



# NEWS • RUN

Run with a friend . . .

December 1992

## MTC Auction Nets \$1500+

Wednesday, November 11th saw over one hundred Maine Track Club members and friends gather at the Cumberland Congregational Church for the Club pot luck dinner and auction. Our auctioneer, the verbally dexterous and always humorous Bill Stewart coaxed generous bids from those in attendance. Items at auction ranged from a loaf of Russ Conners', in-the-money-homemade sourdough bread to Nancy Lund's beautifully crafted Christmas tapestry to a twelve speed mountain bike. After consuming a generous pot luck dinner and browsing through a large silent auction, members spent the remainder of the evening bidding in a light hearted manner on over 50 items donated by area merchants and club members.



*Cashiers Jodi and Michael Reali  
at the MTC Auction*

When the final tally was made by treasurer Steve Assante, the Club had realized a total of \$1,854.00 from the evening. After expenses of \$308.12 we netted \$1,545.88. This money will go toward funding youth scholarships and the purchase of race equipment for the 1992 and 1993 season.

A hearty thanks to all who volunteered and participated on Wednesday to help make the auction evening fun and enjoyable for all.

Good Health and Good Running,  
Carol and Sumner Weeks, Co-Presidents

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## Special thanks to auction committee volunteers:

Steve Assante (cashier)  
Tom Atchinson (50/50 drawing)  
Russ Bradley (solicitations)  
Pam & Larry Barker (solicitations)  
Kathleen Duddy (solicitations)  
Jeanne Hackett & Run to Win Ladies (food/arrangements)  
John LeRoy (solicitations)  
Nancy Lund (poster)

Rick Mienking (solicitations)  
Don Penta (solicitations)  
John Pierson (solicitations/transportation)  
Laurie Quint (solicitations)  
Mike & Jodie Reali (cashiers)  
Reggie Sargent (solicitations)  
Dana Sequin & Brigitte Edquid (solicitations)  
William Stuart (auctioneer)



## Presidents' Message

With our final days as Co-Presidents just around the bend  
It is time that we reflect and to the membership send  
Our thanks and appreciation for all your support  
Without your help we certainly would have come up short  
With a very full calendar and lofty goals set  
It was a year Carol and Sumner will never forget  
The banquet in January was quite an affair  
All of the Club members made it a point to be there  
The Presidential Race made its successful debut  
Sporting designer T-Shirts in red, white and blue  
Each month Tom presented outstanding speakers  
There was even one who spoke about sneakers  
Charlie's race committee went from a jog to high speed  
Sorting out many important club matters indeed  
The MTC summer race schedule was certainly the best  
With Oakhurst, Pat's, Peaks and all of the rest  
UNE was the site of our summertime meeting  
Club members had fun running, swimming and eating  
The first Maine Marathon had runners galore  
They all could be seen running along Back Bay Shore  
The logo and 10-4 was seen on shirts, buttons and caps  
Portland and the MTC is certainly on the running map  
The meeting with Lynn Jennings was a long awaited treat  
She regaled us with stories of her Olympic feats  
The auction in November was successful and fun  
Money raised for scholarships will encourage our youth to run  
Alas, it is December and the year is at an end  
To all of the club members we wish to send  
Good running, best wishes in 1993 and good luck to Tom Dann  
And our most hearty thanks to each woman and man  
Who has helped make the MTC the best of its kind in the land

Good Health and Good Running  
Carol and Sumner, Co-Presidents

## Club Positions Nominated

At our November 11th auction meeting, nominations were made by those in attendance for vacant MTC board, committee, and officer positions.

Nominations for two (2) member at large board of director positions included Russ Bradley, Pat Buckley, Mary Ann Doss, Donna Moulton, and Charlie Scribner.

Nominations for Membership Chairperson include Everett Moulton and Laurie Quint.

Nominations for Newsletter Chairperson include (10 newsletters per year), Jeanne Hackett and Judy Grassi.

Nominations for Race Committee Chairperson include Everett Moulton.

Nominations for Vice-President - There were no nominations.

## Can YOU Solve the News•Run Sponsor Mystery?

The name of a new *News•Run* sponsor has been misplaced. Please send a note identifying yourself to Maine Track Club, PO Box 8008, Portland, ME 04104.

### Wanted: *News•Run* Sponsors

The Maine Track Club gratefully acknowledges the generosity and support of those members listed below. If you would like to become an **individual** *News•Run* sponsor, please send \$10 to Maine Track Club, PO Box 8008, Portland, ME 04104.

