



# News•Run

Run with a friend ...

December 1996

## From the Presidential Suite ...

We want to congratulate the newly elected 1997 officers and board of the Maine Track Club. We were pleased to have so many good candidates run for office this year. The voting was very close for the several contested positions. That is a sign of strength for the club. Elections were held at the November 13th membership meeting, which also featured a pot luck supper. Donna Moulton and Sandy Utterstrom organized this event and deserve a hearty thank you for this pleasant evening.

Planning for the upcoming annual MTC Awards Banquet is proceeding very well with the help of Ann McGovern, Marge Parsons, Mary Ann Doss and Martha Deprez. The banquet will be held on the evening of January 18, 1997 at the Italian Heritage Center in Portland. Al Butler will be coordinating the music for the banquet. Several members have suggested we have more time for socializing rather than have a speaker. The board will make a determination at its next meeting. Please let one of us know what you think.

There will be a race committee meeting on December 10th. At that meeting there will be a discussion of the 1997 race schedule. As mentioned in the last Newsrun, there is concern that the MTC gets involved in too many races, some of which don't provide significant social or financial benefits to the club and its membership. If you have any thoughts on this matter please contact one of us or Everett Moulton, the current MTC race committee chair.

The MTC needs a small group of dedicated volunteers to stuff and mail the newsletter each month starting with the February edition. Members who have been doing this for several years are ready to pass the baton to a new group of 3-5 members. Please call Marge Parsons at 829-5079 if you can help us with this

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## December MTC Meeting and Jingle Bell Run

Wednesday, December 11, 6:30 p.m.  
Southern Maine Technical College  
Machine Tool Auditorium  
Fort Road, South Portland

### Topic: Town Meeting

There is no guest speaker for the December meeting; instead, the meeting will take the format of a town meeting to discuss the direction the club should take in the year to come. Please attend and give your input!

Also, there will be a Jingle Bell Fun Run prior to the meeting, so come early and join your fellow club members as we celebrate the holiday season.

The Maine Track Club meets monthly, the second Wednesday of each month, at 6:30 p.m. in the Machine Room Auditorium at Southern Maine Technical College in South Portland.

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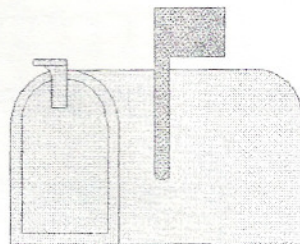
## MTC board of directors for 1997

Congratulations to the following club members who were elected to MTC board of directors for 1997 at the November meeting.

President	Michael Reali and Terry Sutton
Vice President	John Gale
Treasurer	Joe Guimond
Secretary	Mary Ann Doss
Membership	Maggie Soule & John Eldredge
Board--At Large (3)	Russ Bradley Ann McGovern Howard Spear
Newsletter Chair	Marge Parsons

## Volunteers needed for newsletter

As mentioned in last month's newsletter, volunteers are being sought to help prepare the newsletter for mailing each month. A couple of volunteers have already stepped forward, but a few more people are needed to relieve the crew that has been performing this job for several years. The task is that of stuffing the newsletters and any accompanying material into envelopes and preparing the envelopes for mailing according to zip codes. If you could devote one evening a month to helping us out, it would be greatly appreciated. Please call Pat Buckley at 775-4817. Thanks!



## Fat Ass Fifty

The second annual Fat Ass 50 Miler is scheduled for Saturday, Dec. 28 in Brunswick, beginning at 7:30 a.m. The course is the same as that for the MTC 50-Miler — a flat, scenic, certified four-mile loop. No fee, no awards, all welcome; bring your own water. There's also a 50K option for those who don't want to run the full 50 miles.

For more information, contact Phil Pierce, 79 Waites Landing Road, Falmouth, ME 04105-1939, 781-3769.

## Save this date!!!!!!

*Saturday, January 18, 1997 @ 5:30 PM*

*"MTC Annual Awards Banquet"*

*Presented by the Maine Track Club*

*Dinner! Awards! Prizes! Fun!!!!*

*See the flyer included with this newsletter!*

## News•Run Sponsors

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

Jerome K. Jerome

Locksley Hall



## Maine Track Club Volunteer Travel Mugs

Any member of the Maine Track Club who has volunteered at three or more MTC races in 1996 is eligible to receive a volunteer travel mug with the club logo. You do not need to attend the annual banquet to receive your mug. Please check each race worked and return this form to the address below by Dec. 13, 1996, or bring it to the December club meeting.

