



NEWS - RUN

Run with a friend . . .

January 1995

From the Presidential Suite

Dear Club Members,

It is hard to believe that this will be my last president's column to you. After this month I shall be serving as Past President on the Board of Directors.

I find it difficult to express my thoughts within the limits of this column. Allow me to say that I considered it a pleasure and a privilege to have served as president of the Maine Track Club for the past year. Some things can be taken away, lost, or forgotten, but good memories and good friends cannot. I am fortunate to have both to take with me. For this I will always be grateful.

One year ago we were planning our goals for the year. It is too early to reflect on the success of the year. I will leave that to others. My fondest memories all involve my fellow members. The support and encouragement you gave me will always be remembered.

If a president ends his term with more friends than when he or she started, that indicates a successful year. Based on this criteria, I consider myself very fortunate. When things get difficult it is a comfort to know that there are many friends ready to help. Your support, help, and friendship will always be remembered by me. The amount of hours put in by dozens and dozens of members cannot be calculated or measured. A more dedicated group would be hard to duplicate.

The year is not over yet. We have things to do and enjoy. We will be having our handicap race and banquet on January 14. Please look for the announcement in your mail and elsewhere in this newsletter. Please plan to attend this year.

I wish everyone a great holiday season and much health and happiness for the coming year.

Best wishes,

Mel

Thanks for everything, Mel. It has been a great year for the Maine Track Club!

Maine Track Club Annual Banquet

Saturday

January 14, 1995

**Eagles Banquet Center
729 Broadway
South Portland, Maine**

Join Maine Track Club members and guests for our annual presentation of awards, socializing, music, and fun. Send your reservation form (there's one in this newsletter) and check today!

In This Issue . . .

Membership Reminder
A Cat Tale
Auction Action
The Fun Handicap Race
Banquet Reservation

From the Editor . . .

Before I launch into a written speech (and hopefully persuasive one) about why you should be attending the 1995 Maine Track Club Annual Banquet, let me thank you for the opportunity to work with you and this newsletter. Mostly, I know I have been somewhat of a phantom--my schedule just doesn't allow for much leisure activity at this time. I hope that both Ann Witkower (a gift from heaven if ever I saw one) and I have lived up to your expectations regarding the quality of News-Run. As we move aside to make way for new volunteers, please accept our appreciation for your patience as we pulled together the newsletter and our best wishes for a successful 1995 Maine Track Club year. May our paths cross again.

Now, on to my speech about the Annual Banquet. There several great reasons for attending the Annual Banquet--which, by the way, in case you missed the headline on the front of this newsletter--will be held on January 14 at the Eagles Banquet Center in South Portland. To quote my hero, Dave Letterman with whom I share the homestate of Indiana--here are the top ten reasons for attending the Maine Track Club Annual Banquet....

10. A choice of entrees, including one for vegetarians.
9. Captain Newick's is across the street in case you have an early evening craving for fried clams.
8. Mel Fineberg has promised NOT to sing during the cocktail hour.
7. Your name will appear in the next issue of News-Run--and kept out of the Portland Press Herald.
6. The times of all those entering the banquet will be clocked by Don Penta, sorted by age category, and the results will be included in the next issue of News-Run under the Race Results. It may be that unique opportunity to actually "win" a race.

5. To listen to the grand finale--the dynamic duo of Mel and Ron in their renowned rendition of "Country Roads".
4. Have an opportunity to win the fabulous door prize currently being put together for this event.
3. Finally see people you've seen all season wear something other than Maine Track Club spruce green.
2. You don't have to feel compelled to use this meal as a carbo-loading experience.
1. You get to be with great people, enjoy a great meal, and watch people be rewarded for all of their hard work during 1994--heck, you might even win something.

Hard to resist, isn't it? Take the time to fill out the banquet reservation form included with this newsletter and join us on January 14th!. See you there!