To become a corporate sponsor, please mail your \$25 donation to the same address. Prime sponsorships in the amount of \$50 will reserve you advertising space in *News•Run*.

#### Sponsors

Milt Bailey  
Charles Iselborn

Eileen Dunfey  
John Woods

Mystery Sponsor



## Guest Speaker Dick Hoyt at December 9 MTC Meeting

At the December 9th, meeting, Dick Hoyt will be speaking. He's the gentleman who pushes his son, who has Cerebral Palsy, in the Boston Marathon. He has completed 13 Boston Marathons, 7 Iron Triathlons, and just did the trek across the country taking 47 days. He should be very interesting. Come and learn what motivates a man like this.

## Help Wanted:

The Race Committee has identified a need to train six or more club members in each of the following two positions. training sessions and apprenticeships will be established for both positions. Salary for both positions is commensurate with the Maine Track Clubs volunteer pay structure (one T-shirt for 3 races per year).

**COMPUTER OPERATORS:** This position is responsible for entering registration information and operating the computer at the races to produce finish results in a accurate and timely manner. Candidates should be computer literate and have access to a computer during training. Apprentices will be teamed with experienced operators for a few races until competency is demonstrated. Candidates should contact Marla Keefe on 655-7350.

**FINISH LINE MANAGERS:** This position has total responsibility for supervising all finish line, timing and results personnel. This person must be fully knowledgeable of all timing and finish line equipment and must be able to train other volunteers on the operation of this equipment. The person should possess good management skills. Candidates will receive individualized apprenticeship training from club "experts". Candidates should contact Sandy Utterstrom on 797-4710.

## Race Schedule

**Dec. 31 — Fourth Annual New Year's/Portland 5K.** Bay Club, One City Center, Portland. This race has become the perfect kick-off to the new year's celebration, with a fast field and challenging intown Portland course. Information: Patti Tableman , 721-0848.

**Jan. 1 — 18th Annual Hangover Classic 10K.** Salisbury, MA (I-95 to Amesbury/Salisbury exit, right on Rt. 110 to fitness center). 11 am. Also four-mile walk. What a way to begin your recovery from the debauchery of the night before! You have to run this one if you hope to match Carlton Mendell race-for-race. This is the first of his usual 75+ races in a year. Good sweatshirts, good course, good times. Information: (508)462-1073.

Looking a little farther ahead . . .

**Feb. 7th — Annual Mid-Winter Classic.** Cape Elizabeth. Yes, the 10-miler to end all 10-milers. Always a challenging course, often challenging weather. Start at the high school, finish around the Spurwink hills unless you are properly trained and make it to the chute back at the high school. Information: Bob Payne: 655-2165 or Marla Keefe: 655-7350

**March — Hyannis Marathon and Half Marathon.** Usually a terrific race, unless Mother Nature has been spited. Seriously, a good training half marathon to gauge fitness for a spring marathon and the last marathon qualifier for Boston. Weather was bitter cold in 1992 this race has a reputation for not having bad weather two years in a row. Always a strong contingent of MTC runners at this one.

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## Oops!

**Taj Mahal** was an award sponsor of the Bud Light 5K Race. It was inadvertently left off the list of sponsors in the November issue of *News•Run*. A special thanks to Taj Mahal for their support!

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# Maine Track Club 50 Miler

*By Pat Buckley*

This past October 10th, the Maine Track Club held its fourth 50-mile ultramarathon since 1989. For the past two years, Al Utterstrom has directed the race with the help of his wife, Sandy.

Rain at the start is now a ritual of this race. This year wind worked with the rain, so that the tarp, badly needed to cover the supply table, defied the frantic efforts of a dozen volunteers as it flapped out of control in the gusts, defeating us. The theme of hardship set, at 7:30 a.m., twenty-one soggy adventurers started on a journey that would take them—in first a two-mile and then twelve four-mile laps—from six to ten hours.

The MTC ultra starts on rural Penneville Road outside Brunswick in a setting of peaceful farmhouses and fall foliage. Those driving by look with varying degrees of approval at the temporary world suddenly sprung in that quiet spot, with tables of supplies, timing equipment, cars with license plates from away—some far away. Al and Sandy don't overlook any need. Runners and volunteers are held together for the day with an array of Exceed, defizzed Coke, fruit, pastry, Bill Davenny's candy orange slices, Sandy's M&Ms, Jean Thomas' sister's annual pot of hot soup, and, fortunately, Jane Lathrop's PeptoBismol. One lucky runner, probably exhausted by noon, mistook the half-eaten sandwich in volunteer Sue Davenny's hand for a refreshment offering and had ham and cheese on the run.

