



# News•Run

Run with a friend ...

December 1998

## Urgent: The club needs your help!

**By John Gale, President**

As the new year approaches, we are faced with what has become an annual problem: We are unable to fill a number of key leadership positions for the coming year. Despite notices in the newsletter and personal requests to individuals, the positions of Vice President, Treasurer, Race Committee Chair, Secretary and Newsletter Chair are still open. These are critical positions in the management of our club.

Marge Aube, as you know, will run for the position of President. Bob Aube has volunteered to run for either Vice President or Race Committee Chair, however, this opens up the position of Newsletter Chair. Sandy Utterstrom, Don Penta, Rodger Smith and Maureen Sproul have expressed a willingness to run for an at-large position, but we still need others to step forward.

With a membership as large and diverse as ours, we have more than enough members with the skills and talents needed to fill these leadership roles. Please let us hear from you. While I appreciate that all our members have busy schedules, this should not be an impediment to serving as an officer in the club. All of the current (and past) officers, race directors, committee chairs and volunteers have comparable demands in their lives.

If you are willing to fill one of these positions, please call me at 775-5017 after 7 p.m. I will be happy to discuss them with you.

In light of the situation, we will submit as complete a slate of officers as possible at our December meeting.

Unless we can fill all of the positions listed above, the board will need to take a hard look at our races, events and activities for the coming year. We may need to cut back on our activities to avoid overwhelming our shrinking pool of volunteers.

Thank you in advance for your consideration.

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### **Upcoming events**

**Wednesday, December 9:**  
**Jingle Bell Run, regular meeting,**  
**election of officers and dessert**  
**potluck, at Cumberland Library**

**Saturday, January 23:**  
**Annual Awards Banquet**  
**(See back page for more details)**

## News•Run Notes

### Now is the time to renew your membership

We'd like to remind everyone that as of Jan. 1, 1999, the fee for an individual membership will become the same as that for a family membership: \$20. There will now be only two categories of membership — household (\$20) and student (\$12). Student memberships will increase to \$12. Individual and student members can save a few bucks, however, by renewing before the end of the year. Anyone who renews by Dec. 31, 1998, will receive their 1999 memberships at the old rates: \$15 for individuals and \$10 for students.

### Phil Pierce: 10 x 100 — miles, that is

In any of you wondered why you didn't see Phil Pierce at this year's NYLCare Maine Marathon, his absence was due to the fact that he was in the process of completing his 10th 100-mile trail race — the Arkansas Traveler.

The race actually began a day earlier, on Saturday, Oct. 3. Phil reports that the course covered trails and old jeep and logging roads in the Ouachita Forest. The rocks on the course impeded the progress of many runners during the night, as did the 77-degree heat and 95- to 100-percent humidity during the day.

Phil finished at 8:47 a.m. Sunday morning, for a total time of 26 hours, 47 minutes and 15 seconds. He placed 34th in a field of 125 starters and was one of only 49 runners to complete the course within the 30-hour cutoff. Joe Hilderbrand of Ohio was the overall winner in 17:02, and ultra legend Ann Trason (18:03) took first in the women's division. Only two other runners finished in less than 20 hours.

Next up for Phil is the Rocky Raccoon 100-Mile Trail Race in Huntsville, Texas, on Feb. 6. His goal is to break 24 hours.

### Lane 11th in NCAAs

Former MTC High School Runner of the Year Matt Lane earned All-America honors for the fourth time in his collegiate career when he finished 11th at the NCAA Division I Cross Country Championships in Kansas. Lane, a junior, completed the 10K course in 30 minutes, 36 seconds. The Yarmouth native is now a two-time cross country All-American, a distinction he has also earned once in both indoor and outdoor track.

Congratulations are also in order for Ellsworth High School senior Louie Luchini, who recently won the New England High School Cross Country Championship, then qualified for the Foot Locker National Championships with a sixth-place finish in the Northeast Regional.

### 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 [raube@sunjournal.com](mailto:raube@sunjournal.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.

