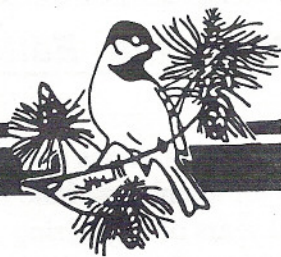


Maine Track Club



Run with a friend...

DECEMBER 1989/JANUARY 1990

Upcoming: watch for details!

New Year's Eve 5 K in conjunction with **New Year's Portland**

Contact Bill Stuart at 799-5961 for details
(entry form enclosed).

January 10, 1990
S.M.V.T.I.

7:00 pm

RACE DIRECTOR'S MEETING

Everyone is welcome (and all Race Directors are encouraged) to attend this meeting for questions, answers, and general planning for the 1990 season. Guest speakers will also talk about course certification. Any member interested in any aspect of race management is welcome. To find out if you're Race Director material, read on.

Herb says:

***"Let's start the New Year
right, with running."***

There will be a 5 Mile Club Handicap race on January 20th from S.M.V.T.I. at 9 am. This is the one race all year when literally anyone can win. One fellow's only handicap is a gun, and others will have up to 20 minutes or more depending on their most recent PR for 4 miles--or their best guesstimate (no sandbagging, please). Call Herb Strom at 799-7705 with your times, or arrive early on race day. There will be no entry fee, except paid up dues.

Showers will be available at S.M.V.T.I. or Herb & Evie's (since they have a new septic system)--with breakfast and awards afterwards. Herb wants to fill the house to overflowing--please accommodate him!

MTC Midwinter 10 Mile Classic **February 4, 1990** **Cape Elizabeth**

Contact Bob Payne at 655-6006 for more information. Portion of the proceeds to benefit the Bruce Ellis Memorial Fund for Youth Running Camp Sponsorships.



Happy Birthday
MTC!

Please join us at the **ANNUAL BANQUET** **January 20, 1990**

Please fill out and return the reservation form, first marathon and volunteer forms on page 11. These are the only forms that you will receive by mail!

The banquet program will feature highlights of "The Maine Track Club: The First Ten Years" and will include presentation of the 1989 Annual Awards.



Celebrate our 10th Anniversary

From the Editor

Merry Christmas and a very Happy New Year to all members of the Maine Track Club! With 10 years of organizing and running races behind us, the awards banquet will offer us all a chance to look backwards at where we began and forwards to new goals for the 1990s.

You can also look forward to new ideas and renewed energy from your officers in the upcoming months as a few new faces take on added responsibility for club activities.

I'd like to introduce one of those new faces to you now. Candice Karu will be taking over the newsletter--for the next six months anyway. Candice is a new resident of Maine, although far from a stranger. She and her husband have recently taken up permanent residence in Kennebunkport.

Candice is a journalist by training and looking forward to producing the track club newsletter. You can best help her by submitting articles, ideas, and especially photographs for the newsletter (deadlines at right). Please submit material TYPED, four and a half inches wide, to Candice at Box 2739, Kennebunkport, Maine 04046.

A few words about your December/January issue--my apologies for missing my own deadline (in the mail before the monthly meeting). In the bustle of moving and packing for Europe, I lost a very important file. Nothing you submitted was intentionally left out of this newsletter--but I couldn't remember everything that was in the file. The race schedule and the half tones I simply didn't have time to reconstruct--look for them in upcoming issues.

Andy and I are leaving January 15 for six months in Ireland--we're planning to run the London or the Amsterdam marathon in April. Please drop us a note if you'd like to join us. We don't have an address yet, but our mail will be forwarded by Bobbi MacLean at RR 2, Box 516, Bridgton, Maine 04009. If you'd rather just come over and sample the pubs, we'll help you do that too. Here's wishing MTC another terrific decade!

Jim



Newsletter Deadlines

For the February 1990 issue:
January 22, 1990

For the March 1990 issue:
February 19, 1990

For the April 1990 issue:
March 19, 1990

For the May 1990 issue:
April 23, 1990

For the June 1990 issue:
May 21, 1990

For the July 1990 issue:
June 20, 1990

Deadline: n. the LAST day to submit material for the newsletter in question.

October 25, 1989

Open letter to MAINE TRACK CLUB

On behalf of the Central Maine Striders, I want to personally thank all who came to Waterville this past Sunday, giving up their "day of rest", rising at the crack of dawn or before, and helped out with our 1st "PINE TREE MARATHON".

The runners and families all mentioned the tremendous spirit of all the volunteers, and continually asked how did we ever have so many people with those "Maine Track Club" shirts and jackets come all the way up to work in this race!

Our own club was humbled, thankful and so appreciative of your heartfelt support and spirit that I truly don't know how to thank everyone enough.

I'm sure most realize we may have had the smallest budget in history for an event this size, thus we didn't have extras such as volunteer shirts and a giant post-race dinner to offer this year. However, there is no doubt in our minds or hearts that we could not have staged this superb marathon without your help and support, and we are in your debt.

Never before in Maine running history have the two biggest clubs co-operated to the extent of this past Sunday, and history was made in more ways than one!

Ruth and I thank each and every one of you, we are so proud to host a marathon in Maine in the fall again, and all of us were a part of it.

Sincerely,

Jerry
Jerry Saint-Amant
President, & Race
Director

Membership Meeting

MTC Potluck Supper Nov. 8, 1989

Approximately 60 people attended the Pot Luck Supper at First Congregational Church, South Portland.

Treasurer's Report Balance of \$11,652.25. This includes undisbursed race money.

Vice President's Report John LeRoy has measured the Baxter Blvd Path. It is 3.6 mi. December speakers may be Dave Crawford and Paul Merrill on the Ironman Triathlon. We will be working with New Year's Portland to put on a race in the afternoon on New Year's Eve.

