

Run with a friend...

May 1999

70th Anniversary Portland Boys & Girls Club 5 Miler

more photos on page 11



Michael Payson
3rd(Men) (MTC)



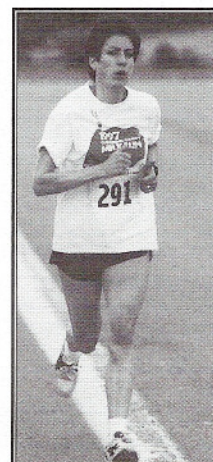
Ethan Nedeau
2nd(Men)



Byrne Decker
Winner (Men)



Rose Prest-Morrison
Winner (Women)



Gayla Underkoffler
2nd(Women)



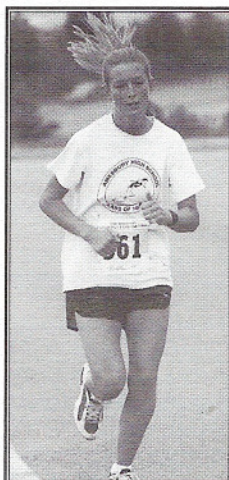
Chris Snow-Reaser
3rd(Women)



Samantha Pelletier
1st(15-16 Yrs)



Danielle Barrieau
1st(17-18 Yrs)



Tracy Buxton
1st(19-29 Yrs)



Nancy Kneeland
1st(40-49 Yrs) (MTC)



Joan Tremberth
1st(50-59 Yrs) (MTC)



Bill Reilly
1st(50-59 Yrs)

Lets Go To The Ball Park!

The MTC have reserved 46 seats in the "picnic grove" on Sunday June 27th at 1:00 PM. For a Seadog game against the Bowie Baysocks. Tickets are \$15.00 per person. The price includes a box seat on the rightfield line and a "ballpark" lunch. Please contact Bob or Marge for reservations or information.

Running Camp Scholarships Available

Thanks to the rapid growth of the Mid-Winter Classic 10-Miler, approximately \$2,000 is currently available in the Bruce Ellis Memorial Fund to pay for running camp scholarships for young runners. MTC members with children who are interested in attending a running camp this summer should contact Marge or Bob Aube at 829-5079 as soon as possible for more details.

*Congratulations
All Boston Marathon
Finishers*

Presidential Message

April, 1999

Dear Fellow Runners,

Congratulations to the runners who participated in the Boston Marathon and the Boy's Club 5 miler. It was wonderful to see the great number of club members who are doing so well so early in the running season. Bob and I enjoyed working on the Boston Marathon and we got to see members of the MTC at the Expo and in the race itself. It was a warm but otherwise perfect marathon day.

Those who attended the April MTC meeting were treated to a delightful talk by Dr. Chris Pingitore, DPM. He arrived carrying a large box of shoes containing both old and new examples of good and bad footwear. We all left feeling that we could now evaluate running shoes so that we would be helped and not hindered by their fit and characteristics. Dr. Pingitore willingly shared his running experiences and foot problems with the rest of us. It was such a beneficial evening that club members are still comparing notes on different types of shoes. Thank you again, Chris!

This month we spent a Sunday morning running and brunching at the lovely Yarmouth home of Maggie Soule. Thank you Maggie for your hospitality!

Next month mark your calendars for the Ziggy Gillespie Get Ready for the Beach to Beacon Clinic on June 1, 1999, at 7 p.m. in the Russell Room of the Falmouth Library. This talk is long overdue as Ziggy and the MTC spend the evening getting ready for one on the most important races of the year.

Please think about volunteering for the Back Bay 5K on May 28 at 6 p.m. Call Howard Spear 856-6496 or Bob Aube 829-5079 to volunteer.

Happy Running!

Marge



Introduction

Anyone with the blazing leg speed and work ethic of Bob Winn or Joan Benoit-Samuelson can win a road race. However, achieving victory without those attributes, in my opinion, poses a far more difficult challenge. Having won a race outright in 1997, and another in 1998, I feel well qualified to teach a short course on "Winning for Dummies."

Hot Action in "Acton"

The first rule: Find the right race. It should be a small event, one that few people know about. Ideally, it should also be scheduled close in time to other large, popular races. The 1997 "Acton Pride 5K," held at the fairgrounds in Acton, Maine, met both qualifications. It boasted a tiny field of runners and, with all due respect to my friends in Western Maine, you need a DeLorme map just to find Acton (hint: if you get to Sanbornville, you're in New Hampshire and you've gone too far).

The timing was also perfect: scheduled for the second week in July, the Acton Pride 5K is sandwiched between the well-known Bridgton 4-miler, and the Pat's Pizza run in Yarmouth.

An injury to the pre-race favorite is a bonus factor. My scouting reports revealed that Randy Bartlett, the 1996 Acton winner, was nursing a foot injury in '97. (I skipped the Acton race in 1998, because I learned that Randy was back up to speed.)

Bad Weather Equals Good Results

My second stellar performance, on May 2, 1998 in Waterville at the "Crisis Shelter 5K," illustrates an additional, important element: the weather. The race was held in a driving, blinding rainstorm. Elite runners, being finely tuned machines, don't want to risk injury landing chest-deep in a muddy sinkhole on a deserted back road in Waterville.

Tactics

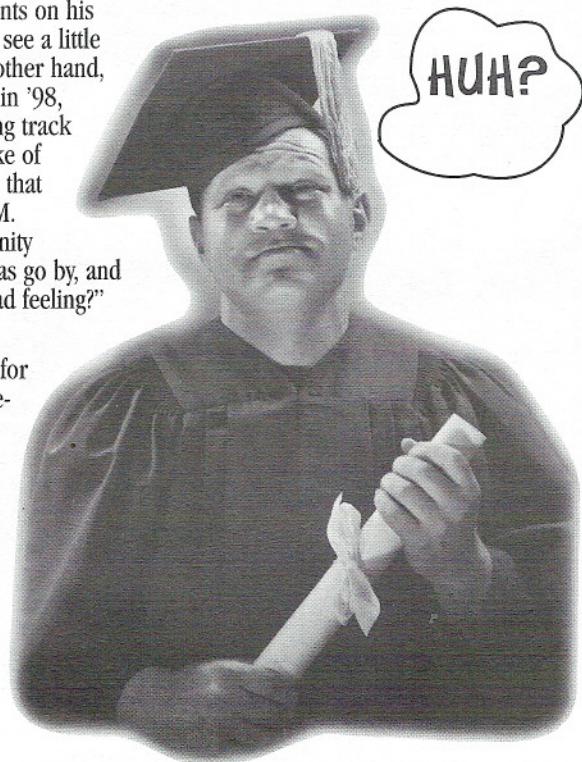
My "race for success" rules are simple: 1) Don't sprint off the line; that's for the youngsters, and they'll come back to you later in the race. 2) Identify your competition, then follow as closely behind as ethically possible, controlling your breathing to reduce audible gasping. 3) Wait for the most treacherous, steepest or roughest terrain, then pass quickly. And, most importantly, 4) give your victim a big, wide, toothy "Isn't this fun?" smile as you go by. Done properly, the above process will cause your rival to deflate like a beach ball on the groundskeeper's rake at Fenway Park.