The competition at the front of an ultra race is as keen as a marathon. But for others it's more like the individual competing with his or her own endurance. The ultra runners seem to me like the people of the Gold Rush, brought together for the adventure but each alone in its pursuit. This is a tight band of road warriors who will meet again soon in some other place. You overhear talk of the Westchester (New York) ultra or the Nansivik race at the Arctic Circle, where, I've heard, you'd better get your sleep before you get there because the sun will shine day and night.

But maybe these runners don't need sleep. Take Egor Egan, famous in ultra circles and so nicknamed for his stride, six foot plus frame listing to the left or right as the ordeal wears on. Egor had driven all night from Nova Scotia to race this year in Brunswick. Then he and his dog left right after the post-race banquet to be home for a marathon the following day. Another Canadian, Richard Lulin, a professor from Montreal, last year finished our race and asked directions for the quickest way home. He was, he said, going to run a marathon the following day "if my wife will let me."

This year he said that he had indeed run that next day and that our race had been a good 50-mile warm-up. And I remember the Downeast Roadrunners' 4-miler in Sanford three years ago, when Carlton Mendell, whom I had watched finish the MTC ultra the day before, sailed past me in the first quarter mile.

For the long day at the checkpoint, the volunteers make their own good time. Last year, Laurie Quint and Carol Pierce held a scarily long one-legged hopping contest. This year, Carol defected from the volunteers and ran the race. She ran very well, bolstered, no doubt, by her summer training practice of running to and then in area road races.

Besides Carol, MTC finishers this year were Roz Randall, Bill Davenny, Loren Lathrop and Ned Vadakin. Where were you this year, Carlton? And where was the running psychologist, Phil Pierce? Finishing first for the third year was smooth striding Steve Schiller of Connecticut in



*Roz Randall*



## *Maine Track Club 50 Miler continued from previous page*



*Carol Pierce*



*Ned Vadekin*

6:02:51. Finishing second and third, respectively, were Joe Hayes of York and Craig Wilson of Kittery Point. Sandy's cowbell rang for each runner's bell lap. Finally, every finisher was given a hero's welcome to the volunteer's cheers as each broke the toilet tissue finishing tape. As usual, veteran runner Richard Busa from Massachusetts did his trademark twirl-around at the finish.

When the last runners were in and the equipment packed up, volunteers joined the runners—by now showered and massaged—for the banquet in Brunswick. Al keeps the speeches short so that conversation can flow for a while before the hardy ones meet again at some other starting line. I know first-hand that some of the volunteers go home planning to start training the following day, so they can be one of the elusive runners of next year. And Al and Sandy's truck goes home to West Falmouth to pack in the MTC ultra for another year.

### **MTC 50 Miler Class Winners**

Overall Male Steve Schiller  
Overall Female Rosalyn Randall  
Female 40-49 Carol Pierce  
Male 30-39 Cliff Rogers  
Male 40-49 Joe Hayes  
Male 50-59 Bruce J. Bell  
Male Over 60 Richard Busa

### **MTC 50 Miler Volunteers**

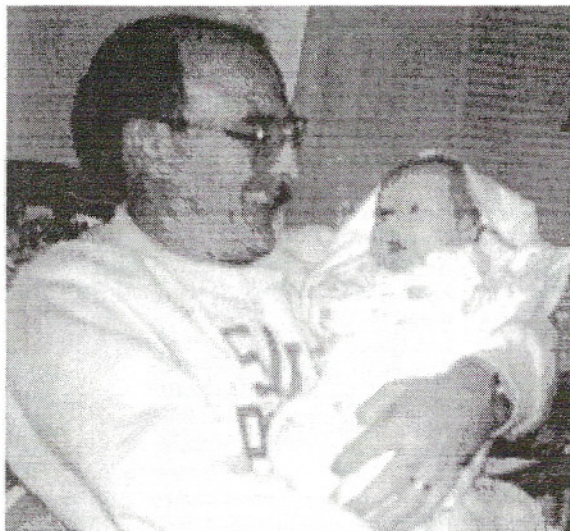
Al Utterstrom, Race Director  
Sandy Utterstrom, Race Director  
Susan Davenny  
William Stuart  
Mary Ann Champeon  
Jane Lathrop  
Warren & Kathi Foye  
Pat Buckley  
Jean Thomas  
Dave Shennon  
Jane Dolley  
Dennis Morrill  
Don Penta  
Marshall Spiegel  
Russ Bradley  
Peter Bastow  
Lauri Quint  
Mel Fineberg  
Ruth & Ray Hefflefinger  
Steve Assante  
Linda Folger  
Mark Clinch  
Richard Scribner



