



News•Run

Run with a friend ...

December 1995

Maine Track Club Membership Renewal

IF YOU JOINED THE MAINE TRACK CLUB BEFORE SEPT. 30, 1995 IT'S TIME FOR YOU TO RENEW YOUR MEMBERSHIP. MEMBERSHIP IS FOR THE CALENDAR YEAR, JAN. 1 TO DEC. 31.

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

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

Last Name _____	First Name _____	Gender (M or F) _____	DOB _____
Last Name _____	First Name _____	Gender (M or F) _____	DOB _____
Last Name _____	First Name _____	Gender (M or F) _____	DOB _____
Last Name _____	First Name _____	Gender (M or F) _____	DOB _____

Street Address _____ Home Phone _____
City _____ State _____ Nine-digit ZIP* _____

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

Employer _____	Occupation _____	Bus. Phone _____
Employer _____	Occupation _____	Bus. Phone _____
If Student, School _____	Yr. of Grad. _____	
If Student, School _____	Yr. of Grad. _____	

Volunteer Waiver

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

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

Signature _____	Date _____
Signature _____	Date _____
Signature _____	Date _____
Signature _____	Date _____

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

Horrors, It's the Halloween Harriers

Two days before this past All Souls Day, a strange assemblage, from fanciful to scary, gathered at the edge of an out-of-the-way Portland cemetery. Were they there to conjure spirits from the beyond, or to boil innocent bones in a clandestine cauldron? No, neither. These guys and ghouls were there to run the annual Halloween Cross Country 3K at Westbrook College.

Under the direction of Brian "Ziggy" Gillespie, 50 or so toed, clawed or pirouetted the mark to begin a flight of fantasy past quiet rows of gravestones, presumably disturbing no one's slumber. The racers' journey was spurred by the spirited sound of Jerome K. Jerome's Halloween horn.

Early in the race, the fleet-footed freaks looped around one another on the graveyard paths in a kind of sped-up Halloween dance. A few of us races even took a small extra loop, following someone, perhaps in a Pied Piper costume, who strayed a bit off course. The vigilant Ziggy appeared right away to redirect us. After snaking through the cemetery, the ragtag band did a short stretch on busy Stevens Ave. As a participant, I had dreaded this public part of the race, fearful I would be recognized in a well-worn and now too-tight cavewoman costume, chicken bone necklace flapping away. A couple of motorists honked and waved at the odd lot of pedestrians — in appreciation, I think.

Then it was back into the cemetery, where we belonged in spirit: Batman, Peter Pan, two very fast ballerinas, a cluster of purple grapes, two female "prisoners" linked by handcuffs, among others. Almost at the finish line, it was up "cemetery hill" (with bittersweet pangs of the April Amble) and home to the finish line, where a cluster of normal appearing folks cheered us in.

Thanks to Ziggy and members of the Ladies' Run to Win team for some fun and a chance to give our usual running gear a rest.

And my congratulations to Lisa Barker and Mark Alan Clinch, both about 50 years my junior, for beating me by at least a minute.



From left to right: Dennis Morrill, Pat Buckley and Don Penta

— Pat Buckley

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, P.O. Box 8008, Portland, ME 04104.

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

Sponsors

Rute Stuffletoe

Kurt C. Nielsen

Maine Track Club Volunteer Coffee Mugs

Any member of the Maine Track Club who has volunteered at three or more MTC races in 1994 is eligible to receive a volunteer coffee mug. You do not need to attend the annual banquet to receive your shirt. Please check each race worked and return this form to the address below by Dec. 15, 1995, or bring to the December pot luck supper.

Name _____

- ☐ Midwinter Classic 10 Miler
- ☐ Presidential Road Race
- ☐ Boys & Girls Club 5 Miler
- ☐ Berwick 5 Mile Bandit Chase
- ☐ April Amble
- ☐ Oakhurst 4 Miler
- ☐ Family Crisis Center 5K
- ☐ YMCA Back Bay 5K
- ☐ Eagles Flatfoot 5K (formerly DARE 4 Miler)
- ☐ Maine Cancer Foundation 5K
- ☐ Maine Mall Mile
- ☐ Clam Festival 5 Miler
- ☐ Deering Oaks Track Meet
- ☐ Peaks Island 5 Miler
- ☐ St. Peter's 4 Miler
- ☐ Sports East 10 Miler
- ☐ Women's Distance Festival
- ☐ Sharing & Caring 5K
- ☐ Maine Marathon & Casco Bay Half Marathon
- ☐ MTC 50 Mile Ultramarathon
- ☐ Physical Therapy 8K
- ☐ Maine Running Hall of Fame 5K
- ☐ Turkey Trot 5K & 10K
- ☐ Thanksgiving Day 4 Miler
- ☐ Other _____

