

Maine Track Club

July 1988

Run with a friend...



UPCOMING MEETING

Hope you all had a great time at the Jolicoeur's Fun Run and Picnic...

Next meeting is the 2nd Wednesday of the month, as usual, August 10th. 7pm, SMVTI in South Portland.

13th Annapolis Run (10 miler)

If you have run a sub 54 or sub 64 min ten miler (males and females respectively) you have qualified to run in the Annapolis run. Call Jane Dolley for details, or the Chairperson of the race in Maryland, Pat O'Brien (301) 544-7615.

Bill Devanney at the Mark Hoffmaster Race



Help!

The Maine Track Club newsletter needs your help! You don't need experience or talent... just meet once a month to put all the pieces together, or write an article about a member profile, or a race you enjoyed, or some revelation you have had in your training, racing or diet. This can be fun and get you ahead of the news before it hits the presses...

Call Jennifer Rood at home 439-3519 or at the office (603) 431-3500.

MTC Pat's Pizza Post-Race Party

at Maggie Soule's house

62 Portland Street in Yarmouth

(turn at the Mobil Station on Rt 1 and go down 4 houses) For info call Maggie at 846-3631 or just come. Bring refreshments if you can.

All photos in this issue of the Mark Hoffmaster Race were contributed by Jane Dolley. Thanks Jane!

Prime Sponsor

WILLIAM H. LESCHEY, JR. M.D.

ANNOUNCES THE ASSOCIATION OF

PETER A BRIDGMAN M.D.

AND THE MOVE OF THE OFFICE AND
NEURODIAGNOSTIC CENTER TO

NEUROSCIENCE INSTITUTE

930 CONGRESS STREET

PORTLAND, MAINE

772-0740

EDITOR'S COLUMN

As you can from the front page, your newsletter crew needs some assistance! One thought is a co-editor of the month. That person would be responsible for going out and getting (or creating) one story for that month's newsletter and for helping with paste-up, usually some evening during the last week of the month. It is a great way to get the inside scoop on MTC events, and perhaps we can even talk the powers that be into creating some volunteer credit for this activity! (no promises, but we can promote the idea). We do need your help. Both of us (Deb Merrill and I) face heavy professional demands, and time is limited. Thank you to all who contribute on a regular basis. Happy summer and happy racing to all!

Jennifer Rood

Jennifer Rood

Mark Hoffmaster Volunteers

Al & Sandy Utterstrom
Barbara Coughlin
Ken & Jane Dolley
Bill & Susan Davenney
John Gale
John & Joan Lavin
Mel Fineberg
Warren Foye
Kathi Labrecque
Walter, Jane, Timothy, & Rebecca Ashley
Terry McGovern
Drue Jones
Ted Cunningham
Charlie Scribner
Vi Palmacci
Bill Best
Al Mack & Carol
Carlton Mendell
Mark Cushman
Widgery Thomas
Mike McGovern
Rick Robino
Brenda Cushman
Joey & Jean Krupski
Tony & Patti Gallant
Matthew Iwanowicz
Kathleen Vance
Jacqueline Gallant
Cindy Lunt
Bob Jolicoeur
Dick Scribner
Ray & Ruth Hefflefinger
Walter Webber
Dennis Morrill
James Harris
Summer Weeks

Thanks to all of you,
Jean Thomas & Bob Cushman
Race Directors

RACE RESULTS

4th Annual Thomas College Trot - 22 Fin.
Waterville, Me - 5.5 Miles - 27 March '88

1 Peter Youngs	20	31:42
2 Cliff Rogers	29	32:32
3 Fred Karter	38	33:37
6 Tom McGuire	41	35:05
8 Dara Jones	31	36:38*
10 Lloyd Smith (MTC)	39	39:04

