



News•Run

Run with a friend ...

December 1997

From the Presidential Suite ...

This will be our last column as co-presidents for the Maine Track Club. Bob Aube has informed me that there will be no January edition, as he and Marge have far too busy schedules during the holiday season. I can certainly empathize with them. Thanks for all the great issues this past year, it's a well-earned break.

The past year has gone by at light speed. I have found my position both challenging and rewarding. The Maine Track Club is a unique organization made up of a diverse cast of characters whose common bond is their love for running. The most gratifying benefit of my position was the friendships formed with individuals that I had known, but only casually. It is these friendships that I will remember years from now when I reflect back on my stint. Howard Spear, Everett Moulton and Russ Bradley, to name a few, represent the true heart of the Maine Track Club. Their friendships were unexpected benefits. There are many others but I will not take up my last column listing them all. To all of you, thanks for the help and camaraderie.

It would be remiss of me not to mention the MTC board. I dare say that I have had the pleasure of working with as good a group of members the club has ever seen. It is these people that truly make the decisions that affect the club. The board represents the

(Continued on page 12)

December MTC Meeting and Jingle Bell Run

Wednesday, December 10, 1997, 6:30 p.m.
Southern Maine Technical College
Machine Tool Auditorium
Fort Road, South Portland

Join us at this month's meeting for the annual Jingle Bell Run, a short fun run through the streets of South Portland. Don't forget to bring your Santa hat, other holiday season clothing, and of course, bells. Members are also asked to bring food or drinks to share with each other after the run and a brief business meeting.

The MTC meets the second Wednesday of each month at SMTTC's Machine Tool Auditorium.

Coming events

The annual MTC Awards Banquet will be held Saturday, Jan. 24, at the Italian Heritage Center in Portland. Tickets are \$18.50 per person for the dinner buffet. See page 3 of this newsletter for more information.

Also on Jan. 24, the annual MTC Handicap Race will be held at the home of Marge and Bob Aube in Cumberland. This is a fun event, designed so that all runners will finish at approximately the same time. Faster runners are given a time handicap and forced to start after the slower runners. The faster you are, the longer you have to wait to start. There's no charge for this event, but everyone is asked to bring food or drinks. For directions or more information, contact Marge or Bob at 829-5079.

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News•Run Notes

Thanks to all the club members who responded to George Towle's request for old running shoes which could be sent to needy runners in Kenya. Several dozen pairs of shoes were collected at the November club meeting and will be shipped to Africa soon.

□□□

MTC results from the New York City Marathon: Cam Dauler, 2:40:04; Ken Cotton, 3:28:52; Chris Atlee, 3:30:03; Al Sproul, 3:37:00; Mike Brooks, 4:06:55; Suzanne Umland, 4:16:09; Zoom Zorn, 4:41:29; Karen Baker, 5:03:41; Linda Metzger, 5:35:54.

□□□

Condolences to the following MTC members:

Peter Bastow, on the loss of his mother.

Ed Doughty, on the loss of his father.

Everett Moulton, on the loss of his stepfather.

Ruth Hefflefinger, on the loss of her sister.

□□□

And finally, congratulations to recent newlyweds Pam and Roger Hill.

We need your input

News•Run Notes features news of interest about fellow MTC members. If you have some news to share about yourself or someone else in the club, please pass along the information by calling Marge or Bob Aube at 829-5079, sending e-mail to Bob at 74270.2276@compuserve.com, or by mail to: Maine Track Club, Newsletter, P.O. Box 8008, Portland, ME 04104. The deadline for each issue is the 15th of the preceding month.

Welcome to our newest members

Cathy Burnie (49)

Chuck Burnie (43)

30 Lower Methodist Road

Cumberland, ME 04021-9400

Polly Kenniston

1-A Acorn Lane

Scarborough, ME 04074

767-3989 (H) 775-7271 (O)

Legal Secretary, Jensen Baird Gardner & Henry

Mike Towle (49)

229 Cottage Road

South Portland, ME 04106

Teacher-Coach, USM Men's Track

("one of the original MTC members")

Mel Uchenick (68)

12 Lockwood Drive

Kennebunk, ME 04043-2245

967-9705

Retired

Nancy Zurbach (45)

RR 2, Box 2600

Windsor, ME 04363

445-4617 (H) 626-1894 (O)

Physician, Maine-Dartmouth Family Practice Residency

News•Run Sponsors

If you would like to become an individual **News•Run** 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 give you advertising space in **News•Run**.

Sponsor

The Nielsen family

NTC Awards Banquet

Date: January 24, 1998

**Time: Cocktail hour at 5:30 p.m.,
Dinner at 6:30, followed by awards**

**Site: Italian Heritage Center,
40 Westland Ave., Portland**

Everyone is encouraged to join us for what promises to be an evening of food and fun. Tickets are \$18.50 per person and cover the cost of a dinner buffet. Following the dinner, the 1997 MTC awards will be presented. And for those who wish to stick around afterwards, Al Butler will again be providing music for our entertainment pleasure.



