



News•Run

Run with a friend ...

April 1996

From the Presidential Suite ...

The weather is better today, and while still cold (10 degrees F), I start out on my second 21-miler, hopeful that I can complete it in good form. But one never knows what will happen on these 21-mile training runs, just as in a marathon. It comes with the territory and provides runners with a healthy dose of humility. It is crisp and clear today, there is no snow blowing and the wind is mild except in some locations further down the road. I am running down the mountain access road, 10.5 miles down from Waterville Valley to Campton and then 10.5 miles back up. It is a good training course for Boston, which goes downhill the first 7 miles or so. I am running alone today, since I need to be at the finish line of the ski race course by 10 a.m. to serve as finish referee and to make sure I see my son on his first run down the real mountain in the giant slalom.

Since my hamstring injuries of the last year, I run with much more awareness than ever before, aware especially of how my leg muscles feel at any given time. I have a vastly different training regimen now, which includes paying attention to stretching and nutrition, especially with regard to the proper balance of fats (30%), carbs (40%) and protein (30%). It is no comparison to my marathon training of 16 months ago when I trained without regard to how much I was punishing my legs, and neglected stretching and rest days. Well those days are over, yet the run goes well and I feel good coming into the driveway 2:50 later.

The Boston Marathon is getting nearer, and we want to honor all of the Maine Track Club athletes who are "running Boston". You will find a list of them in this newsletter. We are inviting each of them to our monthly membership meeting on April 10 for special recognition. It is truly a tribute to our club and the individual athletes. In all, there are just over 300 Mainers who are running Boston, either as qualified

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April MTC Meeting

Wednesday, April 10, 6:30 p.m.
Southern Maine Technical College
Machine Tool Auditorium
Fort Road, South Portland

Guest Speaker: Ken Volk
Topic: Marathoning in Antarctica

Kenneth Volk, who is one of four persons in the history of running to complete a marathon on all seven continents of the world, will speak at the April meeting. Mr. Volk, who lives in Portland, recently traveled to the Antarctic to run in the "The Last Marathon" in the Antarctic. He will speak about this experience. This is a program you will not want to miss.

The Maine Track Club meets monthly, the second Wednesday of each month, in South Portland at SMTC, Machine Room Auditorium @ 6:30 p.m.

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Running in "The Zone"

By Bernie Gehret

Imagine yourself minutes before the starting gun, mentally preparing yourself for a great race. You have eaten a light breakfast, slept soundly last night, and are wearing your lucky socks. In your last race, you ran for a personal record, and are hoping — really wanting — to duplicate the feat today. However, as the race begins, your legs feel like lead, your feet as heavy as concrete blocks pounding hard on the pavement. You finish the race far from your intended goal. Upset and drained, and emphatically confused, you ask yourself, "Why do I race so well one day and so poorly the next?" Fortunately, there are skills you can learn in order to be mentally prepared for each race, providing yourself with a much greater chance of success.

From day to day competition, you can count on some factors to be similar, with little or no change in skill level or physiological capacity. Physical aspects such as stamina, skill and conditioning are stable, and do not vary significantly from one day to the next.

However, there are factors that *do* vary greatly on a daily basis — factors that significantly affect performance. For example, mental aspects such as concentration and confidence levels may change dramatically in a short period of time, hindering or helping the individual during competition.

So what is a major "mental factor" that may answer your questions of running inconsistency? The element is mind and body control of arousal levels. Arousal can best be thought of as ranging from states of deep sleep to hyperactivity. Each individual is hypothesized to having an "optimal" arousal zone, where they are able to maximize their abilities. This is often referred to as "runner's high" or being "in the zone."

Whatever the name, when athletes are in this "zone", they report high levels of success, are able to exert large amounts of force and energy with seemingly little effort, seem to "float", and experience a sense of timelessness. In other words, they have found this seemingly mystical and elusive optimal arousal zone.

So why is it so difficult to be in the "zone" at any given time? Often, athletes are a compulsive lot and attribute success with external factors such as luck (did you wear your lucky pair of underwear today), and physical factors such as sleeping and eating habits. While these aspects of performance certainly play a role in determining athletic success, few athletes understand the role of arousal on performance.

