



NEWS • RUN

Run with a friend . . .

February 1993

President's Column:

It is early in 1993, or so it seems with all the snow and cold. The spring racing season is just around the corner, however, and as usual we will probably feel a sense of urgency to "get in shape." In addition, if you have run an early race like the mid-winter classic 10-miler or, in my case, the Las Vegas half-marathon, you're probably wondering how in the world you raced so fast last year!

Never fear, though, because these early season tests are only barometers for the upcoming spring and summer seasons. The year is plenty long enough, with many races to choose from. These early tests should simply be for breaking the monotony of winter training, to give you an idea of your current fitness level, and to give you sufficient motivation to "get off your duff," particularly on those days when it is easy to say "it is too cold to run."

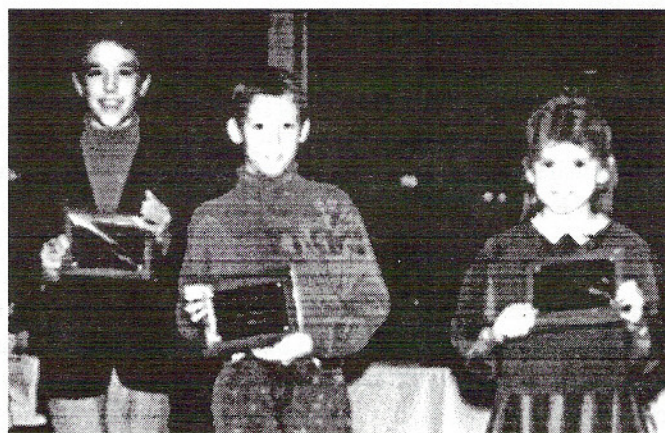
While it is time to increase your mileage, to become more consistent in your training, and to hit the track once a week, make sure you have a plan. Don't just start grinding it out without thinking about where you want to go. Remember the fundamentals of increasing your training:

- 1 Don't increase weekly mileage more than 10% or one mile for each session per week, (i.e..5 workouts = 5 mile increase)
- 2 Don't increase mileage, days of running, and intensity of training, all at the same time
- 3 Increase your training only every two to three weeks, not weekly

Breaking any of these "rules" greatly increases your risk of injury, certainly not worth the price of "getting in shape" quickly. You cannot make up for lost time, so accept your current level of fitness and just go from there.

As I mentioned, I had the wonderful opportunity of running the Las Vegas half-marathon, which runs in conjunction with the 27th annual marathon. The busses dropped us off in darkness out in the desert, and after warming up with the sunrise the gun got us on our way at 7:00 a.m. The first nine miles is a slight downhill (700 foot drop) with majestic views of mountains all around. Within four miles of the start, the city is in view, giving us somewhat of a false hope, though quite stunning indeed. In addition, the sixty degree weather was a nice break from the Maine winter. I had a great time and I certainly recommend the Las Vegas Marathon or Half-marathon for a wonderful running vacation. Be sure to bring a little casino money too, as that is another whole adventure!!

Run and have fun
Tom Dann, President



Outstanding Youth Runners: Alex Dann, Ricky Meinking and Jesica Parker receive award at Annual Awards Banquet. See page 4 for more!

Inside Features

1992 Award Winners	4,5
Editor's Column	2
Eulogy for Barbara Hamaluk	9
Group Runs	7
Hall of Fame Banquet	7
MTC Application	12
MTC March Meeting	3
MTC Officers and Committee Chairs	12
Meet The Pres	6
New MTC Members	7
New Year's Portland	3
Race Results	8,9
Race Schedule	3

From the Editor . . .

As the *News•Run* deadline approaches, I realize that I have a column to formulate with only nebulous ideas floating around in my head... I have been busy nagging the rest of the board for their entries, and I would like to thank everyone for the superb effort to get things to my mailbox by the deadline! I really appreciate it.

At the last board meeting, President Tom Dann spoke of his goals for the year, and we spent considerable time discussing the one objective of increasing the Club's visibility. The presence of other clubs at various races is often quite striking, and we wondered how the Maine Track Club could present that same kind of unified force or showing. Certainly it may be a matter of logistics and organization, though I wonder if there may be more subtle factors affecting our visibility like commitment or club pride.

We have all seen Liberty, Greater Boston, Greater Lowell, or Sub-5, and the common element is that they are wearing their club singlet or uniform! It's really no big deal, and isn't it noteworthy? MTC apparel is available (and affordable) through the club, and will really enhance the club's visibility at all races. I realize it is risky to align with any political agenda, but perhaps you can liken this to President Clinton's "Call to Arms." More of us must contribute for the benefit of all, as contribution is the key to the success of any organization. The Maine Track Club deserves no less... I think I've been too long on the treadmill and need to get out-doors...

Speaking of indoor events, I recently attended the Greater Boston Track Club Invitational meet at Harvard University. What a pleasure it is to witness the true elegance of this sport. It is art in motion - very fast motion! Lynn Jennings completely dominated the elite women's mile, finishing in 4:40.9, and we had some local talent participate in other events. Results are in this edition of *News•Run*.

Local women were out to compete in the first Team Maine Development Series, on February 5, at Bates College, and what an exciting race that turned out to be! Twenty-five laps is no easy run, and these women handled that 5K with sheer determination. Congratulations, and thanks for the inspiration.

