



# News•Run

Run with a friend ...

February 1996

## From the Presidential Suite ...

The MTC Awards Banquet is now history; but it was a grand occasion. The terrific meal, the presence of Bill Rodgers, the awards to so many deserving MTC members, the volunteers who made it all happen and last but not least, the MTC members who attended made this banquet fun and special. The highlight for me was listening and talking to Bill Rodgers, a running legend of our time. I had the honor of sitting at the head table with him throughout the evening. We spoke about many issues — mostly about running but also about work, nutrition, family and other sports. He is an open and honest person, he lacks the super-ego and self image of many sports super stars of today. He inscribed books and other materials with original notations. We moved his address up on the program, thinking he wanted to leave right after; instead he stayed throughout the evening, through the awards ceremony and after the passing of the gavel. He was genuinely interested in our events and our running club; he misses the camaraderie of the group runs that the club is often responsible for initiating directly or indirectly. He clearly understood the meaning of being a part of a group of people from all walks of life, whose common bond was a love and dedication to exercise, sport and honest competition. The humbleness and honesty of this sport has not been over-shadowed by his unique and outstanding personal achievements.

Martha and I am pleased to make our debut in this column as your co-presidents. We follow a rich legacy of many of our running friends who have held this post — Bob Coughlin, Bob Jolicoeur, Summer and Carol Weeks, Peter Bastow and even Phil Pierce to name a few — and who left the club a better organization when their term as president ended. We look forward to doing the same. We are supported by a very dedicated and hard-working Board of Directors and Committee

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## February MTC Meeting

Wednesday, February 14, 6:30 p.m.  
Southern Maine Technical College  
Fort Road, South Portland

Guest Speaker: Ken Volk  
Topic: Marathoning in Antarctica

Last February, Portland's Ken Volk became one of four men to run marathons on all seven continents when he competed in "The Last Marathon", the first-ever marathon held in Antarctica. Ken, who has raised more than \$50,000 for the Maine Children's Cancer Fund during his runs, will speak about his once-in-a-lifetime journey and will also bring along a video of the trip.

## Renew!!! Renew!!!!

Don't miss the Maine Track Club news. This is your last newsletter if your membership dues are not received at P.O. Box 8008, Portland, ME, 04104 by February 25th.

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## MTC banquet a success

The annual gathering to acknowledge the running achievements of Maine Track Club members for the past year has concluded. Those in attendance were rightly in awe of the various awards recipients.

Some of the people who made the evening a memorable social event deserve some additional recognition. Mary Ann Doss led the eager group that served as the banquet committee. She let each person know how much she appreciated their time and talents, steering all in the proper direction and then acting calmly as she watched the evening unfold. She deserves a standing ovation for her many organizational and personal contributions.

Ann Strohm not only ensured that each award was given to the correct person, but also proved once again that awards can take on various forms. Her creativity and enhanced artistic skills were evident in the clocks and commemorative plaques that were distributed. She deserves a standing ovation for her contribution to the orderliness of the ceremony.

Many others worked to make the banquet a success. Maureen Sproul was responsible for photography, name tags and place cards. Bernadine Small should be credited for her gala table centerpiece creations. Mel Fineberg added a touch of inspiration with his invocation. Master of Ceremonies Ron Deprez, wearing his tux, contributed to the formality of the event. Ron Pelton assisted with the awards distribution and looked especially happy after he handed over the gavel. Don Kent presented his award with a special personal touch. Bob Aube is responsible for the professional looking programs. The awards committee — Russ Bradley, Clyde Coolidge, Mary Ann Doss, Joan Lavin, Everett Moulton and Don Penta — accomplished a difficult deed.

All who attended will attest that it would be impossible to mention everyone who made the Maine Track Club awards banquet such a fabulous evening. Thank you all!!!