Mail this form to:

Maine Track Club Volunteer Coffee Mug
P.O. Box 8008
Portland, ME 04104

December MTC Meeting

Wednesday, December 13, 6 p.m.
Southern Maine Technical College
Fort Road, South Portland

Jingle Bell 4 Mile Fun Run
& Potluck Supper

This traditional season-ending meeting will take place in the SMTC cafeteria across the street from the regular meeting location. The event begins at 6 p.m. with a 4-mile fun run, followed by a potluck supper at 7 p.m.. If you have any questions, please contact Everett and Donna Moulton at 799-2894.

Renew early and be a winner!!!

If you renew your MTC membership by Jan. 1, your name will be placed in a drawing for a \$25 gift certificate from 5K Sports. The drawing will take place at the MTC banquet on Jan. 13. You must be present to win. Write in your name and phone number and include this with your membership renewal if you wish to be included in the drawing.

NAME _____
TELEPHONE _____

What's inside ...

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Entries available for 1996 Cherry Blossom race

The 24th running of the Nortel Cherry Blossom 10-mile road race will take place in Washington, D.C., on March 31, 1996, two weeks earlier than its traditional second Sunday in April time slot. With Easter falling on the first weekend in April and activities surrounding the 100th running of the Boston Marathon commencing on the second weekend, the organizing committee elected to go with the March 31 date. "This will be a real asset for both the world-class competitors and local runners who have their sights set on the 100th Boston Marathon, since a hard 10-mile race two weeks prior to that event will fit perfectly into their training schedule," said race director Phil Stewart.

Entry forms have been mailed to everyone accepted and rejected for the 1995 race, as well as to 25,000 local runners. Prospective entrants should not procrastinate in sending their entries. "We closed entries last year on Feb. 13, and this year we will probably fill all 5,800 spots well before then," said Stewart.

Last year, Kenyans Ismael Kirui (45:38) and Rose Cheruiyot (51:39) set world records for 10 miles on the flat, fast course that starts and finishes in West Potomac Park and passes the Lincoln and Jefferson Memorials and the Washington Monument during cherry blossom season.

For more information, contact the event hotline, 301-340-6699, or write to 1996 Nortel Cherry Blossom 10 Mile, P.O. Box 884, Middletown, MD 21769.

Fat Ass Fifty

Ring in the New Year by participating in the Fat Ass Fifty, a 50-mile race to be held in Brunswick on Dec. 31, beginning at 7:30 a.m. The race will be run on the same course as the MTC 50-Mile Ultramarathon, a flat, scenic four-mile loop that is USAT&F certified. No race fee, no awards, and all are welcome, even if you don't want to run the entire distance. Bring your own water, though.

For more information, contact Phil Pierce at 781-3769, or write to him at 79 Waites Landing Rd., Falmouth, ME 04105-1939.

Share your recipes

Please share your recipes with your hungry fellow runners. Just send a favorite recipe or two to:

**Newsletter
P.O. Box 8008
Portland, ME 04104**

We need your input

In order to make *News-Run* the best it can be, we need your ideas, stories and other items of interest to your fellow track club members.

If you have a story or a news item that you think belongs in *News-Run*, please bring it to our attention. Send your story, article or announcement you'd like submitted to:

**Larry Dyer
52 Falmouth Road, C-13
Falmouth, ME 04105**

If you have something to share for *News-Run* but don't feel like writing it, contact Larry Dyer (892-2508) or Pat Buckley (775-4817).

Race Results

Submitted by Don Penta

7th Annual Physical Therapy 8K Road Race
259 Record Finishers (81 Female & 178 Male)
(New) Brunswick High School, Brunswick, Maine
October 22nd, 1995

"AG_GR_T" = Time Graded By Age And Sex Based On
National Masters News Tables.
"USAT&F" = Equals Or Beats Standard For National
Ranking By The USAT&F Road Running Infor. Center.