It's Only Words

The above-mentioned "pass and smile" tactics are even more effective if accompanied by a few choice words, designed to weaken your opponent's resolve and turn his or her legs to Jello. But what to say as you go by? You must remain flexible in this area, adjusting to the situation. If you're facing Jerry Mullen, the UNE cross-country coach, as I was at Acton in '97, you offer helpful hints on his running form: "Hey! Let's see a little higher leg lift!" If, on the other hand, as happened in Waterville in '98, your competition is a young track star who makes the mistake of telling you before the race that he had been up until 3 A.M. drinking beer at the fraternity house, you beam brightly as you go by, and say: "Hey! How's your head feeling?"

Conclusion

Whether you're looking for an outright win or that age-group prize, the above approach should yield good results. In the true MTC spirit of "running with a friend," send me your favorite, secret race tactics in care of News-Run, and I'll include them in my next story, "More Winning for Dummies!"



1999 MTC RACE SCHEDULE

May 28

YMCA Back Bay 5K, Portland, 6 p.m. Contact: Maine Track Club 741-2084.

July 17

Pat's Pizza Clam Festival Classic (5 miles), Yarmouth, 8 a.m. Contact: Maine Track Club 741-2084 or Ron Pelton 865-6919.

August 13

St. Peter's Road Race (4 miles), Portland, 7 p.m. Contact: Maine Track Club 741-2084 or Mike Reali 829-2014.

September 3

Maine Running Hall of Fame 5K, Portland, 6:45 p.m. Contact: Maine Track Club 741-2084.

September 19

RRCA Harvard Pilgrim Women's Fitness 5K, Portland, 8 a.m. Contact: Maine Track Club 741-2084.

October 3

Aetna Maine Marathon and Casco Bay Half Marathon, Portland, 8 a.m. Contact: Maine Track Club 741-2084.

October 16

MTC 50-Miler, Brunswick, 6:30 a.m. Contact: Maine Track Club 741-2084 or Al and Sandy Uterstrom 797-4710.

October 17

Physical Therapy 8K, Brunswick, 9 a.m. Contact: Maine Track Club 741-2084 or Roger and Dorothy Fenn 725-1487.

November 21

Shop 'n Save Turkey Trot (5K), Cape Elizabeth, 9 a.m. Contact: Maine Track Club 741-2084 or Mel Fineberg 774-8868.

November 25

Thanksgiving Day 4-Miler, Portland, 9 a.m. Contact: George Towle 780-5595.

"Please call any of the phone numbers listed above to volunteer for any of these races."

GROUP RUNS

The Maine Track Club includes all kinds of runners doing many different distances and paces ... from the weekend jogger to the daily 20-minute runner to the serious road racer.

Whatever your pleasure may be (social, speed, long distance), we probably have a running/training group near your area. For more information, contact any of the following:

Brunswick

Long runs on weekends and track and tempo workouts during the week. Times vary, so it's best to call. Contact John LeRoy (725-8680).

Kennebunk

The **Kennebunk Road Warriors** run weeknights in Kennebunk. Contact Steve Jacobsen (985-4107) or Nancy Kneeland (985-8100).

Portland

The **USM Morning Group** runs at 5:45 a.m. daily from the USM gym. Contact Mel Fineberg (774-8868) or Ruth Hefflefinger (797-4625).

The **Rat Pack** runs Sunday mornings at 7 a.m. from Payson Park. Contact Ron Deprez (772-4312) or Mike Reali (829-2014).

YMCA Noon Runs from the YMCA on Forest Ave. Contact Maria Keefe (775-9620) or Mike Pratico (874-1111).

The **Maine Front Runners**, a gay and lesbian running club, runs from Back Cove across from Shop & Save on Saturday mornings at 9 a.m. Contact Jim Estes (761-2059).

South Portland

South Portland Road Runners run Thursday nights at 5:30 p.m. from the high school. Contact Russ Bradley (799-3864) or Donna Moulton (799-2894).

Biddeford, Saco

Anyone interested in weekly morning runs and weekend early afternoon runs, contact Guy Roy (284-8036)

If you know of a group run that isn't listed above, please contact either Bob or Marge Aube (829-5079) to let us know where, when and a contact person for inclusion in the monthly newsletter.

Notice About Race Fliers

Anyone who wishes to have their race fliers included in the Maine Track Club newsletter must submit the fliers and a payment of \$40 by the 15th of the month. Fliers will not be included in any mailing if not accompanied by the \$40 service fee. The fee applies only to races not run by the MTC, so if the race fee is already being paid to the club, there is no charge for race fliers. Please call or e-mail Mike Doyle to arrange for flier inclusion.