Name \_\_\_\_\_

- ☐ Midwinter Classic 10 Miler
- ☐ Presidential Road Race
- ☐ Boys & Girls Club 5 Miler
- ☐ April Amble
- ☐ YMCA Back Bay 5K
- ☐ DARE 4 Miler
- ☐ Oakhurst 4 Miler
- ☐ Maine Cancer Foundation 5K
- ☐ KBIA 5K
- ☐ Deering Oaks Track Meet
- ☐ Maine Mall Mile
- ☐ Clam Festival 5 Miler
- ☐ Peaks Island 5 Miler
- ☐ St. Peter's 4 Miler
- ☐ Sports East 10 Miler
- ☐ Women's Distance Festival
- ☐ Saco Sports & Fitness 5K & 10K
- ☐ Maine Marathon & Half Marathon
- ☐ MTC 50 Mile Ultramarathon
- ☐ Physical Therapy 8K
- ☐ Turkey Trot 5K & 10K
- ☐ Thanksgiving Day 4 Miler
- ☐ Other \_\_\_\_\_

Mail this form to:

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

## Renew early and be a winner!!!

If you joined the MTC prior to Oct. 1, 1996, it's time to renew your membership. Renew by Jan. 1, and your name will be placed in a drawing for an MTC duffel bag. The drawing will take place at the MTC banquet on Jan. 18. You must be present to win. Write in your name and phone number and include this with your membership renewal (fill out application on back page of this newsletter) if you wish to be included in the drawing.

NAME \_\_\_\_\_

TELEPHONE \_\_\_\_\_

## Pumpkin pie squares

At a recent gathering of club members, Henrietta Bradley's pumpkin pie squares were a big hit, so she was asked to submit her recipe to NewsRun. Here it is:

### Ingredients

- 1 cup all-purpose flour
- 1/2 cup quick-cooking oats
- 1/2 cup packed brown sugar
- 1/2 cup butter or margarine

### Filling

- 2 cans of pumpkin filling (15 ounces each)
- 2 cans of evaporated milk (12 ounces each)
- 4 eggs
- 1 1/2 cups sugar
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 1 teaspoon salt

### Topping

- 1/2 cup packed brown sugar
- 1/2 cup chopped pecans
- 2 tablespoons butter or margarine, softened

Combine the first four ingredients until crumbly, then press into a greased 13x9x2 inch baking pan. Bake at 350 degrees for 20 minutes or until golden brown. Meanwhile, beat filling ingredients into a mixing bowl until smooth and pour over crust. Bake for 45 minutes. Combine brown sugar, pecans and butter; sprinkle over top. Bake 15-20 minutes longer or until a knife inserted near center comes out clean. Cool and store in the refrigerator. Makes 16-20 servings.



(Continued from page 1)

on a regular or occasional basis. It will take one evening per month.

Fall seems to have left us sometime last week; winter is definitely here. Winter runs can be very enjoyable, especially when you run with friends. There are many group runs on Sunday mornings and on other days. If you want to team up with other runners this winter, have fun and stay in shape, just call one of the numbers listed under group runs.

See you on the roads and at the banquet.

Ron and Martha Deprez

(e-mail: 102334.3720@compuserve.com.)

## Help the club; be a volunteer

As we prepare for the 1997 racing season, please think about volunteering to work a race or two next year. Without volunteers, there is no racing season. Hopefully, all of you will help at least once, whether you're an elite runner on a back-of-the-packer. There is no excuse for not helping sometime next season.