Susan

A Reminder --

If you have moved, or are planning a move, please forward your new address and telephone number to the Membership Chairperson so that the database is updated in a timely fashion and you continue to receive your copy of News-Run as well as special mailings. Third class mail is NOT forwarded by the Post office.

News•Run Sponsors

The Maine Track Club gratefully acknowledges the generosity and support of those members listed below. If you would like to become an individual News•Run sponsor, please send \$10 to Maine Track Club, PO 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

Milt Bailey

Carol Pierce

Eric R. Ellis, Jr.

Shop 'N Save Turkey Trot 1994 . . .

Thanks to all the many volunteers, the good weather, the positive support of the Cape Elizabeth Community Services, and the Cape Elizabeth Police Department, this year's Shop 'N Save Turkey Trot race was a great success.

Many obstacles had to be overcome due to the ongoing major construction at the middle school/Pond Cove School complex. The race participants adjusted very well and everyone kept their senses of humor to make it a very pleasant experience. The club's treasury benefited to the tune of almost two thousand much-needed dollars.

To the many volunteers and runners we wish to thank you. Our longtime and very loyal sponsor, Hannaford Brothers, Shop 'N Save Supermarkets deserve our gratitude for making the race possible. They have been extremely generous and supportive. We would like to extend a special thank you to Chris Force of Hannaford Brothers for her help and kind understanding. It has been a pleasure working with you.

Sincerely,
Mary Anne Champeon
Malcolm Washburn
Mel Fineberg

We Want You . . .

...or at least your stories. Have anything funny, wonderful, or awful you'd like to share with the MTC membership? Just give me a call--I'll gladly receive your offering or write your story for you (I especially like goofy race stories). From what I hear, member profiles are something our readers appreciate. So why not volunteer yourself--or someone else--for a profile. Just leave me a message at 775-4817.

Pat Buckley

A Cat Tale -- or -- Held Up on the Way to the "James Gang" . . .

Pat Buckley

Last September 3rd, MTC members Kitty Kelly and Joan Lavin experienced what every road racer dreads, a "bad race day." It was the day of the James Gang 10K in Gorham, New Hampshire, a race Joan had been trying for five years to get to.

The plan was for Joan to drive the short distance in Portland to Kitty's house, where the two would wait to be picked up by Carlton Mendell and Russ Bradley to carpool to the race. But while waiting on the front steps, they noticed Kitty's cat, Fleece, nearby, looking unusually still. Rushing over, Kitty saw that the cat was hurt, probably having been hit by a car. Distraught, she told Joan to go along to the race without her. But Joan refused, saying, "I'll call Roz." In moments Roz Randall, MTC member and ultramarathoner extraordinaire -- and veterinarian -- was standing by to receive the injured cat. Carlton and Russ arrived but were told to go on, that Joan and Kitty would do their best to be at the race. Then, with a quick side trip to Scarborough to leave Kitty's kitty in Roz's capable hands, at about 7:00 a.m. the two ladies lit out toward New Hampshire and the 9:00 a.m. start time.

But uh-oh, Joan suddenly remembered that she had left her driving glasses on the kitchen table back home in Portland. So the two raced back to Portland for the glasses and then finally aimed west once again. Finally over the New Hampshire state line, they began to think there was a fair chance of making it on time. But a pit stop in Conway proved to be a pitfall. Taking a wrong turn, they went in a circle that took minutes off their narrow margin of time. Frustrated, Joan said, "Let's just go for it. Either way we're going to run out of gas or get stopped for speeding." And just two miles out of Gorham the flashing blue lights appeared behind. According to Kitty, "Joan

Group Runs:

Portland: early mornings — USM — Bill Davenny 772-1787

Portland - Rat Pack: varying times — Mike Reali 767-5218

Cape Elizabeth High: Sunday 7:30 AM — RIW Team Brian Gillespie, 772-2753

South Portland: Tuesday PM — Donna Moulton 799-2894

Kennebunk: Thursday PM — Village Market place — Steve Jacobsen, (h)985-4107; (w)985-2941



A Cat Tale, continued. . .

flew out of the car, meeting the officer halfway to the door, her mouth going a mile a minute. And then they both began to smile." It seems that the cruiser that apprehended them was the very one that would be the lead car for the race!