| time/ (Miles) | 2 ml | 3 ml | 5km | 3.5 ml | 4 ml | 5 ml | 6 ml | 10km | 12km | 15km | 10 ml | 20km | 1/2 Mar. | 15 ml | 25km | 30km | 20 ml | Marathon |
|---------------|-------|-------|-------|--------|-------|---------|---------|---------|---------|---------|---------|---------|----------|---------|---------|---------|---------|----------|
| 4:45 | 9:30 | 14:15 | 14:45 | 16:38 | 19:00 | 23:45 | 28:30 | 29:31 | 35:25 | 44:16 | 47:30 | 59:02 | 1:02:16 | 1:11:15 | 1:13:47 | 1:28:33 | 1:35:00 | 2:04:32 |
| 5:00 | 10:00 | 15:00 | 15:32 | 17:30 | 20:00 | 25:00 | 30:00 | 31:04 | 37:17 | 46:36 | 50:00 | 1:02:08 | 1:05:33 | 1:15:00 | 1:17:40 | 1:33:12 | 1:40:00 | 2:11:06 |
| 5:15 | 10:30 | 15:45 | 16:19 | 18:22 | 21:00 | 26:15 | 31:30 | 32:37 | 39:09 | 48:56 | 52:30 | 1:05:15 | 1:08:49 | 1:18:45 | 1:21:33 | 1:37:52 | 1:45:00 | 2:17:39 |
| 5:30 | 11:00 | 16:30 | 17:05 | 19:15 | 22:00 | 27:30 | 33:00 | 34:11 | 41:01 | 51:16 | 55:00 | 1:08:21 | 1:12:06 | 1:22:30 | 1:25:26 | 1:42:32 | 1:50:00 | 2:24:12 |
| 5:45 | 11:30 | 17:15 | 17:52 | 20:08 | 23:00 | 28:45 | 34:30 | 35:44 | 42:52 | 53:36 | 57:30 | 1:11:27 | 1:15:23 | 1:26:15 | 1:29:19 | 1:47:11 | 1:55:00 | 2:30:45 |
| 6:00 | 12:00 | 18:00 | 18:38 | 21:00 | 24:00 | 30:00 | 36:00 | 37:17 | 44:44 | 55:55 | 1:00:00 | 1:14:34 | 1:18:39 | 1:30:00 | 1:33:12 | 1:51:51 | 2:00:00 | 2:37:19 |
| 6:15 | 12:30 | 18:45 | 19:25 | 21:53 | 25:00 | 31:15 | 37:30 | 38:50 | 46:36 | 56:15 | 1:02:30 | 1:17:40 | 1:21:56 | 1:33:45 | 1:37:05 | 1:56:30 | 2:05:00 | 2:43:52 |
| 6:30 | 13:00 | 19:30 | 20:12 | 22:45 | 26:00 | 32:30 | 39:00 | 40:23 | 48:28 | 1:00:35 | 1:05:00 | 1:20:47 | 1:25:13 | 1:37:30 | 1:40:58 | 2:01:10 | 2:10:00 | 2:50:25 |
| 6:45 | 13:30 | 20:15 | 20:58 | 23:37 | 27:00 | 33:45 | 40:30 | 41:57 | 50:20 | 1:02:55 | 1:07:30 | 1:23:53 | 1:28:29 | 1:41:15 | 1:44:51 | 2:05:50 | 2:15:00 | 2:56:59 |
| 7:00 | 14:00 | 21:00 | 21:45 | 24:30 | 28:00 | 35:00 | 42:00 | 43:30 | 52:12 | 1:05:15 | 1:10:00 | 1:27:00 | 1:31:46 | 1:45:00 | 1:48:44 | 2:10:29 | 2:20:00 | 3:03:32 |
| 7:15 | 14:30 | 21:45 | 22:31 | 25:22 | 29:00 | 36:15 | 43:30 | 45:03 | 54:04 | 1:07:34 | 1:12:30 | 1:30:06 | 1:35:03 | 1:48:45 | 1:52:37 | 2:15:09 | 2:25:00 | 3:10:05 |
| 7:30 | 15:00 | 22:30 | 23:18 | 26:15 | 30:00 | 37:30 | 45:00 | 46:36 | 55:55 | 1:09:54 | 1:15:00 | 1:33:12 | 1:38:19 | 1:52:30 | 1:56:30 | 2:19:49 | 2:30:00 | 3:16:38 |
| 7:45 | 15:30 | 23:15 | 24:05 | 27:08 | 31:00 | 38:45 | 46:30 | 48:09 | 57:47 | 1:12:14 | 1:17:30 | 1:36:19 | 1:41:36 | 1:56:15 | 2:00:23 | 2:24:28 | 2:35:00 | 3:23:12 |
| 8:00 | 16:00 | 24:00 | 24:51 | 28:00 | 32:00 | 40:00 | 48:00 | 49:43 | 59:39 | 1:14:34 | 1:20:00 | 1:39:25 | 1:44:53 | 2:00:00 | 2:04:16 | 2:29:08 | 2:40:00 | 3:29:45 |
| 8:15 | 16:30 | 24:45 | 25:38 | 28:53 | 33:00 | 41:15 | 49:30 | 51:16 | 1:01:31 | 1:16:54 | 1:22:30 | 1:42:32 | 1:48:09 | 2:03:45 | 2:08:09 | 2:33:47 | 2:45:00 | 3:36:18 |
| 8:30 | 17:00 | 25:30 | 26:24 | 29:45 | 34:00 | 42:30 | 51:00 | 52:49 | 1:03:23 | 1:19:13 | 1:25:00 | 1:45:38 | 1:51:26 | 2:07:30 | 2:12:02 | 2:36:27 | 2:50:00 | 3:42:25 |
| 8:45 | 17:30 | 26:15 | 27:11 | 30:37 | 35:00 | 43:45 | 52:30 | 54:22 | 1:05:15 | 1:21:33 | 1:27:30 | 1:48:44 | 1:54:42 | 2:11:15 | 2:15:55 | 2:43:07 | 2:55:00 | 3:49:25 |
| 9:00 | 18:00 | 27:00 | 27:58 | 31:30 | 36:00 | 45:00 | 54:00 | 55:55 | 1:07:06 | 1:23:53 | 1:30:00 | 1:51:51 | 1:57:59 | 2:15:00 | 2:19:49 | 2:47:46 | 3:00:00 | 3:55:58 |
| 9:15 | 18:30 | 27:45 | 28:44 | 32:23 | 37:00 | 46:15 | 55:30 | 57:29 | 1:08:58 | 1:26:13 | 1:32:30 | 1:54:57 | 2:01:16 | 2:18:45 | 2:23:42 | 2:52:26 | 3:05:00 | 4:02:31 |
| 9:30 | 19:00 | 28:30 | 29:31 | 33:15 | 38:00 | 47:30 | 57:00 | 59:02 | 1:10:50 | 1:28:33 | 1:35:00 | 1:58:04 | 2:04:32 | 2:22:30 | 2:27:35 | 2:57:05 | 3:10:00 | 4:09:05 |
| 9:45 | 19:30 | 29:15 | 30:18 | 34:07 | 39:00 | 48:45 | 58:30 | 1:00:35 | 1:12:42 | 1:30:53 | 1:37:30 | 2:01:10 | 2:07:49 | 2:26:15 | 2:31:28 | 3:01:45 | 3:15:00 | 4:15:38 |
| 10:00 | 20:00 | 30:00 | 31:04 | 35:00 | 40:00 | 50:00 | 1:00:00 | 1:02:08 | 1:14:34 | 1:33:12 | 1:40:00 | 2:04:16 | 2:11:06 | 2:30:00 | 2:35:21 | 3:06:25 | 3:20:00 | 4:22:11 |
| 10:30 | 21:00 | 31:30 | 32:37 | 36:45 | 42:00 | 52:30 | 1:03:00 | 1:05:15 | 1:18:18 | 1:37:52 | 1:45:00 | 2:10:29 | 2:17:39 | 2:37:30 | 2:43:07 | 3:15:44 | 3:30:00 | 4:35:18 |
| 11:00 | 22:00 | 33:00 | 34:11 | 38:30 | 44:00 | 55:00 | 1:06:00 | 1:08:21 | 1:22:01 | 1:42:32 | 1:50:00 | 2:16:42 | 2:24:12 | 2:45:00 | 2:50:53 | 3:25:03 | 3:40:00 | 4:48:24 |
| 11:30 | 23:00 | 34:30 | 35:44 | 40:15 | 46:00 | 57:30 | 1:09:00 | 1:11:27 | 1:25:45 | 1:47:11 | 1:55:00 | 2:22:55 | 2:30:45 | 2:52:30 | 2:58:39 | 3:34:22 | 3:50:00 | 5:01:31 |
| 12:00 | 24:00 | 36:00 | 37:17 | 42:00 | 48:00 | 1:00:00 | 1:12:00 | 1:14:34 | 1:29:29 | 1:51:51 | 2:00:00 | 2:29:08 | 2:37:19 | 3:00:00 | 3:06:25 | 3:43:42 | 4:00:00 | 5:14:37 |

1999 RACE SCHEDULE

Race dates and times may be subject to change. Please check with Race Director for accuracy