If you plan to attend the banquet, please complete this form and send it in, along with a check for the cost of your tickets. Checks should be made payable to the Maine Track Club and mailed no later than January 2, 1998, to the following address:

Maine Track Club
1998 Awards Banquet
P.O. Box 8008
Portland, ME 04104

Name _____

Number of tickets _____

Upcoming Races

December 6

Season's Greetings 5.5-Miler, Madison, 11 a.m. Contact: Ron Paquette 437-9237.

January 1

New Year's Day 5K, Portland, 10 a.m. Contact: Mike Towle 780-5776 or 799-5125.

January 24

MTC Handicap Race (5K), Cumberland Center, 9 a.m. Contact: Marge or Bob Aube 829-5079.

February 1

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

Note: MTC races are in bold

For the latest race schedules and information, call the MTC hotline at 741-2084 or visit the Sub5 web site at <http://www.finishlynx.com/sub5>

Thanks to Peaks Volunteers

This is a much overdue thank you to all of the volunteers who helped make the Peaks Island Road Race a success. I have always known that volunteers are critical to the success of any race, but I have now learned first hand that no race will take place without them. Thank you, each and every one of you, for your help. You arrived early and stayed late until the work was done. I won't try to mention everyone by name because I know I will forget someone. I do, however, want to thank computer man Frank Knight. His work started well before the race (typing in entries weeks before) and didn't end until all finishers were entered and the results printed. Again, a sincere thanks to all of you for your help.

I would be willing to continue as race director, but I will not do it alone another year. Is someone willing to assume co-director duties? I will take care of all pre-registrations, awards, t-shirts and Lions Club dinner reservations, but I would like to have someone take care of volunteers. It is just too much to do all of the pre-race things and be responsible for the volunteers as well. Please give me a call at 725-6962 if you are interested.

— Larry Dyer

Sign up to get your volunteer fanny pack

All Maine Track Club members who volunteered for at least three MTC races in 1997 are eligible to receive a gift fanny pack at the awards banquet next month. Please place a check next to the races you've worked on the following list and mail this form to:

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

<input type="checkbox"/> Mid-Winter Classic	<input type="checkbox"/> Women's Distance Festival
<input type="checkbox"/> Presidential	<input type="checkbox"/> Saco Sports & Fitness 5K and 10K
<input type="checkbox"/> Patriots' Day 5-Miler	<input type="checkbox"/> Maine Marathon
<input type="checkbox"/> YMCA Back Bay 5K	<input type="checkbox"/> MTC 50-Miler
<input type="checkbox"/> Oakhurst 4-Miler	<input type="checkbox"/> Physical Therapy 8K
<input type="checkbox"/> Maine Cancer Foundation 5K	<input type="checkbox"/> Turkey Trot 5K
<input type="checkbox"/> KBIA 5K	<input type="checkbox"/> Thanksgiving 4-Miler
<input type="checkbox"/> Clam Festival Classic	
<input type="checkbox"/> Peaks Island 5-Miler	
<input type="checkbox"/> St. Peter's 4-Miler	
<input type="checkbox"/> Sports East 10-Miler	Name _____

1998 MTC officers

The following Maine Track Club members were elected to the 1998 board of directors at the regular monthly meeting on November 12:

President.....	John Gale
Vice President.....	Marge Aube
Treasurer.....	Joe Guimond
Secretary.....	Alyce Schultz
Race committee chairman.....	Everett Moulton
Membership chairwoman.....	Maggie Soule
At-Large	Ann McGovern
	Charlie Scribner
	Howard Spear

Notice about race fliers

Anyone who wishes to have their race fliers included in the Maine Track Club newsletter must submit the fliers and a payment of \$40 by the 15th of the month. Fliers 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 fliers.

Race Results

Submitted by Don Penta

The Maine Track Club Presents
The 1997 Harvard Pilgrim Women's Fitness 5K
A RRCA Women's Distance Festival Event
288 Female Finishers
Certified Loop Course From Congress Square, Portland
8:30 a.m., Sunday, September 7th, 1997

USAT&F = finisher qualified for national ranking
according to standards established by USA Track
& Field's National Running Data Center

Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Christine Reaser.....	31	18:09	5:51
2 Katie Payson.....	32	18:15	5:52
3 Teri Morrisse.....	36	18:32	5:58
4 Marjorie Graff.....	29	19:15	6:12
5 Laurel Valley (MTC).....	34	19:16	6:12
6 Mary Meehan-Bates.....	31	19:18	6:13
7 Carol Hogan (MTC) USAT&F over.mas....	46	19:22	6:14
8 Carrie McCusker-Brady (MTC).....	27	19:26	6:15
9 Ann Marie McGovern (MTC).....	33	19:31	6:17
10 Wanda Binette.....	31	19:38	6:19
11 Kelly Cullenberg.....	36	19:43	6:21
12 Monica MacDonald (MTC) 1,30-34.....	31	19:48	6:22