6th Annual 25 K Championship - 33 Fin.
Rockland, Me - 9 April '88

1 Bruce Ellis (MTC)	36	1:25:09
2 Robert Hillgrove	20	1:33:55
3 Bryant Burgoin	37	1:34:30
4 Debbie Potter	33	1:39:20*
5 Joe Meehan	41	1:40:12
10 David Wilson (MTC)	44	1:46:24
16 Carl Bowen	55	1:52:30
19 Louisa Dunlap	47	1:54:52
21 Carol McRea	33	1:55:41*
23 Carlton Mendell (MTC)	66	1:56:49
28 Rick O'Brien (MTC)	41	2:17:46

Spring 5K Road Race - 64 Finishers
Unity, Me - 23 April '88

1 Lee Stover		15:17
2 Bob Strout		15:39
3 Robert Hoover (MTC)		15:57
4 Stan Smith		16:12
5 Ron Brooks		16:30
20 Clint Merrill (MTC)	39	18:10
22 Robert Gillespie	49	18:38
26 Lloyd Smith (MTC)	39	19:04
30 Dick Cummings	50	19:16
32 Debbie Merrill (MTC)	32	19:25*
36 Louisa Dunlap	47	20:07*
42 Bob Perkins (MTC)	45	20:39
46 Robert Jones (MTC)	15	21:29
49 Dorothy Stoddard (MTC)	36	22:51*

St. Joseph Hospital Spring Wellness Run
Bangor, Me - 5K - 149 Fin. - 30 April '88

1 Roy Morris		15:32
2 Lee Stover		15:50
23 David Wilson (MTC)		18:58
55 Teresa Withee		20:41*

TREASURER'S REPORT

June 5, 1988

Funds on Deposit May 5, 1988 \$6,525.49

Receipts:

*Memberships	\$ 648.00	
Newsletter Patrons	\$ 85.00	
*Cape Challenge sponsor deposit	\$ 2,500.00	
*Clothing	\$ 135.75	
*Boys Club Race	\$ 200.00	
*Interest	\$ 32.89	\$3,601.64
		\$10,127.13

Disbursements:

Chronomix Timer	\$ 1,398.50	
*Deb Merrill Postage, Printing Newsletter	\$ 492.02	
*Coastal Silkscreen Clothing	\$ 480.30	
*P.M. Bech, Inc. Postage/Postcards	\$ 24.00	
*Dale Rand Printing 1,000 copies	\$ 40.00	
*Rainbow Racing System	\$ 67.00	
*Check Return new member fee	\$ 21.00	\$ 2,522.82
Funds on deposit May 5, 1988		\$7,604.31

Richard K. Strout
Treasurer

R K Strout
RKS/dh/Track



Happy MTC faces at the Mark Hoffmaster Race

Maine Track Club 1988 Race Schedule

		Distance
July 16	Pat's Pizza	5
Aug 13	Peaks Island Race	5
Aug 21	Bowdoin and Back	10
Sept 11	Cape Challenge	13.1
Oct 16	MTC Ultra	50
Oct 2	Falmouth Lion's	6.2
Oct 9	WCSH for Kid's Sake	4
Nov 20	Turkey Trot	6.2

The Maine Track Club Newsletter is compiled monthly. Circulation is around 350. Related material may be copied with acknowledgement. Editor: Jennifer Rood



NEW MEMBERS

<u>Name & Address</u>	<u>Phone</u>	<u>Occupation</u>	<u>Age</u>
Jay J. Evans	H799-0540	Paine Webber, Investments	40
Martha L. Palmer	W774-1008	USM, Researcher	36
7 Pilot Point Road Cape Elizabeth, ME 04107	W780-4449		
Thomas W. Jackson	H854-5001	National Semiconductor	25
17 Woods Road Westbrook, ME 04092		Mechanical Engineer	
Michael P. Lyons	H883-2346	Student, Cheverus	17
6 Avenue Six Scarborough, ME 04074			
Kathy B. Parsons	H892-4611	Parsons Associates	34
588 Gray Road So. Windham, ME 04082	W892-9302	Consultant	
Tammy J. Prince	H774-4116	Student, Westbrook College	28
50 Western Prom. Portland, ME 04102	W865-6269	Goldenrod Garage	
Carrie R. Wood	W438-2412	Teacher, Scarborough	25
James G. Beam	W883-4354	Portsmouth Shipyard	
751 Main Street, #104 So. Portland, ME 04106		Physical Science Tech.	26
Gregory Rogers	H775-0220	Maintenance	
1700 Westbrook St. Portland, ME 04102	W774-7811	Pete Rogers	
Bill & Nancy Rouse	H371-2325	Manager, E. C. Jordan	32
P.O. Box 15005 Portland, ME 04101	W775-5401		35