Other Maine Track Club Finishers

10 Nancy Kneeland 3,40-49.....	41	27:55	33:19	6:42
14 Nancy Lund 4,40-49.....	43	28:19	34:16	6:54
17 Rosalyn Randall	45	28:14	34:42	6:59
20 Ann Marie Strohman.....	31	32:32	36:20	7:19
24 Wendy Craig.....	36	32:11	37:06	7:28
60 Sandy Utterstrom 3,50-59	51	35:44	46:06	9:16

Top Overall Finishers

PLACE NAME	AGE	AG GR	T TIME	PACE
1 Rose Prest-Morrison.....	32	26:15	29:31	5:56
2 Laurel Valley (MTC)	33	26:59	30:32	6:09
3 Mary Meehan	29	28:05	31:11	6:16
4 Gretchen Read(MTC) USAT&F	53	24:00	31:33	6:21
5 Carol Hogan (MTC)	44	26:01	31:44	6:23
6 Jessie Andrews	20	28:39	31:48	6:24
7 Nancy Weis	35	28:14	32:20	6:30
8 Juliet Blake Shagou	31	29:23	32:49	6:36
1 Rob Pierce.....	34	24:09	24:42	4:58
2 Todd Coffin.....	34	25:08	25:43	5:10
3 Tom Thibeau	37	25:16	26:18	5:17
4 Stephen Sarkozy	27	26:32	26:32	5:20
5 Lance Gulianii.....	36	25:55	26:49	5:24
6 Shaun Keenan.....	33	26:23	26:50	5:24
7 Bruce Nicholson.....	34	26:28	27:04	5:27
8 Mike Payson	32	26:57	27:15	5:29

18 Rob Craig	39	27:02	28:30	5:44
31 Tom Menendez.....	42	27:34	29:37	5:57
32 Craig Wilson	46	26:55	29:42	5:58
42 Terry Clark 3,50-59.....	51	26:49	30:43	6:11
48 William Sproul	37	29:56	31:10	6:16
52 Eric Ortman	36	30:23	31:27	6:20
53 Richard Scribner	44	28:53	31:27	6:20
54 Sumner Weeks	47	28:26	31:36	6:21
62 James McCorkle	40	30:20	32:11	6:28
71 Peter Bastow	59	26:53	33:07	6:40
81 Dan Hogan	44	31:13	33:59	6:50
84 Dale Rines	43	31:47	34:22	6:55
125 Joe O'Donnell	44	35:12	38:19	7:42
126 George Conly	47	34:33	38:23	7:43
127 Jerome Jerome.....	56	32:12	38:31	7:45
152 Dave Conley	55	35:17	41:48	8:25
153 Andrew Coffin	28	41:52	41:52	8:25
175 Mark Clinch racewalker	39	46:22	48:52	9:50

Age Graded Team Results

Other Top Divisional Finishers

9 Carol Weeks (MTC) USAT&F	46	26:51	33:15	6:41
25 Kate Muir 18&under.....	13	29:57	37:07	7:28
27 Louisa Dunlap 50-59 USAT&F	55	28:11	37:49	7:36
45 Patricia Terrill USAT&F	60	29:39	41:59	8:27
54 Sally Amory (MTC) USAT&F	70	26:42	42:59	8:39
10 George Towle (MTC) USAT&F	45	25:10	27:35	5:33
28 Lawson Noyes 50-59	53	25:18	29:28	5:56
38 Nghia Huynh 18&under	18	29:40	30:24	6:07
70 Hap Hazzard (MTC) USAT&F	63	25:42	33:00	6:38
105 John Chandler USAT&F	68	26:42	36:16	7:18
128 Russ Bradley (MTC) USAT&F	71	27:22	38:31	7:45
151 Philip Campbell USAT&F	77	27:18	41:29	8:21

1 MTC	2:08:40
{Gretchen Read, 24:00; George Towle, 26:53; Hap Hazzard, 26:53; Peter Bastow, 26:53; Craig Wilson, 26:55; & Top Nonscoring: Rosalyn Randall, 28:14 & Sumner Weeks, 28:26}	
2 Cumberland.....	2:15:39
3 NE 65+	2:16:44
4 CM Strider	2:17:06
5 Run To Win	2:18:04
6 BIW	2:23:33
7 Frontrunner	2:37:42
8 Sub-5	2:43:19

Many thanks to Susan Davenny for complete results!