Course Certification The Oakhurst and JBI course will be measured for certification. Turkey Trot has been measured and submitted. John LeRoy reported a discrepancy between the two measured courses for calibration of the Jones Counter. A third course is needed. Les Berry was suggested as a possible surveyor.

Handicap Race Herb Strom will host the MTC Handicap Race, January 20, the afternoon of Annual Banquet day.

Request for Help MMC is looking for someone to assist a wheelchair patient with outdoor activities. Contact Sandy Utterstrom, 797-4710.

Congratulations Peter Bastow congratulated Erin MacLean on her newsletters.

Nominations President: Bill Stuart, Vice-President: Peter Bastow, Secretary: Susan Davenny, Treasurer: Rob Laskey, Newsletter Editor Candice Karu & Erin MacLean, Race Committee Chrm: Charles Scribner, Membership Chrm: Ruth Hefflefinger, Board Members at Large: Barbara Coughlin, Ken Dolley & Carlton Mendell.

Thanks to Pot Luck Supper helpers, Evie Strom, Mike Goodwin, Sara Hobson & Maureen Sproul.

Respectfully submitted,

Susan Davenny
Susan Davenny
Secretary

Nominees for 1990 MTC Officers

President: Bill Stuart
Vice-President: Peter Bastow
Secretary: Susan Davenny
Treasurer: Rob Laskey
Newsletter Editor: Candice Karu and Erin MacLean
Race Committee Chrm: Charles Scribner
Membership Chrm: Ruth Hefflefinger
Board Members at Large: Barbara Coughlin, Ken Dolley, Carlton Mendell

Nominations were made at the Pot Luck Supper, Nov. 8th. Elections will be December 13.

New Members

Name & Address	Phone	Occupation
Gail Browning Rt. 4, West #19 Sanford, ME 04073	H324-7657	Nurse
Christine DeTroy 43 Willow Grove Rd. Brunswick, ME 04011	H729-0023	
Robin Estey P.O. Box 5234, Sta.A Portland, ME 04101	H773-6479 W761-8500	Security Clerk Peoples Heritage
Molly & Jim Graffam Angi, Matthew 4 Walter Stevens Drive Gorham, ME 04038	H892-3722 W874-8165-M W892-6766-J	Voc. Guidance, PRVTC Asst. A Director, Coach St. Joseph's College
Lisa Hathaway P.O. Box 747 Yarmouth, ME 04096	H846-5132 W865-4761	Shoe Clerk - L.L. Bean
Katherine & Robert MacDonald P.O. Box 502, 20 Craig St. Berwick, ME 03901	H698-5817 W698-1567-K W438-1896-R	Berwick Police-Disp.Clerk Navy Yark Firefighter
Gayle Nappi 18 Jewett Road Cape Elizabeth, ME 04107	H767-4640	Message Therapist
Lisa O'Loughlin Bates College Box 518 Lewiston, ME 04240	H777-7245 W967-2283	Baker/Assist. Mgr. Chase Hill Bakery
Cynthia Pratt 181 Capisic Street Portland, ME 04102	H775-2835 W775-3446	RN, Plastic & Hand Surgical Assoc.
Marcy Quill 17 Briarwood Lane Portland, ME 04103	H871-7647 W772-8620	ASC Computer Systems
Katherine Thorne 86 Walton St. Portland, ME 04103	H879-0230 W775-5919	Printers, Inc. Typesetter
Gail Waitlun-Romanoff 304 Foreside Road Falmouth, ME 04105		Teacher, Windham Schools



Thanks Volunteers!

MTC Volunteers at the Central Maine Strides
Pine Tree Marathon

Erin MacLean	Bill Davenny
Sue Davenny	Dale Rines
Russ Bradley	Charles Scribner
Deede Delay	Larry Lunceford
Mel Fineberg	Bill Stuart
Sandy Utterstrom	Rob Laskey
Diana Laskey	Jean Thomas
Joan Lavin	John Lavin
Maggie Soule	Ken Dolley
Martin Weiss	



CENTRAL MAINE STRIDERS

1990 Road Race Schedule



Club #480

NOTICE: All dates and times subject to change. Please check with race directors before race.