Jeanne Hackett

Race Director Alert

This just in from our statistician Don Penta - The Athletic Congress (TAC) has been changed to USA Track and Field. For race directors, TAC Stats



USA, should be changed to USA Track and Field Road Runner Information Center. Age groups for national recognition will be the same as last year. All participants 80 and over, will receive recognition.

"News•Run"

**Deadline Date
March 19, 1993**

This is a **firm deadline**. All material must be submitted by that date to: Jeanne Hackett, 109 Dartmouth Street, Portland, ME 04103.

Typesetting, layout and design of *News•Run* is contributed by Working Words of Gorham, owned by MTC member, Virginia Wilder Cross.

Mystery Remains!

The "Mystery Sponsor" chooses to remain a mystery! A brief note, postmarked Portsmouth, NH, arrived on our doorstep and stated the intrigue was captivating...Hmmm...

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
Charles Iselborn
Mystery Sponsor (?)

Kurt Nielsen
Carol Pierce
John Woods

MTC 1992 INCOME

INCOME STATEMENT	FIRST QTR	SEC QTR	THRD QTR	FRTH QTR	YEAR to DATE
PREVIOUS BALANCE	8319.34	6298.85	1745.57	2511.66	8319.34
OPERATIONS INCOME					
Membership	1112.00	1433.00	308.00	1117.00	3970.00
50/50 Raffle	59.50	72.00	0.00	93.00	224.50
Donations	75.00	20.00	25.00	310.00	430.00
Banquet	2601.00	0.00	0.00	378.00	2979.00
Interest	87.79	64.05	28.45	46.63	226.92
Race Reimburse	0.00	226.00	714.13	2926.00	3866.13
Race Mgmt	2578.50	700.57	3366.25	2920.00	9565.32
Clothing Sales	0.00	604.00	100.00	374.50	1078.50
Advertisement	0.00	15.00	50.00	12.50	77.50
Marathon Fees	0.00	0.00	0.00	5139.81	5139.81
Auction Income	0.00	0.00	0.00	1948.50	1948.50
Equipment Rental	0.00	0.00	0.00	150.00	150.00
TOT	6513.79	3134.62	4591.93	15415.94	29656.18
OPERATIONS EXPENSE					
General					
Awards	345.00	79.50	33.81	0.00	458.31
Subscriptions	0.00	218.90	0.00	0.00	218.90
MTC Ads	0.00	85.00	85.00	0.00	170.00
Postage	100.06	163.35	81.70	75.20	420.31
Printing	571.15	66.02	81.94	39.22	758.33
Youth Fund	300.00	200.00	1107.50	350.00	1957.50
Clothing	1022.00	67.00	10.02	246.13	1345.15
MISCELLANEOUS					
MtWA Reserv	100.00	0.00	0.00	0.00	100.00
RRCA Conf.	0.00	800.00	0.00	0.00	800.00
Auction Expen	0.00	0.00	0.00	508.12	508.12
Donations	0.00	225.00	0.00	0.00	225.00
MARATHON EXPENSE					
Advertise	60.00	1247.50	0.00	0.00	1307.50
Printing	77.38	1526.88	0.00	0.00	1604.26
Misc.	39.25	48.80	0.00	0.00	88.05
BANQUET					
Banq Awards	1956.41	42.49	0.00	0.00	1998.90
Banq Facility	2660.08	0.00	0.00	0.00	2660.08
Banq Misc	221.49	0.00	0.00	110.00	331.49
NEWSLETTER					
News Print	515.36	525.45	193.34	573.56	1807.71
News Postage	75.00	195.00	0.00	345.00	615.00
BANK PENALTY	2.00	2.00	0.00	0.00	4.00
RACE EXPENSE					
Advertise	70.00	40.00	0.00	40.00	150.00
Printing	0.00	1147.76	530.90	1061.01	2739.67
Supplies	164.00	564.50	250.39	157.74	1136.63
Equipment	0.00	55.00	1173.48	255.41	1483.89
Eqp Maint/Ins	0.00	70.75	142.25	0.00	213.00
Misc.	161.97	89.00	50.00	1161.09	1462.06
MISCELLANEOUS	93.13	228.00	85.41	872.56	1279.10
TOTAL	8534.28	7687.90	3825.74	5795.04	25842.96
QUARTER END	-2020.49	-4553.28	766.09	9620.9	3813.22
QTR-END NET	6298.85	1745.57	2511.66	12132.56	12132.56