## MTC financial report

Checkbook balance 9/30/96 ..... \$1,562

### Receipts

Dues .....	\$204
Pat's Pizza .....	\$1,005
Sports East 10-Miler .....	\$400
50 Miler .....	\$370
50-50 Raffle .....	\$7
Deering Oaks .....	\$75
Clothing sales .....	\$860
Newsletter sponsors .....	\$30
Interest .....	\$4
<b>Totals .....</b>	<b>\$2,955</b>

### Disbursements

Supplies .....	\$27
Newsletter .....	\$338
Clothing .....	\$670
50 Miler .....	\$255
1997 Mid-Winter Classic .....	\$272
Maine Running Hall of Fame .....	\$300
Stickers .....	\$365
Miscellaneous .....	\$25
<b>Totals .....</b>	<b>\$2,253</b>

Checkbook balance 10/31/96 ..... \$2,264

Call 781-5887 for information  
about upcoming races

## 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. It need not be a lengthy article — short newsworthy items are always welcome. Have you or a fellow club member recently had an interesting experience that you'd like to share? If so, please let us know and we'll get it in the newsletter. E-mail your story, article or announcement to Bob Aube at 74270.2276@compuserve.com, or send it to:

Marge Parsons  
178 Bruce Hill Road  
Cumberland Center, ME 04021



# Race Results

## Submitted by Don Penta

Eighth Annual Angie Abraham Memorial  
Scholarship Four Mile Road Race  
100 Finishers (33 Female & 67 Male)  
Loop Course From Deering H.S., Portland  
9:00 AM, Sunday, August 25, 1996

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

"(MTC)" following finisher's name indicates a Maine Track  
Club member

8 Michael Martin 40-49	41	23:56	5:59
10 Lawson Noyes (DHS alum) 50-59	54	24:15	6:04
14 Jerome Saint Louis (DHS student)	17	24:39	6:10
30 Bruce Brasier (DHS alum) 20-29	29	27:12	6:48
48 Roxanne Huff (DHS student)	16	28:40*	7:10
60 Christine Barth 20-29	25	31:34*	7:56
64 William Nyhan (MTC) 70&over	70	32:09	8:02
69 Polly Kenniston 50-59	59	32:29*	8:07
77 Sheila Grace 40-49	45	34:55*	8:44

### Other Maine Track Club Finishers

Top Overall Finishers			
PLACE/NAME	AGE	TIME	PACE
1 Roland Thibault 1, overall	28	21:51	5:28
2 George Towle (MTC) 2, overall	46	22:41	5:40
3 Ryan Martin (DHS) 3, overall	17	22:49	5:42
4 Sam Goodrich 1, 19&under	14	23:03	5:46
5 Brian MacLaughlin 2, 19&under	15	23:05	5:46
18 Nancy Kneeland (MTC) 1, overall	44	25:12*	6:18
25 Bridget MacLaughlin 2, overall	20	26:19*	6:35
33 Tanya Horne (MTC) 3, overall	27	27:22*	6:51
42 Rachel Greenberg (DHS) 1, 19&-	15	28:05*	7:01
47 Connie Hallett 1, 30-39	37	28:36*	7:09

7 Patrick Gwinn 2, 30-39	31	23:55	5:59
21 Paul Aceto	30	25:29	6:22
22 John Rolfe	42	25:45	6:27
28 Richard Scribner	45	26:44	6:41
43 R Davis Hart 2, 50-59	50	28:18	7:05
50 John Griffin (DHS student)	16	29:14	7:19
55 Harry White	54	30:31	7:38
66 Carlton Mendell 2, 70&over	74	32:19	8:05
82 Kristin Griffin (DHS student)	15	35:39*	8:55
86 Marge Parsons 2, 40-49	45	36:51*	9:13
99 Donald Penta (DHS alum)	50	46:04	11:31

Many thanks to Jim McCorkle of 5K SPORTS for complete results!

### Other Top Divisional Finishers

6 Hayden Towle 30-39	38	23:29	5:52
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Fourth Annual Eliot Festival Day 5K Road Race  
670 Finishers (277 Female & 393 Male)  
Certified Loop Course From Eliot Fire Station  
8:30 AM, Saturday, September 28, 1996