Many athletes report difficulty relaxing during competition. When a person is unable to relax and their muscles contain a great amount of tension, anxiety levels remain high. Muscles work in pairs, and in order for effective and fluid movement, one muscle in each pair must relax while the other contracts. However, in times of stress or anxiety, both muscles in each pair may contract, thereby inhibiting smooth, flowing movement. "Bracing" is similar to an actor experience stage fright and occurs when anxiety is beyond manageable levels for the individual.

On the other hand, some individuals appear to be too relaxed and are not able to effectively energize themselves for maximum results. These athletes are closer to the sleeping end of the range and may not generate enough muscle tension for effective racing. While these athletes are on opposite ends of the curve than the hyperactive ones, the results may be the same — poor performance.

So how do physical factors such as muscle tension relate to arousal levels? Mind and body are inextricably linked, and this can be illustrated by biofeedback procedures that measure heart rate and muscle tension. When a muscle relaxes, heart rates and arousal levels drop.

So how can one find "The Zone" more frequently? For each individual, their zone or optimal performance varies from others. One triathlete may need to be in a relaxed, trance-like state, yet a sprinter may need to be "pumped up" to the maximum for an effective 400-meter dash. The demands of the specific sport and individual differences play a part in determining the optimal performance zone.

Here are a few strategies to help you find your zone more effectively:

1) Awareness: The first step is to become aware of how you race under specific arousal conditions. Do you run your best when you are relaxed? Or do you need to be psyched up for competition? Think back on past races and rate your arousal levels for each. A pattern may emerge that clarifies this information for you.

2) Journal keeping: Runners are notorious keepers of logs, journals, etc., and if you already maintain a running

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Off to Boston

Good luck to the following Maine Track Club members who have qualified or won lottery spots to run in the 100th Boston Marathon!

Larry Barker
Al Butler
Ron Cedrone
Michael Cowell
Rob Craig
Ron Deprez
Jane Dolley
Ed Doughty
John Eldredge
William Emerson
Rob Fast
Cecile Fontaine
Paul Gadbois

Joe Guimond
Scott Hamilton
Joe Hayes
Dan Hutchins
Diane Kazilionis
Thomas Keating
Arlin Kent
Don Kent
Jody King
Alison Kisch
Loren Lathrop
Paul Lessard
Harry Nelson

Kurt Neilsen
Bob Payne
Ron Pelton
Phil Pierce
Roz Randall
Mike Reali
Scott Samuelson
Rodger Smith
Stafford Soule
Will Sproul
Ann Stairs
Mark Steege
Terry Sutton

Patti Tableman
Jean Thomas
William Thompson
Kathryn Tolford
Jim Toulouse
Charles Vadigan
Laurel Valley
Kenneth Volk
Malcolm Washburn
Peter West
Craig Wilson

There's still room at the inn

BOSTON (AP) — One after another, the hotel reservation desks said there were no rooms for Boston Marathon weekend.

The Ritz-Carlton Boston at \$385 a night? Sold out.

The Holiday Inn in Dedham at \$104? The same.

The Best Western Conference Inn in Norwood at \$89? Gone for weeks.

But Bob Diener says he has plenty of rooms available, including in downtown Boston, right up until race day.

"The city technically is sold out. (But) people shouldn't give up," said Diener, president of Hotel Reservations Network, which handles accommodations for the Greater Boston Convention & Visitors Bureau. "Rooms will constantly open up. Of course, they have to have knowledge of the phone number."

That number is 1-800-777-6001.

Diener has a network of up to 30,000 rooms in the metropolitan Boston area and beyond. His Dallas-based hotline fields up to 500 calls a week from across the country, Canada, Germany and Great Britain, to name a few.

"It's extremely tight inventory," Diener said.

Perhaps the greatest challenge beyond finishing the 100th Boston Marathon on April 15 is finding a hotel room within marathon distance of the course.

That stampede of entrants has put the squeeze on hotel rooms.

When called last week, all the major downtown Boston hotels said they were booked, as did hotels in Dedham, Framingham and Norwood.

The Days Inn in Burlington has rooms for \$109 a night, but they were going fast, according to the reservations desk. BAA has referred people to Worcester, southern New Hampshire and Providence.

"Even today, you can still find rooms if you work real hard and lower your expectations just a bit," BAA spokesman Jack Flemin said. "No one's stranded yet."

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runners or by lottery. Anyone who can make it to Boston this year will not be disappointed. It will truly be a magnificent event.