PRO FORMA INCOME STATEMENT	92 BUDGET	1992 ACTUAL	1992 VARIANCE	1993 BUDGET
PREVIOUS BALANCE	8,319.34	8,319.34	0.00	12,267.84
OPERATIONS INCOME				
Membership	4,750.00	3,970.00	(780.00)	3,500.00
Race Income			7,695.26	
Management Fees	6,500.00	9,565.32		9,000.00
Reimbursements	5,880.00	5,070.13		2,500.00
Equipment Rentals		300.00		450.00
Marathon		5,139.81		3,000.00
Race Fees				2,500.00
Misc.				
Fundraiser	1,000.00	1,993.50	993.50	1,000.00
Donations	500.00	310.00	(190.00)	400.00
Banquet	2,600.00	2,979.00	379.00	2,500.00
Clothing Sales	1,600.00	1,078.50	(521.50)	2,000.00
Newsletter Sponsors	200.00	120.00	(80.00)	100.00
Newsletter Ads	100.00	77.50	(22.50)	400.00
50/50 Raffle		224.50	224.50	250.00
Interest	350.00	226.92	(123.08)	250.00
Miscellaneous	300.00	150.00	(150.00)	150.00
INCOME TOTAL	23,780.00	31,205.18	7,425.18	28,000.00
OPERATIONS EXPENSES				
GENERAL				
Postage	1,650.00	420.31	(1,229.69)	500.00
Awards		677.21	677.21	750.00
MTC Advertising	300.00	170.00	(130.00)	250.00
Printing	1,000.00	758.33	(241.67)	800.00
Clothing	2,000.00	1,345.15	(654.85)	2,500.00
Meeting	200.00		(200.00)	250.00
Speakers	600.00		(600.00)	400.00
RACE EXPENSE	6,000.00		(3,269.85)	
Advertising		150.00		750.00
Printing		1,000.00		1,750.00
Supplies		1,136.63		1,750.00
Awards & Clothing		2,590.85		2,500.00
Equipment	500.00	1,483.89		700.00
Maintenance & Insurance	880.00	213.00		1,300.00
Marathon Expenses		2,999.81		500.00
Other Expenses	50.00	1,125.67		500.00
BANQUET EXPENSES	4,000.00		(990.47)	
Banquet Awards		1,998.90		2,000.00
Banquet Facility		2,660.08		2,000.00
Banquet Misc.		331.49		200.00
NEWSLETTER				
Newsletter Printing	1,900.00	1,807.71	(92.29)	2,000.00
Newsletter Postage		615.00	615.00	750.00
SCHOLARSHIPS				
Bruce Ellis	1,000.00	857.50	(142.50)	1,500.00
John Fyalka	300.00	300.00	0.00	300.00
Other	1,200.00	800.00	(400.00)	1,000.00
MISCELLANEOUS				
Fundraiser Exp		508.12	508.12	400.00
RRCA Conf	800.00	800.00	0.00	850.00
Donations	100.00	225.00	125.00	400.00
Cash Advance		100.00	100.00	400.00
Other	1,300.00	1,283.10	(16.90)	1,000.00
EXPENSE TOTAL	23,780.00	26,357.75	2,577.75	28,000.00
YEAR END	8,319.34	13,166.77	4,847.43	12,267.84

March Meeting to Feature "Home Grown Talent"

We all know that our track club has a tremendous amount of human talent. We will be tapping into this pool at our March meeting. Some of our most notable meetings have featured our own people, and on March 10, 1993, we will have an all-star line-up that promises to match the best ever. A diverse group of personalities will take part in a panel to tell you everything you ever wanted to know about marathoning. Our panel will consist of beginning marathon runners to some of the outstanding runners in New England. Please join us at 6:30 p.m. on Wednesday March 10, 1993, at the machine tool building of SMTC.

Red Sox Anyone?

Does a charter bus trip to a Red Sox game sound good to you? In response to our goal of providing some fun and social interaction, we are in the early stages of sounding out the membership, to judge the level of interest in putting together a bus trip to Boston. An undertaking of this magnitude takes a lot of careful planning and work.

Fortunately for us, we have a great team willing to lend a hand. If you are at all interested, please call Mary Anne Champeon at 799-0456. You will not be obligated - this will just give us a feel for the interest of the membership. An update will be available at the March meeting.

Presidential Road Race

The incumbent, award winning 5 Mile Presidential Road Race is just around the corner! Slated for March 28, 1993, A Kid's 1K Fun Run (.62 mile) starts at 9:15 a.m. for children up to 12 years. Sign-up 7:30-9 AM Race Day, \$2.00 per child. The certified five mile race begins at 10:00 AM at Dock Square. For more info: Race directors are Tom Dann, (207)985-2727, and Steve Jacobsen, (207) 985-4107.

Race Schedule

February 27 - TAC Indoor Track Meet

Bowdoin College - 2:00 PM -contact Dave Watson - 443-6171.

March 13 - Ellsworth 3rd "Frostbite 5K"

11:00 AM - Downeast YMCA - 667-3086.

March 14 - Waterville - 14th "Killarney's 10K"

9:00 - Tom McGuire - 465-2829.

March 21 - Readfield -

15th "Boston Primer" 15 miler

11:00 AM - Dave Gugin - 622-0289.

March 21 - New Bedford -

16th "New Bedford Half Marathon"

11:00 AM -508-998-5068.

March 28 - Kennebunkport - 2nd "Presidential 5 Miler"

10:00 AM -Steve Jacobsen - 985-4107. "The Primary 1K" for youth under 12 at 9:15 AM.



New Year's Portland

— by Patti Tableman

Despite the inclement weather and the suggestions to cancel the race, everything went off with very few glitches. Todd Coffin, for the second year in a row (!) was directed off the race course. Sorry Todd. Please accept our apologies. And Paul D'Amboise's name was left out as winner of his age category. Sorry!

This year's traffic control was exceptional, with the help of Sargent Germain and his fellow officers. Five cruisers rotated at the busy intersections to assist our volunteers.

A race of this sort - business day traffic, etc., demonstrates how vital our volunteer network is. We thank all who stood in the cold for fellow runners, and chastise all those who committed to work and did not call to inform us that they would not be showing up.