Date & Time	Location	Event	Race Director & Phone	
Jan. 21 : 12 noon	Belgrade	11th "January Thaw" 4½ Miler	Gene Roy	465-7296
Feb. 18 : 11 am	Augusta	12th "Snowfest 5 Miler"	Russell Martin	622-1258
Mar. 11 : 11 am	Waterville	11th "Budweiser/Killarney's 10-K"	Jerry Saint Amand	873-6753
Mar. 18 : 11 am	Readfield	12th "Boston Primer" 15 Miler	Dave Gugan	622-0289
Apr. 14 : 9 am	Waterville	6th "Terrier Trot 5 Miler"	Jerry Saint Amand	873-6753
Apr. 21 : 9 am	Unity	9th "Unity Spring 5-K"	Ed Raiola	948-3131
Apr. 28 : 10 am	Togus	8th "Togus 5 Miler"	Chris Bovie	873-2324
May 12 : 11 am	China	9th "China 10-K Classic"	Jan Rau	445-2315
May 20 : 7 am	Eustis	8th "Sugarloaf Marathon"	Chip Carey	265-2273
May 20 : 7:30 am	Kingfield	5th "Sugarloaf 15-K"	Chip Carey	265-2273
May 27 : 9 am	Monmouth	9th "Apple Blossom 15-K"	Doug Ludewig	933-4416
June 17 : 8 am	Fairfield	4th "Blood, Sweat & Cheers 5-K"	Jerry Saint Amand	873-6753
June 23 : 8 am	Gardiner	12th "Gardiner Common 5 Miler"	John Schwerdel	622-4507
June 30 : 8:30 am	Bucksport	15th "Tour duLac 10 Miler"	Fred/Joan Merriam	469-2019
July 4 : 8:30 am	Livermore Falls	9th "Independence Day Run" 5-K	Mike Simoneau	897-4048
July 25 : 6:10 pm	Winslow	2nd "Ralph Thomas Masters Mile"	Jerry Saint Amand	873-6753
July 25 : 6:30 pm	Winslow	5th "Dyer Memorial 5-K"	Jerry Saint Amand	873-6753
July 28 : 9 am	Hancock	13th "Lobster Classic 10 Miler"	Bob Myers	667-8220
July 29 : 9 am	East Vassalboro	12th "Bert 'n I 5 Miler"	Jerry Saint Amand	873-6753
Aug. 4 : 8 am	Palermo	2nd "Homecoming 5-K"	Mardie Brown	943-2417
Aug. 11 : 9 am	Wilton	8th "Blueberry Festival 10-K"	Bill Yates	645-4623
Aug. 12 : 8:30 am	Pemaquid Harbor	8th "Olde Bristol Days 4 Miler"	Alan Reilly	677-3617
Aug. 15 : 6 pm	Madison	12th "Kennebec 10,000"	Bob Hagopian	696-3088
Aug. 18 : 8 am	Waterville	"Pine Tree Triathlon"	Janice Ackendorf	873-YMCA
Sept. 16 : 9 am	Waterville	6th "Sentinel 10-K Classic"	Jerry Saint Amand	873-6753
Sept. 22 : 11 am	Kingfield	12th "Kingfield 10-K"	Chip Carey	265-2273
Sept. 23 : 10 am	Sugarloaf	9th "Sugarloaf Uphill Climb"	Chip Carey	265-2273
Oct. 21 : 9 am	Waterville	2nd "Pine Tree Marathon"	Jerry Saint Amand	873-6753
Nov. 22 : 10 am	Augusta	11th "Gasping Gobbler 10-K"	Jerry Saint Amand	873-6753
Dec. 1 : 11 am	Madison	7th "Season's Greetings 5½ Miler"	Ron Paquette	437-9237

For further details, race applications and information please contact:



CENTRAL MAINE STRIDERS

JERRY SAINT AMAND, President

P.O. Box 1177

Waterville, Maine 04901

873-6753



Race Results

12th Annual Great Pumpkin 10K - 411 Pin.
Camp Ellis, Saco, Me - 29 October '89

Top Finishers (overall):		
1 Bobby Hodge 1,open	34	29:52
2 Greg Hale 2,open	26	29:54
3 Dave Dunham 3,open	25	29:59
4 Paul Hammond 4,open	29	30:18
5 Michael Michno 5,open	26	30:20
49 Tina Meserve 1,open	22	35:54*
54 Terry Hersh 2, open	37	36:06*
56 Rose Prest-Morrison 3rd	26	36:26*
61 Rita Cecil 4,open	34	36:39*
64 Deb Potter 5,open	34	36:48*

Other Top Divisions:		
6 Bobby Winn 30-39	30	30:24
7 Todd Coffin 19-29	28	30:38
30 Guy Martin 40-49	43	33:55
48 Erik Crosby 18&under	17	35:50
71 Doug Ludewig 50-59	50	37:07
79 Wanda H. Binette (MTC) 19-29	23	37:39*
86 Edie Dubord 30-39	31	38:26*
149 Carol Weeks (MTC) 40-49	40	41:26*
194 John Chandler 60&over	62	43:08
287 Cheryl Giger 18&under	18	48:45*
293 Christa Curtis 50-59	58	49:02*
388 Christine Detro 60&over	61	57:13*

Other MTC Finishers:		
34 Sean E. Keough	34	34:34
41 James W. Toulouse	41	35:09
51 Joel C. Titcomb	30	35:57
57 Malcolm Kidd	33	36:26
70 Bill Bristol	32	37:00
73 Jim Bunnell	32	37:12
77 Chuck Snekvik	46	37:25
85 Ron Cedrone	40	38:17
87 Dick McPaul	45	38:31
91 Joe Richards	46	38:43
99 Lloyd P. LaPountain, III	27	39:09
100 Diane M. Roy 2,19-29	20	39:12*
101 Richard Scribner	38	39:13
102 Frank Ferland	40	39:15
105 George Prescott	41	39:22
106 Les Berry	41	39:26
111 Peter Bastow 2,50-59	53	39:38

More MTC Finishers:		
113 Harley Lee	36	39:42
116 Ronald Deprez	45	39:49
122 Joan Benoit-Samuelson	32	40:16*
123 Steve Robertson	30	40:17
136 Jack Ireton-Hewitt	52	40:51
146 Scott W. Pone	29	41:12
150 Sumner C. Weeks	41	41:27
155 Loren Lathrop PR	40	41:48
158 Cheryl MacMahon 3,19-29	26	41:56*
161 Dale Rines	37	42:01
166 John Gale	33	42:16
170 Craig Robinson	43	42:25
171 Jeanne Lamontagne	26	42:28*
179 Eric Ellis	36	42:41
183 Dr. Mark B. Metz	32	42:51
188 Joan Sarles Lee	35	43:01*
196 Joan M. Lavin 2,40-49	41	43:24*
205 Carol Pierce 3,40-49	43	44:01*
207 Michael H. Hayes	31	44:03
209 Tom Menendez	36	44:06
215 John LeRoy	52	44:25
220 Steven M. Jacobsen	33	44:37
237 Carlton Mendell 2,60&over	68	45:43
243 Russ Bradley 3,60&over	65	45:58
259 Larry Zellers	35	47:10
264 Tom Atchison	40	47:23
270 Beth Thompson	29	47:35*
305 Adrienne McGuigan	31	49:39*
308 Bob Perkins	46	49:52
318 Warren Wilson	56	50:14
319 Robert Wyman	52	50:14
320 Bill Lovett	47	50:17
328 Jean M. Thomas 2,50-59	53	51:07*
332 Richard Robinov	29	51:26
341 Widgery Thomas, Jr.	65	52:37
344 Diane Flanders	32	52:45*
346 Don Penta	43	52:53
357 Diana Laskey	28	53:27*
369 Margaret W. Soule	48	55:14*
372 Lori Garon	40	55:23*
378 Linda W. Hunt	42	55:51*
380 Ramona M. Metz	31	56:20*
387 Ingrid Snekvik	14	57:12*
397 Deborah Borduas	40	62:08*
406 Donna Moulton	40	65:48*
407 Ruth Hefflefinger 2,60&+ 60		66:32*

Road Racing Notes:

Virginia Connors Holmes: 8/12/89, Ashbury Park, N.J., 10K Classic, 20th; open, 35:48; 9/24/89, Wilton, NH, 15K, 3rd; overall, 54:36.