Notice about race flyers

An organization sponsoring a road race that wishes to have their flyers included in the Maine Track Club newsletter must submit the flyers and a payment of \$40 by the 15th of the month. Flyers will not be included in any mailing if not accompanied by the \$40 service fee.

More Race Results

Inaugural "Help Can't Wait" 10K Road Race
79 Finishers (16 Female & 63 Male)
Brunswick Naval Air Base, Brunswick, Maine
9 AM, September 23rd, 1995

*** Indicates A Female Finisher

PLACE	NAME	AGE	TIME	PACE
(WOMEN)				
1	Mary Meehan 1,open	29	38:57*	6:17
2	Sarah Andrus 2,open	40	41:49*	6:45
3	Rita Friend 3,open	24	45:22*	7:19
4	Nancy Murphy 1,40-49	48	51:05*	8:14
5	Deb Degraff 1,30-39	36	52:32*	8:28
6	Jane Dolley (MTC) 2,40-49	47	52:39*	8:30

7	Theresa Reny 1,20-29	28	53:16*	8:35
10	Doris Dubay (MTC)	48	54:55*	8:51

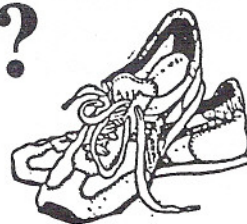
(MEN)

1	Rob Craig (MTC) 1,open	39	36:15	5:51
2	Jay Flaker 2,open	31	36:54	5:57
3	Devie Hamlen 3,open	21	37:51	6:06
4	Ed Mendes 1,40-49	41	37:51	6:06
5	John Eldredge (MTC) 2,40-49	41	38:15	6:10
9	Al Sproul 1,50-59	57	40:32	6:32
14	Matthew Amstutz 1,20-29	26	40:55	6:36
60	Ken Dolley (MTC)	59	59:20	9:34
62	Julius Marzul (MTC) 1,60&over	69	65:03	10:30

Many thanks to Charles Scribner for complete results!

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MTC wins PT8K team competition

The Maine Track Club decisively won the age-graded team competition at the 7th-annual Physical Therapy 8K in Brunswick on Oct. 22. This new concept in team competition uses a set of nationally formulated tables that adjust a runner's actual time by age and sex. Thus a team can be made of men and women of any age. The first five members of the winning team each received a \$50 gift certificate.

Participation at the PT8K has increased every year, and even with a new course and a stormy race day weather forecast, the trend continued this year with a 20% increase. The over \$3,000 in gift certificates and merchandising prizes are one of the big attractions, but many come back for the long sleeve t-shirts, post-race massages and the fast course.

This year, the race was moved to the new Brunswick High School, requiring a new course. The new course proved to be just as fast as the old one with four age-group records broken. There were great individual performances by Sally Amory, Russ Bradley, Phil Campbell, John Chandler, Louisa Dunlap, Hap Hazzard, Gretchen Read, Patricia Terrill, George Towle and Carol Weeks. All beat the USAT&F standards for their age divisions. It is a fast one for wheelchair racers, too, as winner Craig Gray wheeled around the course in 22:12. The course is USAT&F certified.

— John LeRoy

Age-graded team results

1. **Maine Track Club** — Gretchen Read 24:00, George Towle 25:10, Hap Hazzard 25:42, Peter Bastow 26:53, Craig Wilson 26:55 (Roselyn Randall 28:14, Sumner Weeks 28:26) = 2:08.40

2. **Cumberland Track Club** — Marlin Conrad 25:51, Rob Craig 27:02, Robert Ashley 27:26, John Tarling 27:29, John Eldredge 27:51 (Don Stowell 28:14, Ken Botting 28:22) = 2:15:39

3. **New England 65+** — John Chandler 26:42, Sally Amory 26:45, Philip Campbell 27:18, Russ Bradley 27:22, Keith Curits 28:37 (James Berry 33:49) = 2:16:44

4. **Central Maine Striders** — Tom Thibeau 25:16, Shaun Keenan 26:23, Dick Cummings 27:53, David Drew 28:12, David Simard 29:22 (Juliet Blake Shagoury 29:23, James Moore 29:58) = 2:17:06