Even though we all should have been wearing ice skates instead of running shoes, we were able to maintain the same high standards we all are accustomed to, with no injuries.

This race is an important race, as it kicks off the New Year Portland events and is one of the few winter races with typically cold, lousy weather. It demonstrates the commitment we make to our sport, both as runners and volunteers. Please volunteer to work at least your three races, and show up!

New Meeting Time is a Hit

If last month's meeting can be a barometer for the pulse of the membership, the 6:30 starting time was positively healthy. By having the business meeting first, our members had an opportunity to speak with the guests after the program and enjoy conversation and refreshments. The meeting ended at 8:01 p.m. Thank you for your comments, Mel Fineberg.



1992 Award Winners Honored

At the Annual Award Banquet, the following people were recognized for their achievements during 1992:

Maine Runner of the Year:

Carlton Mendell and Tina Meserve

Maine Track Club Runner of the Year:

Bob Winn and Carol Weeks

Outstanding Contributors to Maine Running:

Dave and Sandra Shennan

Outstanding Race in Maine and Race Directors:

The Presidential Race, Tom Dann and Steve Jacobsen

Outstanding Contributors to the Maine Track Club:

Sandy and Al Utterstrom

Outstanding Contributor to Youth Running:

Ron Kelly

John Fyalka Scholarship:

Scot Laliberte

Maine Track Club Scholarship:

Sara Fieweger

MTC High School Runners of the Year:

Rob Panetta and Renee Lathrop

Outstanding Youth Runners:

Alex Dann, Ricky Meinking, and Jessica Parker

Most Improved 20-29:

Chris Rolfe and Wanda Binette

Most Improved 30-39:

Al Butler and Nanette Dyer

Most Improved 40-49:

Reggie Sargent and Carol Hogan

Most Improved 50-59:

Phil Pierce and Sally Patterson

Most Improved over 60:

Walter Webber and Sally Armory

Comeback Runner of the Year:

Herb Strom and Liz Gendron

Outstanding Running Achievement:

John Kim

Outstanding Triathlon Achievement:

David Crawford

Outstanding Ultra-running Achievement:

Carol Pierce

Handicap Run Winner:

Wilber Holmes

John Fyalka Award:

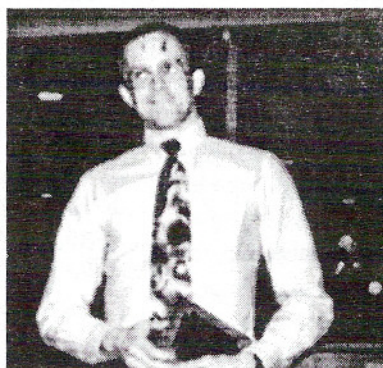
Ruth Hefflefinger

Three Winners of the RRCA National Volunteer Award:

Don Penta, Rick Strout, and Brian Gillespie.



Most Improved 40-49: Carol Hogan



Outstanding Triathlon Achievement: David Crawford



Outstanding Contributors to MTC: Al and Sandy Utterstrom

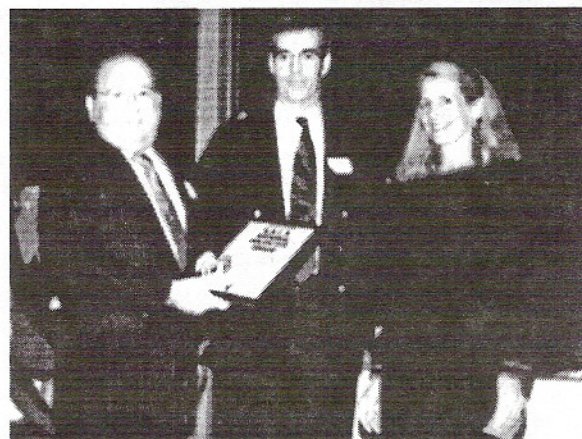
Volunteers Contributing to At Least Three Races:

Steve Assante,
Larry Barker
Pam Barker
Jan Bastow
Peter Bastow
Don Bessey
Dolores Billings
Russ Bradley
Mary Anne Champeon
Jeanne Clemence
Ted Cunningham
Bob Cushman
Paul D'Amboise
Tom Dann
Susan Davenney
Bill Davenney
Jane Dolly
Ken Dolly
Kathleen Duddy
Eileen Dunfey
Brigitte Edquid
Mel Fineberg
Katherine Foye
Warren Foye
John Gale
Brian Gillespie
Jeanne Hackett
Bob Hazzard
Ray Hefflefinger
Ruth Hefflefinger
Herb Hoppe
David Houser
Suelene Houser
Kathy Jacobsen
Steve Jacobsen
Don Kent
Nancy Kneeland
Jennifer Labreque
Brian Latham
Jane Latham
Loren Latham
Renee Latham
Shelley Latham
Diana Laskey
Rob Laskey
John Lavin
George Liming