Other Top Divisional Finishers

13 Jessica McLain 20-24.....	20	20:02	6:27
14 Ellie Tucker 2,overall master.....	43	20:04	6:28
16 Nancy Kneeland (MTC) 3,over.mas.....	42	20:19	6:32
20 Deb Merrill (MTC) 40-44.....	41	20:25	6:34
22 Mandy Bowden 14&under.....	13	20:39	6:39
24 Kim White (MTC) 35-39.....	35	20:45	6:41
26 Carol Weeks (MTC) 45-49.....	48	20:49	6:42
32 Morgan Adams 15-19.....	16	21:05	6:47
35 Kitty Kelley (MTC) 50-54.....	50	21:20	6:52
106 Patricia Terrill 60-64 USAT&F.....	62	24:46	7:58
139 Carlene Sproul (MTC) 55-59.....	58	26:20	8:29
218 Ashley Ryder 65-69.....	67	31:10	10:02
282 Priscilla Tighe 70&over.....	71	50:41	16:19

Other Maine Track Club Finishers

28 Kate Meyers 2,35-39.....	37	20:52	6:43
30 Jeanne Hackett 3,35-39.....	38	20:56	6:44
45 Betty Rines 7,40-44.....	40	22:13	7:09
49 Wendy Williams 8,40-44.....	43	22:18	7:11
55 Cindy Aiken 10,40-44.....	43	22:34	7:16
57 Lisa Belisle 4,25-29.....	26	22:50	7:21
94 Cindy Smith 3,50-54.....	50	24:18	7:49
97 Christin Burnham.....	23	24:20	7:50
99 Sherry Carll 4,50-54.....	50	24:27	7:52
100 Dianne Kazilionas.....	37	24:28	7:52
104 Diane Cormier.....	21	24:44	7:58
111 Dierdre Hennessey.....	15	25:01	8:03
114 Polly Kenniston 2,60-64.....	60	25:10	8:06
115 Diane LaVangie.....	38	25:12	8:07
116 Meaghan LaVangie.....	10	25:13	8:07
118 Beth Wilson.....	41	25:20	8:09
140 Meri Adams.....	44	26:24	8:30
150 Allison Loeb.....	38	26:48	8:38
156 Brenda Tanguay.....	35	27:16	8:47
173 Cheryl McCall.....	41	28:05	9:02
185 Susan Davenny.....	49	28:29	9:10
188 Marby Payson 3,55-59.....	58	28:46	9:16



Top: Lisa Belisle, left, and Meri Adams
Bottom: Overall winner Christine Snow-Reaser,
left, with masters winner Carol Hogan

photos by Don Penta



193 Judy Cotton.....	48	28:59	9:20
199 Debra McKenna.....	40	29:16	9:25
201 Marlene Russell 4,55-59.....	55	29:26	9:28
203 Linda Metzger.....	54	29:39	9:33
207 Lisa Kelley.....	33	29:42	9:34
208 Sharon S. Foster.....	34	29:47	9:35
222 Virginia Cross.....	54	31:26	10:07
247 Kate Harris.....	52	34:43	11:10

Many thanks to Bob Aube and Jim McCorkle for complete results!

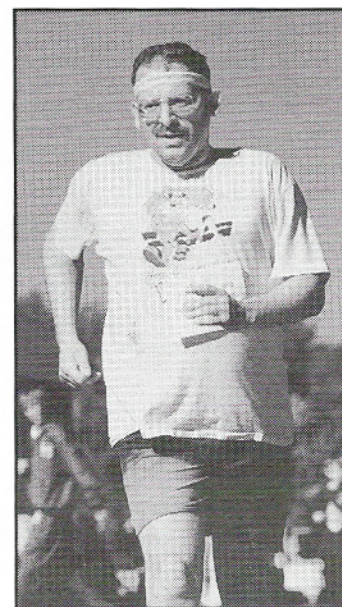
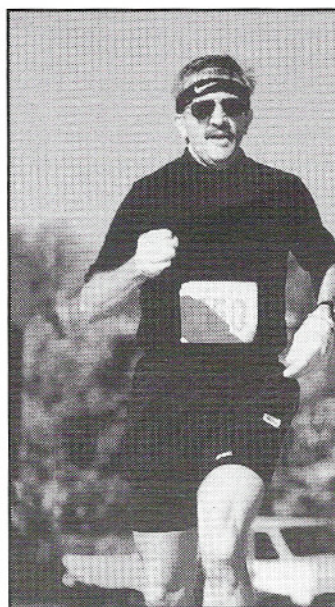
More Race Results

The Inaugural Windham Homecoming 5K Walk/Jog/Run
48 Finishers (15 Female & 33 Male)
Loop Course From Windham High School, Windham Center
10:30 a.m., Saturday, October 11th, 1997

"*" after runner's time indicates a female finisher.