Top Overall Finishers			
PLACE/NAME	AGE	TIME	PACE
1 Cathy O'Brien (C.R.) USAT&F	29	16:07*	5:12
2 Lisa Brady	33	16:48*	5:25
3 Christine Snow Reaser	30	17:17*	5:34
4 Anna Brook USAT&F	37	17:29*	5:38
5 Sally Perkins	33	17:32*	5:39
1 Mike O'Brien USAT&F	36	14:48	4:46
2 Andy Downin	23	14:55	4:49
3 Jim Hage USAT&F	38	14:57	4:49
4 Scott Brown USAT&F	38	15:00	4:50
5 Byrne Decker	29	15:02	4:41

### Selected Top Age Group Finishers

6 Rose Prest-Morrison	33	17:44*	5:43
7 Kristin Pierce	22	17:49*	5:45
8 Denise Harlow	26	17:56*	5:47
9 Liz Arcieri	34	18:00*	5:48
10 Veronica Haskell	29	18:01*	5:48
11 Gayla Underkoffler 30-39	34	18:13*	5:52

12 Kelly Rodrigue	32	18:33*	5:59
16 Rita Cecil 40-49	41	18:45*	6:03
19 Carol Hogan (MTC) USAT&F	45	19:00*	6:07
38 Molly Landreth 11-14	13	21:03*	6:47
46 Valerie Lubben 15-18	18	21:40*	6:59
53 Faye Lowrey 50-59	53	22:02*	7:06
72 Louisa Dunlap USAT&F	56	23:15*	7:30
88 Patricia Herrill 60-69 USAT&F	61	23:55*	7:42
91 Heather Fogg 10&under	9	23:59*	7:44
273 Mary Helen Wilson 70&+ USAT&F	76	36:50*	11:52
7 Guy Stearns USAT&F	37	15:25	4:58
17 Jeff Robie 40-49	40	16:12	5:13
25 Dennis McIver USAT&F	45	16:41	5:23
36 Adam Foster 15-18	17	17:19	5:35
50 Evan Hallquist 11-14	14	17:57	5:47
51 Joel Croteau 50-59	52	18:00	5:48
64 Trevor Herrin USAT&F	13	18:32	5:58
86 Lloyd Slocum 60-69 USAT&F	62	19:14	6:12
99 Brian Lockhart USAT&F	11	19:37	6:19
163 Ray Picknell USAT&F	65	21:34	6:57
219 Tyler Goodwin 10&under	10	23:15	7:30
227 Kenneth Folsom 70&over USAT&F	70	23:38	7:34
247 Russ Bradley (MTC) USAT&F	72	23:58	7:44
323 Nelson Soule USAT&F	75	26:49	8:38

(Continued on page 6)



# More Race Results

(Continued from page 5)

## Other Maine Track Club Finishers

25 Jeanne Hackett	37	19:33*
26 Maureen Sproul (P.R.)	40	19:44*
30 Ann Stairs	27	20:29*
43 Kate Meyers	36	21:31*
49 Joan Lavin	48	21:50*
60 Kitty Kelley	49	22:37*
81 Sherry Carl	49	23:26*
115 Jo Marie McAulay	44	25:16*
117 Sally Strazdins 2,60-69	62	25:19*
176 Yvette Knight	50	27:33*
182 Marlene Russell	54	27:45*
224 Jan Bastow	60	30:24*
247 Pat Buckley	58	33:12*

54 Craig Wilson	47	18:07
81 Bob Payne 3,30-39	58	19:06

82 Joe Hayes	48	19:12	6:11
83 Paul Lessard	39	19:12	6:11
95 John Rolfe	42	19:32	6:18
98 Kevin Burke	31	19:36	6:19
104 Thomas Carl	52	19:48	6:23
123 Peter Bastow 3,60-69	60	20:23	6:34
125 George Boudreau, Jr.	33	20:25	6:35
136 Frank Knight	51	20:47	6:42
172 Don Bessey	51	21:47	7:01
191 James Boisvert	39	22:21	7:12
212 Harry White	54	23:00	7:25
238 John Cain	35	23:49	7:40
272 John LeRoy	59	24:44	7:58
385 Julius Marzul	70	33:25	10:46
386 Don Penta	50	33:30	10:47
391 Jared McAuley	6	38:03	12:15

Many thanks to co-director Randy Bartlett for complete results!