*Starting line
at the Mark
Hoffmaster,
Bob Cushman
at the bullhorn.*

MEMB. MEETING NOTES

President Charlie opened the meeting. Thirty-two members attended including new members Loren Iathrop and Theresa Cameron.

Speaker Barbara Footer provided us with information about the New National Cholesterol Guidelines For A Healthy Heart. A quiz shocked some of us with how uncertain we are on some points of this familiar topic.

Officer and Committee Reports

Secretary Sue Davenny will assume the Secretary's position for the remainder of the year. A letter had been received from Bob Antoniuc with his new address in Flint, Michigan. Bob enclosed race forms and offered accommodations to anyone in the area in June, July, or August.

Membership Pat Buckley announced she had additional membership cards for family members. Pat also mentioned the recent death of MTC member, Paul Burke. Charlie said membership rosters will be available at the next meeting.

Course Certification John Gale reported measuring the Forest Avenue Mile for June 12. Our old timer has been requested as a back up.

Refreshments Bill Davenny thanked Kathy Gardiner, Don Penta, Herb Strom, Maggie Soule, Russ Connors and Bob Jones for the evening's refreshments.

Clothing Contact John Gleason at Coastal Silk Screen, 502 Woodford Street, Portland. 772-4530

Races

Mark Hoffmaster John Gale announced more volunteers are still needed. Bob Cushman will be calling with assignments. The school will be dedicating a plaque to Mark following the race.

Pat's Pizza July 16 Bill Stewart was present with the sign-up list for volunteers. He can be contacted at 871-7051. The post race party will be at Maggie Soule's house, 62 Portland St., Yarmouth.

50 Miler There is some uncertainty about the status of the ultra.

Class of 1990 Race Bob Jones thanked those who had helped at the finish line. The race earned \$200. Proceeds will benefit Norma Lynn Peterson.

Mt. Washington Ron Cedrone seeking MTC team members for final roster

Family Festival Track Meet Friday night, July 23. Sandy Utterstrom will need volunteers

Indoor Track

Bob Jolicoeur reported still in the exploratory stage of planning a 200 M track facility. Possible sources for a feasibility study are being sought. The time frame could be 5-10 years.

Toni Parise has started on her cross country bike trip for the American Lung Association. She started from Seattle.

Paul Merrill was selected Sportsman of the Week by WCSH following his Sugarloaf victory.

Bruce Lewis may be responsive to a Rowing Challenge against some MTC runners for the benefit of Big Brothers/Big Sisters. This has been done in the past. He may be contacted through this organization.

The new timing equipment was on display.

The next meeting will be a fun run and picnic at the Jolicoeurs' home. Sue Davenny, Charlie and Priscilla Jolicoeur will coordinate.

The August meeting date may be changed to accommodate the speaker. Watch the newsletter.

Newsletter sponsors are needed.

There will be no Officer Friendly Race this year. We were unable to find a race director.