PLACE/NAME	AGE	TIME	PACE
1 Kevin Way 1,overall.....	28	16:06	5:11
2 Matt Olsen 2,overall.....	18	18:43	6:01
3 Timothy O'Leary, IV 3,overall.....	15	19:58	6:26
4 Monica MacDonald (MTC) 1,overall.....	31	20:13*	6:30
5 Ryan Ashley 19&under.....	17	20:21	6:33
6 Ken Preston 40-49.....	43	20:27	6:35
7 Bob Marley 30-39.....	30	20:39	6:39
8 Timothy O'Leary, III 50-59.....	50	20:48	6:42
16 Richard Scribner (MTC).....	46	21:51	7:02
20 Julie Ludden 2,overall.....	26	22:22*	7:12
23 Frank Knight (MTC).....	52	22:37	7:17
27 Angela Lally 3,overall.....	28	23:09*	7:27
29 Kellern Wood 30-39.....	33	23:32*	7:34
30 Katy Swetz 19&under.....	16	23:55*	7:42
37 Nancy Frederick 40-49.....	47	27:28*	8:50
40 Donald Russell (MTC) 60-69.....	60	30:21	9:49
45 Mark Clinch (MTC) race walker.....	41	35:56	11:34
46 Judy Drew 50-59.....	51	42:41*	13:44

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



Frank Knight, left, and Mark Clinch

photos by Don Penta

The Fifth Annual Eliot Festival Day 5K Road Race
821 Finishers (335 Female & 486 Male)
Certified Loop Course From South Eliot Fire Barn
8:30 a.m., Saturday, September 27th, 1997

Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Maggi Murray USAT&F.....	36	16:52	5:26
2 Denise Harlow.....	27	17:21	5:35
3 Christine Snow-Reaser.....	31	17:28	5:38
4 Susannah Landreth.....	29	17:34	5:40
5 Katie Payson.....	32	17:42	5:42
6 Madalena Bourdeau USAT&F.....	35	17:52	5:45
7 Liz Arcieri USAT&F.....	35	17:56	5:47
8 Kelly Rodrigue.....	33	18:09	5:51

1 Jamie LaChance.....	26	14:39	4:43
2 Guy Stearns USAT&F.....	38	14:44	4:45
3 Pete Hammer.....	31	14:45	4:45
4 Mike O'Brien USAT&F.....	37	14:48	4:46
5 Byrne Decker.....	30	14:57	4:49
6 Chris Teague.....	28	15:05	4:52
7 Dan Verrington USAT&F.....	35	15:08	4:53
8 Stephen Sarkozy.....	29	15:12	4:54

Other Top Divisional Finishers

14 Carol Gephart 40-49.....	41	18:36	6:00
18 Carol Hogan (MTC) 3,40-49 USAT&F.....	46	19:18	6:13
25 Emily Bryant 11-14 USAT&F.....	14	20:08	6:29
26 Jennifer Goransson 2,11-14 USAT&F.....	14	20:12	6:30
30 Kitty Kelley (MTC) 50-59 USAT&F.....	50	20:44	6:41
35 Briana Neault 15-18.....	16	21:19	6:52
52 Heather Fogg 10&under USAT&F.....	10	22:18	7:11
77 Patricia Terrill 60-69 USAT&F.....	62	23:43	7:38
204 Nancy Stokes 70&over USAT&F.....	70	28:01	9:01
312 Louise Rossetti 2,70&+ USAT&F.....	76	35:06	11:18

324 Mary Helen Wilson 3,70&+ USAT&F.....	77	38:36	12:26
335 Fern Spring 5,70&+ USAT&F.....	81	48:20	15:34

14 Bob Dabrieo USAT&F.....	35	15:25	4:58
25 George Reed 40-49.....	42	16:11	5:13
53 Ken Houle 50-59.....	50	17:32	5:39
72 Spencer Trott 11-14 USAT&F.....	12	18:29	5:57
78 Eric Johnson 2,11-14 USAT&F.....	12	18:37	6:00
93 Justin Arnold 15-18.....	16	19:02	6:08
115 Kyle Hanson USAT&F.....	11	19:54	6:25
169 Sean Sicard 10&under USAT&F.....	10	20:59	6:45
237 James McLaughlin 60-69.....	63	22:37	7:17
269 Kenneth Folsom 70&over USAT&F.....	71	23:20	7:31
277 Herb Taylor 2,70&over USAT&F.....	72	23:30	7:34
442 Nelson Soule (MTC) USAT&F.....	76	29:28	9:29