## Second Annual "Help Can't Wait" 10 K Road Race 78 Finishers (22 Female & 56 Male) Brunswick Naval Air Station, Brunswick, Maine 9:00 AM, September 21, 1996

### Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Guy Segars 1,overall	31	34:46	5:36
2 Julia Kirtland 1,overall	31	36:25*	5:52
3 Rob Craig 2,overall (MTC)	40	37:17	5:52
4 Richard L'Heureaux 3,overall	44	37:38	6:04
5 Ed Mendes 1,40-49	42	37:40	6:05
6 Steve Moriarty 2,40-49	46	39:03	6:18
7 Laurel Valley 2,overall	34	39:10*	6:19
15 Ellie Tucker 3,overall	41	41:22*	6:40
23 Sarah Andrus 1,40-49	41	43:49*	7:04

### Other Top Divisional Finishers

8 Jeff Arsenault 30-39	39	39:17	6:20
11 RC Arsenault 20-29	29	41:04	6:37

20 Arnie Green 60&over	64	42:33	6:52
25 Tom Harlow (MTC) 50-59	50	44:32	7:11
27 Tim Merritt 19&under	17	44:36	7:12
44 Jamie Smith 19&under	17	48:21*	7:48
46 Brietta Delmanzo 20-29	21	48:29*	7:49
70 Nelson Soule USAT&F	75	58:59	9:31

## Other Maine Track Club Finishers

16 Glen Gallupe	37	42:06	6:48
32 Keith Malone	39	45:26	7:20
39 Theresa Gallupe	34	47:25*	7:39
40 Chet Matthews	50	47:33	7:40
59 Beth Wilson	40	53:25*	8:37
65 Jill Szopinski 2,20-29	26	54:43*	8:50
66 Carlton Mendell	74	54:52	8:51
78 Julius Marzul	70	1:08:40	11:05

Many thanks to Charles Scribner of SPLIT TIME RACE MANAGEMENT for complete results!

## Notice about race flyers

Anyone who wishes to have their race 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. The fee applies only to races not run by the MTC, so if a race fee is already being paid to the club, there is no charge for race flyers.

# More Race Results

Seventh Annual Septemberfest 5K Road Race  
355 Finishers (126 Female & 229 Male)  
Race Benefits The Traip Academy Athletic Boosters  
Kittery Trading Post, Kittery, Maine  
September 8, 1996

"USAT&F" indicates that the finisher qualified for national ranking according to the new 1996 standards established by the National Running Data Center of USA Track & Field.

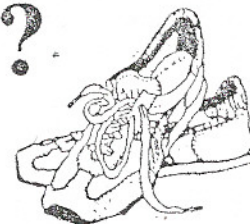
PLACE/NAME	AGE	TIME	PACE
1 Sally Perkins 1,30-39	33	18:33*	5:59
2 Linda Saint Laurent 2,30-39	37	19:03*	6:08
3 Elaine Christy 3,30-39	32	19:25*	6:15
4 Carol Gephart 1,40-49	40	19:38*	6:20
5 Susannah Landreth 1,20-29	28	19:44*	6:22
11 Alicia Estes 1,15-19	17	21:26*	6:54
13 Molly Landreth 1,14&under	13	22:09*	7:08
19 Faye Lowrey 1,50-59	52	22:57*	7:24

50 Sally Strazdins (MTC) 1,60-69	62	26:19*	8:29
120 Mary Helen Wilson 70&+ USAT&F	76	39:07*	12:36
1 Dan Verrington 1,30-39	34	15:33	5:01
2 Kevin Way 1,20-29	27	15:39	5:03
3 Raymond Youngs 1,15-19 USAT&F	18	15:49	5:06
4 Michael Grigware 2,30-39	31	16:16	5:15
5 Kevin Retelle 1,40-49	40	16:22	5:17
7 Ron Newbury 2,40-49 USAT&F	46	16:45	5:24
12 John Boyle 1,50-59	52	17:22	5:36
24 Evan Hallquist 1,14&under	14	18:07	5:50
42 Paul Lessard (MTC)	39	19:18	6:13
49 Joe Hayes (MTC)	47	19:41	6:21
87 George Boudreau (MTC)	33	20:53	6:44
90 Derry Rundlett (MTC)	50	20:55	6:44
130 Peter Scontras 1,60-69	68	22:43	7:19
145 Harry White (MTC)	54	23:41	7:38
150 Kenneth Folsom 70&over USAT&F	70	24:07	7:46

Many thanks to the Kittery Trading Post for complete results!

