date, subjects...???)
2. Would you attend occasional "business only" meetings devoted to MTC issues? ____
3. Do you volunteer for 3 or more MTC races per year? ____ If no, why?
4. Do you wear MTC clothing when racing or volunteering at races? ____ If no, why?
5. Do you attend the Payson Park Runs, other MTC group runs, and/or the summer Wednesday night track workouts? ____ If no, why?
6. Do you attend MTC social events? ____ If no, why?
7. Do you have suggestions for club goals, activities, or speakers?
8. Do you have any suggestions for nominees to the Maine Running Hall of Fame?
9. Did you join the club only for the newsletter and race information? ____

Name _____ Phone _____

Social

Refreshments

Clothing

Youth Programs

Race Committee

Course Certification

Race Director

Race Equipment Manager

Photography

New Member Welcome Calls

Auction Chairperson

50/50 Raffles