- May 1** YWCA Race Against Racism 5K Run/Walk, Portland, 9:00 a.m. Contact: Suzy Brewer 874-1130 ext. 3212.
Rocky Coast Road Race 10K, Boothbay, 10:00 a.m. Contact: Boothbay YMCA 633-2855
- May 2** Saucony Classic 5K, 10:00 a.m. Bangor, Contact: Shellie Arbuckle 942-7644.
9th Annual Rape Crisis Assistance 5K, Waterville, 9 a.m. Contact: Melissa Krueger 872-0601.
- May 8** Flete Feet 4-Miler, Portland, 8 a.m. Contact: Split Time Race Management 781-RACE.
- May 9** Bath YMCA Longreach 5-Miler, Bath, 10 a.m. Contact: John or Betsey Morse 443-3948/bathymca@awi.net.
- May 12** MMMC Hospital Week 5K, Waterville, 6 p.m. Contact: Jane Wherren 872-4490.
- May 16** Sugarloaf Marathon (7 a.m.) & 15K (7:30 a.m.), Eustis. Contact: Sue Foster 237-2000.
Tufts Health Plan 5K Series For Women, Portland 9 a.m. Contact: Conventures, Inc. 617-439-7700/tufts5k@conventures.com.
- May 22** 5K Run/Walk For Your Bones, Portland, 9:30 a.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
Yarmouth Sesquicentennial 5K and 1 mile Run/Walk, Yarmouth, 8:00 a.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
NTWH-Crosby 5K Challenge, Belfast, 10:00 a.m. Contact Tracy Lord@338-1113 or Martha Ames @338-6894
- May 23** Kick To Finish For Kids' 5K & Fun Run, Portland, 10 a.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
- May 28** YMCA Back Bay 5K, Portland, 6 p.m. Contact: Maine Track Club 741-2084.
- May 29** Tobacco Awareness Day 5K, Portland, 10 a.m. Contact: Split Time Race Management 781-RACE.
- May 31** Memorial Mile/Kids' Fun Run, Cumberland, 8:00 a.m. Contact: Jim McCorkle 781-3134/FiveKSport@aol.com.
Apple Blossom 15K/4.7 Little Bud, Monmouth, 8 a.m. Contact: Doug Ludewig 933-4677.
- June 6** Women's Fitness Studio 5K, Brunswick, 9 a.m. Contact: Jim McCorkle 781-3134/FiveKSport@aol.com.
Woody Allen Memorial 5K, Norway, Call For Times Contact: 743-2281.
- June 12** MDI YMCA Spring 5K (10 a.m.) & 1-mile fun run (9:15 a.m.), Bar Harbor. Contact: Sharyn Kingma 244-5308.
Joseph's 5K, Bruce Bickford Open Mile & Bruce Ellis Masters Mile, Fairfield, 8 a.m. Contact: David Benn 873-0363.
- June 13** 1st Annual Deering 4 Mile Ram Run, Deering High School, 0:00 a.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
Back Cove Family Fun Day Portland, 0:00 a.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
Kids 1/2 Mile & Mile, Portland, 0:00 a.m. Contact Tracy Lord@338-1113 or Martha Ames @338-6894
- June 16** Habitat for Humanity 4-Miler, Portland, 7:00 p.m. Contact: Charlie Scribner 781-RACE.
- June 18** Doc's Tavern 3-Miler, 7 p.m. Biddeford. Contact: Split Time Race Management 781-RACE.
- June 19** New Sharon Bicentennial 5K, 9:30 a.m. Contact: Ed Ferriera 778-9235.
- June 20** Hampden 8.5 Miler, 8:30 a.m. Contact: Skip Howard 223-4715.
- June 26** Tour Du Lac 10-Miler, Bucksport, 8:30 a.m. Contact: Fred or Joan Merriam 469-2019.
Hollis Recreation Dept 4-Miler. 9:00 a.m. Contact: Charlie Scribner 781-RACE.
- June 27** Literacy Volunteers 5K, Falmouth, 9 a.m. Contact: Split Time Race Management 781-RACE.
Gardiner 5-Miler, 8 a.m. Contact: John Schwerdel 623-8086.
- July 4** L.L. Bean 10K, Freeport, 7:30 a.m. Contact: Jim McCorkle 781-3134/FiveKSport@aol.com.
Walter Hunt Memorial 3K, Brewer, 10:45 a.m. Contact: Dave Torrey 942-1988.
Bridgton 4 on the Fourth, 8 a.m. Contact: Lorraine or Jay Spenciner 647-3347.
Four on the 4th Road Race, York. Contact: 363-1040
- July 5** Houlton 8K, 9 a.m. Contact: Houlton Rec Dept 532-1310.
- July 7** Summer Fun Run Series (5K/1-mile/.5-mile) Falmouth, 6:30 p.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
- July 10** Town of Otisfield 4-Miler, 1-mile walk & 1/2-mile fun run, 8:00 a.m. Contact: Split Time Race Management 781-RACE.
Moxie Day 5K, Lisbon Falls, 9:30 a.m. Contact: Split Time Race Management 781-RACE.
Pottle Hill 10K, Mechanic Falls. Contact:
- July 11** Kennebunk Beach Improvement Association 5K, 9 a.m. Contact: Lorraine Sacco 617-593-3762.
- July 14** Summer Fun Run Series (5K/1-mile/.5-mile) Falmouth, 6:30 p.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
- July 17** Pat's Pizza Clam Festival Classic (5 miles), Yarmouth, 8 a.m. Contact: Maine Track Club 741-2084 or Ron Pelton 865-6919.
Hermon Fun Days 10K, 8 a.m. Contact: Steve Tuckerman 848-3485(w) or 848-5447(h).
Loon Call 5K, Smithfield, 8 a.m. Contact: Fawn or John Paradis 362-5121.
- July 21** Summer Fun Run Series (5K/1-mile/.5-mile) Falmouth, 6:30 p.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
- July 24** Hancock Lobster Classic 10-Miler, 9 a.m. Contact: Andrew Beardsley 667-7128 (5-9 p.m.).
Casco Days 4-Miler. Contact: Carrie Scribner 627-7631.
- July 25** Fort Knox Bay Festival Family 5K, Bucksport, 9 a.m. Contact: Bucksport Bay Area Chamber of Commerce 469-6818.
Save the Observatory 3-Miler, Portland, 8:30 a.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.