5. **Run To Win** — Carol Hogan 26:01, Carol Weeks 26:51, Nancy Weis 28:14, Nancy Lund 28:19, Jessie Andrews 28:39 (Joan Reynolds 29:33) = 2:18:04

6. **BIW** — Lance Guiliani 25:55, Guy Segars 27:56, George Johnson 29:18, Pop Sickel 29:21, Rick Hartzell 31:03 (Charles Cary 31:16, Randy Wing 33:15) = 2:23:33

7. **Maine Frontrunners** — Chris Milliken 28:40, John Bean 29:23, Jim Estes 30:23, Jerry Phair 33:29, Wayne Moore 35:47 (Sara Karam 41:13) = 2:37:42

8. **Sub-5 Track Club** — Rick Chalmers 27:35, Kate Muir 29:57, Fred Merriam 31:42, Tamatha Wardwell 35:29, Beth Gaige 38:36 (Michael Gaige 40:37) = 2:43:19

Volunteer List

Bob Aube
Dianna Champeon
Richie Chute
Sue Davenny
Christine DeTroy
Dale Dorr
Cheryl Gilbert
Gary Johnson
Paula Johnson

Becky LeRoy
Deb Merrill
Nate Parsons
Marge Parsons
Bob Payne
Marj Podgajny
Maureen Sproul
Pati Tableman
Ned Vadakin

New members

Stephen & Nancy Murphy
47 A Old Pool Road
Biddeford, ME 04005-9552
286-9603

Professor, USM; Writer

Jeffrey Banger
35 Bedford St. #1
Bath, ME 04530-2470
443-9404
Engineer

Meridan Davidson
152 Stanford #1
South Portland, ME 04106-2150
767-4682
Health Aide, Cape Elizabeth

Rodger Smith
2 Old Colony Lane
Scarborough, ME 04074-0471
883-3041

Maryanne & Shannon Dunfey-Ball
Kyle & Bob Ball
17 Cliff Avenue
South Portland, ME 04106
767-5178
Teacher, Spurwink School; Lab
Manager, Haley & Aldridge

Julie Tate
RR 1, Box 3010 Pond Road
Litchfield, ME 04350
582-5895
Administration, LL Bean

Bill Desrosier
22 Coach Lantern Way
Scarborough, ME 04074
883-6065
Sales, Brown, Williamson & Tobeus

Will Thompson
580 Durham Road
Brunswick, ME 04011
725-7251
Therapist

Judith King
250-A Shaker Road
Gray, ME 04039
657-2843
Legal Secretary, Bernstein, Shur, Sawyer
& Nelson

Wayne Olson
4 Atwood Lane
Brunswick, ME 04011
725-2632
Finance, MPU Commission

HC Phillips, Sr.
535 Chacan Pale R.H.
Suite 116, Box 414
Yigo, Guam (soon to be in Brunswick)
671-653-7832
Rigger, US Navy

Greg Andres
99 Broadway #5
Bangor, ME 04401
942-4979
Attorney, US District Court for Maine

Ken Toner
282 US Rt. 1 North
Freeport, ME 04032
Controller, S/E

Jillian Peters
11 Hills Beach Road-UNE Box 435
Biddeford, ME 04005
284-6470
Owner, Jillian Alexis Photography

Jean Foley
25 Fore Street
Portland, ME 04101
774-0958
Office Manager, CM Labs

Alfinodah Fahray
145 Spring St. #i
Portland, ME 04101
874-2453
Writer

Ross Povenmire
127 York St., #3
Portland, ME 04101
772-2417
Student, Maine School of Law

Stephen Doane
28 W. Cole Road
Biddeford, ME 04005
967-2232
Physician

Jim Estes
105 North St.
Portland, ME 04101
761-2776
Software Engineer, National Semiconductor

Kent Peterson
Three Royall Meadows Rd.
Yarmouth, ME 04096-9779
846-0145
Pres. & COO, KADY International

Nancy Hewett
37 Shady Run
Cumberland, ME 04021-9355
829-4448
RN, Community Health Services

Toni Moen & John Griffin
32 Lawn Avenue
Portland, ME 04103-3153
772-3423
Ins. Adm., Nat'l Life of Vermont;
Camp/Boat, LL Bean Retail

N.Katherine Tranbarger
295 Forest Avenue, #107
Portland, ME 04104-5051
871-0509 Sales, Diversified Expositions

Ann Stairs
4 Silva Drive
Cape Elizabeth, ME 04107-9653
767-7214
Project Development, Wheelabrator
BioGro Div.