Nancy Lund
Carlton Mendell
Denny Morrill
Donna Moulton
Everett Moulton
Ed Murphy
Pat Murphy
Harry Nelson
Jack Oppen
Greg Parker
Jessica Parker
David Paul
Bob Payne
Mary Ann Peck
Don Penta
Tom Peterson
Carol Pierce
Phil Pierce
Rae Pierce
Laurie Quint
Jeannie Richmond
Betty Rines
Dale Rines
Harry Rohde
Christopher Rolfe
Reggie Sargent
Charlie Scribner
Dana Seguin
David Shennan
Sandra Shennan
Ray Shevenell
Sharon Simpson
Stan Simpson
Maggie Soule
Marshall Spiegel
Herb Strom
Bill Stuart
Eric Tableman
Patti Tableman
Jean Thomas
Al Utterstrom
Sandy Utterstrom
Malcolm Washburn
Walter Webber
Carol Weeks
Sumner Weeks
Robert Wyman



*Outstanding Contributors to Maine Running:
Sandra and Dave Shennan (with Tom Dann)*



*RRCA National Volunteer Award:
Rich Strout, presented by Sumner and Carol Weeks*



*RRCA National Volunteer Award:
Brian Gillespie (with Sumner and Carol weeks)*

Meet The Pres

—by Pat Buckley



President, Tom Dann — Citibank 10K

Following a vice-presidential year of excellent program planning for the membership meetings, Tom Dann became MTC's president for 1993, as of January's banquet. In recent years, Tom has been a familiar figure because of the many times he's gone to the front of an award ceremony to receive overall or age category recognition.

A native of Ohio, where his father was on the faculty at Oberlin College, Tom sank roots in Maine as a child, when his family acquired a summer home next door to Kennebunk's famous "Wedding Cake House."

Tom's running career began as a high school freshman in Oberlin. He won his first very first meet that year, displacing a senior from another school who unexpectedly gave him a few words of support as he was overtaken. In his second high school race, Tom missed a school record by .2 second. On to Wittenberg College in southern Ohio, he was captain of the cross country and track teams. Looking back on having gone to a small high school and college, he feels being in a small pond saved him from becoming maxed out, leaving the desire for competition alive even facing the master's level.

In the summer of '72, Tom's father took him to the Bowdoin College training camp of the U.S. Olympic track and field team. He remembers getting autographs from Frank Shorter,

Bruce Jenner and Dave Wottle, another Ohioan. But the best memory is of a half hour with his idol, Steve Prefontaine, while walking back to the dormitory. The legendary runner asked Tom his best recent performance, and on being told replied, "Geez, that's a damned good time." When he attends the RRCA convention in Portland, Oregon, this year, Tom says he'll take a side trip to run in Coos Bay, Oregon, Prefontaine's hometown, a place where for him personally "it all started."

Tom says his best area race experience was winning Doc's Tavern in 1991. With his friend Andy Palmer in the race, he was surprised to be in front until the last half mile, when Andy finally plowed past him. Digging way down, Tom was able to pull away for the win in the last moments, a fact that he says still amazes him.

For several years Tom was a track coach at Kennebunk High School and now coaches at St. Joseph's College. Also, he's co-director with Steve Jacobsen of the Presidential Race, for which they were "1992 MTC race directors of the year."

Residing in his award-filled Kennebunk home with his son Alex, who's twelve, and Captain Jack, the cat, Tom is a member of the "Road Warriors," a highly visible recreational unit, they of the tuxes at the banquet. On one occasion last year Tom wore a George Bush mask on a run through Kennebunk, with other Warriors appearing to resemble Secret Service personnel. With these references to things presidential, I suppose to us MTC runners he was a "shoe in" for our own highest office. And we welcome him to it.

Progressive Dinner is Back!

Mark May 8, 1993, on your calendar Now! The Maine Track Club Progressive Dinner is Back!! Patience has its rewards. Some of us remember the great times we had attending or hosting a group. If you would like to host a group of about 8-10 people, or attend as a guest, please call Sandy Utterstrom, 797-4710.

Hall of Fame — March 13

The Maine Running Hall of Fame will be held on March 13, 1993 at the Waterville Holiday Inn, (873-0111). Social hour begins at 6:00 p.m., "Killamey's" Hot Buffet at 7:00 p.m., and the Hall of Fame Program at 8:00 p.m. The inductees for 1992: Leona Clapper, Fred Judkins, Don Matheson, Carlton Mendell, and Dick Goodie. For more information and reservations: Jerry Saint Amand - 873-6753.

New MTC Members

NAME AND ADDRESS	TELEPHONE	OCCUPATION	AGE
Tom Clemence 59 Leighton Rd. Falmouth, ME 04105-1415	h-797-7981 w-761-2344	Pharmacist	36
Rick Dambrie 11 Wythburne Rd. So. Portland, ME 04106-5318	h-772-2246 w-879-8039	Marketing Director Brighton Medical Center	37
Marjorie Haney 58 Buchanan St. So. Portland, ME 04106-6707	h-799-6332 w-879-3287	Physical Therapy Mercy Hospital	25
Robert Hoover 212 Coyle St. Portland, ME 04103-4006	h-772-8679 w-773-1700	Landscape Architect	
Robert McCormack 550 Ocean House Rd. Cape Elizabeth, ME 04107-2618	h-799-7981 w-885-2929	Programmer Hannaford Brothers	41

MTC Members please note — NO DUES . . . NO NEWS!

Group Runs:

It has been said that this listing is noticeably missing from the pages of News Run. I have confirmed a couple of contacts for group runs, and would really appreciate it if you could let me know who you are and where you meet. Thanks, Jeanne at 879-0678.