Respectfully submitted

June 8, 1988

SNVTI

Susan Davenny
Susan Davenny

RACE RESULTS

10th Annual Rangeley Moose Run - 38 Fin.
Rangeley, Me - 5.2 Miles - 29 May '88

1 John Fitzgerald	26:31 CR
2 Peter Lessard (MTC)	27:16
3 John Morton	28:53
4 Bill Hine	29:58
5 Jeff Byrne	30:39
6 Steve Russell	32:09
15 Dennis S. Morrill (MTC)	38:48 PR
16 Veronica Knight	39:02*
19 Susan Kolakowski	40:39*
22 Jennifer White	42:57*
23 Donald P. Penta (MTC)	43:39
28 Georgianna Hogerty (MTC)	46:25*

Androscoggin Triathlon - 12 June '88
Lewiston/Auburn - R:6.2; C:5; B:26.8
10 Ironmen & 70 Teams

Open Teams:

1 Tim Wakeland (R:1)	32:20
McMorrow & Anderson (C:2)	55:07
David Crawford (MTC) (B:1)	1:03:44
2 Sackett (4)	35:48
J.D. Mathieu (MTC)&Martin(1)	51:59
MacNair (6)	1:13:12

Ironmen:

1 Barry Fifield (36:57,1:03:22,1:13:39)	
MTC, (R:2nd;C:1st;B:1st)	
2 Gordon Chamberlain (46:50,1:07:35,1:22:22)	
MTC, (R:9th;C:4th;B:3rd)	

Special thanks to David Crawford for providing complete results.

Inaugural Class of '90 4 Miler - 43 Fin.
Windham, Me - 5 June '88

1 Michael Gordon	21:50
2 Roland Thibault	21:33
3 Richard Perry	21:57
4 Guy Berthiaume (MTC) (Master)	22:01
5 John E. Gordon	22:27
6 Joel Titcomb (MTC)	22:41
7 John Eldredge (MTC) (Sub)	23:21
10 Joe Richards (MTC) (3rd:M)	23:56
12 Wanda Haney (MTC) (1st)	24:24*
14 Ron Deprez (MTC) (4th:M)	25:03
17 Peter Bastow (MTC) (1st:S)	25:29
23 Dale Rines (MTC) (5th:Sub)	28:14
28 Roger Dutton (8th:M)	29:10
30 Richard E. Downs (MTC) (9th:M)	30:00
31 Paula Carlin (3rd)(1st:18+)	30:06*
29 Jeri Schroeder (MTC) (1st:M)	29:30*
33 Sandra Speirs (4th)(1st:Sub)	30:14*
36 Maria Keefe (MTC) (2nd:Sub)	30:58*
38 Patty Titcomb(MTC) (4th:Sub)	32:01*

BOSTON TO BANGOR

By Phil Pierce

The Running Dilettante's Guide to Selected Road Races

July Race of the Month: There are many races to choose from this month. Two of the best are also two of the largest races in the State of Maine:

[1] the July 4th Bridgton Four on the Fourth, which typically attracts 500 to 800 runners.

[2] Pat's Pizza 5 Miler on July 16th, in conjunction with the Yarmouth Clam Festival which attracts close to 500 runners.

In both of these races you will see outstanding out-of-state talent as well as many of the best runners in the area.

The Bridgton Race is a relatively difficult 4 miler and it is very easy to go out too fast on this one. Even pacing on this course will assist you in having "a good race".

The Pat's Pizza Race has a relatively flat course but mile 4.5 through 5.5 can be difficult, at least I have always found it so. Pat's does have a nice downhill finish.

Both races start at 8 a.m. which helps avoid significant heat during this time of year. Good luck to you with your running and hope to see you at one or both of these races.

Phil
Phil Pierce
Past President
MTC

July 16 17th Annual Pancake Run: 7:30 a.m. Sat. 4.2 miles. Buxton. Contact Steve Fasulo [929-3544] Pancake breakfast to all entrants.

July 16 Belgrade 4th Annual "Marie MacArthur Memorial 10K": 9 a.m. from Day's Store, Belgrade Village. \$6 T-shirt to first 100 entries. Contact Lisa Peacock [495-2309]

July 16 Pat's Pizza 5 Miler: 8 a.m. on Main Street, Yarmouth. \$6 pre; \$7 post. T-shirts to all entries. Contact Bill Stuart [871-7051] Certified

July 16 Mollycokett Day Classic. 5 miles. 9 Sat. a.m. 1 mile fun run at 8:30, from the Bethel Common. \$6 pre; \$7 post. T-shirts to first 100 registrants. Contact Robin Zenchuk at 824-2282.