## New MTC Members

NAME AND ADDRESS	TELEPHONE	OCCUPATION	AGE
Daniel Aderman 124 Lane Avenue Portland, ME 04103	H797-0274	Student, Lincoln Middle School	12
Ann Blanchard 10 Roundabout Drive Scarborough, ME 04074	H883-6905 W781-3180	Production Manager G.H.Bass & Co.	35
Thomas Brown 90 Florence Street South Portland, ME 04106	H767-4135	Engineer, Aries Systems Corp.	35
Mary Anne Champeon 148 Pickett St. #108 South Portland, ME 04106	H799-0456 W773-6336	Administrative Assistant/Finance Eye Care & Surgery Center of Maine	34
Stephen Doane 72 Western Avenue W283-1325 Kennebunk, ME 04043	H967-2232	Physician, Self	46
Milt Dudley 225B Ridge Road Bath, ME 04530	H443-9331		40
Elizabeth Ehrenfeld 17 Ocean View Road W856-0300 Cape Elizabeth, ME 04107	H799-5944	Microbiologist, IDEXX	33
Glen & Terry Gallupe 8 Chamberlain Road Scarborough, ME 04074	W865-4100-G W822-7000-T	Programmer/Analyst, L.L.Bean Sr. Accountant, Blue Cross/Blue Shield	33 31
Alan Leathers 7 Gladys Road Cape Elizabeth, ME 04107	H767-3632	Dentist, Self	49
Robert McArtor 3 Becks Lane Freeport, ME 04032	W871-2875	Physician, Maine Medical Center	53
Don Russell 26 Paddock Place W780-9375 South Portland, ME 04106	H772-6194	Advertising Rep., Portland Newspapers	55
Claire Savoie RR1, Box 2293 Sanford, ME 04073	H324-1097 W324-7511	VP of Member Service York County Teachers FCU	33





*John and Gerald (2 weeks old)*

## The Youngest MTC Member (that we know of)

*By Pat Buckley*

Just a year ago, this newsletter reported the wedding of two MTC members, Dianne Whitcomb and John Kazilionis, who met through the South Portland "Tuesday Night Group." The ceremony was preceded by a wedding morning run, with the idea that we'd repeat the run each anniversary if we were all still on our feet.

But a repeat run didn't take place this year due to the arrival of Gerald Joseph (named for each of his grandfathers), on October 10. He weighed eight pounds, one ounce, with his mother's red hair and blue eyes. It's also reported he has excellent lung capacity, day and night. Should make for a good VO2 max should he follow his mom and dad's running footsteps.

Dianne continued to run during her pregnancy and had an early morning walk-jog on the day that Gerald later appeared. John and Dianne are now running regularly again, but someone much smaller dictates the exact schedule. In 1991, Dianne qualified for the '92 Boston Marathon but later requested a medical waiver. She's hoping to do Boston this coming April instead. Maybe someone not quite yet on his own feet will be cheering her along.

### "News•Run" Deadline Date

The deadline for the next issue is January 19, 1993 — this is a **firm deadline**. All material must be submitted by that date to:

Marla Keefe  
RR 2, Box 1441  
Casco, ME 04015-9751  
Telephone 655-7350  
(W) 775-9620

If you would rather submit your newsletter material in person, you may deliver it to Marla at the Telephone Company on Forest Ave., in Portland.

Typesetting, layout and design of *News•Run* is contributed by MTC member Virginia Wilder Cross' company, Working Words in Gorham.