## Do you enjoy running, walking and being fit ?

- Check out our great selection of shoes, apparel and gear
- We offer personal service where you can talk to a runner for the best fit
- Great prices, the same or lower than  
*Road Runner Sports catalog*
- Test drive your new shoes on our treadmill





## Group runs

The Maine Track Club includes all kinds of runners doing many different distances at a variety of paces — from the weekend jogger to the daily 20-minute runner to the serious road racer.

Whatever your pleasure may be (social, speed, long distance), we probably have a running/training group near your area. For more information, contact any of the following:

### Kennebunk

The Kennebunk Road Warriors run weeknights in Kennebunk. Contact: Steve Jacobsen 985-4107 or Nancy Kneeland 985-8100.

### Portland

The USM Morning Group runs at 5:45 a.m. daily from the USM gym. Contact: Mel Fineberg 774-8868 or Ruth Hefflefinger 797-4625.

The Rat Pack runs at 7 a.m. Sunday mornings from Payson Park. Contact: Ron Deprez 772-4312 or Mike Reali 829-2014.

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

### South Portland

South Portland Road Runners run Thursday nights at 5:30 p.m. from the high school. Contact: Russ Bradley 799-3864 or Donna Moulton 799-2894.

### Yarmouth

The Royal River Rapids meet weekdays at the entrance to Royal River Park on East Elm Street at 6 a.m. Pace is moderate to slow, and distances are between three and six miles. Contact: Keith Malone 846-1403.

If you know of a group run that isn't listed above, please contact either Bob Aube (946-7681) or Marge Parsons (829-5079) to let us know where, when, how far, approximate pace per mile and contact person for inclusion in the monthly newsletter.

## MTC Discounts

The following area sporting goods stores have agreed to give MTC members discounts on running shoes and running clothing. It is necessary that you show your 1996 club ID card when requesting discounts.

### 5K SPORTS,

190 US Route 1, Falmouth  
15% on Shoes; 20% on Clothing

### OLYMPIA SPORTING GOODS,

Maine Mall, South Portland  
10% on Shoes Only

### YANKEE SPORTS,

35 Foden Road, South Portland  
10% on Shoes Only

### COASTAL ATHLETICS,

502 Woodford, Portland  
ASIC Shoes Exclusively...  
discounts according to model  
Call ahead for Ron Kelley 772-4530

### GEORGE AND PHILLIPS, INC., Rt. 1,

Kittery; 295 Water St., Exeter, NH  
These are Nike Outlet Stores featuring slightly defective or blemished shoes at reduced prices. All top quality regularly prices shoes 20% off.

### LAMEY WELLEHAN,

Maine Mall; Falmouth Shopping Center;  
Cook's Corner; Auburn Mall  
10% on Running Shoes

### MVP SPORTS, 333 Clarks Pond Pkwy., South Portland 04106

10% on non-sale Running Shoes and  
Clothing

### FAMOUS FOOTWEAR, 330 Clarks Pond Pkwy., South Portland 04106

Also Auburn and Kittery  
10% on Running Shoes



## Welcome to our newest members

Brooke Libby  
28 Millay Road  
Bowdoinham, ME 04008-9731  
666-8250  
Teacher, Brunswick HS

William and Cynthia Dexter Family  
101 Orchard Road  
Cumberland, ME 04101-8700  
829-6051  
Sports Medicine Physician,  
Orthopaedic Associates

Sharon Foerster  
58 Gleckler Road  
Portland, ME 04103-3430  
772-9844  
Social Worker, Integrated Physician  
Services

Lisa Kelley  
76 Middle Road  
Falmouth, ME 04105-1820  
772-6023  
Staff Associate, Greater Portland  
United Way

Daniel Bergeron  
40 Ashmont Street  
Portland, ME 04103-4412  
774-9426  
Nurse Manager, Maine Medical  
Center

Phillips Sargent  
6 Woodland Drive  
Yarmouth, ME 04096-9783  
846-9630  
Insurance, Dunlap Corp.