1999 RACE SCHEDULE (contu.) Race dates and times may be subject to change. Please check with Race Director for accuracy

- July 28** Summer Fun Run Series (5K/1-mile/.5-mile) Falmouth, 6:30 p.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
Roland Dyer Memorial 5K, Winslow, 6:30 p.m. Contact: Gene Roy 465-7296.
- July 31** Peaks Island 5-Miler, 10 a.m. Contact: Jim McCorkle 781-3134/FiveKSport@aol.com.
- August 7** Beach to Beacon 10K, Cape Elizabeth, 8 a.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com or Split Time Race Management 781-RACE.
Wilton Blueberry Festival 10K, Wilton, 9 a.m. Contact: Kelley Cullenburg 778-4971.
- August 8** Alvin Sproul Samoset 10K, Bristol, 9:15 a.m. Contact: Carlene Sproul 677-2586.
Bowdoin & Back 10 Miler, Bowdoin College, 0:00 a.m. Contact: 5k Sports 781-3134.
5K Sports Women's 5K Walk/Run, Falmouth, 0:00 a.m. Contact: 5k Sports 781-3134.
- August 11** Falmouth Education Foundation 5K, 5:45 p.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
- August 13** St. Peter's Road Race (4 miles), Portland, 7 p.m. Contact: Maine Track Club 741-2084 or Mike Reali 829-2014.
- August 15** Spring Point Festival 4-Miler, South Portland, 8:30 a.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
- August 21** Machias Blueberry Run 5-Miler, 9 a.m. Contact: Sunrise Opportunity 255-8596.
Breakaway 5K, Old Orchard Beach, 10 a.m. Contact: 781-RACE.
Gorham Family Fair 5K & Kids Fun Run, 5K 8:30 a.m./Kids Fun Run 8:00 a.m. Contact: Gorham Rec. Dept 839-8000.
Houlton Potato Feast 5K & 1.5-mile walk, 9 a.m. Contact: Ann Joy 532-9471 ext. 628.
- August 28** Northeast Harbor Road Race (5 miles), 9:30 a.m. Contact: Albert Hamor 276-3646.
- August 29** Rotary Waterfront/Bridge 4-Miler, South Portland, 9 a.m. Contact: Split Time Race Management 781-RACE.
- September 3** Maine Running Hall of Fame 5K, Portland, 6:45 p.m. Contact: Maine Track Club 741-2084.
- September 6** Bangor Labor Day Road Race (5 miles), 9 a.m. Contact: Bangor Parks & Recreation 947-1018.
Caribou Labor Day 5-Miler (10 a.m.) & Viking Run (9 a.m.). Contact: Marrily Welch 498-3756.
- September 12** Terry Fox 5K, Bangor, 11:30 a.m. Contact: 862-3737.
- September 18** Bar Harbor Half-Marathon, 8:30 a.m. Contact: MDI YMCA 288-3511/ebartlett@mdiyymca.org.
Maine Children's Cancer 5K, Portland 9 a.m. Contact: Jim McCorkle 781-3134/FiveKSport@aol.com.
- September 19** RRCA Harvard Pilgrim Women's Fitness 5K, Portland, 8 a.m. Contact: Maine Track Club 741-2084.
Help Can't Wait 10K, Brunswick. Contact: Charlie Scribner 781-RACE.
Race for the Cure 5K, Bangor. Contact: Rosemary Baldacci 947-2582.
Common Ground Fair 5K, Unity, 8 a.m. Contact: Chris Bovie 622-1267 or Skip Howard 223-4715.
- September 25** Eliot Festival Day 5K, 8:30 a.m. Contact: Randy Bartlett 439-3707/eliot5k@fcgnetworks.net.
Cornish Apple Festival 5K, 8 a.m. Contact: Paul Howe 625-3122.
Riverfest 3-Mile Road Race, Old Town, 8:30 a.m. Contact: 827-3961.
Kingfield 10K & Kids 1K, 10 a.m. Contact: Glenn Eddy 237-2000.
- October 2** Lifeline 5K/Kids' Fun Run, Portland, 9:30 & 10 a.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
- October 3** Aetna Maine Marathon and Casco Bay Half Marathon, Portland, 8 a.m. Contact: Maine Track Club 741-2084.
- October 9** 2nd Edition 5K Road Race/Walk, Kennebunk, 10 a.m. Contact: 5K Sports/Jim McCorkle 781-3134/FiveKSport@aol.com.
Silent Hills 5K, Hinckley, 9 a.m. Contact: Mike Gordon 453-7368.
Windham Homecoming 4-Miler, 10:00 a.m. Contact: Charlie Scribner 781-RACE.
- October 10** Belfast Pancake 5K, 9 a.m. Contact: Sandra Gordon or Hugh McLean 338-1724.
- October 16** MTC 50-Miler, Brunswick, 6:30 a.m. Contact: Maine Track Club 741-2084.
- October 17** Physical Therapy 8K, Brunswick, 9 a.m. Contact: Maine Track Club 741-2084 or Roger or Dorothy Fenn 725-1487.
- October 24** Great Pumpkin Race (10K), Saco, 9:30 a.m. Contact: Bob Lanigra 883-8662.
Halloween Classic (3K), Portland. Contact: Brian Gillespie 797-7261.
- November 6** Capital City 5K, Augusta, 9:30 a.m. Contact: Tom Wells 685-3332.
- November 13** Great Osprey Ocean Run (10K), Freeport. Contact: Charlie Scribner 781-RACE.
- November 21** Shop 'n Save Turkey Trot (5K), Cape Elizabeth, 9 a.m. Contact: Maine Track Club 741-2084 or Mel Fineberg 774-8868.
Brewer Turkey Trot 5K, 1 p.m. Contact: Dave Jeffrey 825-3403.
- November 25** Thanksgiving Day 4-Miler, Portland, 9 a.m. Contact: George Towle 780-5595.
- November 27** Gasping Gobbler 10K/Turkey Two-Miler, Augusta, 10 a.m. Contact: John Schwerdel 623-8086.
Turkey Trot 5K, Caribou, 10 a.m. Contact: Dan Harrigan 498-3226.
- December 4** Season's Greetings 5.5-Miler, Madison, 11 a.m. Contact: Ron Paquette 437-9237.
- December 19** Bob Marley's Toys For Tots 5K, Portland, 10 a.m. Contact: 5K Sports/Jim McCorkle 81-3134/FiveKSport@aol.com.

RACE RESULTS

THE MAINE TRACK CLUB AND THE BLETHEN MAINE
NEWSPAPERS PRESENT

THE SEVENTIETH ANNUAL BOYS & GIRLS CLUB 5 MILER

606 FINISHERS (155 FEMALE & 451 MALE)
TRADITIONAL CERTIFIED DOWNTOWN PORTLAND
LOOP COURSE

12 NOON, PATRIOTS DAY, APRIL 19TH, 1999
WEATHER: 50's, PARTLY CLOUDLY

USAT&F: Finisher Qualified For National Ranking
According To Standards
Established By USA Track & Field's National
Running Data Center

TOP OVERALL FINISHERS

| Place/Name | Age | Time | Pace |
|--|-----|--------|------|
| 1 Byrne Decker 1, Overall | 29 | 24:47 | 4:57 |
| 2 Ethan Nedeau 2, Overall | 26 | 25:56 | 5:11 |
| 3 Michael Payson (MTC) 3, Overall | 35 | 26:12 | 5:14 |
| 4 Justin Valliere 1, 19-29 | 26 | 26:18 | 5:16 |
| 5 Kevin Way 2, 19-29 | 29 | 26:22 | 5:16 |
| 25 Rose Prest-Morrison 1, Overall USAT&F | 36 | 30:04* | 6:01 |
| 26 Gayla Underkoffler 2, Overall USAT&F | 37 | 30:09* | 6:02 |
| 46 Chris Snow-Reaser 3, Overall | 33 | 31:16* | 6:15 |
| 52 Laurel Valley 1, 30-39 | 36 | 31:48* | 6:22 |
| 66 Juliet Shagoury 2, 30-39 | 34 | 32:35* | 6:31 |