July 17 10th Annual Phippsburg Fire Department 5 Miler. 9 a.m. Route 209 7 Miles south of Bath. \$5. Call 443-3869.

July 27 Dyer Memorial 5K Winslow, Me. 6:30 Wed. p.m. Winslow H.S. \$5 Contact Jerry St. Amand [873-6753].

July 29 10th Annual Woody Allen 4-Mile Race. Fri. 6 p.m. Oxford Fairgrounds. Route 26. Contact Oxford Hills Area YMCA. P.O. Box 208, Norway, Me. 04268 or Tel. [783-7184].

July 30 10th Annual Casco Day Country Run. 4 Sat. Mile. 9:30a.m. Route 121, Casco Village. Contact Bob Farthing, Box 309, South Casco, Me. 04077 or tel. 892-2556.

July 30 Bert 'N I 5 Miler East Vassalboro. 9 Sat. a.m. \$3 Contact Bill Seekins. Box 1177, Waterville, Maine 04901

Aug. 5 Pickering Wharf 10K. Salem, Mass. 7 Fri. p.m. Telephone 617-332-6400 for further information.

Aug. 7 York Day 5K. York H.S. 9 a.m. Sun. Contact Rec. Dept. 363-2723.

Aug. 13 Blueberry Festival 10K. and Kids 1 Sat. Miler. 9:10 a.m. \$6. T-shirts to first 70 intrants. Contact Bill Yates, Box 525, Wilton, Maine 04294. Tel. 645-4623.

Aug. 13 Life Sports Schoodic Point 15K. 8:30 Sat. a.m. from Schoodic Point Parking Lot. \$9 pre. only SASE. Limited to 200 entries. Contact Al Groh, P.O. Box 8, Winter Harbor, Me. 04693 [one of Maine's best races].

Aug. 13 Peaks Island 5 Mile Road Race. 10:30 Sat. a.m. \$6 pre only. T-shirts first 50. Lobster Bake after race. Contact Peaks Island Road Race, Box 5069, St. A, Portland, Me. 04101.

Aug. 14 Old Bristol Days 4 Miler. 8:30 a.m. Sun. from Chart House Restaurant on Pemaquid Point. Contact CMS at 873-6753.

Aug. 17 Kennebec 10,000 Meter. 6 p.m. From Wed. Madison H.S. Contact CMS 873-6753.

Aug. 21 Bowdoin and Back 10 Miler. 8 a.m. Sun. Bowdoin College. Look for flyer for further information.

Ruth Heffelfinger received a nice note from Bob Antoniuc who writes from HHD 2d BDE, 70th Div. [TNG], 1909 Keersley Park Blvd., Flint, Michigan 48506-3513. Bob was transferred to Michigan in April and wishes to be remembered to MTC members. Bob was a very active, contributing member of the Track Club and is sorely missed by all of us.

Good luck to Carlton Mendell in the Essex County 24 Hour Ultramarathon on July 16th.

Mt. Washington Climb

at Mount Washington, N.H.
(7.6 miles)

1. David Dunham, Lowell, 1:00:50;
2. Jay Johnson, Boulder, Colo., 1:03:09;
3. Sheldon Larson, Boulder, Colo., 1:04:26;
4. Martin Kryska, Hanover, N.H., 1:06:11;
5. Keith Woodward, E. Corinth, Vt., 1:08:40.
Women - 1. Janine Aiello, San Rafael, Calif., 1:20:48;
2. Ruth Hall, Grafton, Maine, 1:21:08;
3. Maureen Sullivan, Concord, N.H., 1:22:21;
4. Lynn Achee, Manchester Center, Vt., 1:30:37;
5. Beth Walker-Corkery, Boston, 1:30:48.

