



Maine Track Club

3 Grace Street - Portland, Maine 04103

Dear Club Member:

The next meeting will be this Thursday, April 3rd, 7:30 P.M. at "The Max", 77 York Street, Portland, Maine. A film will be shown that we have rented from Runner's World Magazine, National Running Week, 40 minutes sound and color.

The Club membership list of names and addresses will not be sent out in this newsletter. This topic will be on the agenda at the meeting. Some good suggestions have been made and will be discussed and decided at the meeting.

The Club distance workouts will begin in April. Every Tuesday and Thursday night, 6:00 P.M., Saturday and Sunday, 10:00 A.M., at the University of Southern Maine - Portland gym. It will cost 25¢ to shower. The interval workouts will start in May and be held on Wednesday night, 6:00 P.M., at Portland Stadium Track. You must have a good mileage base before you begin the interval workouts. We had a good time doing the interval workouts last year, and they helped a lot of people lower their times and develop confidence in their ability. If done properly, it's nothing to be afraid of, and anyone can handle it.

Don't forget the Club Disco Party is Friday night. Please send in your check and reservation to me this week. I have put in a lot of my time to organize this party and "The Max" has given us a great package deal. Besides the open bar from 8:30 to 12:30, they are providing hors d'oeuvres, finger sandwiches, etc. It's a chance to really get to know club members and have a good time. Anyone may bring a non-club couple as their guests. Records for all ages will be played during the night. I will be very disappointed if this is not well attended. Bring your check to the meeting for your reservation.

We need 10 club members to work at the Patriot's Day Boys' Club 5 Mile Race in April. If you can work, please call Dave Paul at 774-4089.

April 7th is the cut-off date for the club point system. Any member who has not contacted Pete Hand at 799-2481 to give his or her age and date of birth, will not be included in the Club Point System for the year.

Don't forget to always wear your club uniform at all races. The club movies, and video tapes will be taken of runners with club uniforms only. Any ideas or suggestions concerning club video tapes call Mark Tocher at 772-7954.

We cannot obtain any more rain jackets or pants. Some people have been waiting a long time . . . I'm sorry. The company will not place small orders.

The April issue of "Maine Running" Magazine and club patches will be available at the meeting. See you soon! Please support the club party this week.

- BRIAN T. GILLESPIE -