OTHER TOP DIVISIONAL FINISHERS

| | | | |
|---------------------------|----|-------|------|
| 6 Bruce Bridgham 30-39 | 38 | 26:42 | 5:20 |
| 9 Danny Paul 40-49 USAT&F | 45 | 27:28 | 5:32 |

| | | | |
|-------------------------|----|--------|-------|
| 156 Dale Rines | 46 | 36:00 | 7:12 |
| 166 John Morse | 53 | 36:13 | 7:15 |
| 176 John LeRoy 2, 60-69 | 62 | 36:25 | 7:17 |
| 185 Jim Estes | 49 | 36:34 | 7:19 |
| 199 Milt Dudley | 47 | 37:01 | 7:24 |
| 212 Neil Martin | 50 | 37:15 | 7:27 |
| 237 Edward DiBiase | 36 | 37:47 | 7:33 |
| 253 Bob Green | 51 | 38:16 | 7:39 |
| 255 Joey Morse | 14 | 38:24 | 7:41 |
| 263 Dennis Smith | 49 | 38:48 | 7:46 |
| 280 John Howe | 64 | 39:12 | 7:50 |
| 313 Patti Hinckley | 40 | 40:02 | 8:00 |
| 331 Harry White | 56 | 40:30 | 8:06 |
| 334 John Littlefield | 43 | 40:39 | 8:08 |
| 336 Tom Mundhenk | 49 | 40:41 | 8:08 |
| 340 Denny Morrill | 59 | 40:48 | 8:10 |
| 346 Diane Daley | 43 | 40:57* | 8:11 |
| 377 Chuck Burnie | 44 | 42:03 | 8:25 |
| 379 Samantha Paterson | 22 | 42:08* | 8:26 |
| 391 Marla Keefe | 45 | 42:43* | 8:33 |
| 402 Cathy Burnie | 50 | 43:04* | 8:37 |
| 422 Phillips Sargent | 52 | 43:47 | 8:45 |
| 424 Jim Tyrrell | 51 | 43:49 | 8:46 |
| 433 Julia Littlefield | 48 | 44:01* | 8:48 |
| 467 Don Russell | 61 | 45:41 | 9:08 |
| 481 Annette Elowitch | 56 | 46:11* | 9:14 |
| 488 Karen Connolly | 40 | 46:33* | 9:19 |
| 498 Sally Paterson | 57 | 46:57* | 9:23 |
| 525 Deb Stewart | 38 | 48:06* | 9:37 |
| 532 Frank DiBiase | 66 | 48:32 | 9:42 |
| 540 Kenneth Spier | 56 | 48:52 | 9:46 |
| 541 Cheryl McCall | 42 | 49:13* | 9:51 |
| 549 Mel Uchenick | 68 | 49:40 | 9:56 |
| 551 Phil Bartlett | 51 | 49:52 | 9:58 |
| 591 Steven Merrill | 40 | 55:04 | 11:01 |



Many thanks to MTC technical coordinator Howard Spear and his computer team of MaryAnne Champeon, Don Bessey, and Stephen J. Fox for complete results!

RS (48 FEMALE & 92 MALE)
ING, VERY SCENIC CERTIFIED
LOOP COURSE
PORT INCLUDING OCEAN AVENUE
F FORMER PRESIDENT BUSH'S
KER'S POINT ESTATE
UNDAY, MARCH 28TH, 1999
, OVERCAST, HEAVY SHOWERS

OVERALL FINISHERS

| | Age | Time | Pace |
|-----------|-----|-------|------|
| Overall | 30 | 26:24 | 5:17 |
| Overall | 30 | 27:58 | 5:36 |
| n-Overall | 31 | 28:06 | 5:37 |
| l | 30 | 28:35 | 5:43 |

| | | | |
|--|----|--------|-------|
| 116 Tracy Buxton 19-29 | 19 | 34:49* | 6:58 |
| 154 Bob Gillespie 60-69 | 60 | 35:59 | 7:12 |
| 261 Joan Tremberth (MTC) 50-59 | 54 | 38:46* | 7:45 |
| 368 Polly Kenniston (MTC) 60-69 USAT&F | 62 | 41:47* | 8:21 |
| 419 Peter Scontras 70 & Over | 70 | 43:41 | 8:44 |
| 596 Elizabeth Irwin (MTC) 70 & Over USAT&F | 71 | 56:59 | 11:24 |
| 600 Ruth Hefflefinger (MTC) USAT&F | 70 | 62:10* | 12:26 |

OTHER MAINE TRACK CLUB FINISHERS

| | | | |
|--------------------|----|--------|------|
| 22 John Mollica | 46 | 29:47 | 5:57 |
| 24 Thomas Menendez | 45 | 30:02 | 6:00 |
| 30 Blake Strack | 37 | 30:24 | 6:05 |
| 40 Will Lund | 43 | 30:47 | 6:09 |
| 44 Michael Boucher | 41 | 31:12 | 6:14 |
| 64 Kurt Nielsen | 44 | 32:29 | 6:30 |
| 67 Ann McGovern | 35 | 32:47* | 6:33 |
| 80 David Cookson | 42 | 33:25 | 6:41 |

140 FINISHERS
FAIRLY CHALLENGING

IN KENNEBUNKPORT
WITH VIEWS OF
WALLUMSETT
11:00 A.M., SUNDAY
WEATHER: 40's

| Place/Name | Age | Time | Pace |
|-----------------------------------|-----|-------|------|
| 1 Robert Ashby 1, open-overall | 40 | 26:24 | 5:17 |
| 2 Ludo Bruyere 2, open-overall | 30 | 27:58 | 5:36 |
| 3 Roland Thibault 3, open-overall | 31 | 28:06 | 5:37 |
| 4 TJ Hesler 4, open-overall | 30 | 28:35 | 5:43 |

| | | | | |
|----|---|----|--------|------|
| 18 | Russell Boisvert (MTC) 3, masters-over. | 48 | 31:52 | 6:22 |
| 20 | Paul Rogers 4, masters-overall | 47 | 33:16 | 6:39 |
| 23 | Tim Sickel 5, masters-overall | 46 | 33:40 | 6:44 |
| 26 | Nancy Kneeland (MTC) 1, masters-overall | 44 | 34:39* | 6:56 |
| 47 | Holly Decker 2, masters-overall | 41 | 36:21* | 7:16 |
| 49 | Kristy Wechter 4, open-overall | 16 | 36:26* | 7:17 |
| 53 | Susan Ehnstrom 3, masters-overall | 42 | 37:09* | 7:26 |
| 55 | Emily Needham (MTC) 5, open-overall | 24 | 37:24* | 7:29 |
| 58 | Carol Legere 4, masters-overall | 47 | 37:31* | 7:30 |
| 63 | Jane Rau 5, masters-overall | 49 | 38:02* | 7:36 |