The March membership meeting was certainly worth attending. We passed the 1996 budget and Julia Kirkland provided us with a most interesting talk of her experience in Columbia, S.C. at the 1996 Women's Olympic Marathon Trials. Julia finished 14th, right behind Maine's most famous runner, Joan Benoit Samuelson. We are truly proud of you both and of the four other Maine runners who ran in the marathon trials.

At the Board meeting this month, we passed a resolution to lower the price of road races for MTC members who pre-register for MTC sponsored or managed road races. We also learned from Race Director Jim McCorkle that the Maine Marathon received secure financial backing from NYLCARE for the next three years. This is tremendous news for the MTC, the Maine Marathon and Maine. We now have the opportunity to make this into a showcase race for the Northeast. Lets do it!

At this month's meeting we will finally get to hear Ken Volk talk about his experience in Antarctica. And we will present the MTC coach for this year. We look forward to seeing you at the meeting, in Boston or on the roads.

Ron and Martha Deprez
(e-mail: 102334.3720@compuserve.com.)

MTC 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.



Volunteers needed for Patriots Day race

Volunteers are needed for the Boys' and Girls Club 5-Miler on Patriots Day, April 15. The 1-mile kids race starts at 10 a.m., and the 5-miler begins at noon. If you're willing to help out at these races, please contact Don Penta at 892-4526.

We need your input

In order to make *News-Run* the best it can be, we need your ideas, stories and other items of interest to your fellow track club members.

If you have a story or a news item that you think belongs in *News-Run*, please bring it to our attention. E-mail your story, article or announcement to 74270.2276@compuserve.com, or send it to:

Larry Dyer
15 Royal Oak Circle
Topsham, ME 04086

If you have something to share for *News-Run* but don't feel like writing it, contact Larry Dyer (725-6962).

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.

Coming next month ... Proposal for changing name of Maine Track Club

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.

Do you enjoy running, walking and being fit ?

- Check out our great selection of shoes, apparel and gear
- We offer personal service where you can talk to a runner for the best fit
- Great prices, the same or lower than *Road Runner Sports catalog*
- Test drive your new shoes on our treadmill



Running, Walking & Fitness Center

190 U.S. Route 1 • Falmouth, Maine • (207) 781-3134

Open Mon, Tues, Wed and Fri 10:00 a.m. - 6:00 p.m.; Thursday 10:00 a.m. - 8:00 p.m.; Saturday 9:00 a.m. - 5:00 p.m.

Asics • Adidas • New Balance • Saucony • Brooks • Avia and Ryka • Hind • Moving Comfort • Pearl Izumi • Frank Shorter • InSport • Champion • Sporthill • Polar Monitors

New members

Daniel Day
325 Military Lane
Union, ME 04862
785-9503
Retired Physician

Tasha Moody
90 Narragansett Street
Gorham, ME 04038
839-4516
Student; Gorham HS

Kenneth Flanders
15 Quarterdeck Lane
Scarborough, ME 04074-9340
883-3857
Research, LL Bean

Sunshine Weinrich
78 Danforth St., Apt. #7
Portland, ME 04101-4528
828-0150
Internship-PHRG; Sharp Pottery

Andy Palmer
62 Blueberry Cover
Yarmouth, ME 04096-9785

Lisa Belisle
94 Dartmouth Street
Portland, ME 04103-4808
773-9568
Student, University of Vermont, School of Medicine

Michael Pratico
10 Melody Lane
Portland, ME 04103-2815
775-6000
Account Exec., Morse, Payson & Noyes

Heather Gilchrist
11 Mountain View Road
Cape Elizabeth, ME 040107
767-5666
Graphic Designer

Rodney and Elizabeth Sparkowich Family
22 Pembroke Street
Portland, ME 04103-5113
871-7752
Corrections Officer, Cumberland City Jail,
Receiving Clerk, State Street Dis.