Jiu Szopinski  
9 Foxglove Ct.  
Yarmouth, ME 04096-1157  
865-1360  
Retail, Yankee Candle

Wendy Berthiaume  
23 Bodwell Street  
Brunswick, ME 04011-2801  
721-9867

Kirsten Maue  
Hidden Valley Famr, P.O. Box 3  
Alna, ME 04535-0003  
586-5839  
Farmer, Bambi Jones

Steve Robbins  
8 Kilby Street  
Sanford, ME 04073-3822  
324-7604  
President, Gemini Optical Lab.

John Carpenter  
203 North Road  
North Yarmouth, ME 04097-3702  
846-5133

Attorney, Bernstein, Shur

Eric Fischer  
113 B Jordan Avenue  
Brunswick, ME 04011-1643  
721-0950  
Senior Financial Analyst, Central ME  
Health Care

Ed Haley  
18 Maple Lane  
Cape Elizabeth, ME 04107-2328  
799-0087  
Sales, Hewlett-Packard

Melvyn Attfield  
137 Scamman Street  
South Portland, ME 04106-4535  
878-2324  
Self-employed, Neuropsychologist

Jeanne Desjardins  
P.O. Box 1003  
Wilton, ME 04294-1003  
645-2556  
Instructor, Sandy River Rehab. Ctr.

Michael Hubbard  
P.O. Box 1642  
Sanford, ME 04073-1642  
324-7420  
Head Cook, Lord's Harborside

## Thanks to PT8K volunteers

The following volunteers helped make this year's Physical Therapy 8K a success (next year's race is scheduled for Sunday, Oct. 19):

Robert Antoniac  
Bob Aube  
Brian Cullen  
Ralph Butts

Sue Davenney  
Christine DeTroy  
Dale Dorr  
Gary Johnson

Paula Johnson  
Tom Keating  
Julia Kirtland  
Becky LeRoy

Jim McCorkle  
Julie McGee  
Carlton Mendell  
Jay Neil

Marge Parsons  
Patti Tableman  
Ann Vadakin



## Notes from our newest members

Hello Maine Runners!

I'd like to join the Maine Track Club because it sounds like a good way to receive information about local events and keep me involved in running. I just moved to Maine towards the end of July from Minnesota. I came here to be an apprentice on an organic vegetable farm for 1 1/2 years. I've never farmed before or been in the eastern U.S. before, but I'm loving it here. I'm really excited to see next season from beginning to end and be involved in the whole process.

I used to run on a team, starting in my junior year of high school. I ran track for 3 years before trying cross country my sophomore year of college. Cross country was definitely more enjoyable to me, with its trails and small, tight-knit groups of runners. Every summer the cross country and distance track runners got together for a road race in Minneapolis. I've found that without this commitment to a race, I don't get myself out the door nearly as often -- especially those cold, rainy days!! Since I graduated from college (May '95), I've been mostly running alone (except when I could convince Mom or Dad to bike alongside me) and keeping myself motivated and out the door in spurts because of events I heard about and registered for. With winter fast approaching I know I will find numerous excuses to not run each day, so the Maine Track Club will keep me committed to races and hopefully hook me up with people in my area to run with. I just ran the Physical Therapy 8K and noticed how organized and friendly it was. I'm very excited to hear that your club sets up events like this often!! Thank you!!

— Kirsten Maue

I'm joining Maine Track Club for the opportunity to meet and support Maine and local runners. My running experiences include several 10Ks, 5Ks, various other races, and the 1996 NYC marathon. I very much enjoy distance running!

— Eric Fischer

Hello! There are several reasons for joining ... Cindy and I are recreational runners, enjoy an occasional road race ... Youngest son (Saul) just tried running with Cumberland Recreational Department, loved it, and we want to nurture this ... Good family thing to do -- we like to encourage our hockey player (Ben) and dancer (Hannah) to train a bit ... I will be assuming a role as medical coordinator for the Maine Marathon, so I figured I should join the MTC to support the organization ... There's probably more but that'll do for now ... we all look forward to participating.