Jane Dolley: 8/17/89, Saunders at Rye Harbor 10K, Rye, NH, 2nd; 40-49, 45:22.

Marianne Gagne: 8/20/89 (omission), Bowdoin & Back 10M, 1:28:37, 284/311; 10/1/89, Dover, NH, Police Flatfoot 4M, 33:20, PR; 10/7/89, Tufts 10K for Women, Boston, MA, 52:38.

Joan Lavin: 6/11/89, Manchester, NH, 5K Breakaway Road Race, 1st; 40-49, 21:07.

Deb Merrill: 9/23/89, Blue Wave 5K Cross Country, (Florida), 21:58, 4th; open, 1st; 30-39; 10/7/89, Family Literacy 5K, Florida, 21:38, 2nd; open.

Roy Morejon: 10/6/89, Bobby Byrnes Pub 10K, Mashpee, MA, 5th; 40-49, 41:09.

Sally Paterson: 11/5/89, New York City Marathon, 4:31:59.

Jennifer Rood: 10/15/89, White Mountain Milers Half Marathon, North Conway, NH, 3rd; overall, 1:24:49.

Lori Towle: 10/1/89, Sonesta Women's 5K, Portland, Correct time: 21:02.

Bob Wyman: 10/1/89, Dover, NH, Police Flatfoot 4 Miler, 30:42; 10/15/89, Stamford, Conn. Classic Half Marathon, 1:47:48; 11/5/89, New York City Marathon, 3:57:31.

Race Results are carefully compiled and edited by Don Penta each month.

Harrier Notes:

The Maine High School Cross-country season is now over and the college season is nearly so. We have had MTC Members participate at these two levels of this purest form of competitive running.

Susannah Beck is now a senior, and is leading Yale to another outstanding Women's Division I X-C season. Susannah finished second overall in 17:46 over the hilly Van Courtlandt Park 5K course at the Heptagonals (Championships for the Ivy League, Army, & Navy) on 27 Oct. 1989 (Bronx, New York).

Mike Lyons has had a fine freshman year at the University of Pennsylvania. On October 14th at Fairmont in Philadelphia at the Big Five Division I Meet, Mike was the first scorer for Penn. in third, 27:06, over the 5 Mile course, leading Penn. over LaSalle, St. John's, & Villanova.

Sean Kerwin was Fryeburg's second scorer at the Western Class "B" Regionals in Cumberland, October 23rd, finishing 50th overall in 19:08, over the 3 Mile Val Halla course.

Ryan McPaul, of the State Class "B" Champions Cape Elizabeth, was their fourth scorer at both the Regionals (15th, 17:27,3M) and the States (21st,17:18, 5K) over the hilly University of Maine at Augusta course, October 28th.

Jeffrey Paul, of Deering H.S., was their first scorer at the Western "A" Regionals, held at the Baumeg Bog CC in Sanford, finishing 40th overall in 19:02, over the 5K course.

Tiffany Toblissen, of Class "A" Deering, was their first scorer at the Regionals at Sanford (16th,22:50) and at the States at Augusta (22nd,21:51), running as an individual.

Lori Towle of Class "A" South Portland was their second scorer at both the Western Regionals in Sanford (12th,22:02) and at the States (7th,20:47). South Portland finished third at the States. Lori will be back next year.

Thanks Volunteers!

WCSH BACK BAY
FOUR MILER
October 15, 1989

Julie Grant
Brian Gaudette
Barbara Frost
Dale Rines
Scott Strout
Jean Thomas
June Dolley
Jane Lathrop
Larry Lunceford
Dennis Morrill
Bambie Lovett
Herb Strom
Kathy Gardiner
Tom Carll
Everett Moulton
Michael Frost
Steve Strout
Charlie Scribner
Ken Dolley
Georgiana Haskell
Leigh Allen
Paul Faucker
Dick Joseph
John Gale
Bill Davenney
Malcolm Kidd
Patty Strout
Bill Stewart
Walter Webber
Ray Hefflefinger
Anne Strout
Richard Joseph
Dave Blais
George Liming
Mark Wise
Sue Davenney
Conrad Demers
Susan Strout
Donna Moulton
Ted Cunningham
Dick Lajoie
Craig Cunningham
Dee Dee Delay
Russ Connor
Bill Lovett
John Davis



ARE YOU RACE DIRECTOR MATERIAL?

Where's the Race Director?

by Susan Davenny

I was privileged to attend the 1989 Road Race Management Conference in Washington, D.C., November 10-12, with race directors, coordinators and associates from all over the country. This was my first. Jane Dolley and Charles Scribner have attended previous conferences. Jane also attended this one in her role as RRCA Eastern Director.

My roommate was Jeanette Parke, Director of the Gasparilla Distance Classic in Tampa, Florida. Gasparilla attracts 16,000 runners. Jeanette is a salaried full time race director. Her event is governed by a Board of Directors. With her came the Elite Runner Coordinator, The Vice President of Operations, The President of the Board and a Captain in the Tampa Police Department. Jeanette, Bill, Wayne, Joe and John adopted me for the weekend. I learned a great deal just being with them.