Portland - Early mornings USM - Bill Davenny - 772-1787

Portland - Rat Pack - varying schedule Mike Reali - 767-5218

Cape Elizabeth High School - Sunday 8a.m. RTW Team - Brian Gillespie - 772-2753

Maine Team Development Series at Bates College, February 5, 1993

Several of Maine's top women runners were undaunted by the mid-winter blues, and came out to compete in the 5K on the indoor track. Marj Podgajny describes the series as an effort to get people out in the winter months, even when they are not feeling in top form. She says it is a real show of courage. Six women competed, in addition to four college athletes who were running a separate race concurrently. The older gals topped the 4 college entrants!...Results of the Team Maine Division:

Tina Meserve: 17:50

Edi Dubord: 18:00

Julia Kirtland: 19:29

Katie Dean: 19:31

Jodie King: 19:32

Marje Haney: 19:34

The next two events in the series are the 1500 on February 10, 1993, at Colby College; and the 3K on February 27, 1993, at Bowdoin College. The start time for the women at Colby is 7:00 PM, and the men are on at 7:10. For more info, contact Marj or Steve Podgajny at 725-8767.

Race Results

12th Annual Mid-Winter 10 Mile Classic

Cape Elizabeth - 131 Fin. - 2/7/93

Top Overall Finishers:

1	Gilles Gautreau 1,open	33	56:26
2	Cliff Rogers 2, open	34	58:24
3	William Stone 2, open	40	58:44
4	Ken Houle 1,45-49	45	59:38
5	Steven Hertford 1,30-34 MTC	32	59:51
9	Kathy Tracy 1,open	26	1:02:17*
20	Ellen Bowden 2,open	40	1:06:47*
25	Catie Dean MTC 3,open	23	1:08:14*
43	Eileen Dunfey MTC 1,35-39	36	1:10:57*
47	Jody King MTC 1,30-34	32	1:11:28*

Other Top Divisional Finishers:

6	Paul Fagan 40-44	40	1:00:05
12	Roland Thibault 20-29	24	1:03:36
13	Michael Dinehart 35-39	36	1:03:59
28	Bill Pinkham 50-54	50	1:08:32
33	Russ Connors MTC 60-69	60	1:09:18
51	Coreen Corsetti MTC 20-29	28	1:11:50*
62	Richard Fedlon 55-59	59	1:14:04
74	Carlton Mendell MTC 70+	71	1:15:50
86	Carol Pierce MTC 45-49	46	1:18:41*
104	Sandra Hodnett 40-44	44	1:24:31*
125	Sally Paterson MTC 50-54	51	1:36:48*



Mid-Winter Classic Runner:
Steve Jacobsen



Mid-Winter Class Runner:
Clyde Coolidge

Other Maine Track Club Finishers:

21	Terry Clark 2,45-49	48	1:06:58
24	Lloyd LaFountain	30	1:07:50
27	Corey Daniels	41	1:08:28
34	Larry Barker	43	1:09:22
35	Harry Nelson	38	1:09:35
36	Paul LaVangie	35	1:09:40
38	Glen Gallupe	33	1:09:50
44	Steve Jacobsen	43	1:11:22
48	Erich Reitenbach	42	1:11:30
50	Clyde Coolidge 2,50-54	54	1:11:47
54	George Campbell	46	1:12:32
60	John Pettorini	43	1:13:38
66	James Boisvert	36	1:15:01
68	Richard Scribner	41	1:15:07
69	Dale Rines	40	1:15:16
70	Michael Cowell 2,55-59	55	1:15:20
75	Les Berry	45	1:15:52
76	Rocco Corsetti	45	1:16:06
81	Betty Rines 3,35-39	36	1:17:23*
83	Alan Leathers	50	1:17:41
85	Robert Green	44	1:18:36
87	Russ Bradley	69	1:18:42
88	Terry Gallupe 2,30-34	31	1:19:24*
91	Frank Morong	59	1:19:47
95	Joan Tremberth 2,45-49	47	1:21:20*
96	Gerard Salvo	38	1:21:23
98	Reggie Sargent	47	1:22:17
102	Pattie Tableman 3,30-34	34	1:24:27*
105	Herb Strom	63	1:24:38
106	Greg Parker	34	1:24:57
111	Patricia Clark	33	1:26:37*
112	Peter Sutcliffe	43	1:27:26
114	Warren Wilson	59	1:27:27
115	Bob Cushman	55	1:27:33
122	Don Kent	40	1:29:01
127	Sandy Utterstrom	49	1:41:27*
128	Marianne Gagne 2,50-54	51	1:43:35*
129	Robert Wyman	55	1:43:36



Mid-Winter Classic Runner:
Eileen Dunfey



Mid-Winter Classic Runner:
Larry Barker

Many thanks to Mary Anne Champeon for complete results!

Race Results

1993 Winners Circle Hangover Classic 10K Salisbury, MA - 563 Fin. - New Years Day, '93

Overall:

Dan Verrington 31:54

Lisa Senatore 34:47*

Maine Track Club Finishing Women:

22	Joan Lavin	44:54*
34	Joan Tremberth	47:20*
40	Patti Tableman	49:01*
95	Marianne Gagne 350-59	57:16*
103	Maggie Soule	1:01:07*
106	Donna Moulton	1:02:10*
107	Susan Davenney	1:02:10*
110	Ruth Hefflefinger 160+	1:05:05*

Maine Track Club Finishing Men:

110	Clyde Coolidge	40:50
111	Larry Barker	40:50
114	Phil Pierce	41:01
119	Steve Jacobsen	41:11
153	John Pettorini	42:31
242	Russ Bradley 360+	45:50
251	Malcolm Washburn	46:02
302	Carlton Mendell	47:52
379	Bob Cushman	51:58
406	Dave Shennan	54:29
416	John Lavin	55:19
424	Robert Wyman	55:58
437	Mel Fineberg	58:32

Many thanks to Russ Bradley for complete results!