## 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. Or, if you would like to have your business card included in **News•Run**, you can do so for just \$5 per month.

### Sponsor

**The Nielsen family**

**Al and Carlene Sproul**

# Welcome to our newest members

Jeanie Campbell (38)  
53 Gleckler Road  
Portland, ME 04103  
761-5980  
Teacher, Lake Region

Sheila Donahue (32)  
P.O. Box 370  
Andover, ME 04216-0370  
364-7395  
Student, CMMC School of Nursing

"I recently ran the Portland marathon faster than I ever dreamed I could...3:19. (I ran my first marathon 3 years ago and ran that one in 4:15 or so.) Presently I am considering running Boston in the spring, but do not know how to sign up for it, or if there is still space available.... I am interested in participating in group runs/outings and perhaps learning more about marathon/long distance running. I trained by myself for the Portland marathon from reading "Runner's World" periodically and an article from "Outside" and could benefit from hearing other people's experiences.

P.S. I think y'all did a great job putting on the marathon."

Guy Roy (37)  
78 Green Street  
Biddeford, ME 04005  
284-8036  
Machinist, Pratt Whitney

"Some of my most memorable running experiences were running the Maine Coast Marathon in 1983, 1984 and 1987. My best time was 3:24:04....I recently got back into running with the Beach to Beacon road race, which was a wonderful race. I also ran the Casco Bay Half Marathon in a time of 1:39:50. My long-range goal is to run the Maine Marathon next year in 3:25 or less so I can qualify for the Boston Marathon. My reason for joining the club is possibly to find someone or group [with whom] to run longer distances."

David Everest (33)  
64 Rockland Avenue  
Portland, ME 04102-2033  
761-1952 (H)  
883-0111 (O)  
Insurance Agent, State Farm Ins.

Eric Ortman (39)  
RR5, Box 188A  
Gorham, ME 04038-9103  
727-3762  
Full-time Student, Muskie School of Public Service

Robert Morris (41)  
10 Stone Drive  
South Portland, ME 04106  
747-3055 (H)  
725-0000 (O)  
Attorney

Paul (Mike) Pugh (60)  
17063 Gulf Pine Circle  
Wellington, FL 33414-6352  
1-561-798-2980  
Retired

"My wife and I are now spending 3-4 full months in Maine at our summer home in York. This year I experienced the York 5K; the Beach to Beacon run; and the 1/2 marathon in Bar Harbor. I'm looking forward (as a club member) to being better informed of more race opportunities in Southern Maine."

Amanda Wood (23)  
218 Bradley Street  
Portland, ME 04103  
772-6427  
Student, U of ME School of Law

Steve Carroll (35)  
166 Eastern Promenade  
Portland, ME 04101  
791-2725

Robert Ney (46)  
410 Alewife Road  
Kennebunk, ME 04043  
985-3546

Larry Thomas (50)  
5 McArthur Avenue  
Old Orchard Beach, ME 04064-1607  
934-5897 (H)  
934-4416 (O)  
Chief Operator, WWIP, Town of OOB

For a club brochure and application form, please contact Maggie Soule, membership chair: tel: 846-3631; e-mail: [MWSoule@worldnet.att.net](mailto:MWSoule@worldnet.att.net); or c/o Maine Track Club, P.O. Box 8008, Portland, ME 04104.

## Upcoming Races

### December 5

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

### December 20

Bob Marley Toys for Tots 5K, Portland, 10 a.m. Contact: 781-3134.

### January 1

New Year's Day 5K, Portland, 10 a.m. Contact: Mike Towle 780-5776 or 839-2376..