OTHER TOP DIVISIONAL FINISHERS

| | | | | |
|-----|------------------------------|----|--------|-------|
| 6 | Peter Heslam 30-39 | 30 | 28:35 | 5:43 |
| 7 | Steve Connor 20-29 | 26 | 29:05 | 5:49 |
| 10 | Tim Forcella 19&under | 17 | 30:08 | 6:02 |
| 24 | David Cookson (MTC) 40-49 | 41 | 34:09 | 6:50 |
| 31 | Michael Beaudoin 50-59 | 56 | 34:53 | 6:59 |
| 62 | Christine Smyth 30-39 | 31 | 37:52* | 7:34 |
| 64 | Maureen Sproul (MTC) 40-49 | 42 | 38:05* | 7:37 |
| 75 | Ron Perry (MTC) 60-69 | 61 | 40:04 | 8:01 |
| 88 | Betty Disanza 50-59 | 50 | 42:03* | 8:25 |
| 106 | Brittany Sinclair 20-29 | 26 | 44:13* | 8:51 |
| 137 | Dolores Billings (MTC) 60-69 | 68 | 56:54* | 11:23 |

OTHER MAINE TRACK CLUB FINISHERS

| | | | | |
|-----|--------------------|----|--------|-------|
| 14 | Tom Shorty 4,30-39 | 37 | 31:02 | 6:12 |
| 34 | Steve Jacobsen | 49 | 34:59 | 7:00 |
| 46 | Robert Giroux | 40 | 36:21 | 7:16 |
| 48 | John Morse 4,50-59 | 53 | 36:22 | 7:16 |
| 54 | Kevin Hubley | 16 | 37:22 | 7:28 |
| 78 | Harry White | 56 | 40:57 | 8:11 |
| 102 | Bob Aube | 33 | 43:42 | 8:44 |
| 121 | Karen Connolly | 40 | 47:45* | 9:33 |
| 128 | Marge Aube | 48 | 49:11* | 9:50 |
| 129 | Alice Mellor | 54 | 49:42* | 9:56 |
| 131 | Kathleen Harris | 36 | 50:23* | 10:05 |
| 136 | Pam Kinner | 39 | 51:42* | 10:20 |

Many thanks to Charles Scribner and **SPLIT-TIME RAGE**
MANAGEMENT for complete results!

KILLARNEY'S 10K: MAINE TRACK CLUB FINISHERS

| | | |
|------------------|-----|-------|
| Ken Cotton | 49 | 39:33 |
| Ellie Tucker | 44F | 42:00 |
| Kate Meyers | 38F | 42:36 |
| William Sproul | 41 | 43:24 |
| Steve Jacobsen | 49 | 43:31 |
| Mike Doyle | 34 | 43:59 |
| Colleen Redmond | 34F | 44:07 |
| Tom Keating | 42 | 44:47 |
| Roger Fenn | 52 | 45:01 |
| Richard Scribner | 47 | 45:30 |
| Anastazyia Moran | 21F | 46:57 |
| John LeRoy | 62 | 47:42 |
| Milt Dudley | 47 | 47:49 |
| Denny Morrill | 59 | 52:12 |
| Bob Aube | 33 | 53:58 |
| JJ Sproul | 11 | 55:45 |
| Alvin Sproul | 12 | 55:55 |
| Carlene Sproul | 59 | 56:30 |

| | | |
|--------------------------------|-----|-------|
| Justin Sproul | 8 | 58:56 |
| Al Sproul, IV | 36 | 58:58 |
| Sandy Utterstrom | 55F | 60:33 |
| Judy Cotton | 50F | 65:11 |
| MaryAnne Champeon | 40F | 78:39 |
| Pat Buckley | 61F | 78:40 |
| Ruth Hefflefinger | 69F | 81:38 |
| Maureen Sproul (Rollerblading) | 42F | 57:35 |

Many thanks to Central Maine Strider's INTERVAL Editor
Linda Benn for complete results with bib numbers!

Thank You!

TO THE VOLUNTEERS FOR THE MID-WINTER CLASSIC 10 MILER, CAPE ELIZABETH FEBRUARY 7, 1999

REGISTRATION:

Lois Martin • Wyndee Grosso • Ann McGovern • Jim Boisvert
Barbara Bonetti • Theresa Bonetti • Chuck Bonetti • Maggie Soule
Peter Drivas • Alice Shultz • Joan Trembreth

COMPUTER:

Everett Moulton • Mary Anne Champeon • Patti Hinckley Tableman
Maureen Sproul

TIMING:

John Gale • Rodger Smith • Charlie Scribner • Ward Grossman
Nancy Kneeland • Malcolm Washburn • Howard Spear

CHUTE:

Dan Hogan • Libby Christensen • Jim Olson • Rick Clay-Storm
Todd Hermann

REFRESHMENTS:

Paula Parsons • Laurie Catan-Lemos • Kate Meyers • Dick Scribner
Julie Brannon

LEAD BICYCLE:

Rachel Legge • Peter Grosso

TRAIL VEHICLE:

Pat Buckley

WATERSTOPS: 3 MILES, 5 MILES, 8 MILES

Donna Moulton • Sandy Utterstrom • Al Utterstrom • Norm Proulx
Jake Schuit • Jessie McGreehan • Emily Benner • Sally Paterson
Bruce Akers • Amanda Wood • Neil Chivington • Devon Chivington
Elaine Richard • Steve Richard

COURSE SAFETY AND DIRECTIONS AS WELL AS PARKING GUIDES:

Elaine Richard • Stephen Richard • Russ Bradley • Libby Christensen
Dan Hogan • Linnea Olsen • Sarah Parrott • Gary Punskey • Mel Fineberg
Jane Lathrop • Harry White • George Entwistle • Pete Bottomley
George Conley • Jenn Gresley • Janet Hill • Paul Stulgaitis • Don Russell
Allen Livingood • Sally Hallowell • Tina Houghton • Mary Takach
Dick Moran • Sarah MacColl

NEW MEMBERS

- | | |
|--|-----------------------|
| Julie Barber (42) <i>Sales, Barber Foods</i> | Scarborough |
| Theresa Brown (39) <i>CSR, BCBS of ME</i> | South Portland |
| Brendan Crowe (41) Janet Crowe (39) Alison Crowe (7) Emily Crowe (3) <i>System Architect, CSC; Teacher, Town of Freeport</i> | Brunswick |
| Brian Dudley (44) <i>Insurance Broker, Benefits Logistics & Design</i> | Portland |
| Donna Gillis (29) <i>Student Nurse Practitioner, MMC and USM</i> | Portland |
| Evelyn King (41) <i>Title Abstractor/Camp Director</i> | Brunswick |
| Michelle Ouellette (25) Larry Ouellette (27) <i>Housewife; Woodworker, Faucher Organ Co.</i> | |
| Beth Quinlan (40) <i>Management Consultant</i> | Portland |
| Tom Shorty (37) "Victorious over stage three cancer in 1992, running and racing has grown over the years from a barometer of good health to a true passion." | Gorham |