14th Annual January Thaw 4 1/2 Miler Belgrade, ME - 52 Fin - 1/17/93

1	Todd Coffin 130-34 (CR)	32	22:01
2	Cliff Rogers 230-34	34	24:34
3	Randy Hastings 135-39	38	25:21
4	Shane Heathers 1,1 9&under	16	25:37
5	Guy Berthiaume 145-49	47	25:49
11	Rob Erskine 120-29	22	27:09
15	Doug Ludewig 150-59	53	27:39
18	Phil Pierce MTC 250-59	51	28:38
23	Dale Rines MTC	40	30:11
30	Betty Rines MTC 135-39	35	30:50*
34	Jane Rau 1,40-44	43	31:05*
37	Russ Bradley 160+	69	32:57
39	Bob Cushman	55	33:33
42	Carlton Mendell MTC 260+	71	34:35
43	Richard Scribner MTC	41	34:37
45	Nancy Ludewig 145-49	48	35:29*
46	Michelle Grenier 119&under	18	35:49*
50	Leona Clapper 160+	62	41:37*
51	Mardie Brown 260+		55:06*

Many thanks to the Central Maine Striders's
Newsletter, *The Interval*, for complete results!

Eulogy for Barbara Hamaluk

The red Casco Bay Marathon long-sleeve t-shirt with its cascade of seals and buoy markers lies ensconced in my dank Portland cellar. It holds the oily axle grease odor of Portland's only triathlon. Barbara and I were there. Purple from the swim, I handed her the shirt. Our eyes met in a "blood-brother" ritual that cemented a friendship that has not ended.

Yes, Barbara's time on earth was abruptly ended on an early morning run in October. But her image, her thoughts and her emotions are alive in my mind - a gift from my fellow traveler.

An accomplished marathon runner, a knee injury sent her into the world of triathalons. On her trip to her mother and father's homeland of Poland, she reveled in the mountainous terrain climbing to the peaks. Similarly, her relationship with the grueling endurance event, the Hawaii Ironman, piqued her Slavic soul and spirit.

I thank Barbara for her enduring inspirational support in this short stream of life we shared. Her energy continues with me and all her Maine friends.

I would like to include the following paragraph from Valerie Andrew's book *The Psychic Power of Running*.

"The awareness of our temporary tenure here on earth creeps poignantly into an occasional run and deepens our appreciation of this life. It comes as a thick, sensuous feeling of being wrapped in a body that is part of the continuously changing fund of matter, of sticks and stones, flesh and bones."

Or as a piercing melancholy that illuminates the edges of existence, described by poet Roger Eischens in *Run to Reality*:

Running

talking of the fear of dying
and the sudden and continuing realization
that my friends and I will soon be gone
Even the earth is temporary
My friend is drained by the burden
of looking death in the eye
Having experienced his mortality so clearly
he can never fool himself again.
He talks of feeling alone
of wanting to relate closely
about energy ties between friends
the importance of community
ties to the life energy of the earth
Reality grows...
A glimpse caught of death
A realization of intimacy
We run on
Lengthening the time of our closeness.

Maine Track Club Meeting

February 10 1993

Our program

Peter Munroe and Nathan Smith, Portland area business men and members of an organization called Portland Trails gave a slide show and talk of the efforts continually perused for more off road exercise paths and trails.

President's Report

After a welcome by new President Tom Dann, the new meeting time and format were

Recognition was given to all New Years and Mid Winter Classic Race volunteers and racers. Also a thanks to all of the race directors of these races.

In summary by Bob Payne on the Mid Winter Classic: Hats off to the volunteers - it was a tough day, and a mention that the course does need to be recertified. The majority of runners obeyed race rules and the town police were pleased with our compliance.

Tom briefed us on the Las Vegas Half-Marathon which he ran.

Mention was made of the many upcoming events such as the Hyannis Marathon and Half-Marathon, the Presidential in Kennebunkport, and the Maine TAC Indoor Track Championships at Bowdoin College.

Tom next mentioned some of his goals for the MTC in "93"

- Increase visibility of MTC in the New England area
- development of permanent Awards Committee and Nominating Committee
- possibly re writing the by laws.

Some of these are already underway

Other possibilities include:

- publicizing group runs more
- maybe a club trip to a mystery race
- more involvement with other clubs.

Past President's Report

Summer Weeks brought us up to date on members whose name had been submitted for a possible RRCA Award. Of those submitted, only Carlton Mendell is still in the running — that is for the RRCA Hall of Fame.

Vice President's Report

VP Mel Fineberg welcomed back Tom from his recent trip and congratulated him on a job

the club involved in some things unrelated to running. More details to follow.

Secretary's Report

January minutes were accepted as written.

Race Committee Report

It was reported that Joan Benoit Samuelson's performance at Pat's Pizza will be recognized by TAC.