*Sue Davenny at Maine Track Club Auction*



# Race Results

## 1991 Celebrate Gorham 3 Miler - 79 Fin.

Gorham, Maine - July 11th, 1992

1	Jeff Young	14:14
2	David Libby	14:54
3	Roland Thibault	15:03
4	Dennis McIver	15:35
5	Kevin Gile	15:47
6	Mike Caiazzo	16:04
10	Dennis Smith (MTC) 1st Master	16:29
11	Joe Richards (MTC)	16:44
13	Richard Hawkes wheelchair	16:51
16	Brad Davis (MTC)	17:15
18	Kathy Jenkins	17:46*
19	Les Berry (MTC)	18:02
20	Bob Jolicoeur	18:33
21	Richard Scribner (MTC)	18:38
25	John Merritt (MTC)	18:56
26	Craig Robinson (MTC)	19:03
27	Nora Frizzell	19:07*
29	Anne Hendrix	19:16*
34	Rosalyn Randall (MTC) 1st Master	19:22*
38	Eric Ellis (MTC)	19:41
49	Terri Downing	21:17*
50	Kate McNamara (MTC)	21:19*
51	Tim Merritt	21:31
52	Daria McNamara (MTC)	21:37*
56	Mark Clinch (MTC)	22:08
60	Linda Richards (MTC)	22:25*
62	Sheldon Kretschmer	22:52
72	Judy Grassi (MTC)	25:22*
76	Don Penta (MTC)	26:35
77	Pat Buckley (MTC)	26:51*
78	Virginia Cross (MTC)	27:22*

Many thanks to **Barbara Caiazzo** for complete results!

## 13th Annual St. Mary's Festival 3 Miler

Biddeford, Me - 113 Fin. July 24th, 1992

1	Andy Howard	15:02
2	Michael Grigware	15:11
3	Casey Carroll	15:39
4	Stu Hogan	15:50
5	Damon Kimball	15:59
19	Joe Richards (MTC)	17:36
22	David Cate (MTC)	17:51
28	Steven Cohen (MTC)	18:18
29	Tina Blier	18:20*
32	George Liming (MTC)	18:24
35	Bob Hawkes Wheelchair	18:30
41	Leslie Couture	19:11*
48	Neil Martin (MTC)	19:43
53	Dale Rines (MTC)	20:00
55	Greg Parker (MTC)	20:06
58	Andrea Beale	20:14*
62	Rosalyn Randall (MTC)	20:23*
72	Noelle Nolas	21:30*
77	Erin Thompson (MTC)	22:04*
79	Carol Gillis (MTC)	22:38*
85	Mary Ann Peck (MTC)	22:48*
93	Linda Richards (MTC)	23:54*
107	Jesica Parker (MTC)	27:53*
109	Don Penta (MTC)	28:31

Many thanks to **Mainely Running** for complete results!

## 1992 BodyWISE Seacoast Shuffle 5K

Biddeford, Me - 90 Fin. - 8/25/92

1	Michael Grigware	27	15:28
2	Ken Botting	32	16:15
3	Stu Hogan	30	16:18
4	Joe Boardman	26	16:43
5	David Howe	18	16:57
6	Joel Croteau	48	17:19
8	Christine Snow-Reaser	26	18:30*
9	Kevin Jenkins	35	18:36
10	Joe Richards (MTC)	49	18:37
18	Kathy Jenkins	32	19:25*
20	Dan Gagne	53	19:36
21	Lloyd LaFountain (MTC)	30	19:30
24	Leslie Couture	24	19:54*
26	James Boisvert (MTC)	35	20:25
35	Ann Nemi	37	21:45*
39	Katti Towle	20	22:14*
41	Laura Armstrong	17	22:17*
43	Carlton Mendell (MTC)	70	22:53
45	Stanley Simpson (MTC)	44	23:50
51	Debrah Harriman	40	24:50*
52	Linda Richards (MTC)	29	24:55*
53	Stoddard Chaplin (MTC)	53	24:38
62	Dottie Gray	67	26:01*
68	Stanley Harmon	70	27:02
74	Jesica Parker (MTC)	9	27:31*
76	Everett Moulton (MTC)	46	27:41
81	Donna Moulton (MTC)	43	29:27*

Two Mile Walk:

1	Greg Parker (MTC)	34	29:46
2	Carolyn Fisichella	55	29:57

Many thanks to **Mainely Running** for complete results!

## Order Early and Often

Now is the best time to purchase your Christmas gifts for friends and family.

Maine Track Club

- ✓ hats
- ✓ gloves
- ✓ sweatshirts
- ✓ short sleeve T-shirts
- ✓ long sleeve T-shirts

... make excellent and practical gifts for everyone on your gift list. Give Mel a call (774-8868) or attend a club function to place an order.