Other Maine Track Club Finishers

19 Monica MacDonald.....	31	19:28	6:16
27 Kate Meyers.....	37	20:29	6:36
36 Sarah Parrott.....	38	21:26	6:54
37 Betty Rines.....	40	21:28	6:55
38 Maryellen Fitzpatrick.....	36	21:29	6:55
40 Tanya Gwinn.....	29	21:40	6:59
68 Joan Lavin.....	49	23:07	7:27
76 Sherry Carll 3,50-59.....	50	23:38	7:37
79 Diana Champeon.....	37	23:52	7:41
134 Beverly Doughty.....	46	25:44	8:17
200 Yvette Knight.....	51	27:56	9:00
231 Marby Payson.....	59	28:54	9:18
263 Julie Adams.....	24	29:57	9:39
265 Marge Aube.....	46	30:14	9:44
294 Pat Buckley.....	59	32:47	10:33
300 Ruth Hefflefinger 3,60-69.....	68	33:21	10:45

(Continued on page 7)

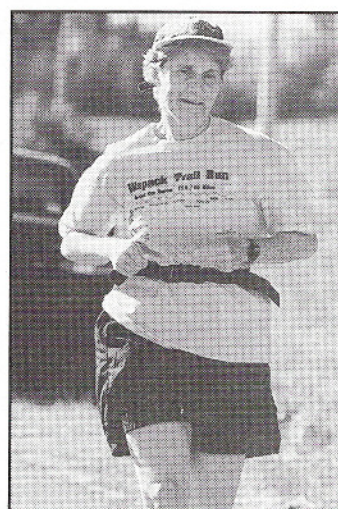
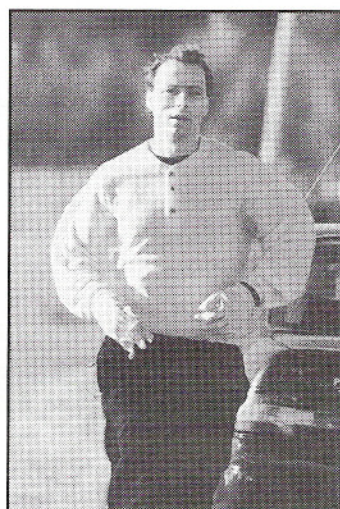
More Race Results

(Continued from page 6)

13 Michael Payson.....	34	15:20	4:56	190 George Brady.....	38	21:21	6:53
34 James Boisvert 3,40-49	40	16:42	5:23	195 Gary Punsky.....	39	21:34	6:57
46 Jim Toulouse.....	49	17:14	5:33	201 Richard Scribner	46	21:47	7:01
54 Will Lund.....	42	17:33	5:39	248 Harry White	55	22:51	7:22
71 Ron Deprez 3,50-59.....	53	18:28	5:57	262 John Cain	36	23:12	7:28
90 Ed Doughty	48	19:00	6:07	282 Bob Aube.....	31	23:44	7:39
92 Eric Ortman.....	38	19:02	6:08	287 Neil Chivington.....	50	23:49	7:40
105 Sumner Weeks.....	48	19:31	6:17	296 Howard Green.....	48	24:05	7:45
113 Ray Shevenell.....	56	19:52	6:24	328 Russ Bradley 3,70&over	73	24:46	7:59
146 Scott Hamilton.....	46	20:35	6:38	344 Nick Anastasi.....	62	25:06	8:05
156 Joe Hayes.....	49	20:42	6:40	346 Denny Morrill.....	58	25:07	8:05
159 Brent Graham.....	28	20:47	6:42	468 Mark Clinch race walker.....	41	32:48	10:34
184 Thomas Carll.....	53	21:14	6:50	474 Don Penta.....	51	33:40	10:50
185 Dale Rines.....	45	21:15	6:51	482 Julius Marzul.....	71	39:35	12:45
188 Frank Knight.....	52	21:19	6:52	Many thanks to Granite State Race Services for complete results!			



Left: Hard-working MTC volunteers Alyce Schultz, Mel Fineberg, Pat Buckley and Sue Davenny
Right: Men's winner Robert Ashby and women's winner Jean Gerstein



photos by Don Penta

The Maine Track Club Fifty Mile Ultra-Marathon
22 Entered, 19 Ran, & 17 Finished (2 Female & 15 Male)
Penellville Road 4 Mile Certified Loop, Brunswick, Maine
6:30 a.m., Saturday, October 18th, 1997