John and Cathy McKenney Family
86 Murray Street
Portland, ME 04103-4208
774-6863
Recruiting Officer, ME Army Nat'l
Guard; RN in doctor's office

David Roberts & Kim Moody Family
1 Roberts Lane
Cape Elizabeth, ME 04107-1906
767-3964
Engineer, Vishay; USM, Professor

Robert Ashley
24 Sligo Road, Ext.
North Yarmouth, ME 04097-3908
829-4340
Physician

David & Diane McCullough
P.O. Box 126
Kennebunkport, ME 04046-0126
967-9839
David, D.A. McCullough Builders;
Diane, Advertising, Dietz Associates

Notes from our newest members

Prior running experience includes: High School X-country (state 1985-1989); Many 5Ks, 10Ks, 15Ks; Marine Corp Marathon 1994, 3:45; Chicago Marathon 1995, 3:30 I have just recently moved back to Maine and would like to stay current in future road races and other track activities. Also, if there is a group to run with in evenings, I would be interested.

Sunshine Weinrich

I've finally decided to join the Maine Track club after many years of thinking about it. I've been running since I was in high school (and through two pregnancies). Over the past two years, I've been in several short distance road races..mostly 5Ks. I'm hoping to step up on training somewhat, perhaps aiming for a Marathon.

Lisa Belisle

I am joining the club because I would like the benefit of coaching and access to group runs, etc. I have back to running for about a year.

Heather Gilchrist

Race Results

Submitted by Don Penta

17th Annual January Thaw 4.5 Mile Road Race Belgrade, Maine — January 21, 1996

"(CMS)" indicates Central Maine Strider member
"(MTC)" indicates Maine Track Club member

PLACE/NAME	AGE	TIME		
1 Todd Coffin 1,30-39	34	22:44	30 Fred Merriam	48 31:06
2 Tom Thibeau (CMS) 2,30-39	37	24:11	31 Bob Brosius (CMS) (MTC)	43 31:07
3 Judd Esty-Kendall 1,40-49	46	24:23	32 Andy Mannett 3,19&under	13 31:10
4 Ludo Bruyere 1,20-29	26	25:00	33 David Benn (CMS)	50 31:29
5 Paul Fagan 2,40-49	42	25:22	34 Jim Moore (CMS)	52 31:32
6 Dan Benson 3, 30-39	33	25:29	35 Paul Yates	45 31:41
7 Paul Dauphine 2,20-29	20	25:39	36 John LeRoy (CMS) (MTC)	58 31:57
8 Dave Drew (CMS)	31	25:47	37 Jane Rau (CMS) 1,40-49	46 32:17*
9 Guy Berthiaume (CMS) 1,50-59	50	25:50	38 Dick Miles	41 32:31
10 Newell Lewey	37	26:14	39 Ron Paquette (CMS)	54 32:32
11 T.J. Hesler (CMS) 3,20-29	27	26:15	40 Bob Gillespie (CMS)	57 32:58
12 Steve Peterson (CMS) 3,40-49	46	26:31	41 Kelly Johnston (CMS) 2,30-39	34 33:00*
13 Bob Jordan	36	26:45	42 Deb Merrill (MTC) 3,30-39	39 33:22*
14 Randy Spencer (CMS)	34	26:51	43 Russ Bradley (CMS) (MTC) 1,70&over	72 34:27
15 Greg Dorr	30	27:03	44 Joan Merriam 2,40-49	47 35:09*
16 Kevin Dow	37	27:10	45 Louisa Dunlap (CMS) 1,50-59	55 35:23*
17 Chase Pray (CMS) 2,50-59	51	27:26	46 Keith Curtis (CMS) 1,60-69	66 35:24
18 Tom Swan	45	27:47	47 Ronald Chase	55 35:27
19 Ken Cotton (CMS)	46	28:06	48 Denny Morrill (CMS) (MTC)	56 36:34
20 R.J. Harper (CMS)	49	28:25	49 Ormond Irish	62 37:21
21 Will Mannett 1,19&under	15	28:26	50 Carlton Mendell (MTC) 2,70&over	74 38:48
22 Darin Knight 2,19&under	15	28:31	51 Richard Scribner (MTC)	44 39:11
23 Katrina Bisheimer 1,30-39	30	28:55*	52 Tamatha Wardwell	37 39:57*
24 Gregg Wood	36	29:07	53 Keith Holland (CMS)	40 39:58
25 Mark Johnston (CMS)	42	29:21	54 Wendy Sayres (CMS) 1,60-69	62 41:16*
26 Bill Pinkham (CMS) 3,50-59	53	29:25	55 Jerry Saint Amand (CMS)	52 41:55
27 Phil Pierce (CMS) (MTC)	54	29:33	56 Deborah Pepe (CMS) 2,50-59	53 42:20*
28 Alan Burke (CMS)	31	29:37	57 Dianna Burke (CMS)	31 43:11
29 Tom Littlefield	50	30:21	58 Rachel Riley 1,20-29	21 45:56*
			59 Becky Roy (CMS) 1,19&under	19 45:56*
			60 Mark Clinch (MTC) race walker	39 46:39
			61 Shirley Fenlason (CMS) 2,60-69	60 56:35*
			62 Linda Benn (CMS) race walker 3,40-49	48 57:39*

Many thanks to the Central Maine Striders'INTERVAL for complete results!