— Bill Dexter

Have been running for about 10 years and compete in about 12-15 races annually. Began running longer distances this year, including Brunswick 10 Miler and (Casco Bay) 1/2 Marathon. looking for a way to supplement my own training methods and participate in other aspects of running such as volunteering and organizational roles.

— Ed Haley

## 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.



## Upcoming races

**December 11**

**MTC Jingle Bell Fun Run. Contact: Everett Moulton 799-2894.**

**December 28**

**Fat Ass Fifty, Brunswick, 7:30 a.m. Contact: Phil Pierce 781-3769.**

**February 2**

**Mid-Winter 10-Mile Classic, Cape Elizabeth, noon. Contact: Don Penta 892-4526, Jeanne Hackett 766-5026 or Ray Shevenell 799-6219.**

**April 6**

**Presidential Road Race (5 miles), Kennebunkport, 10 a.m. (1K kids run at 9:30 a.m.). Contact: David McCullough 967-3227 or 967-3293 (fax).**

Note: Races in bold are MTC events

## Turkey Trot races a success

Sponsors, volunteers, runners and the weather combined to make the Shop 'n Save Turkey Trot a huge success on Sunday, Nov. 17.

Old man weather made up for last year's miserable conditions by giving us a perfect day for a road race. Everyone was in a great sunny, spring mood. The kids' race started things with a bang. It was fun to watch the kids display their enthusiasm and smiles. They really enjoyed their ribbons and snacks, and thanks to Jim McCorkle of 5K Sports, they were also awarded a great goody bag complete with a T-shirt.

Forty-eight volunteers (see list below) took charge of the day and did an outstanding job.

A special thanks is due Christine Force of Hannaford Brothers for her generosity over the years, to Jim McCorkle for his willing help with the equipment trailer, and to Don Penta for the use of his truck.

Because everyone was willing to lend a hand, the MTC will receive a generous amount of money to use for student scholarships to attend running camps.

*Thank you,  
Co-race directors*

*Mel Fineberg, Malcolm Washburn and Mary Anne Champeon*

Bob Aube  
Betsey Barrett  
Peter Bastow  
Henrietta Bradley  
Russ Bradley  
Pat Buckley  
Diana Champeon  
Tom Clemence  
Clyde Coolidge  
Pat Coolidge  
Ron Deprez  
Jane Dolley

Ken Dolley  
Julia Drinker  
Glen Gallupe  
Terry Gallupe  
Ray Hefflefinger  
Tom Hennessey  
Rex Holtan  
Kathy Jacobsen  
Steve Jacobsen  
Kitty Kelley  
Nancy Kneeland  
Frank Knight

Paul Lavangie  
Joan Lavin  
Bill Lovitt  
Ann McGovern  
Dennis Morrill  
Terry Morris  
Donna Moulton  
Everett Moulton  
Jim McCorkle  
Eric Ortman  
Marge Parsons  
Bob Payne

Don Penta  
Michelle Poulin  
Gretchen Read  
Ron Read  
Betty Rines  
Dale Rines  
Don Russell  
Maureen Sproul  
Al Utterstrom  
Sandy Utterstrom  
Ned Vadakin  
Britt Wolfe





# MTC 1996 Officers and Committee Chairs

USA Track & Field



Ron and Martha Deprez	Co-President	772-4312	Clyde Coolidge	At Large	603-742-9405
Mike Reali and Terry Sutton	Co-Vice Pres.	829-2014	Don Penta	Statistician and Photography	892-4526
Ron Pelton	Past President	846-9039	Maureen Sproul	Photography	926-4681
Andrew Coffin	Treasurer	777-3740	Howard Spear	Clothing	856-6496
Mary Ann Doss	Secretary	799-0896	Jim McCorkle	Equipment	781-3134
Alyce Schultz	Membership	780-9805	Dale Rines	Course Certification	854-2481
Everett Moulton	Race Committee	799-2894	John Gillis	Course Certification	879-0222
Donna Moulton	At Large	799-2894	Bob Aube	Newsletter	946-7681
Russ Bradley	At Large	799-3864	Marge Parsons	Newsletter	829-5079

## Maine Track Club Membership Application

(Please check one) ☐ Individual (\$15) ☐ Family (\$20) ☐ Student — 18 year old maximum (\$10)

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