The faculty of the Conference included Guy Morse, Director of the Boston Marathon, Don Kardong, president of the Association of Road Racing Athletes, Harold Tinsley, Director of the Rocket City Marathon and former President of RRCA, Jeff Darman, coordinator of Nike Cherry Blossom & Nike Women's Race, Phil Stewart, Editor & Publisher of Road Race Management Magazine and 13 other experts. Even in such company everyone I met was genuinely interested in my race of 193 women. Big races and small races have exactly the same types of problems and rewards. They just differ in magnitude.

At exhibit time, I met Jane Millspaugh of Runner's World and Janet Thompson of Running Times. I took a picture of Henley Gible and Jane Dolley, present and future Presidents of RRCA, and collected stacks of catalogues.

I attended sessions on "Marketing & Promoting Your Event," "Risky Business," risk management, "Police Story," working well with the police on a race, "Race Anatomy," details of the Colorado Springs Classic 10K, the Boston Marathon, and the Prime Health Kansas City Marathon and 10K, "Twenty Promotional Ideas for Under \$200," "Tales of the Unexpected," horror stories of what went wrong and how it was handled, and "Ask the Experts," when the entire faculty assembled for questions and answers.

Some other interesting aspects of this conference were that we had coffee and Perrier breaks. Jane Lazgin, Director of Public Relations for the Perrier Group was a faculty member. One of the best values for a sponsor is to have participants in an event sample the product. Prizes were given for the best horror story and the best promotional idea, but also for sitting in the front row, on the far end of a row and for being on time to the sessions. Things went very smoothly, nothing started or ran late.

Predictions by the experts on the next five years for running included more involvement with social causes, more restrictions on insurance, increased senior market and records, more growth in 5 and 10K races, resurgence in mountain running, concern about volunteer burn-out, more non-runner involvement. Don't miss the fun of it too, warned one member.

I will be sharing more details with race directors and anyone else that is interested.

1. The world would be a better place if people would just:
a) love one another, b) take it easy, c) communicate
d) stay in their chutes

2. Someone who runs an event without officially entering should be: a) ostracized by other runners, b) shot, c) drawn, quartered and trampled, d) all of the above, plus prohibited from buying a race t-shirt

3. "Bar code" refers to: a) rules of conduct for singles, b) hieroglyphics, c) ambulance chasing, d) a computerized scanning system for race scoring

4. Ingrid Kristiansen's new world 10,000-meter track record is: a) don't know, b) somewhere around 30 minutes, c) 30:13, d) 30:13.78, but if it had been on the roads it would have been rounded up to 30:14 (of course)

5. As a species, we humans have forgotten: a) compassion, b) family values, c) industriousness, d) not to stick pins through the tear-off portion of our numbers

6. Which of the following do you think most nearly describes race directing? a) whatever can go wrong will, b) whatever can go wrong probably is wrong, at this very minute, c) whatever went wrong? d) who went the wrong way?

7. A successful race needs plenty of drinks mostly: a) at the start, b) at the finish, c) mid-race, d) at the post-race bash, e) at race headquarters

8. I expect most reactions from runners in races I organize to be delivered: a) in person, b) in writing, c) in plain brown envelopes, d) in effigy

9. A brief, well-organized awards ceremony is: a) irrelevant, b) essential, c) the result of hard work and planning, d) a fantasy

10. I think the biggest headache for a race director must be: a) t-shirts, b) course control, c) sponsorship, d) headaches

11. Which of the following would you enjoy most? a) sharpening pencils, b) organizing pencils, c) organizing people who sharpen and organize pencils, d) selling pencils imprinted with the race logo to raise money for the budget

12. When someone asks about certification, I: a) scratch my head, b) touch my toes, c) roll my eyes, d) produce

documentation, complete with signatures, notations, and photos

13. At three in the morning on the day of the Big Race, I expect to be: a) sleeping, b) lying in bed, worrying, c) sweeping gravel off the course, d) planning my next event

14. The Bible is to religion as Measurement News is to: a) the metric system, b) Alberto Salazar, c) course certification, d) life

15. If my spouse gets angry about all the time I spend directing the Big Race, I plan to: a) offer consolation, b) offer to set aside some time together after the Big Race, c) offer to get divorced after the Big Race, d) offer to waive his/her entry fee

16. World-class runners should be treated with a) care, b) enthusiasm, c) disdain, d) teflon

17. "Clain Jones" refers to: a) a Welsh runner who won the 1984 and 1985 Chicago Marathons, b) the hero of Raiders of the Lost Ark, c) a former All-Pro quarterback for the Colts, d) a device used to measure road race courses

18. Course certification is: a) a pain, b) a mystery, c) a sacred duty, d) all of the above

19. Time your response to the following question on the day before the Big Race: What is your spouse's name? Did it take: a) less than 1 second? b) 1-10 seconds? c) more than ten seconds? d) wrong answer

20. For laughs I enjoy the antics of a) Laurel & Hardy, b) Abbot & Costello, c) Laverne & Shirley, d) Lebow & Bright

21. I expect to spend the day after the Big Race: a) sleeping, b) drinking, c) hiding, d) planning next year's Big Race, e) watching a video of the finish line, f) all of the above

- | | |
|-----------------------------|---------------------|
| 1.a)0 b)0 c)0 d)5 | 11.a)0 b)1 c)3 d)5 |
| 2.a)1 b)2 c)3 d)5 | 12.a)0 b)0 c)3 d)5 |
| 3.a)0 b)0 c)0 d)5 | 13.a)0 b)2 c)3 d)5 |
| 4.a)0 b)1 c)2 d)5 | 14.a)0 b)0 c)4 d)5 |
| 5.a)0 b)0 c)1 d)2 | 15.a)0 b)1 c)4 d)5 |
| 6.a)3 b)5 c)2 d)1 | 16.a)3 b)0 c)1 d)5 |
| 7.a)1 b)1 c)1 d)4 e)5 | 17.a)1 b)0 c)0 d)5 |
| 8.a)2 b)1 c)3 d)5 | 18.a)2 b)1 c)4 d)5 |
| 9.a)0 b)1 c)2 d)5 | 19.a)0 b)1 c)4 d)5 |
| 10.a)1 b)1 c)2 d)5 | 20.a)1 b)1 c)0 d)10 |
| 21.a)1 b)2 c)3 d)4 e)5 f)10 | |

If you scored...