### February 7

Mid-Winter 10 Mile Classic, noon, Cape Elizabeth. Contact: Don Penta 892-4526, Jeanne Hackett 766-5026 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>

## Upcoming MTC birthdays

### December

7: Daniel Fontaine. 8: George Cooper, Cynthia Dexter, Ed Haley. 9: Clyde Coolidge, Iain Eldredge. 10: Ed Doughty, William Sproul. 11: Patrick Hennessey. 14: Alison Kisch, Clay Whiting. 15: Eric Ellis. 16: Renee Lathrop. 17: Dana Seguin. 18: Vicki Bryant. 19: Patrick Gwinn, Jeffrey Lunt, Jean Thomas. 21: Bill Davenny. 23: Rosalyn Randall. 24: Annette Elowitch, Tom Kirner, Patrice Roy. 25: Joseph Guimond. 27: Mike O'Brien, Dan Steege. 28: Ned Vadakin.

### January

1: Ken Dolley. 3: Paul Greene, Wayne Olson, Jill Pierce. 4: Kenneth Hatch. 5: Milt Dudley, Kitty Kelley. 6:

Loren Lathrop. 7: Gary Giffard. 8: Thomas Hennessey, Michael Ianno, JoAnn Thomas, Gail Turner. 9: Paul Nicolaides, Tina Schneider. 10: Walter Penta. 11: Paul LaVangie. 12: Edwin Quick. 13: Sarah Corbett. 14: Peter West. 15: Brian Barnes, Russell Boisvert. 16: Amy Lambiase. 17: Donna Dyer. 19: Rob Boudewijn, Elliot Conrad, William Jarvey, Donna Moulton. 20: John Brady, Sarah Cotton, Don Foshay III. 21: Ray Shevenell. 22: Gina Harmon, Ronald Schopp. 23: Paulette Holtan. 24: Tom Mundhenk. 25: Alice Mellor. 26: Barbara Coughlin, Neil Martin, Gerard Salvo, Sally Strazdins. 28: Jack G. Knebel, John Watson. 31: Martha Deprez.

## MTC Financial Report

1/1/98 through 10/31/98

### Income

Race Income.....	\$11,388.13
Membership.....	\$3,458.00
Newsletter.....	\$1,160.00
Banquet.....	\$1,136.00
Reimbursement: Mt. Washington/Newburyport.....	\$873.00
Clothing sales.....	\$606.50
Overpayment.....	\$249.00
Social events.....	\$243.25
Interest.....	\$61.99
Miscellany.....	\$7.00
<b>Total.....</b>	<b>\$19,227.37</b>

### Expenses

Race expenses.....	\$3,417.02
Banquet.....	\$3,215.67
RRCA.....	\$2,363.92
Race committee.....	\$1,838.00
Clothing.....	\$1,722.69
Newsletter.....	\$1,674.98
Administrative.....	\$1,615.65
Mt. Washington/Newburyport.....	\$635.00
Insurance.....	\$588.00
Post Office Box.....	\$558.00
Bulk permit.....	\$464.00
Social expenses.....	\$304.14
Scholarship.....	\$300.00
<b>Total.....</b>	<b>\$18,697.07</b>

**Surplus.....\$530.30**

10/1/90 through 10/31/98

### Income

Race Income.....	\$2,200.00
Membership.....	\$400.00
Social events.....	\$243.25
Newsletter.....	\$120.00
Interest.....	\$3.57
<b>Total.....</b>	<b>\$2,966.82</b>