— Marge Parsons



### 1995 MTC Awards

**Outstanding Contribution  
to Maine Running**

**Jim McCorkle**

**MTC High School Runners of the Year**

**Austin Hardy and Renee Lathrop**

**MTC Runners of the Year**

**Peter Bastow and Gretchen Read**

**MTC Most Improved Runners**

**Open: Rob Craig and Terry Sutton**

**Masters: Loren Lathrop and Nancy Kneeland**

**Seniors: Hap Hazzard and Jean Thomas**

**MTC Comeback Runners of the Year**

**Willie Sproul and Brigitte Edquid**

**Most Outstanding Ultra Marathoner**

**Craig Wilson**

**Most Outstanding Masters**

**George Towle and Carol Hogan**

**John Fyalka Award**

**(Outstanding service to MTC)**

**Al and Sandy Utterstrom**

**President's Award**

**Everett Moulton**

**MTC Scholarship**

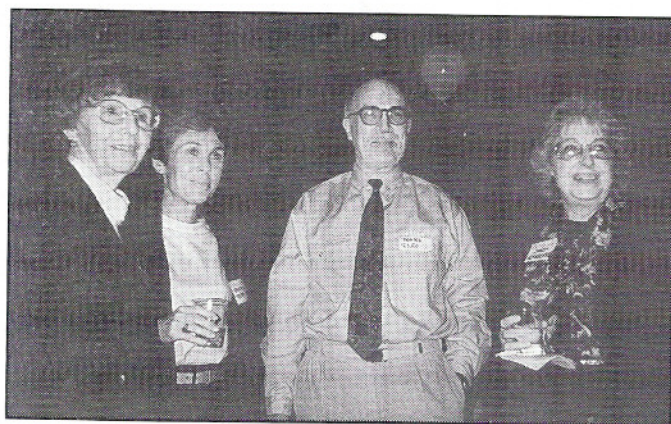
**Robin Bates**

**John Fyalka Scholarship**

**Matt Lane**

**First-time Marathoners**

**Jody King, Paul Lavangie and Sherry Carll**



**Top right: Al Utterstrom and Pat Buckley**

**Above: Ruth Hefflefinger, Gretchen Read, Ronald  
Read and Sandy Utterstrom**

photos by Becky Sproul



## Gaining appreciation for MTC races

This story is a pat on the back for all Maine road races. I had not fully appreciated our well-organized events until Betty and I traveled to upstate New York for Thanksgiving and decided to run a Turkey Trot. It was not a new race, in fact it was advertised as the 36th anniversary and included a kids' run, plus 2-, 5- and 10-mile events. At first we were impressed, but this soon changed.

It was a snowy fall morning in the mid 20s. We explored the new town and eventually stumbled upon the school along with a car from Virginia that was following the Jeep from Maine. We were early and did a few warmups on the slick roads. We inquired about the order of events but could not find anyone who knew! Betty wanted to do the 10-miler, while my right heel (plantar fasciitis) voted for the 5. One would expect the longest race to start first, but this was not to be. We continued to warm up and watched the popular kids' race, complete with local television coverage. Next thing I knew, the 5-milers were toeing the line while the hardy 10-milers waited, trying to stay warm.

I enjoyed the 5-mile race, a big loop with a couple long hills and several railroad crossings. We slid out of the school grounds onto the salted maine streets and attacked the first hill. A left at the top, and the 5-milers spread out for those long Miles 3 and 4. The 10-milers were to follow our route and continue on a longer acr. I hoped they were on their way! After a couple more left turns, down one hill and up another with a strong headwind, we were back in town. I was in my usual place in the middle of the pack. A few passed me and I managed to reel in a few others on the hills, but generally we just maintained. There were runners of all ages with quite a few in their 20s, home for Thanksgiving.

New courses always seem long, but the 35 minutes were soon over with the chute in sight. I felt great, but what followed would turn a pleasant experience into an insult. Three hundred of us 5-milers stood in line in a narrow, steamy school corridor while two volunteers tried to do manual results and give awards at the same time. It took what seemed to be hours (actually 20 minutes) to get to the table and receive my "Proven Harrier" ribbon.

I jogged back to find the 10 milers. Their course was certified, unlike the others. I later learned there was minimal help on their windy loop through a game preserve complete with hunters, and that they had been given a map at the start with the simple instructions "all left turns". Contrary to beginning instructions, there was no water available on the course (unless one counts dirty snow). This seemed inexcusable and downright dangerous. We were later told that some volunteers had now shown up. There were less than 100 runners spread out over the 10 miles with some real strong finishes. I found Betty cruising along with a couple of new friends. By the time we arrived at the finish, the line was gone, and so were the refreshments.

We left with mixed feelings. Many people enjoyed the event, the local service club that sponsored the races tried, and the charities did benefit, but back in Maine runners were enjoying well-organized races with lots of friendly volunteers. Please thank them.

— Dale Rines

## MTC gets telephone line

The Maine Track Club now has telephone hotline for latest club news. An answering machine has been set up at 5K Sports in Falmouth so that interested parties can get information about upcoming races and other club events. The phone number is 781-5887.

## Love and marriage

Best wishes to MTC members Jen Hamel and Brent Graham, who plan to get married this summer in Jen's home state of Vermont. And compliments to the couple on finishing November's New York City Marathon in a respectable time — together. Good job!