SIXTH ANNUAL SQUARLOAF MARATHON

At Kinfield
1. Paul Merrill, Portland, 2:34:48;
2. Jim Toulouse, Portland, 2:37:59;
3. Toby Skinner, Beaverton, Oregon, 2:42:40;
4. Bruce Ellis, Sheepsfoot, 2:47:35;
5. Robert Kahn, Cumberland, 2:47:56;
6. Frank Donovan, Milford, Mass., 2:50:12;
7. Steven McGrath, Portland, 2:50:38;
8. Tim Mallin, Cranston, Rhode Island, 2:51:55;
9. Kent MacDonald, South Portland, 2:55:18;
10. Kham Haleudeln, Woonsocket, R.I., 2:56:32.
Women's Division
1. Darlene Higgins, Presque Isle, 3:20:54;
2. Cynthia Berliner, Boston, 3:24:49;
3. Jo Marchetti, Hartford, Conn., 3:24:52.

15-kilometer event

Men's Division
1. Bob Everett, Aroostook, 47:48;
2. Mike McCormick, 51:20;
3. Robert Ashby, 51:31;
4. George Towle, Portland 51:40;
5. Guy Martin, 52:17.
Women's Division
1. Rose Morrison, Gorham, 54:56.

Notes from Jeff Galloway's Running Clinic

by Deb Merrill

Clint and I just returned from a 5 day run, bike, swim clinic at Omega Institute in Rhinebeck, NY. with Jeff Galloway, Olympic runner, John Howard, Olympic cyclist, and Doug Stern, Olympic swimming coach. Below are notes we thought might be of value to other runners. (By the way, the seminar was terrific, the food was organic and vegetarian, and we felt like we were at summer camp. This was the fifth year Omega has put this on.)

- Stretching is the third leading cause of running injuries. There is no evidence that stretching before a run has any effect on that particular run. Your goal should be to gain flexibility in your muscles over the weeks and years. Jeff recommends stretching later in the day, or after a race, when your muscles are all warmed up. Stretching before a race can pull cold muscles, so the best thing to do is a good warm up run instead of stretching. And don't cool down too much before the start or your heart and blood circulation will slow down and you lose the advantage.

- When you are out for your weekly long run, it is best to keep the pace very relaxed, and put in 1-2 minute walking breaks every 1/2 hour or so. This will enable you to run for a much longer distance and doesn't bring down your heart rate noticeably. The goal for these runs is endurance only.

- If your goal is to break 40 minutes for a 10K, the recommended speedwork is to run hills for four weeks, then build up to 20 440's on the track at 90 sec. each. This can be modified to suit your goal, but the point is to build up sufficient quantity on the track so you have been training at your goal pace for close to your goal distance.

- Jeff recommends bracketing your training; run every other day, and have high mileage weeks bracketed by low ones. He says the 120-200 mile/weeks are a thing of the past for performance athletes, and that water running (with vests or life belts) and alternative training are proving to be very successful.

- Your body's ability to absorb water is limited to 4-6 oz. every hour or so, and drinking more than that causes your body to shut down absorption and send most of the liquid straight through. The best advice is to drink a little all day long.

- Running form. Our group was videotaped several times and almost all of us had to correct our tilted forward postures. Run erect, relaxed, loose shoulders. Run with

short fast strides as opposed to longer strides. Research has been done on this and the difference between top runners and olympic runners is that the shorter stride wins. Hill running will strengthen your calves which enables your push off to be strong and correct.

MTC Membership Discounts

Here is a list of area sporting goods stores that have agreed to give MTC members discounts on running shoes and running clothing. Please note that most have asked that members show their club ID card when requesting discounts.