The Redfeather 7.5K Snowshoe Race Sugarloaf Ski Touring Center, Carrabasset Valley, ME January 7, 1996

PLACE/NAME	RESIDENCE	TIME		
1 John Mathieu	Bath	30:03	9 Tom Swan	Manchester 36:04
2 David Drew	Litchfield	31:40	10 Randall Martin	Fort Kent 36:55
3 Roland Lapointe	St. Georges, PQ	31:50	11 Mario Veilleux	Beauville, PQ 38:26
4 Craig Wilson (MTC)	Kittery Point	32:14	12 Hiram Adelman	Orono 40:32
5 Lee Martin	Winterport	32:25	13 Susan O'Brien	Hampden 41:03*
6 Gaetan Roy	St. Prosper, PQ	32:50	14 Deb Merrill (MTC)	Brunswick 42:41*
7 Richard Collins	Stratham, NH	34:14	15 Brenda Lopotro	Winterport 43:29*
8 Chase Pray (CMS)	Greene	34:23	16 Gary Fountain	Southwest Harbor 50:20
			17 Maria Cronin	Charlestown, MA 51:02*
			18 Katie Dinsmore	Charlestown, MA 53:35*

Many thanks to MAINE RUNNING & FITNESS for complete results!

MTC financial report

For period from 1/1/96 to 2/28/96

Checkbook balance 1/1/96.....\$7,722

Receipts

Banquet.....	\$2,669
Dues.....	\$1,136
Mid-Winter Classic.....	\$2,737
Reimbursement from Rick Strout Fund.....	\$1,518
Miscellaneous.....	\$204
Interest.....	\$12
Totals.....	\$8,276

Disbursements

Banquet expenses.....	\$4,997
Supplies.....	\$80
Mid-Winter Classic expenses.....	\$1,942
Equipment repairs.....	\$592
Awards.....	\$169
RRCA Dues/Insurance.....	\$1,216
Postage.....	\$288
Newsletter.....	\$556
Clothing.....	\$435
Printing.....	\$290
Totals.....	\$10,564

Checkbook balance 2/28/96.....\$5,435

(Continued from page 2)

journal, add arousal level to the list. Rate yourself on a scale of 1-10 (1 is sleep, 10 is hyperactive) for each practice and race. Again, a pattern may become evident after you record this information, helpful for maximizing your performance.

3) Experiment: Try running under varying conditions in order to feel what arousal levels maximize your potential. If you learned to race one way, you may not realize how effective you can be if you vary your arousal level!

Remember, there are a myriad of variables that effect performance. However, the more you can take care of the physical factors such as hard and smart training, proper nutrition and sleeping patterns, the more you will be able to effectively perceive the effects that varying arousal levels has on your body. If you are going to train hard, you might as well train smart!

Bernie Gehret is a mental skills training consultant in the Portland area. If you wish more information on arousal levels or sports psychology, call him at 799-9201.

Nominations sought for Maine Running Hall of Fame

Phil Pierce, chairman of the Maine Running Hall of Fame, announces the solicitation of nominations for the 1996 Maine Running Hall of Fame inductions. A banquet and celebration will be held in November, honoring approximately six persons involved with track and field, sportswriting, coaching, road racing, cross country and/or ultrarunning.

Athletes both past and present are invited to submit their vitae, along with supportive documentation (e.g., newspaper, newsletter and magazine articles). A brief cover letter is required, outlining the person's major accomplishments (records held, notable victories or finishes, and finest performances at the state, regional, national or international level). Self-nominations, nominations by family members, coaches, sportswriters, track and road racing officials and clubs are invited and encouraged. All nominations received will be entertained for at least five years by the Honors and Selection Committee. Preference is generally given to the older athlete for past accomplishments as opposed to up-and-coming athletes whose potential for achievement is not yet realized.