## Maine Track Club clothing available

Plenty of Maine Track Club clothing is available to those members who like to show their club spirit whenever they race. Just contact Howard Spear at 856-6496 if you're interested in purchasing MTC singlets, shorts, gymbags or other paraphernalia. Howard also can obtain wind suits by special order. MTC clothing is produced by Bill Rodgers Sportswear, so the quality is very good. Be sure to get some MTC gear of your own and display the club's green and white colors at your next race.



## Miller captures fifth World Duathlon title

*Editor's Note: Tom Miller is originally from Maine and was the founder of the Maine Masters. He still spends his summers in Castine and participates in many Maine road races.*

Tom Miller, a veteran multi-sport athlete from Rio Verde, Arizona, won his fifth consecutive World Duathlon Championship title while competing in the 75-79 age group in Cancun, Mexico, on Nov. 5.

Miller, the oldest competitor in the event, beat two-time world champion and three-time Ironman champion James Ward by 15 minutes. No other athlete has ever won five straight duathlon championships. The distance of the event was a 10K run, a 40K bike ride and a 5K run contested over some of the hottest conditions ever witnessed for any multi-sport competition.

Miller will have a chance to make it six victories in a row this coming September in Imola, Italy.

## Weed out those old t-shirts

At its November meeting, the MTC board consented to my request to collect used running t-shirts from members and donate them to the Beacon Teen Center of Portland's Preble Resource Center. I've recently spoken with the center's director, who said that the shirts would be very welcome items — and who knows, their message might inspire the wearer to take a few steps toward becoming a runner.

I'll leave a collection box at our monthly membership meetings, so please bring your excess t-shirts for donation. I'll also be glad to collect them at our club-sponsored races. Or you can call me at 775-4817 to arrange for the pick-up of a donation.

Thanks!!

— Pat Buckley

## Upcoming races

**February 4**

**Midwinter Classic 10 Miler, Cape Elizabeth, 10 a.m. Contact: Jeanne Hackett 766-2690 or Don Penta 892-4526.**

**February 10**

**Winterfest '96 Frigid 5K, Lubec, 10 a.m. Contact: 733-7599.**

**March 17**

**Killarney's St. Patrick's Day 10K, Waterville, 9 a.m. Contact: Tom McGuire 465-2829.**

**Note: Races in bold are MTC events**

## Share your recipes

Please share your recipes with your hungry fellow runners. Just send a favorite recipe or two to:

**Newsletter**

**P.O. Box 8008**

**Portland, ME 04104**

## MTC member wins NAPA award

In October 1995, MTC member Rick O'Brien was chosen from nearly 5,000 candidates as Technician of the Year by the National Institute of Auto Service Excellence, sponsored by NAPA. The award, which was based on certification criteria, technical ability and community involvement, was presented at NAPA's annual meeting in Atlanta, which Rick attended along with his wife and children. Congratulations, Rick!



# Race Results

## Submitted by Phil Pierce

**Fat Ass Fifty Road Race**  
**16 Starters**  
**Brunswick, Maine (4-mile loop)**  
**December 31st, 1995**

3. Phil Pierce .....	54	8:44:05
4. Rich Bindler .....	32	8:47:00
5. Lin White Jr. ....	33	8:47:01
6. Egor Egan .....	38	19:18:01

### Top Overall Finishers

1. Craig Wilson .....	46	6:57:15
2. Chip Merrow .....	41	7:35:11

### Bob Dion Unadvertised 50K Option

1. Ron Paquette .....	54	5:21:45
2. Michael Olivera .....	37	5:26:10

## Wilson wins Fat Ass Fifty

Craig Wilson, MTC's Ultra Runner of the Year for 1995, won the inaugural Fat Ass Fifty with a solid sub-seven hour performance in mild winter conditions (28-32 degrees, no wind and clear roads). Chip Merrow also turned in a solid performance. Phil Pierce caught Rich Bindler and Lin White at Mile 45 and held on for third place. Egor Egan took time out for a New Year's Eve meal with MTC volunteer Pat Buckley, then returned in the wee hours to finish in 19:18:01 (which is a record of sorts).

The Bob Dion Unadvertised 50K Option was a close race, with Central Maine Striders president Ron Paquette edging Michael Olivera of Bedford, Mass., by less than five minutes.

Speedster Robert Ashby, who earlier won the MTC 50 Miler in 6:21:05, completed 26 miles in 3:05:50, and veteran Jean Thomas completed 24 miles in 3:56:00.

Five hours into the race, MTC 50 Miler race director Al Utterstrom arrived and made hot soup for the runners, which provided a nice finishing touch to the race.