PLACE/NAME	Hometown	AGE	26 Miles	Total
1 Robert Ashby USAT&F.....	Brunswick	29	2:56:11	5:49:25
2 Richard Wells.....	San Diego, CA	36	3:21:56	6:53:22
3 Lloyd Thayer.....	Belmont, MA	37	3:32:52	7:21:16
4 Frank Duda.....	Brockton, MA	37	3:39:33	7:43:19
5 Lee Dickey.....	Dracut, MA	43	3:52:33	7:46:27
6 Egor Egan.....	Halifax, N.S.	39	3:44:18	7:54:02
7 Carl Pegels USAT&F	Buffalo, NY	64	3:48:57	7:54:03
8 Bruce Bell USAT&F.....	Farmingdale	58	3:50:08	7:59:18
9 Joseph Hayes (MTC).....	York Harbor	49	3:56:24	8:05:17
10 Phil Pierce (MTC).....	Falmouth	56	4:06:23	8:45:56
11 Ron Paquette.....	Albion	56	4:09:25	8:52:59
12 Jean Gerstein USATF ..	Foxboro, MA	47	4:26:52	8:53:13*
13 Richard Busa USAT&F Marlboro, MA		67	4:19:49	9:06:10
14 Frederick Riemer..Salt Lake City, UT		50	4:34:59	9:19:22
15 Peg Ryan USAT&F....	Plainville, MA	49	4:36:07	9:23:44*

16 Matt Miller USAT&F ..	Metairie, LA	78	5:00:57	10:49:20
17 Dennis Collins.....	Methuen, MA	42	5:36:32	11:45:35

Weather: Cold in a.m. --Afternoon: Sunny and warm.

Notes of interest: Men's Course record is 5:22:48 set by Bernd Heinrich in 1979. In 1990, Carlton Mendell set national age-group record for 60-69 on this course (7:53:56). In 1997, Carl Pegels, from Buffalo, N.Y., ran it in 7:54:03.

Overall Winner Male: Robert Ashby
 Overall Winner Female: Jean Gerstein
 30-39 Age Group Male: Richard Wells
 40-49 Age Group Male: Lee Dickey
 40-49 Age Group Female: Peg Ryan
 50-59 Age Group Male: Bruce Bell
 60-69 Age Group Male: Carl Pegels
 70+ Age Group Male: Matt Miller

Many thanks to race director Al Utterstrom for complete results and historical "Notes of interest!"

More Race Results

Physical Therapy 8K

Because of the over \$3000 in prizes awarded throughout the open and age group categories, the PT8K has gained the reputation for being a very competitive event. This year's race will be remembered for the size of front pack as 14 runners finished within 1 minute of the winner. Of equal significance were the 6 finishers in the 70+ men's division.

Many thanks to the Maine Track Club volunteers; Dianna Champeon, Sue Davenny, Dorothy & Roger Fenn, Tom Keating, Nian Lajoie, Robert McArtor, Carlton Mendell, Wayne Olson and Maureen Sproul. And more thanks to other volunteers; Dale Dorr, Gary & Paula Johnson, Jean Kelleher, Becky LeRoy, Julie McGee and Jane Rau.

Dorothy & Roger Fenn of Brunswick have agreed to direct this race for the Maine Track Club next year.

The team competition was a repeat of previous years with the Maine Track Club emerging as the winner.

1997 PT8K Age Graded Team Results

1. Maine Track Club; George Towle, 24:18, Gretchen Read, 24:31, Robert Ashley, 26:17, Rob Craig, 26:46 & Tom Menendez, 27:50 for a total time of 2:09:42 (other team members were William Sproul, 29:28 & Dick Lajoie, 29:32).

2. Central Maine Striders; Guy Berthiaume, 24:51, Tom Thibeau, 25:43, R.J. Harper, 26:29, T.J. Hesler, 26:48 & Bob Poirier, 27:10 for a total time of 2:11:01 (other team members were; Sarah Andrus, 27:50 & Carol Manley, 27:51).

3. Team Brady; Joel Croteau, 25:36, Michael Grigware, 27:00, Randy Bartlett, 27:20, Jerry Mullin, 27:26, Stu Hogan, 27:39 for a total time of 2:15:01 (other member; Jeff Tidd, 27:51).

4. New England 65+; Keith Curtis, 27:48, Russ Bradley, 28:37, Philip Campbell, 28:48, Russ Connors, 30:26, Nelson Soule, 33:53 for a total of 2:29:32 (other members were James Berry, 35:10 & Julius Marzul, 40:18).

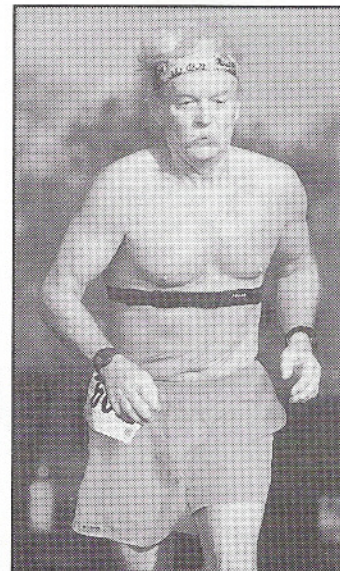
5. Team Physical Therapy; Dan Sullivan, 33:50, Michael Downing, 34:33, Katie Rhea, 36:15, Keither Ellsmore, 37:13 & Molly Johnson, 37:14 for a total of 2:59:05.