With an early lead car escort, Joan and Kitty steamed into Gorham with just enough time for last-minute registration and catching the race bus to the starting line. Then a bad race day became a good one. Joan placed second in her age group and Kitty was pleased with her time. Carlton and Russ were happy to see their buddies who had raced to the race.

And Fleece, it's good to report, made a splendid recovery after weeks in hind leg casts and quite a few visits to "Auntie Roz." Kitty says that Fleece now prefers to do HER running indoors!

Kitty would like to thank Joan and Roz for all their help with her injured cat on race day and in the days to follow. What a good example of club networking!

Auction Action and a "C" of Good Food . . .

----"C" as in chocolate, cherry cheesecake ----

October's membership meeting, held on the 9th, was a multi-tiered event, a pot-luck supper, presentation by the nominating committee of a proposed slate of officers for the coming year, and the club's (almost) annual auction.

The pot-luck had a specific requirement. All items brought were to begin with the letter "C", with prizes going to the disk with the most C's in its name. Naturally, many good chicken dishes and cakes -- like chocolate-cherry-cheesecake--, were presented. I had the audacity to think my chick pea casserole, with its three C's, might win. But the grand prize went to Eileen Dunfey for her splendid "Carla's Caribbean Curried Chicken Cashew and Carrot Couscous -- a dish from the Seven Seas with nine C's!

The auction moved right along with the smooth talking trio, Bill Davenney, Ray Hefflefinger, and Ron Pelton. Those who opened their wallets raised about \$615 for the club treasury. The auctioned items ranged from a freshly baked caramel cake by Russ Bradley's wife to book, theatre and concert tickets, an assortment of running shoes, and more. There was a beautiful framed photo by club photographer, Maureen Sproul. President Mel successfully bid on an orange reflector vest and then, for known only to him, bid on yet another one.

So as you clean the garage in the spring or contemplate the too-large running gear you won't need now that you've shed those last fifteen pounds, remember next October's auction. Your fellow club members will surely want your cast-offs and the treasurer will be very happy for the proceeds.

Pat Buckley

Thanks !!!

About a year ago, new MTC member Susan Roberts volunteered to edit News-Run, obviously no small task. She's done a superb job, addint this task to her position of Director of Admissions and Advising at the University of Southern Maine. However, this is the last edition of News-Run that Susan will edit, as she's adding new motherhood to her busy life.

On behalf of the board and membership of the Maine Track Club, we'd like to express to Susan our heartfelt thanks for all her good work. She's kept the tradition of an interesting and high quality newsletter. All our good wishes, Susan. See you --eventually! -- at the races.

You're welcome, but most of the credit goes to Ann Witkower, without whom there would not have been a newsletter!--Susan

DON'T FORGET TO
ATTEND THE EVENT
OF THE YEAR --

MAINE TRACK CLUB
ANNUAL BANQUET

SATURDAY, JANUARY 14,
1995

EAGLES BANQUET CENTER
SOUTH PORTLAND, MAINE

Use the Reservation form in
this newsletter!

Race Schedule . . .