Please send nominations and supporting documentation to:

Phillip S. Pierce, Ph.D.
79 Waites Landing Road
Falmouth Foreside, ME 04105-1939

Please feel free to telephone Dr. Pierce at 781-3769 (evenings) if you have questions. There is no standard application form.

Upcoming races

March 31

Presidential Road Race, 10 a.m. Contact: David McCullough 967-9839.

April 6

25K Championship Run, Rockland, 11 a.m. Contact: Leo Smith 596-2010.

UMPI Spring Run-Off 5K, Presque Isle, 10 a.m. Contact: Chris Smith 768-9472.

April 13

Unity College Spring 5K, Unity, 10 a.m. Contact: Gary Zane 948-3131.

April 15

Boys & Girls Club Patriots' Day 5-Miler, Portland,, noon (1-mile kids run at 10 a.m.). Contact: Steve Maslowski 874-1070 or Bill Gorham 874-1074.

April 20

Togus 8K, Augusta, 10:15 a.m. (1-mile fun run at 10 a.m.). Contact: Chris Bovie 622-1267 or 623-8411, ext. 5571.

Spring Fling 5K, Ellsworth, 10 a.m. Contact: Down East YMCA, P.O. Box 25, Ellsworth 04605.

April 21

Northern York County YMCA 5K Run/Walk, Biddeford, 10 a.m. (1K kids run). Contact: Kathy Ring 283-0100.

April 27

April Amble (4 miles), Portland, 10 a.m. Contact: Brian Gillespie 797-7261.

April 28

Pet Run, (5K). Old Town, 10:30 a.m. Contact: Roberta Fowler, 827-2658.

Run America 10K, Rockland, 9 a.m. Contact: Mark Lincoln, 594-2173 (work) 785-4706 (home).

Note: Races in bold are MTC events

Other MTC events in 1996

Date — Event	Contact
May 10 — Maine Academy of Family Physicians Fun Run, South Portland.....	Lisa 773-9568
May 11 — Family Crisis Center 5K, Portland.....	Ron Deprez 772-4312
May 24 — YMCA Back Bay 5K, Portland.....	Matt Burgess 874-1111/Marla Keefe 655/7350
June 2 — Dare 4-Miler, South Portland.....	Everett Moulton 799-2894/Larry Barker 761-0137
June 12 — MTC Summer Fun Run	Everett Moulton 799-2894
June 16 — Oakhurst Road Race, Portland	Charlie Scribner 772-5781/Steve Assante 642-4298
June 22 — Maine Cancer Foundation 5K, Portland	Jayne Soles 773-1754/Mel Fineberg 774-8868
July 7 — Kennebunk Beach Improvement Association 5K.....	Lorraine Sacco 617-593-3762
July 12 — Deering Oaks Track Meet, Portland.....	Sandy Utterstrom 797-4710/George Towle 878-8419
July 13 — Maine Mall Mile, South Portland.....	Kurt Nielsen 767-0677
July 20 — Pat's Pizza 4-Miler, Yarmouth.....	Marge Parsons 829-5079/Ron Pelton 846-9039
August 3 — Peaks Island 5-Miler, Portland.....	John Pearson 774-6540
August 9 — St. Peter's 4-Miler, Portland	Mike Reali 829-2014/Jim Nappi 773-7319
August 18 — Sports East 10-Miler, Brunswick.....	Barry O'Neil 729-3980
September 8 — Women's Distance Festival, Portland.....	Jim McCorkle 781-3134
September 15 — Sharing & Caring 5K, South Portland.....	Everett Moulton 799-2894
October 6 — Maine Marathon & Casco Bay Half Marathon, Portland	Jim McCorkle 781-3134
October 19 — MTC 50-Mile Ultra Marathon, Brunswick	Al and Sandy Utterstrom 797-4710
October ?? — Physical Therapy 8K, Brunswick.....	Sarah Bronson 892-5357/John LeRoy 725-8680
November 19 — Turkey Trot 5K & 10K, Cape Elizabeth	Malcolm Washburn 727-5653/Mary Anne Champeon 799-0456
November 28 — Thanksgiving Day 4-Miler, Portland.....	George Towle 878-8419
December 11 — MTC Jingle Bell Fun Run.....	Everett Moulton 799-2894



MTC 1996 Officers and Committee Chairs



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