1999 Membership Information

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UPCOMING MTC BIRTHDAYS

MAY

- 13: Lawrence Barker, Carol Perry, Dick Lajoie
- 14: Matt Lunt
- 16: Joan Benoit Samuelson
- 17: Alyce Schultz
- 18: Daniel Gray, Travis Lee, Mark McAfee
- 19: Michael Payson
- 20: Kris Caterina, Brian Lathrop
- 21: Andrew Musca, Lorraine Paradis, Normand Rodrigue
- 22: Lisa Barker, Jeff Crocker, Shelley Lathrop, John Morse
- 24: Jim Estes, Everett Moulton, Jennifer Pierce
- 25: Debbie Crocker
- 26: MaryAnne Champeon
- 28: Tom Carll, Jane Dolley
- 29: Don Penta, Jim Toulouse
- 30: Jim McFarlane, Rita Moulen

JUNE

- 1: Kevin Conley
- 3: Roger Fenn
- 4: Kathy Hepner
- 5: Nicole Court-Menendez, Benjamin Parsons
- 7: Eva Collins, Harry Nelson, Denise Robertson
- 8: Nelly Hall
- 9: Edward DiBiase, Julius Marzul
- 10: Matthew Clement, Ron Deprez

NEXT MTC MEETING

June 1, 1999, at 7 p.m.
At Russell Room of the
Falmouth Library.

Guest Speaker: Ziggy Gillespie

Subject: Get Ready for the Beach to Beacon 10K

We Need Your Input

NEWS•RUN features news of interest about fellow MTC members. If you have some news to share about yourself or someone else in the club, please pass along the information by calling Mike Doyle at 871-0051, sending e-mail to mdoyle@mainecul.org, or by mail to:

Maine Track Club
Newsletter
P.O. Box 8008
Portland, Maine 04104

The deadline for each issue is the 15th of the preceding month.

Eighth Annual Presidential 5 Mile Road Race



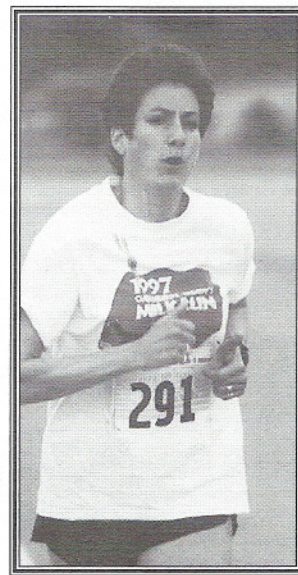
Ludo Bruyere
2nd (Men)



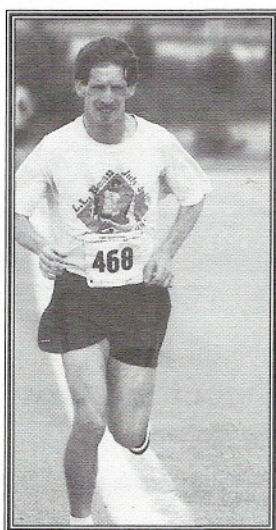
Robert Ashby
Winner (Men)



Susannah Landreth
Winner (Women)



Gayla Underkoffler
2nd (Women)



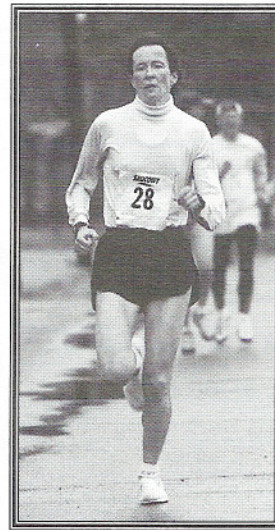
Roland Thibault
3rd (Men)



TJ Hesler
4th (Men)



Rose Prest-Morrison
3rd (Women)



Nancy Kneeland
4th (Women)



Betsy DiSanza
1st 50-59 (Women)



Guy Berthiaume



Alice Mellor
(MTC)



Marge Aube
(President MTC)



Karen Connolly
(MTC)



Harry White
(MTC)



Ron Perry
(MTC)



USA Track & Field



| | | |
|-------------------------------|---|-----------|
| Marge Aube | <i>President</i> | 829-5079 |
| Vacant | <i>Vice President</i> | .XXX-XXXX |
| John Gale | <i>Past President</i> | 775-5017 |
| Carlton Mendell | <i>Treasurer</i> | 797-7806 |
| Kate Meyers | <i>Secretary</i> | 926-5071 |
| Maggie Soule | <i>Membership</i> | 846-3631 |
| Bob Aube | <i>Race Committee</i> | 829-5079 |
| Rodger Smith | <i>At-Large</i> | 883-3041 |
| Howard Spear | <i>At-Large</i> | 856-6496 |
| Maureen Sproul | <i>At-Large</i> | 926-4681 |
| Sandy Utterstrom | <i>At-Large</i> | 797-4710 |
| Steve Fox | <i>Clothing</i> | 799-8840 |
| Bill Devoe | <i>Equipment</i> | 761-0602 |
| Don Penta | <i>Statistician and Photography</i> | 892-4526 |
| Dale Rines | <i>Course Certification</i> | 854-2481 |
| Mike Doyle | <i>Newsletter</i> | 871-0051 |
| Colleen Redmond | <i>Newsletter</i> | 871-0051 |

8th Annual Presidential 5M. Road Race



Russell Boisvert
(MTC)



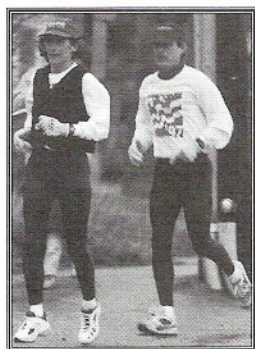
Scott Rose



Tom Shorty
(MTC)



Steve Jacobsen
(MTC)



Kitty Kelley
Don Bessey
(MTC)

Portland Boys & Girls Club 5 Miler (contu.)



Will Lund
(MTC)



Stephen Merrill
(MTC)



Annette Elowitch
(MTC)



Jim Tyrrell
(MTC)



Michael Boucher
(MTC)



Dennis Smith
(MTC)



Michael Payson
(MTC)



Marla Keefe
(MTC)



Cathy Burnie
(MTC)



Sally Paterson
(MTC)



Nancy Lund



Samantha Paterson



Terry Clark
(MTC)



Danny Paul
(1st Master)



John LeRoy
(MTC)

If you would like to become an individual News•Run sponsor, please send \$10 to: Maine Track Club, P.O. Box 8008, Portland, ME 04104. Or, if you would like to have your business card included in News•Run, you can do so for just \$5 per month.

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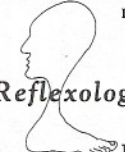
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