- 0-21 Work on your pencil-sharpening skills
 21-40 We'll pay you to stuff runner's packets
 41-60 You're neurotic all right, but only enough to run marathons
 61-81 Not bad. Would you consider being in charge of aid stations?
 81-100 Forget race directing. You should be club president



FINEBERG, LTD.

FINE CLOTHING SINCE 1988
 OFFICIAL OUTFITTERS TO MTC



Buy Now For the Holidays

Maine Track Club clothing of course! With the holiday season fast approaching now is an excellent time to purchase clothing for your friends in the club, for family members, or even for yourself.

This might just solve some of your gift giving questions (what to give?) and it also helps our track club. You can select from three different types of hats, two types of singlets, tee-shirts, unisex nylon shorts, Running Comfort shorts and singlets for women, hooded sweat shirts, gloves, long sleeve shirts and much more.

To place an order or for information please call Mel Fineberg at 774-8868.



RUN WITH THE BEST



RUNNING WITH A FINEBERG ON IS
 LIKE RUNNING WITH NOTHING AT ALL

PH³ NEXT HASH

Thursday, December 14, 1989

6:00 pm

Gritty McDuff's

on Fore St. at the foot of Exchange St.
 Hares: Geoff Clark and Richard Pfeffer



Everyone is welcome!

Hash News

RECOLLECTIONS OF THE WILD TURKEY HASH

By Bill Davenny

The Portland Hash House Harriers met at 11am on Saturday, November 4. The air was cold and windy. Skies were clear. More new hashers joined us for our third "live hash." Andy MacLean and I were the hares.

We marked a course that took us from the tennis courts by Deering High School to the back of Lincoln Middle School, through Evergreen Cemetery, down Hamblet Ave. to Ludlow St. We then took a circuitous route through Warwick Heights, Hall School grounds, Capisic Pond area and Rosemont Corner. Then it was home across the Deering athletic field. The course was about four miles long.

No one got lost. The faster hounds gained five minutes on the hares.

Most of the group reconvened at Gritty McDuff's where we had lunch and sampled the delicious beers and ales which are brewed on the premises.

The next hash will be at Gritty's at 6pm, Thursday, November 30. Hares will be Geoff Clarke and Erin MacLean. Hashers should be prepared with reflective vests, flashlights and whistles or horns. Running at night should add another dimension to the sport. We will try to get the down-down songs down pat by the 30th.

Wild Turkey Hashers

Frank Brume	Dennis Morrill
Sandy Utterstrom	Kathy Gardiner
Jean Thomas	Richard Pfeffer
Charles Pfeffer	Bob Payne
Friend Tom	Bill Davenny
Andy MacLean	Erin MacLean
Dale Rines	Al Utterstrom
Michelle Gardiner Metz	Peter Pfeffer
Barbara Coughlin	Sue Davenny

"LEAD ON MCDUFF" LED BACK TO GRITTY'S

By One Smug Hare

Congratulations to harriers participating in the first PH³ moonlight hash! We decided that in retrospect we could have called this one the "Portland Parking Garage Hash." Don't let anyone ever tell you that there's no place to park in the Old Port.

The hash began (and ended) in the center of Gritty McDuff's, Portland's Original Brew Pub. A split course in the beginning had harriers snuffling around in the back streets for a bit, but the chase was soon off and running. The course remained in the downtown area with streetlights sufficient for most hashing, but a few spots along Congress Street gave trouble...the important thing was that no one got lost, and the hares (Erin MacLean and Geoff Clark) didn't get caught! BETTER LUCK NEXT TIME!

8

HAVE YOU KISSED YOUR ATHLETIC SUPPORTER TODAY?

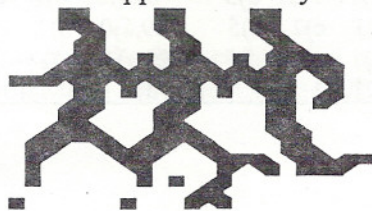
by Kathi Foye

Not all athletic supporters are articles of clothing. I am an athletic supporter! I don't run. Some days I barely walk! But I work races because I enjoy watching my husband, my daughter, and my friends run. I try to work every race my husband runs, in addition to the ones we volunteer to work together. During marathons, I am the die-hard who drives the course, stopping every few miles to give water, Exceed, or orange juice to members of our running group, and frequently, to strangers. I pick up the cups they drop. I wait and cheer as each member of the group comes into view. I carry towels, dry clothing, sweaty clothing, and a camera (sometimes without any film). I map out routes from our home on Friday night so that on Saturday morning the group will know the course. Sometimes I tape Teddy Bears to the tele-

**WHY DO I DO THESE THINGS? Because
runners are the greatest people on earth.**

phone poles to help the runners find the route. I do this at 5 am, when sane people are sleeping. I buy fresh bagels from Mr. Bagel so that the runners can enjoy hot bagels when they have finished their training run.

Why do I do these things? Because runners are the greatest people on earth: friendly (ever see a bunch of runners waiting for a race staring at the ground, not talking to each other? I haven't), honest (when they borrow, they return), and real family-oriented people (little chatterboxes don't faze them a bit). They say "thank you" and mean it. They appreciate everything that's done for them ("thank you SO MUCH for untying my shoes!") and they appreciate racer support (one runner at Clarence DeMar remarked to me, "You sure are loyal. I've seen you all over the place out here. Wish I had someone out here." I asked him if he needed something—water, Exceed, juice. He said, "No, don't need anything. I just like seeing you cheering us on." Runners feel good when they run. I feel good when I help and cheer. I suspect that there is an athletic supporter in every runner's family.