# Race Results

## 1992 Maine Track Club 50 Miler Brunswick, Maine - October 10, 1992

PL	NAME	AGE	26 MI	50 MI
1	Steve Schiller	35	3:23:59	6:02:51
2	Joe Hayes	44	3:16:08	<b>6:34:48</b>
3	Craig Wilson	43	3:21:52	<b>6:42:12</b>
4	Cliff Rogers	34	3:17:22	6:46:29
5	Bruce Bell	53	3:22:56	<b>6:54:05</b>
6	Bryant Bourgoin	42	3:07:35	7:09:38
7	Lee Dickey	38	3:32:25	7:20:38
8	Hans Van Willigen	54	3:28:10	<b>7:28:28</b>
9	<b>Rosalyn Randall</b>	42	3:44:42	<b>7:30:50*</b>
10	Richard Lulin	45	4:07:13	8:17:06
11	<b>Bill Davenney</b>	47	4:23:27	8:19:44
12	Michael Olivera	34	3:49:12	8:21:50
13	<b>Carol Pierce</b>	46	4:31:10	<b>8:36:13*</b>
14	James Leary	31	4:11:52	8:45:09
15	Darren MacKenzie	32	4:23:24	8:51:54
16	Richard Busa	62	4:16:32	<b>9:14:43</b>
17	<b>Loren Lathrop</b>	43	4:23:38	9:50:52
18	Egor Egan	37	4:40:18	10:02:19
19	<b>Ned Vadakin</b>	50	4:30:16	10:10:50
	<b>Al Mack</b>	42	4:29:57 34 Miles	
	Tom Forbes	59	4:23:46 30 Miles	
	Thomas Tryon	38	3:35:31 26 Miles	

Name in Bold: MTC member; Final Time in Bold:  
TACSTATS national ranking qualifier.

Many thanks to Al Utterstrom, race director, for complete results!

## Third Annual Lifeline 5K Walk/Run Back Cove, Portland - 98 Fin. - 10/17/92

1	Paul Kehoe	31	16:34
2	Jon Strand	28	17:52
3	Bill Devou (MTC)	44	17:57
4	Brian McCrea	32	18:04
5	Michael Reali (MTC)	38	18:12
9	Ron Deprez (MTC)	48	18:38
10	Joe Richards (MTC)	49	18:45
11	Bob Coughlin	53	18:51
13	Richard Scribner (MTC)	41	19:09
15	Rhonda McCrea	27	19:31*
20	Gary Giffard (MTC)	33	19:49
21	James McCorkle (MTC)	37	19:50
22	Carl Fogg (MTC)	44	19:51
24	Les Berry (MTC)	44	19:55
27	Dave Smith (MTC)	51	20:14
29	Tom Carl (MTC)	48	20:25
32	Jane Rau	42	20:57*
37	John Gilbride	61	22:23
38	Sheila Crichton	28	22:27*
43	Joan Lausier	48	22:54*
45	Jennifer Blastow	20	23:15*
46	Joann Gordon	30	23:19*
47	Sharon Crichton	28	23:20*
50	Marla Keefe (MTC)	39	23:50*
58	Caro9lee Gieringer	13	25:04*
59	Linda Richards (MTC)	29	25:14*
65	Chris Conley	11	26:07
67	Sherry Carl (MTC)	45	27:09*
71	Jerome K. Jerome	53	27:57
78	Dianne McCorkle (MTC)	33	28:45*
81	Donald Penta (MTC)	46	30:53
84	Frank Long	75	32:21
85	Brenda Cushman (MTC)	51	32:22
92	Mary Long	68	41:05*
94	Fern Dufour	68	44:33*
97	Phyllis Crichton	66	50:49*
98	Lawrence Rolfe	84	50:50

Many thanks to Ted Cunningham for complete results!

## Fryeburg Academy Homecoming Hustle 5K Fryeburg, Me - 30 Fin. - October 24, 1992

1	Tom Dann (MTC)	35	16:26
2	Brodie Hinckley	19	16:50
3	Alel Shekolin	22	17:00
4	Michael Mageles	25	17:09
5	Dennis McIver	41	17:15
8	Sean Keough (MTC)	37	17:45
11	Cathy Allen	26	18:44*
12	Jeffrey Pong	27	19:15
15	Kristin Lindholm	29	20:31*
19	Lois Todd	35	22:15*
20	Alex Dann (MTC)	12	22:34
21	Mara Kendrick	14	22:54*
24	Richard Scribner (MTC)	41	23:37
27	Mark Clinch (MTC)	36	25:46
30	Deborah Mason	40	28:23*

More Race Results on next page

**WATCH YOUR MAIL**  
for news about the January  
MTC Annual Banquet



## Race Results

### 1991 Hungarian Exchange Halloween 5K Lake Region High School, Bridgton, Me October 31st, 1992 - 58 Finishers

#### Top Overall Finishers:

1	Peter Bottomley 1, open	31	15:30
2	Michael Megeles 2, open	35	16:08
3	Dennis McIver 3, Open	41	16:27
4	Barry Wight 30-39	33	17:30
5	Tim Hagan 15-19	17	17:59
13	Emily Glatz 1, open	23	19:55*
15	Tessa Lewis 2, open	17	20:14*
19	Rosalyn Randall (MTC) 3, open	42	20:56*
22	Donna Holtby 30-39	38	21:45*
27	Sandra Little	34	22:28*