Notes from our newest members

I am joining the Maine Track Club for a number of reasons. The first reason is mainly to find people to train with. Training alone works most of the time but it's much more enjoyable with others who can push you. Secondly, I just recently moved here from New Mexico where I was part of a small club led by Tony Sandoval (1980 Olympic Trials Marathon Winner). Thirdly, I wanted to join so I could keep up with the goings on around Maine and see what everyone else is doing. I am hoping to make new friends here and looking forward "to the way life ought to be". Some of my recent accomplishments: 3rd Casco Bay 1/2 Marathon, 1993; Finisher at Ironman Hawaii, 1992, 10:22:00; Finisher at Ironman Hawaii, 1993, 10:17:00. 1/2 Marathon PR 1:11:54; Marathon PR 2:39:00; 10K PR 32:00; 5K PR 14:59. Thanks for your time and I look forward to meeting members of the Maine Track Club.

Jeffrey Banger

My running experience is limited to recreational running, one half marathon in Vermont and the recent Maine Marathon (I actually finished ☺). So far, I've found that I prefer training with other people and I would welcome any opportunity to improve my running skills and meet other people who also prefer to run with others. It seems no one can empathize with you on blisters like another runner...Thanks for a great first marathon.

Meridan Davidson

Hi!! New to the area..long time runners from upstate NY. Like to run races, have helped out and are impressed by Maine Track club.

Nancy and Steve Murphy

We moved to Portland a year and a half ago..from Seattle originally. We were diverted to Colorado for 4 years where we virtually did little running. While living in Seattle, we were part of a running group and miss the comradarie and training companions. We are interested in track workouts and perhaps weekly "long runs" and in meeting people with whom we can train.

Toni Moen, John Griffin

I am joining the MTC in order to support the activities that the MTC does. I've been running for about 3 years. This year I've run in 14 races so far, at about a 6:45 mile pace. John Bean and I started the Maine Front Runners this spring. Front Runners is a running club for gay men and women. We have about 25 members so far. I'm also joining MTC because Chris Milliken told me I should. Happy Running.

Jim Estes

Note from Eric Boylestad:

Past Member of the New York Road Runners Club
Completed three New York City Marathons, Bar Harbor 1/2 Marathon & Casco Bay 1/2 Marathon

Upcoming races

December 9

Jingle Jog for Kids (5K run and 3.1K walk), Kennebunk, 10 a.m. Contact: Ann Marie Flaherty 985-2526.

December 31

Fat Ass 50 (50 miles), Brunswick, 7:30 a.m. Contact: Phil Pierce 781-3769.

February 4

Midwinter Classic 10 Miler, Cape Elizabeth, noon. Contact: Jeanne Hackett 766-5026, Don Penta 892-4526 or Ray Shevenell 799-6219.

Note: Races in bold are MTC events

Board of Directors Meeting

Minutes from meeting on Nov. 5

Editor's Note: Outdated material has been omitted

2) The annual Jingle Bell 4 mile fun run and potluck supper will take place on Dec. 13, 1995 at SMTC. This event will be the monthly club meeting. The fun run is scheduled to begin at 6 p.m., and the potluck supper following at 7 p.m. If you have any questions, please contact Everett and Donna Moulton at 799-2894.

5) Larry Barker reported as of 10/31/95, the club shows a balance of \$8,564.65.

6) The secretary's report for October was read and accepted by all board members.

7) Everett Moulton, race committee chairman, reported a profit of \$5,136.00 for 1995 and expected close to \$3,000.00 more to be collected before the new year. Everett is still awaiting payment of race management fees from past races held this year.

8) Bob Aube is trying a new printer to save money for the club regarding the monthly newsletter. At an estimated 5-10% savings, the printer has a two-day turnaround time and better quality paper.

9) There are currently 334 memberships to MTC, including four honorary memberships. There are 83 new households for 1995, including 14 this past October. There are 23 free newsletters presently mailed to organizations and businesses. Alyce Schultz has developed a new sheet for 1996 membership renewals. It was voted by the board to make this membership renewal sheet the front page of the December newsletter with a survey on the back, as well as a sign-up for volunteering for the 1996 MTC races.