The Maine Track Club And The Brunswick Neuromuscular Therapists Present The Ninth Annual PT8K Road Race
228 Finishers (72 Female & 156 Male)
Loop Course From The "New" Brunswick High School
9:00 a.m., Sunday, October 19th, 1997

Grade = Age Graded Time Graded by Age and Sex based on NATIONAL MASTERS NEWS Tables

Top Overall Finishers

PLACE/NAME	AGE	Grade	TIME	PACE
1 Ann Bokman 1,overall	28	26:06	28:59	5:50
2 Katie Payson 2,overall	32	26:19	29:35	5:57
3 Monica MacDonald (MTC) 3,overall	31	28:26	31:46	6:23
4 Gretchen Read (MTC) USAT&F	54	24:31	32:32	6:33
5 Sarah Andrus 1,40-49	42	27:50	33:27	6:44



Harry White, left, and Burt Kettle

photos by Don Penta

6 Carol Manley 2,40-49	43	27:51	33:43	6:47
7 Debra Moreau 4,overall	26	30:37	33:59	6:50
8 Joan Lee (MTC) 3,40-49	43	29:00	35:06	7:04

1 Kyle Rhoads 1,overall	27	26:29	26:29	5:20
2 Allan Muir 1,40-49	42	24:43	26:33	5:20
3 T.J. Hesler 2,overall	28	26:48	26:48	5:23
4 Ron Newbury 2,40-49 USAT&F	47	24:12	26:53	5:24
5 Jeffrey Banger (MTC) 3,overall	36	25:59	26:53	5:24
6 Rick Chalmers 4,overall	36	26:00	26:54	5:25
7 Roly McSorley 3,40-49 USAT&F	46	24:24	26:56	5:25
8 Guy Segars 5,overall	37	25:54	26:58	5:25

Other Top Divisional Finishers

11 Rebekah Levine 18&under	16	30:19	35:54	7:13
28 Patricia Terrill 60-69 USAT&F	62	27:37	40:02	8:03
9 George Towle (MTC) 4,40-49 USAT&F	47	24:18	27:00	5:26
21 Guy Berthiaume 50-59 USAT&F	51	24:51	28:28	5:44
47 Rob Haywood 18&under	15	29:44	31:53	6:25
78 Dick Cummings 60-69	60	28:22	35:43	7:11
130 Russ Bradley (MTC) 70&over	73	28:37	41:17	8:18

Other Maine Track Club Finishers

16 Lisa Belisle	26	34:03	37:48	7:36
33 Beth Wilson	41	34:47	41:30	8:21
42 Nancy Hewett 2,50-59	50	34:16	43:50	8:49
54 Marby Payson 3,50-59	59	33:48	47:19	9:39
69 Ruth Heffelfinger 2,60-69	68	35:26	55:24	11:09

16 Robert Ashley 5,40-49	41	26:17	28:04	5:39
22 Rob Craig	41	26:46	28:34	5:45
31 Mike Payson	34	28:56	29:36	5:57
35 Tom Menendez	44	27:50	30:18	6:06
41 William Sproul	41	29:28	31:04	6:15

(Continued on page 9)

More Race Results

(Continued from page 8)

71 Jim Estes	48	31:04	34:46	7:00	135 Ronald Read	55	35:42	42:18	8:31
73 Dale Rines	45	31:48	34:52	7:01	141 Phil Sargent	51	38:24	43:58	8:51
82 Tom Harlow	51	31:02	35:32	7:09	143 Warren Wilson	64	34:23	44:38	8:59
84 Dick Lajoie	57	29:32	35:40	7:10	144 Burt Kettle	63	34:51	44:45	9:00
85 Harley Lee	44	32:47	35:42	7:11	153 Nelson Soule	76	33:53	50:48	10:13
93 Mike Brooks	51	31:45	36:21	7:19	155 John Woods	79	34:34	53:59	10:52
95 Harry White	55	31:00	36:44	7:23	156 Julius Marzul	71	40:18	56:43	11:25
97 Ralph Butts	36	35:37	36:51	7:25	Many thanks to Sue Davenny and Maureen Sproul of the technical race committee for complete results!				
126 Ron Pelton	44	37:35	40:55	8:14					

The Fourth Annual Great Island 5K Road Race
866 Finishers -- 10:00 a.m., Sunday, October 12th, 1997
Loop Course from the Site of the Treaty of Portsmouth:
New Castle Island, New Hampshire

Maine Track Club Finishers

PLACE/NAME	AGE	TIME	PACE
233 Harry White	55	22:50	7:21
292 Bob Aube	31	23:53	7:41
388 Rute Stuffletoe	58	25:16	8:08
424 Russ Bradley	73	25:52	8:20
628 Carlton Mendell	75	29:32	9:31

636 Marge Aube	46	29:44*	9:34
668 Susan Davenny	49	30:33*	9:50
742 Pat Buckley	59	33:19*	10:44
749 Ruth Hefflefinger 4,60-69	68	33:45*	10:52
750 Don Penta	51	33:48	10:53
782 Julius Marzul	71	37:17	12:00

If you have recovered from Marathon Weekend consider this very well-organized event run over a very scenic course at a historically important locality. The post-race refreshments, awards, & lottery are very fine!