Old Business

- The Maine Running Hall of Fame and the apparent lack of recent support to this organization by the MTC was discussed at length. Some felt there has been a lack of feedback on any information, however a motion was passed to donate \$300. for the year 1992.
- Questions on dollars for the future were tabled until after upcoming budget meetings.
- Also mentioned was the fact that vacancies exist on the Board of Maine Running Hall of Fame and anyone interested should see Bob Payne.

Continues on next page.

MTC Meeting continued

New Business

- John LeRoy mentioned anyone need TAC certification numbers for Boston Marathon should see him.
- Bob Payne initiated a motion that passed for a \$50. donation to the Cape Elizabeth Rescue Department for its role in the 10 mile Classic Sunday.

Respectfully submitted
Reggie Sargent
Secretary

Treasurer's Report

by Steve Assante

For membership review, I have inserted the 1992 Quarterly Income Statement and the 1993 Proposed Budget. Variances in the '92 budget dollars are due, in part, to changes in bookkeeping and not considering the Maine Marathon. During the business meeting on March 10, the Proposed Budget will be discussed and put to a vote.

This is your club and your money. If you have any comments or concerns about the budget, make sure your voice is heard.

**Don't Forget
New Meeting Time
is 6:30!**

Food for Thought

Still thinking about how you may contribute to the club? I had no response from last month's News Run regarding the refreshments for the membership meeting. Bagels will be there, and the club buys the beverages...Call Pat Buckley - 773-4562, or Jeanne Hackett - 879-0678, with fresh ideas.

Lynn Jennings in MTC Apparel!

Peter Bastow writes that the club sent Lynn Jennings a hooded MTC sweatshirt after her visit and talk to the membership last fall. He notes her personal response to any correspondence he has had with her even with her hectic schedule. She writes:

Peter Many thanks for the primo sweatshirt! It's a beauty and I wore it as a layer today while shoveling out our walkways. Thank you very much.

I am recovered from my surprise surgery on New Year's. [!] I've hit 80 miles this week and am doing a track workout tomorrow. I ran for 25 minutes 4 days after the surgery. My incision is so tiny the recovery has been rapid. You can't keep a determined runner down!! All the best, Lynn.

And as we know, she was not to be kept down while competing in the mile at Harvard...

Greater Boston Track Club Invitational

....at Harvard University, January 31, 1993

Several Run to Win women raced the open and master's division mile of this well — attended meet, for the third year in a row. Two other MTC members participated as well.

Women: Mile (open):

Marjorie Haney - 5:35 PR

Jeanne Hackett - 5:40

Carrie Croft - 5:56 PR

Mary Martin - 5:58

(Master's): Carol Hogan - 5:52 PR

Men: Mile (open):

Rob Hoover - 4:51

(Master's): Ray Shevenell - 5:40

Say Cheez



Runners... Take five minutes before each race to say good morning to the race photographer. It will give her/him a chance to see what you are wearing so that it will be easier to recognize you as you whiz by during the race... Better yet, wear your Maine Track Club clothing. See Judy Grassi for this spring's new line/year end closeouts. Upcoming Presidential Race photographer is Everett Moulton.



Maine Track Club 1993 Officers and Committee Chairs

Tom Dann	President	985-2727	Donna Moulton	At Large	799-2894
Mel Feinberg	V. President	774-8868	Pat Buckley	At Large	773-4562
Reggie Sargent	Secretary	967-5629	Russ Bradley	At Large	799-3864
Steve Assante	Treasurer	642-4298	Dale Rines	Course Cert.	854-2486
Carol and Sumner Weeks	Past Pres.	774-7302	John Gilliss	Course Cert.	879-0222
Charles Scribner	Race. Comm.	772-5781	Don Penta	Statistician	892-4526
Laurie Quint	Membership	657-2426	Rick Meinking	Equipment	772-8301
Jeanne Hackett	Newsletter	879-0678	Judy Grassi	Clothing	774-9656
Maureen Sproul	Photography	926-4681			

Maine Track Club Membership Application

(Please check one) ☐ Individual (\$12) ☐ Family (\$15) ☐ Student — 18 year old maximum (\$5)

Membership is through December of the current year. Dues paid after September 30 are good through December of the following year.

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Street address _____ Home phone _____

City _____ State _____ Nine-digit ZIP* _____

*We need nine-digit ZIP for mailing newsletter. Consult a utility bill for your nine-digit ZIP Code.

Employer _____ Occupation _____ Bus. phone _____

Employer _____ Occupation _____ Bus. phone _____

If student, school _____ Yr. of grad. _____

If student, school _____ Yr. of grad. _____

Volunteer Waiver

To be signed by each new member in the household. Applicants under age 18 require signature of parent.

I know that volunteering to work and participating in Maine Track Club events is potentially a dangerous activity. I should not participate or volunteer unless I am medically able. I assume all risks associated with participating in or volunteering at Maine Track Club events, including, but not limited to, falls, contact with participants, the effects of the weather, conditions on the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, its representatives and successors from all claims or liabilities of any kind arising out of my participation in Maine Track Club activities, even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Signature _____ Date _____

Signature _____ Date _____

Signature _____ Date _____

Please mail completed form and check to: Membership, Maine Track Club, PO Box 8008, Portland, ME 04104