10) Mary Ann Doss reported on the Jan. 13, 1996 annual MTC banquet to be held at the Italian Heritage Center in Portland. Members on the banquet committee are as follows: Bob Aube (program printing), Clyde Coolidge (awards committee), Everett Moulton (awards committee), Marge Parsons and Ann Strohm (ordering and purchasing all awards and gifts; along with tagging all gifts), Ron Pelton (announcements for newsletter, reservation form and volunteer form for insertion into the newsletter), Joan Lavin (awards committee), Russ Bradley (awards committee), Don Penta (awards committee), Mary Ann Doss (banquet location, collection of RSVP's, awards committee).

11) The Maine Track Club will need a new race director of the Maine Marathon for 1996. If anyone is interested or knows of a qualified person(s), please contact Ron Pelton.

12) Howard Spear will continue to be in charge of the club clothing for 1996. An equipment manager is needed for 1996. If anyone is interested in helping the club, please contact Ron Pelton.

13) Ron Deprez has agreed to be the master of ceremonies for the 1996 MTC banquet. Thank you, Ron!

14) The board unanimously voted to have a newsletter published in January 1996.

15) The board intends to present a preliminary budget at the December board meeting to be voted on by club members at the February 1996 meeting.

16) The board voted on the specific awards to be given at the annual banquet this January. Every award category given at past banquets was thoroughly discussed by all members present, and then voted on whether to continue or discontinue the award. A new nominating awards list for 1995 was developed as a result, and was made known to all members via a newsletter insert in the November issue.

— Submitted by Mary Ann Doss

Maine Track Club clothing available

Plenty of Maine Track Club clothing is available to those members who like to show their club spirit whenever they race. Just contact Howard Spear at 856-6496 if you're interested in purchasing MTC singlets, shorts, gymbags or other paraphernalia. Howard also can obtain wind suits by special order. MTC clothing is produced by Bill Rodgers Sportswear, so the quality is very good. Be sure to get some MTC gear of your own and display the club's green and white colors at your next race.

Letter of thanks

Ron Pelton, President
Maine Track Club
P.O. Box 8008
Portland, Maine 04104

Dear Ron,

On behalf of the Maine Running Hall of Fame, thank you and all members of the Maine Track Club for your collective support of the Maine Running Hall of Fame banquet and 5K road race held recently in the Portland area. Both events were very successful, in large part due to the tremendous support of the Maine Track Club.

*Sincerely,
Phil Pierce, Chairman
Maine Running Hall of Fame*

Volunteer List

Thanks to the following Maine Track Club volunteers for working the Maine Running Hall of Fame 5K on Nov. 12, 1995.

Ann Blanchard
Don Kent
Michelle Poulin
Charles Scribner
Dianne McCorkle
Ray Hefflefinger
Al Utterstrom
Warren Faye
Donna Moulton
Marge Parsons
Phil Pierce
Jennifer Pierce
Kathy Harris
Mark Steege
Mike McGeoghegan
Nancy Lund
Jim McCorkle
Carlton Mendell
Sandy Utterstrom
Tom Clemence
Jill Pierce
Nate Parsons
Warren Wilson
Kate Bursk
Nancy Cooper

MTC financial report

For period ending 10/30/95

	ACTUAL	BUDGET
Cash balance 1/1/95.....	\$8,097.67	

Income

Membership	\$3,841.00	\$3,750.00
Race Income		
Management Fees.....	\$9,251.00	\$7,500.00
Equipment Rental.....	\$300.00	\$450.00
Marathon.....		\$1,500.00
Race Fees	\$3,730.00	\$3,000.00
Reimbursements.....	\$4,402.75	\$2,500.00
Other.....	\$1,450.00	
Fundraiser.....		\$500.00
Donations.....		\$400.00
Banquet.....	\$2,126.25	\$2,500.00
Clothing Sales	\$2,055.00	\$1,500.00
Newsletter Sponsor.....	\$85.00	\$100.00
Newsletter Ads	\$50.00	\$500.00
50-50 Raffle		\$200.00
Interest	\$57.18	\$120.00
Computer Fund	\$58.00	\$455.00
Miscellany.....	\$241.00	
Total Income	\$27,647.18	\$24,975.00