#### Other Top Divisional Finishers:

6	Joe Richards (MTC) 40-49	49	18:18
11	Ray Shevenell (MTC) 50-59	51	19:19
25	Carlton Mendell (MTC) 60+	71	22:13
34	Carol Pierce (MTC) 40-49	46	23:29*
38	Andrea Benvenuti 14 & under	11	24:36*
41	Creed Albrecht 14 & under	13	25:19
52	Pat Buckley (MTC) 50-59	55	30:06*

#### Other Maine Track Club Finishers:

9	Gary Giffard	33	18:59
14	Stephen Assante	40	19:58
17	Dale Rines	40	20:23
24	Paul Alpert	57	22:10
29	Marla Keefe	39	22:47*
32	Jack Ireton-Hewitt	55	23:02
35	John Fyalka	68	24:04
36	Linda Richards	29	24:09*
44	Ricky Meinking	9	26:44
45	Denny Morrill	53	26:53
46	Jesica Parker	10	28:55*
48	Virginia Cross	49	29:09*
53	Donald Penta	46	30:41
57	Steven Parker	8	35:31

### 6th Annual St. Peter's 4 Miler - 75 Fin. Portland, Maine - August 16th, 1992

#### Top Overall Finishers:

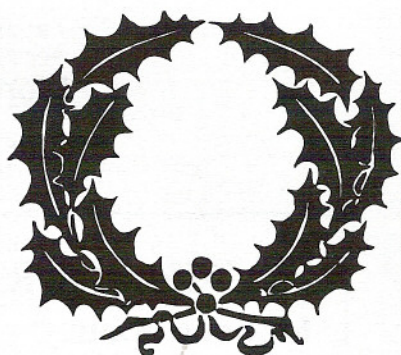
1	Mike Lyons	20:01
2	Paul Merrill (MTC)	22:34
3	M. Brosnan	22:55
4	J. Willits	23:01
5	Jim Bunnell (MTC)	23:13
7	Wanda Binette (MTC)	23:40*
9	Christine Snow-Reaser	24:21*
13	Mary Meehan	25:01*
18	Coreen Corsetti (MTC)	25:51*
21	Carol Hogan (MTC)	26:30*

#### Other Maine Track Club Finishers:

9	Bob Payne	23:45
17	Mark Giroux	25:48
22	Dale Rines	26:40
31	Malcolm Washburn	28:05
34	Michael Crowley	28:12
35	A. Days	28:13
39	David Houser	28:41*
40	Carol-Ann Days-Merrill	30:03*
41	F. Days	30:20
44	Bob Cushman	31:11
46	Carlton Mendell	31:16
55	Stanley Simpson	33:12
67	Wayne Newland	35:20
70	Maggie Soule	38:49*
71	Don Penta	39:13

Many thanks to **Mainely Running** for complete results!

Many thanks to **Charlie Scribner** for complete results!



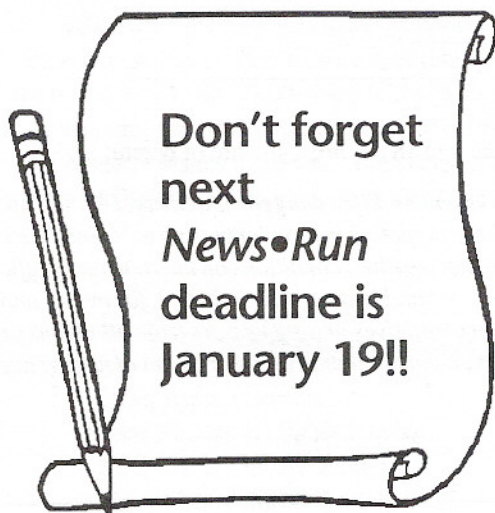
# Season's Greetings



## Cape Cod Marathon

By Walter Webber

The Maine Track Club had a representative at the Cape Cod Marathon on Sunday, October 27. The weather might have been better but was O.K. by me; cloudy, occasional rain, very cool, temperature in the 50s, and just a little wind. The first part of the course is somewhat flat, but when you get to around mile ten you begin some hills, then things aren't too bad until after the half marathon mark. Then you have your typical New England rolling hills. From there on, the end of the course has been changed. For those of you that have run it before, Hurricane Bob washed away part of the old finish line near the shore. It had not been repaired for the 91 marathon so it was rerouted. The hills continue to about 25 1/2 miles. It is not an easy course, but it is a good course. If you want to test your marathon mettle, I recommend it. From my vantage point, the race was run well. The scenery is nice. How did I do you ask? I was 86th out of 360+ finishers with a time of 3 hr. 18 min. and 46 seconds which was good enough for first place in my age group (60+).