### Expenses

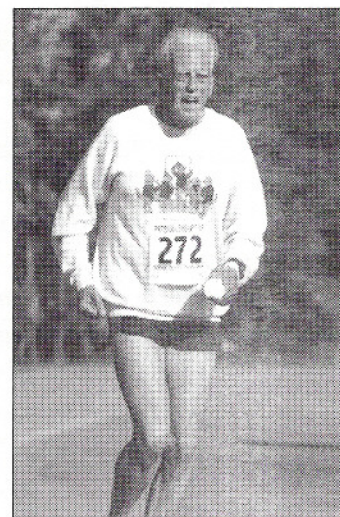
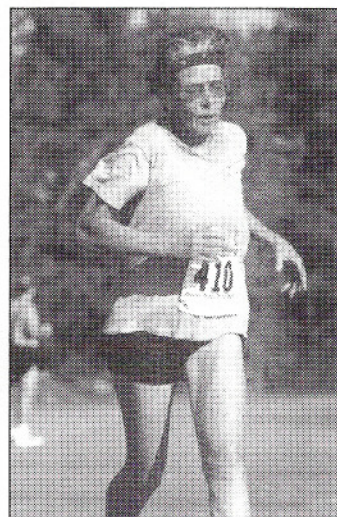
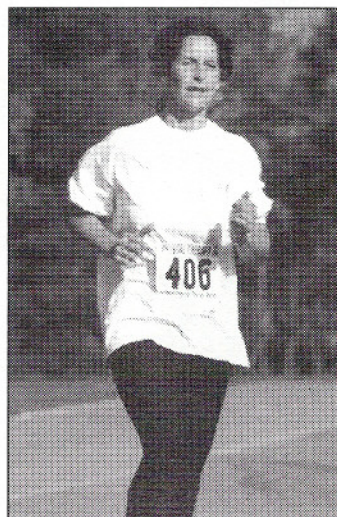
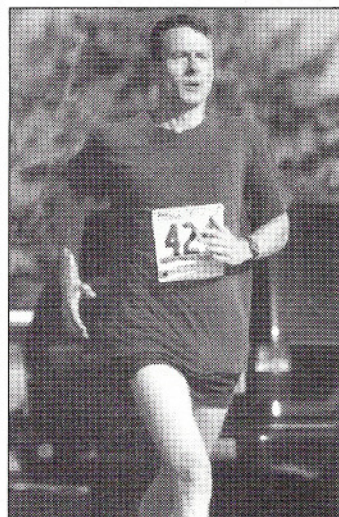
Social expenses.....	\$185.69
Race expenses.....	\$175.00
Race committee.....	\$141.00
<b>Total.....</b>	<b>\$501.69</b>

**Net.....\$2,465.13**

**Checkbook balance as of 10/31/98.....\$10,724.13**

# Race Results

Submitted by Don Penta



From left to right: Matt Thayer, Beth Wilson, Elizabeth Irwin and John Woods.

photos by Don Penta

**The Maine Track Club and the Maine Chapter of the  
American Physical Therapy Association Present  
The Tenth Annual PT&K  
166 Finishers (55 Female, 110 Male & 1 Wheelchair)  
9 a.m., Sunday, October 18, 1998**

147 Alison Doughty 18&under .....	13	47:13*	9:30
160 Elizabeth Irwin (MTC) USAT&F.....	71	52:14*	10:30
162 John Woods (MTC) 70+ USAT&F ....	80	53:26	10:45

## Other Maine Track Club Finishers

16 Rob Fast.....	35	28:53	5:49
21 Tom Menendez 3,40-49.....	45	30:02	6:03
33 Ken Cotton.....	49	31:03	6:15
36 Ron Deprez 2,50-59.....	54	31:21	6:18
39 David Cookson .....	41	31:34	6:21
51 James Osborne 4,50-59.....	52	33:13	6:41
61 Jim Estes .....	49	34:28	6:56
64 John LeRoy 2,60-69 .....	61	34:47	7:00
73 Dale Rines .....	46	35:39	7:10
76 Deborah Cassidy 4,40-49.....	41	35:56*	7:14
84 John Morse .....	53	36:48	7:24
89 Matt Thayer .....	34	37:21	7:31
90 Ralph Butts .....	37	37:31	7:33
92 Harry White .....	56	37:49	7:36
95 Wendy Williams .....	45	38:02*	7:39
119 Richard Stephenson .....	49	41:23	8:19
132 Ron Pelton .....	45	43:08	8:41
138 Ed Stewart .....	39	45:33	9:10
144 Beth Wilson.....	42	46:48	9:25
146 Rita Moulen.....	40	47:09	9:29
152 Judy Cotton.....	49	47:43*	9:36
154 Paige Stephenson .....	46	47:50*	9:37
155 Deb Stewart.....	38	48:06*	9:41
156 Kenneth Spier.....	55	48:09	9:41
165 Julius Marzul 2,70&over .....	72	56:39	11:24

Many thanks to computer chief Bob Aube for complete results!