Expenses

Administrative		
Postage.....	\$174.68	\$750.00
Awards.....		\$400.00
MTC Ads	\$250.00	\$250.00
Printing	\$361.05	\$750.00
Clothing.....	\$2,054.88	\$2,500.00
Meeting.....		\$250.00
Other.....	\$961.35	
Race Committee		
Ads.....	\$270.00	\$250.00
Printing	\$172.07	\$1,500.00
Supplies.....	\$739.70	\$500.00
Awards & Clothing	\$761.05	\$1,500.00
Equipment.....	\$2,152.04	\$2,000.00
Maintenance & Insurance.....		\$1,300.00
Other.....	\$3,169.76	\$950.00
Banquet		
Awards.....	\$1,850.35	\$2,000.00
Facility	\$1,848.30	\$2,000.00
Other.....	\$821.41	\$500.00
Newsletter		
Printing	\$2,206.43	\$1,400.00
Postage.....	\$781.52	\$750.00
Layout & Other		\$600.00
Scholarships		
Bruce Ellis.....		\$600.00
John Fyalka	\$300.00	\$300.00
Other.....		\$250.00
Coaching	\$2,375.00	\$2,375.00
Miscellaneous		
Fundraiser.....		\$100.00
RRCA.....	\$1,519.07	\$1,000.00
Mt. Washington.....	\$200.00	\$200.00
Other.....	\$4,211.54	
Total expenses	\$27,180.20	\$24,975.00
Cash balance 10/31/95.....	\$8,564.65	



MTC 1995 Officers and Committee Chairs

USA Track & Field



Ron Pelton	President	846-9039	Clyde Coolidge	At Large	603-742-9405
Ron Deprez	Vice President	772-4312	Don Penta	Statistician	892-4526
Mel Fineberg	Past President	774-8868	Maureen Sproul	Photography	926-4681
Larry Barker	Treasurer	761-0137	Howard Spear	Equipment/Clothing	856-6496
Mary Ann Doss	Secretary	799-0896	Dale Rines	Course Certification	854-2481
Alyce Schultz	Membership	780-9805	John Gillis	Course Certification	879-0222
Everett Moulton	Race Committee	799-2894	Bob Aube	Newsletter	946-7681
Donna Moulton	At Large	799-2894	Pat Buckley	Newsletter	775-4817
Russ Bradley	At Large	799-3864	Larry Dyer	Newsletter	892-2508

Volunteers sought for 1996 races

While you're renewing your Maine Track Club membership, now is a good time to start thinking about which races you'd like to volunteer for in 1996. Please look at the list below, check any races for which you'd like to volunteer, and return this along with your membership renewal to the address below.

- Name _____
- | | |
|---|---|
| <input type="checkbox"/> Midwinter Classic 10 Miler | <input type="checkbox"/> St. Peter's 4 Miler |
| <input type="checkbox"/> Presidential Road Race | <input type="checkbox"/> Sports East 10 Miler |
| <input type="checkbox"/> Boys & Girls Club 5 Miler | <input type="checkbox"/> Women's Distance Festival |
| <input type="checkbox"/> Berwick 5 Mile Bandit Chase | <input type="checkbox"/> Sharing & Caring 5K |
| <input type="checkbox"/> April Amble | <input type="checkbox"/> Maine Marathon & Casco Bay Half Marathon |
| <input type="checkbox"/> Oakhurst 4 Miler | <input type="checkbox"/> MTC 50 Mile Ultramarathon |
| <input type="checkbox"/> Family Crisis Center 5K | <input type="checkbox"/> Physical Therapy 8K |
| <input type="checkbox"/> YMCA Back Bay 5K | <input type="checkbox"/> Maine Running Hall of Fame 5K |
| <input type="checkbox"/> Eagles Flatfoot 5K (formerly DARE 4 Miler) | <input type="checkbox"/> Turkey Trot 5K & 10K |
| <input type="checkbox"/> Maine Cancer Foundation 5K | <input type="checkbox"/> Thanksgiving Day 4 Miler |
| <input type="checkbox"/> Maine Mall Mile | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Clam Festival 5 Miler | |
| <input type="checkbox"/> Deering Oaks Track Meet | |
| <input type="checkbox"/> Peaks Island 5 Miler | |

Mail this form to:

Maine Track Club
P.O. Box 8008
Portland, ME 04104