January

- 6 26th Dartmouth Relays (indoor track & field), Hanover, NH, Leverone Field House, Dartmouth College, Carl Wallin, 603-646-2848.
- 7 Clappers' Mid-winter Fun Run & Pot Luck Lunch, Bucksport, 10 a.m., 9.5-mile (or shorter) run, everyone welcome, Leona Clapper, 469-3615.
- 14 Maine Track Club Fun Handicap Race (part of Annual Banquet Weekend Activities), 5K, members only, 9:00 a.m., Gilsland Farm, Falmouth, Mel Fineberg, 774-8868.
- 14 Maine Track Club Banquet, Portland, Eagles Banquet Center, South Portland, 5:30 p.m. cocktails, 6:30 p.m. dinner, Ron Pelton, 822-7346 (o), 846-9039 (h).
- 14 Black Bear High School Relays (indoor track & field invitational for teams), Orono, 10:30 a.m., University of Maine, Rolland Ranson, 581-1077.
- 21 Central Maine Striders Banquet, Waterville, 6 p.m., drinks, 7 p.m. dinner, Holiday Inn, Ron Paquette, 437-9237.
- 22 16th Annual January Thaw Road Race, Belgrade, 12 noon, 4.5-miler, Gene Roy, 465-7296.

1994 Olympic Day Run for Kids . . .

The Maine Track Club thanks the following volunteers for their participation in the 1994 Olympic Day Run for Kids held on Saturday, September 17, 1994.

Computer: Everett Moulton, Mary Anne Champeon, George Conly

Timing: Paul Lessard, John Gale

Registration: Kathi Foye, Eileen Dunfey, Sharon Simpson, Jan Bastow, Joan Lavin, Beth Klingensmith

Spindle Runners: Laurel Sanborn, Lisa Kelly

Flaggers: Stan Simpson, Joan Trembreth, Leah Callahan, Lisa Kelly, Paul Arseneault, Patty Zub, Habid Ansari, Sarah Ansari, Leah Smith, Stu Hogan, Lisa Raunsley, Don Penta, Jim Lolley

Chute: Kitty Kelly, Eileen Dunfey, Sharon Simpson, Kathi Foye, Jan Bastow, Rick Meinking

Field Coordinators: Donna Moulton, Patience Buckely, Bill Goddard, Joan Wilber

Volunteer Coordinator: Mel Fineberg

Join Our Annual Banquet Weekend Activities--beginning with the Fun Handicap Race on Saturday, January 14

Join us for the Fun Handicap Race (5K) for Members Only on Saturday, January 14, 1995 at 9:00 a.m. We will meet at the Maine Audubon Society Gilsland Farm Sanctuary in the Maine Building and store. The 5K race will cover all kinds of interesting terrain. Gilsland Farms has 2.5 miles of trails that wind through meadows, in and out of woodlands, and along an estuary. This is a great opportunity for our members to visit and observe the tremendous facilities available to us. (Bring your cross-country skis along for some excellent skiing)

Please fill in the enclosed registration form and mail to MTC, P.O. Box 8008, Portland, ME 04104 OR call Mel (774-8868), Marge Parsons (829-5079) or Howard Spear (856-6496) and give information over the phone.

Note: a donation to the Audobon Society of \$1.00 or more would be appreciated. This would be a good gesture on behalf of our club.

-- ANNUAL BANQUET -- ANNUAL BANQUET --

Please join us for our fifteenth Annual Banquet. This year's banquet will be held at the beautiful new Eagles Club Banquet Center on Broadway in South Portland. You will like the atmosphere (overlooking Portland Harbor) and the carefully prepared food created by experienced Italian cooks.

We listened to your concerns of the past several years and have kept costs at a very reasonable level. The price of \$14.50 per person includes:

An Italian Appetizer Table
Salad
Entree: Choice of Chicken Marsala, Ribeye Steak, Lasagna, or a vegetarian dish
Oven Roasted Potato and Green Beans Almondine
Italian Bread
Coffee, tea or milk
Dessert

Fill out the lower half of this announcement and send it in by January 7 to reserve your place at this special awards event. **DON'T MISS OUT ON A GREAT TIME!**

Maine Track Club Annual Banquet Reservation Form

Name: _____

Phone: _____

Amount Enclosed: \$ _____

Menu Choice: _____ Chicken Marsala
_____ Lasagne

_____ Choice Ribeye Steak
_____ Vegetarian Dish

Mail this form with your check for \$14.50 per person made payable to the Maine Track Club (Banquet), P.O. Box 8008, Portland, Maine 04104. The deadline for reservations is January 7, 1995. No Sales At The Door.