PLACE/NAME	AGE	TIME	PACE
1 Kyle Rhoads 1,overall .....	28	26:03	5:14
2 Anthony Anderson 2,overall.....	29	26:08	5:15
3 Paul Johnson, Jr. 3,overall .....	21	26:44	5:23
4 Robert Ashby 4,overall.....	30	26:58	5:25
5 Dan Dearing 5,overall .....	37	27:14	5:29
6 Jeffrey Banger 6,overall .....	37	27:26	5:31
7 Guy Segars 7,overall.....	38	27:30	5:32
8 Shaun Keenan 8,overall .....	36	27:37	5:33
11 Joan Benoit Samuelson USAT&F.....	41	27:45*	5:35
26 Cindy Lynch 2,overall USAT&F .....	38	30:35*	6:09
29 Rose Prest-Morrison USAT&F .....	35	30:45*	6:11
32 Kelley Cullenberg 4,overall .....	37	30:58*	6:14
45 Katie Payson 5,overall.....	33	32:25*	6:31
54 Nancy Kneeland (MTC) 6,overall.....	44	33:29*	6:44
56 Kathy Hepner 7,overall.....	38	33:51*	6:49
58 Evelyn King 8,overall .....	40	34:01*	6:51

## Other Top Divisional Finishers

Tim Blanchette wheelchair .....	51	20:24	4:06
27 R.J. Harper 50-59.....	52	30:37	6:10
35 Darren Winchenbach 18&under.....	17	31:14	6:17
63 Dick Cummings 60-69.....	61	34:30	6:56
74 Joan Lavin 50-59 USAT&F .....	50	35:45*	7:12
112 Patricia Terrill 60-69 USAT&F .....	63	39:43*	7:59

## 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.



# MTC 1998 Officers and Committee

USA Track &amp; Field



John Gale	President	775-5017	Charlie Scribner	At-Large	772-5781
Marge Aube	Vice President	829-5079	Howard Spear	At-Large	856-6496
Mike Reali and Terry Sutton	Past Presidents	829-2014	Steve Fox	Clothing	799-8840
Joe Guimond	Treasurer	761-8634	Bill Devoe	Equipment	761-0602
Alyce Schultz	Secretary	780-9805	Don Penta	Statistician and Photography	892-4526
Maggie Soule	Membership	846-3631	Dale Rines	Course Certification	854-2481
Everett Moulton	Race Committee	799-2894	Bob Aube	Newsletter	829-5079
Ann McGovern	At-Large	934-1825			

## December Meeting & Elections

**Wednesday, Dec. 9, 1998, 6:30 p.m.**

**Prince Memorial Library**

**266 Main St., Cumberland Center**

A busy night is planned for this month's meeting, at which time we'll be electing our 1999 MTC board of directors. We'll start off with a Jingle Bell Run through Cumberland's town center, and then we'll return to the library to conduct our regular meeting and vote on officers for the upcoming year. Naturally, we'll all be hungry after the run, so please be prepared to partake in a dessert pot-luck during the meeting.

Once all the preliminaries are out of the way, we'll hear from librarian and fellow runner Tom Bennett, who will give a short talk about running literature and its effect on our training habits.

The library is located on Route 9, just before you reach the center of town if you're coming from Falmouth. Call Marge or Bob Aube at 829-5079 if you need further directions. Hope to see you all there!

## MTC Awards Banquet scheduled for January 23

Based on feedback from our members and the attendance levels over the past few years, we are making some changes to the annual banquet. We have had a number of comments about the cost. Instead of a catered banquet, we will try a more casual pot-luck event. The date of the event will be Saturday, Jan. 23, 1999. We are currently working on a hall and will mail an announcement to all members as soon as the arrangements are completed. Please reserve this date and come celebrate with us.