Race Coordinators

Jeanne Hackett —
Volunteers

766-5026 (evenings)

Don Penta —
Registration, Promotion
892-4526

Ray Shevenell —
Course security, fluids
799-6219 (6-8 p.m.)



SUNDAY
FEBRUARY 1, 1998
12 NOON

CAPE ELIZABETH
HIGH SCHOOL
(showers available)

Course Records:

Open: Rob Pierce 51:10 (1996)
Marty Shue 1:01:14 (1995)
Masters: Steve Podgajny 57:30 (1996)
Ellen Bowden 1:09:50 (1996)

Certification #ME95001WN

Please consider volunteering in our Maine Track Club event if you don't plan to run.

Clothing manager still needed

The Maine Track Club is still searching for someone to take over for Howard Spear as clothing manager. The job entails purchasing clothing to be sold to club members, as well as maintaining contact with MTC race directors to arrange for volunteers to sell clothing at MTC events. If you're interested, please contact Mike Reali (829-2014) or Howard Spear (856-6496).



MTC 1997 Officers and Committee

USA Track & Field



Mike Reali and Terry Sutton	Co-Presidents	829-2014	Russ Bradley	At-Large	799-3864
John Gale	Vice President	775-5017	Ann McGovern	At-Large	934-1825
Ron and Martha Deprez	Past Presidents	772-4312	Howard Spear	At-Large and Clothing	856-6496
Joe Guimond	Treasurer	797-9463	Al Butler	Equipment	772-6463
Alyce Schultz	Acting Secretary	780-9805	Don Penta	Statistician and Photography	892-4526
Maggie Soule	Membership	846-3631	Maureen Sproul	Photography	926-4681
John Eldredge	Membership	829-4540	Dale Rines	Course Certification	854-2481
Everett Moulton	Race Committee	799-2894	Bob and Marge Aube	Newsletter	829-5079

(Continued from page 1)

heart of our organization. To each of you I say thanks! These people worked tirelessly throughout the year, and should be commended for their efforts.

Looking back, I must also recognize Peter Bastow, Ray Shevenall and the other members of the 1996 Marathon advisory board that helped when the directorship of the marathon was vacated mid-stream. This was a trying time for a new president, and these people helped tremendously. As we all know, Joe Teno stepped up to the plate and did better than anyone could have imagined for a first-time director. What a baptism! The 1997 NYLCare Maine Marathon was a huge success. I only hope Joe decides to stay on for another year, I can only imagine the type of event he'll produce now that he's a seasoned veteran.

John Gale, our president-elect, did a great job with the second pasta feed of the year. This was a well-attended function and lots of fun for all. Sandy Utterstrom again brought old slides from MTC events of the past. With Italian music playing in the background, we all sat down to a meal of linguine and meatballs. With the questionable kitchen crew, it is a miracle that the food was edible. Fortunately for the club, no reports of food poisoning have surfaced (who was cooking in there anyway?). These types of socials help build the morale of the club, and I hope they are continued. I have committed my support to John Gale to help him continue such functions.

The new MTC uniforms will be ready for the 1998 race season according to Howard Spear. Howard has worked hard to find top quality shorts and singlets that the members would be proud to wear. The suits are made by Rono, the same company that make UNUM's outfits. The singlet will be made of coolmax, and come in styles for both men and women. The shorts are supplex and have a coolmax lining. The designs are more up to date and should be a big hit. The silk-screening will be donated by Black Bear Graphics. The MTC logo will be a throw back to the days of old with a larger more noticeable design. They will also have our logo on the back of the tank so others will know a MTC member just passed them! The tanks will be white with green lettering, the shorts green with white lettering. They should be great.

The cost of the singlets is \$17, and \$21 for the shorts. In an effort to get the membership outfitted, we will offer them to club members for a total of \$34. The club will absorb the difference. Once you see these, you will want them. I long for the days when waves of MTC clad runners passed me in droves. Given the way I am running and the expected success of these uniforms, I think we will see those days again.

On behalf of Terry and I, I want to thank the entire membership for their support throughout the year. I hope the new year brings you all happiness, success and PRs! Terry and I will have our hands full with a new child in March. Please do what you can to support the club in 1998. John will need lots of help, and I am sure the members will rise to the occasion. The best to all of you.

*See you on the roads,
Michael*

Nominations still needed for MTC awards

The Awards Committee for next month's MTC banquet is still seeking nominations for this year's awards. If you haven't yet filled out the nomination form included with the November newsletter, please take the time to do so (you don't have to complete every category) and submit it as soon as possible.