**MEMBER PROFILE:
DONALD PENTA**

By John Wood with Maggie Soule

Good news for runners and race directors

It looks like your favorite events will no longer bite the dust due to lack of liability insurance coverage. RRCA's Jerry Kokesh has put together a new liability insurance program for member clubs—detailed information should already be on its way.

Coverage will include all RRCA sanctioned events and club activities such as races, fun runs, track workouts, picnics, clinics, and meetings. Each club's premium will be based on club membership (cost for clubs like MTC, with less than 1,000 members, should be about \$2.25 per member).

Additional benefits include \$1,000,000 comprehensive general liability, the possibility of naming additional insured parties, and reduced paperwork.

Syracuse and Washington take Honors

Results of the First Annual Regional Newsletter Contest were announced in the Fall, 1989 edition of the RRCA Eastern Region Newsletter. Editors Evelyn White (Syracuse Chargers Track Club) and Valerie Paterson (Washington RunHers) took the honors for best regional newsletter in the large club (201+ members) and small club (200 or fewer members) categories, respectively.

Get Ready for a January Marathon

The Houston Marathon has been designated as the RRCA 1990 National Marathon Championship and is reputed to be Texas' largest spectator sporting event.

If you need more incentive than that to consider a winter trip to Texas, read on. Race Director David Hannah has set aside \$250 to award to the RRCA club from each region that enters the highest *percentage* of club runners as a marathon team (even small teams can win). Top individual RRCA finishers (Open and Masters for men and women) will each receive one round trip ticket on American Airlines anywhere they fly in the Continental U.S. Ask Jane Dolley or Charlie Schribner for an entry form.

Jane Dolley for President

MTC's own Jane Dolley, currently RRCA's Eastern Regional Director, will be running for RRCA President at the annual business meeting at the March convention. Good luck Jane!

With Don Penta we are continuing our series on that small nucleus of members who are the reason why MTC is a warm, friendly, yet thoroughly professional club.

Don is our Statistician. He hunts down Race Directors from all over the state and beyond--to the extent that no MTC member can put one foot in front of the other without Don knowing about it. Typically, about a third of every newsletter is composed of Don's data. He is also a regular contributor to Maine Running & Outing Magazine. In the documentation of Maine running, Don is probably the single most important person.

Don is an avid runner. He started jogging a loop in the woods in 1978. His first race was the Bridgton Four on the Fourth, a race he has run every year since except for 1982 and 1989 when he was injured. Don normally trains more than 20 miles a week, peaking to 30 for races like the Casco Bay Marathon, which he completed in 4:02 in 1986. Don's "serious" training began with USM's Lifeline program in 1982, where Dennis Morrill spotted and encouraged him. He joined MTC in 1984.

Beginning with 17 races in 1983, Don has worked up to running an average of 30 races a year. When he's not competing, he volunteers in the finish chute, at water stops, takes pictures, directs traffic, and checks race results (he can spot an error or solve a problem in race results from his memory of past performances).

Don's father is a Doctor. A chip off the old block, Don graduated from Nasson college in 1972 with a B.A. in chemistry. He also studied Probability & Statistics at USM. Don always enjoyed math and likes to feel that the application of his skill to MTC race results helps develop friendships between members. He was appointed Statistician in 1986 by Charlie Scribner and Jane Dolley (with whom he attended Deering High School)--certainly one of the inspired contributions those two have made to MTC.

Don lives with and cares for his family--and visa versa--including a poodle named Flash.

We've watched Don being knocked down by an injury and fighting back to a new PR--always with a smile and a friendly word for everybody. It's Don's dedication to excellence that helps explain why MTC is the fine club that it is.

1990 Officers and Committee Chairpersons

Bill Stuart	President	799-5961	John LeRoy	Course Certification	725-8680
Peter Bastow	Vice President	829-3669	Loren Lathrop	Course Certification	772-8356
Susan Davenney	Secretary	772-1787	Ruth Hefflefinger	Membership	797-4625
Rob Laskey	Treasurer	729-4104	Herb Strom	Past President	799-7705
Charlie Scribner	Race Committee	772-5781	Melvin Fineberg	Clothing	774-8868
Candice Karu	Newsletter Editor	967-4257	Don Penta	Statistician	892-4526
Barbara Coughlin	Member at Large	799-0463	Ken Dolley	Member at Large	846-6018
Carlton Mendell	Member at Large	797-7806			

Maine Track Club, Box 8008, Portland, Maine 04104 * A non-profit organization

WANTED: NEWSLETTER SPONSORS!

MTC gratefully acknowledges the generosity and support of those members listed at right. If you would like to become an individual sponsor, please send \$10 to the Maine Track Club, Box 8008, Portland 04104.

To become a corporate sponsor, your donation of \$25 should be mailed to the same address. Prime sponsorships in the amount of \$50 will reserve you advertising space in the newsletter. For details, contact the Editor at the number listed above.

All donations are gratefully accepted!