For more information, call Mel Fineberg - 774-8868, Marge Parson - 829-5079, or Ron Pelton - 846-9039.

ANNOUNCEMENTS AND REMINDERS . . .

Maine Track Club Discounts

The following area sporting good stores have agreed to give MTC Members a 10% discount on running shoes (non-sale items). It is necessary that you show your 1994 (and soon, 1995) Club I.D. card when requesting a discount.

Levinsky's Mall	Freeport - U.S. Route 1 Portland - 275 Congress Windham - Windham	Coastal Athletics (ASIC shoes exclusively - discounts according to model)	Portland - 502 Woodford Street
Olympia Sporting Goods	South Portland - Maine Mall	Sports East (Saucony shoes exclusively - this discount is worth 20% to Maine Track Club Members!)	Topsham - Topsham Fair Mall
Yankee Sports	South Portland - 35 Foden Road		

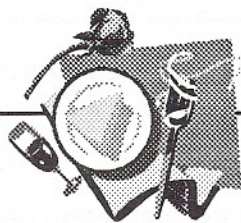
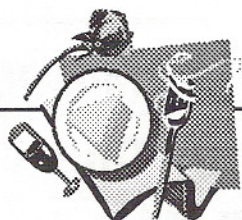
Maine Track Club Annual Volunteer T-Shirt

Any member of the Maine Track Club who has volunteered at three or more Maine Track Club races in 1994 is eligible to receive a limited edition volunteer T-shirt. You do not need to attend the Annual Banquet to receive your shirt. Please check each race worked and return by January 6, 1995.

- | | |
|---|--|
| <input type="checkbox"/> Mid-Winter Classic 10-Miler | <input type="checkbox"/> Presidential Race 5 Mile |
| <input type="checkbox"/> Maine Track Club Memorial 5K | <input type="checkbox"/> Patriot's Day Portland Boys & Girls Club 5 Mile |
| <input type="checkbox"/> April Amble 4 Mile | <input type="checkbox"/> Family Crisis Shelter 5K |
| <input type="checkbox"/> South Portland DARE 4 Mile | <input type="checkbox"/> Oakhurst Milk Run 4 Mile |
| <input type="checkbox"/> YMCA Back Bay 5K | <input type="checkbox"/> Deering Oaks Family Festival Classic 5 Mile |
| <input type="checkbox"/> Pat's Pizza Clam Festival Classic 5 Mile | <input type="checkbox"/> Women's Distance Festival 5K |
| <input type="checkbox"/> Peaks Island 5 Mile | <input type="checkbox"/> MTC Ultramarathon 50 Miler |
| <input type="checkbox"/> Bowdoin and Back 10 Mile | <input type="checkbox"/> Shop'n Save Turkey Trot 5K & 10K |
| <input type="checkbox"/> Maine Marathon & Half Marathon | |
| <input type="checkbox"/> Brunswick Physical Therapy 8K | |
| <input type="checkbox"/> Other _____ | |

Name: _____ Phone: _____
Size: _____ Medium _____ Large _____ X-Large

Mail by January 6, 1995 to: Maine Track Club Volunteer T-Shirt, P.O. Box 8008, Portland, ME 04014



*Maine Track Club Annual Banquet
Saturday, January 14, 1995
Cocktails 5:30pm Dinner 6:30pm*

Chicken Marsala - mushrooms and Marsala wine

Choice Ribeye Steak au jus

Lasagna with meatballs

\$14.50

Eagles Banquet Center

729 Broadway, South Portland, ME

Mel Fineberg-774-8868 Ron Pelton-846-9039

*Join Maine Track Club members and guests for our annual presentation of awards,
socializing, music and fun. Send your reservation form and check today!*