— Phil Pierce

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chairs, and by our energetic and creative Vice Presidents, Michael Reali and Terry Sutton. During the year, it is our intention to work hard on the programs that define the club as an organization for runners and their supporters.

The first order of business is the club budget, which will be voted on at the next meeting. It contains a significant amount of funding for coaching fees — a program that was well supported last year. The budget relies in part on increased membership in the club, which is down from prior years and is an area that needs our attention. There are many other areas which also need review and on which we will want your input. We will be proposing several new programs aimed at increasing club membership through incentives — like discounts at local stores and reduced racing fees at club sponsored races. An ad hoc marketing committee will be formed to assist in this effort. Please take the time to get your views expressed on these and other issues by coming to meetings, calls, e-mail or whatever means you can — it is your club and we want it to serve and support you.

*Respectfully,  
Ron Deprez*

*Our e-mail address is  
102334.3720@compuserve.com.*

## Notice about race flyers

An organization sponsoring a road race that wishes to have their flyers included in the Maine Track Club newsletter must submit the flyers and a payment of \$40 by the 15th of the month. Flyers will not be included in any mailing if not accompanied by the \$40 service fee.



## New members

Ellen Della Torre  
P.O. Box 3073  
Portland, ME 04104-6923  
874-6433  
Student, USM

Michael Halmo  
9 Amoskegan Drive  
Brunswick, ME 04011-9524  
721-9632  
Guidance Counselor, Brunswick HS

Debra Walton  
68 Hampshire St.  
Portland, ME 04101-4226  
RN, Maine Medical Center

Cathy Siebold  
57 Morning St.  
Portland, ME 04101-4454  
761-4773  
Assoc. Prof., USM

Julia Drinker  
21 Arlington St., #1  
Portland, ME 04101-1601  
879-2506  
Landscape Architect

Roger Hills  
43 Valley St., Unit #9  
South Portland, ME 04106-4360  
767-3888  
Teacher, Auburn Schools

Thomas Harlow  
575 Poland Range Road  
Pownal, ME 04069-6235  
688-4840

Neil Chivington  
134 Pleasant Hill Road  
Hollis Center, ME 04042-9719  
727-3536

Jennifer Kinney  
120 Revere Street  
Portland, ME 04103-3047  
761-3726  
Pharmacist, CMMC Hospital

Brian Barnes  
51 Glenridge Drive  
Portland, ME 04102-1853  
773-3725  
Student, SMTTC

Welcome Back to:

Michael Cowell  
Box 143K  
Cousins Island  
Yarmouth, ME 04096  
846-0776  
Actuary, UNUM

## Notes from our newest members

I am a Senior Runner (closing in on Veteran status) with 19 marathons, about 30 triathalons and hundreds of shorter road races in my log. I was a member of MTC but incidentally lapsed. I am running Boston's 100th as a qualified runner and want to get reconnected to the Maine Running Scene.

*Michael Cowell*

I joined for inspiration, information on running and race dates. I am a novice runner.

*Debra Walton*

I have run off and on since high school. In high school I enjoyed spring track and fall cross country. I like running in solitude sometimes but would like being less isolated with this sport at other times. My friend, Jen, talked me into running in a race with her and I had a

great time. At the "Turkey Trot" run, I signed up to have information sent to me about the "Maine Track Club". I am excited to become a member and participate in the activities offered and to volunteer when available.

*Thanks,  
Ellen Della Torre*

## Make a new friend

The most commonly asked question by new members is "how can I get connected with a group for training runs?" If you run with a group or are looking for a running partner, please give a new member a call.





# MTC 1996 Officers and Committee Chairs

USA Track & Field



Ron and Martha Deprez	Co-President	772-4312	Clyde Coolidge	At Large	603-742-9405
Mike Reali and Terry Sutton	Co-Vice Pres.	829-2014	Don Penta	Statistician	892-4526
Ron Pelton	Past President	846-9039	Maureen Sproul	Photography	926-4681
Andrew Coffin	Treasurer	777-3740	Howard Spear	Clothing	856-6496
Mary Ann Doss	Secretary	799-0896	Dale Rines	Course Certification	854-2481
Alyce Schultz	Membership	780-9805	John Gillis	Course Certification	879-0222
Everett Moulton	Race Committee	799-2894	Bob Aube	Newsletter	946-7681
Donna Moulton	At Large	799-2894	Larry Dyer	Newsletter	725-6962
Russ Bradley	At Large	799-3864			

## 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 Sept. 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 form and check to: Membership, Maine Track Club, PO Box 8008, Portland, ME 04104