Sponsors

Barry & Judy Howgate
Cindy Smith
Dick Lemieux
Barry Fifield
John Woods
Bill & Sue Davenney
Kurt Neilsen
Debbie & Warren Alpern
Anonymous

Prime Sponsor
Carol Pierce

Treasurer's Report

Funds on Deposit September 6, 1989 \$ 7,926.44

Receipts:

Cape Challenge Race	\$ 2,568.00
Sonesta Race	\$ 1,890.00
Membership	\$ 192.00
Clothing	\$ 1,110.50
Interest	48.09
	\$ 5,808.59
	\$ 13,735.03

Disbursements:

*Coastal Silkscreen Clothing	\$ 837.48
*D.P. Trophy	\$ 168.00
Deering Oaks Festival	
*Kennebec Rentals - flags	\$ 65.63
*Barbara Coughlin - expense	\$ 152.32
Cape Challenge	
*Mel Fineberg - clothing expense	\$ 16.78
*Big Red Q. Printing - newsletter	\$ 174.77
*Ruth Hefflefinger - postage	\$ 100.00
*Sue Davenney -	
Road Race Management Seminar	\$ 300.00
*Charlie Scribner - Postage	\$ 100.00
*Ken Dolley - Purchase of gift	
for Deb Merrill	\$ 73.00
*Dale Rand Printing - address sets	\$ 25.20
*Coastal Silkscreen - hats	\$ 69.60
	\$ 2,082.78

**Funds on Deposit October 5, 1989

\$ 11,652.25

**includes approximately \$3,400 in undisbursed Cape Challenge funds.

TREASURER'S REPORT November 6, 1989

Funds on Deposit October 5, 1989

\$ 11,652.25

Receipts:

Newsletter Ad	\$ 50.00
50 Mile Race	\$ 295.00
WCSN Race	\$ 3,803.00
Sonesta Race	\$ 743.38
Cape Challenge	\$ 44.00
Membership	\$ 171.00
Interest	65.93
	\$ 5,172.31
	\$ 16,824.56

Disbursements:

*Atlantic Screen Print	\$ 181.76
T-shirt - 50 miler	
*Sonesta Hotel - Sonesta 5K	\$ 653.95
*Sonesta Race - McCauley Resistance	\$ 1,594.43
*Maine Barrier - Ad Fall Issue	\$ 15.00
*Shopper Hardware - Rope for chute	\$ 15.90
*Charles Scribner - computer paper	\$ 24.40
*Coastal Silkscreen - T-shirts	
Cape challenge	\$ 2,239.34
*Rainbow A racing systems	
Safety vests	\$ 97.50
*Sue Davenney - postage	\$ 100.00
*Rick Gilde - messenger - 50 miler	\$ 30.00
*Carol McLord - messenger - 50 miler	\$ 30.00
*Sportline Trophy	\$ 95.26
*Associate Septic Service - 50 miler	\$ 80.00
*Bowdoin College - gym - 50 miler	\$ 65.00
*Bambi Lovett Expense - 50 miler	\$ 7.28
*Big Red Q Printing - newsletter	\$ 161.75
*Rick Strout - postage	\$ 25.00
*Dale Rand Printing-flyers Turkey Trot	\$ 183.75
500 envelopes	\$ 35.70
* Check returned	\$ 10.00
* Cape Elizabeth High School	\$ 58.00
Gym turkey trot	
	\$ 5,704.02

**Funds on Deposit November 6, 1989

\$ 11,120.54

**includes undisbursed funds for Cape Challenges and WCSN races

Richard K. Strout
Treasurer

Richard K. Strout
Treasurer

10th Anniversary Banquet Reservation Form

Keeley Banquet Center

January 20, 1990

Name _____

Number of adults @ \$15.50 _____

Number of children under 12 @ \$7.75 _____

Amount enclosed _____

Make checks payable to Maine Track Club, and send to MTC Banquet,
Box 8008, Portland 04104. Deadline is **January 12, 1990**.

First Time Marathon Award

Deadline: December 15, 1989

Any member who completed his/her first marathon in or out of state in 1989 is eligible to receive this award. You must return this slip or notify the awards committee. You do not need to attend the banquet to receive this award. Mail slip to Awards Committee at the post office box listed above.

Name _____ Marathon _____ Time _____

Volunteer T-Shirts

Deadline: December 15, 1989

All members who worked on 3 or more races in 1989 are eligible to receive a special T-shirt. Volunteer lists are not complete for all races, so we need to have you check the races you worked on the following list. You do not have to attend the banquet to receive your t-shirt. Mail slip to MTC T-shirt at the post box listed above.

Name _____ T-shirt size _____

April Amble
Bowdoin 10 Miler
Deering Oaks Festival
Turkey Trot
50 Miler
Oakhurst Milk Run
Baxter Blvd. 4 Miler
Sonesta 5 K
Candy Cane Run

Mark Hoffmaster Memorial
Midwinter 10 Miler
Peaks Island
Boys' Club
Pat's Pizza
Cape Challenge
Heart Run
DARE & Officer Friendly
MTC Yard Sale

MAINE TRACK CLUB MEMBERSHIP FORM

___ Individual (\$12.00) ___ Family (\$15.00) ___ Student (\$5.00)
(18 yrs. old maximum)

LAST NAME _____, TODAY'S DATE ____/____/____

1ST. NAME _____, INITIAL _____, SEX (M/F) _____, D.O.B. ____/____/____
1ST. NAME _____, INITIAL _____, SEX (M/F) _____, D.O.B. ____/____/____
1ST. NAME _____, INITIAL _____, SEX (M/F) _____, D.O.B. ____/____/____
1ST. NAME _____, INITIAL _____, SEX (M/F) _____, D.O.B. ____/____/____

ADDRESS _____, HOME PHONE _____

CITY _____, STATE _____, ZIP CODE _____

EMPLOYER _____, OCCUPATION _____, PHONE _____
EMPLOYER _____, OCCUPATION _____, PHONE _____

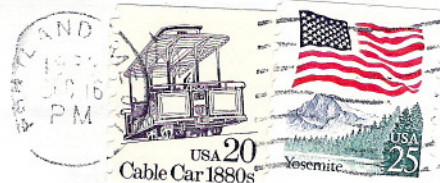
IF STUDENT: SCHOOL _____, YEAR OF GRADUATION _____
SCHOOL _____, YEAR OF GRADUATION _____

OTHER INTERESTS: _____

YOUR SPONSOR (IF ANY): _____

Maine Track Club

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04104



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