*Pat Coolidge and Don Kent at MTC Auction*

## Needed!! T-Shirts, Sneakers, etc.

At one time, a member of the MTC collected t-shirts, sneakers, jackets, etc., from the members and sent them overseas to people who needed them. As a member of the Board of Directors of the Portland YMCA, it has come to my attention that their 85 male residents who make the "Y" their home are in need of the same types of clothing.

This is a plea to fellow MTC members. If you have any old t-shirts, sneakers, jackets, bars of soap (unused), shampoos, combs, etc., that you no longer want, like, need and someone else could use them, I'd be very grateful to take them off your hands.

If you'd bring them to the December 9th, meeting, Deb Atchison will pick them up for me. If you'd like to talk to me about it, I can be reached on 775-9620 days and 655-7350 evenings and weekends.

*Happy Holidays,  
Marla Keefe*

## Dave Shevenell writes . . .

"If anybody in the Maine Track Club is going to be in the area and would like information on the happenings at West Point, I would gladly send it to them, or if anyone would like an impromptu tour of West Point, it would be my pleasure to show them around."

Dave Shevenell  
P.O.Box 63  
West Point, NY 10996





## Maine Track Club 1992 Officers and Committee Chairs

Carol & Sumner Weeks	President	774-7302	Greg Parker	At Large	247-4449
Tom Dann	V. President	985-2727	Ruth Hefflefinger	Membership	797-4625
Reggie Sargent	Secretary	967-5629	Dale Rines	Course Cert.	854-2486
Steve Assante	Treasurer	642-4298	John Gilliss	Course Cert.	879-0222
Peter Bastow	Past Pres.	829-3369	Don Penta	Statistician	892-4526
Charles Scribner	Race. Comm.	772-5781	Rick Meinking	Equipment	772-8301
Russ Connors	At Large	799-8240	Mel Fineberg	Clothing	774-8868
Carlton Mendell	At Large	797-7806			

## Maine Track Club Membership Application

(Please check one) ☐ Individual (\$12) ☐ Family (\$15) ☐ Student — 18 year old maximum (\$5)

Membership is through December of the current year. Dues paid after September 30 are good through December of the following year.

Last name \_\_\_\_\_ First name \_\_\_\_\_ Gender (M or F) \_\_\_\_\_ DOB \_\_\_\_\_

Last name \_\_\_\_\_ First name \_\_\_\_\_ Gender (M or F) \_\_\_\_\_ DOB \_\_\_\_\_

Last name \_\_\_\_\_ First name \_\_\_\_\_ Gender (M or F) \_\_\_\_\_ DOB \_\_\_\_\_

Last name \_\_\_\_\_ First name \_\_\_\_\_ Gender (M or F) \_\_\_\_\_ DOB \_\_\_\_\_

Street address \_\_\_\_\_ Home phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Nine-digit ZIP\* \_\_\_\_\_

\*We need nine-digit ZIP for mailing newsletter. Consult a utility bill for your nine-digit ZIP Code.

Employer \_\_\_\_\_ Occupation \_\_\_\_\_ Bus. phone \_\_\_\_\_

Employer \_\_\_\_\_ Occupation \_\_\_\_\_ Bus. phone \_\_\_\_\_

If student, school \_\_\_\_\_ Yr. of grad. \_\_\_\_\_

If student, school \_\_\_\_\_ Yr. of grad. \_\_\_\_\_

### Volunteer Waiver

To be signed by each new member in the household. Applicants under age 18 require signature of parent.

*I know that volunteering to work and participating in Maine Track Club events is potentially a dangerous activity. I should not participate or volunteer unless I am medically able. I assume all risks associated with participating in or volunteering at Maine Track Club events, including, but not limited to, falls, contact with participants, the effects of the weather, conditions on the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, its representatives and successors from all claims or liabilities of any kind arising out of my participation in Maine Track Club activities, even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver.*

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please mail completed form and check to: Membership, Maine Track Club, PO Box 8008, Portland, ME 04104