Olympia Sports Center, Maine Mall

10% on shoes only

Joe Jones, 265 Western Ave, South Portland

10% on shoes, 20% on clothing (non-sale items)

The Shed, 315 Marginal Way, Portland

10% on shoes and clothing

The Athlete's Foot, Maine Mall

10% on shoes only

Sports East, Topsham Mall

10% on shoes and clothing

Guidi Graphics, 675 Forest Ave, Portland

(they sell and produce T-shirts and have some running clothing)

10% on clothing

Swim Skin, Maine Mall

10% on shoes and clothing

Foot Locker, Maine Mall

10% on shoes and clothing

Notice to Newsletter Contributors

For the MTC Newsletter, please send contributions to Jennifer Rood, 3 Bridge View Terrace, Kittery, ME 03904, by the 20th of the month. Last minute drop offs come to Deb Merrill, 47 Middle Street, Portland. Type your columns 4 1/2 inches wide (we reduce them to 3 1/2) and please plan ahead!

Oakhurst Milk Run - 4 Miles - 367 Fin.
So. Portland, Me - 10:00 AM - 22 May '88

RACE RESULTS

By Don Penta

Top Men:

1	Todd Coffin	26	19:21
2	Stanley C. Bickford	24	19:38
3	Myron Whipkey	30	20:06
4	Allan M. Muir	33	21:03
5	Frank E. Kennedy	33	21:09
6	John McGarry	30	21:13
8	George Towle (MTC)	38	21:36
9	Paul Merrill (MTC)	33	21:52
10	Roland J. Thibault	20	22:00
11	Richard Perry	19	22:02

Top Women:

7	Joan B. Samuelson (H. MTC)	31	21:19
23	Kelly Bennett-Rodrigue	24	23:28
30	Fordie Madeira	43	23:53
32	Diane M. Lounder	26	23:54
36	Susan Hughe	35	24:03
89	Erika Maddaleni	22	26:03
96	Barbara H. Sullivan	26	26:31
103	Elizabeth M. Harrod	19	26:51
104	Sally Bond	34	26:55
106	Kim Paradis	24	26:58

Other MTC Finishers:

14	Sean Keough	32	22:33
15	Harry W. Hunt (1st)	46	22:42
16	Bill Bristol	31	22:43
20	Ron Cedrone (2nd)	39	23:24
25	Russ Connors (1st)	55	23:32
27	David Smith	46	23:42
34	Tom Allen	33	24:00
38	Ron Deprez	43	24:10
41	Joe Richards	44	24:12
44	Peter Carleton	30	24:20
47	Michael J. Cowell (2nd)	50	24:25
52	Lee Allen	33	24:40
56	Peter Bastow (3rd)	51	24:43
64	William Shuttleworth	40	25:05
68	John Braccio	33	25:10
70	Fred Beck (2nd)	54	25:17
79	John A. Gale	32	25:37
86	Rick Strout	49	25:58
88	Larry White	38	26:00
95	Lloyd P. LaFountain	26	26:30
107	Robert White	39	26:59
108	Peter Holloway	45	27:00
115	Richard Marino	40	27:14
119	Cindy Tift (2nd)	34	27:21*
120	Sterling MacLean	25	27:21
121	Nancy Stedman (2nd)	37	27:30*
123	Maidli P. Townsend	34	27:38*
132	Philip Bartlett	40	27:48
135	Joan Lavin (2nd)	40	27:50*
144	Dale Rines	35	27:54
145	Craig Robinson	42	27:55
146	Christopher McDonald	24	27:56
156	Richard S. Stott	43	28:01
191	Richard Downs	42	29:27
198	Marla Keefe	34	29:43*
206	Katherine Christie	43	29:54*
208	Bill Green	34	29:57
222	John Woods (1st)	70	30:21
249	Don Penta	41	31:22
273	Deborah Borduas	38	32:14*
283	Suzanne White	40	32:42*
287	Rod Stanley, Sr.	54	32:54
289	Maureen Sproul	32	32:58*
312	Philip D. Meyer	43	34:40
313	Isabella Firth	27	34:44*
315	Katheryn Osgood	32	34:56*

3rd Annual Sugarloaf 15K - 140 Finishers Kingfield, Me - 29 May '88

1	Robert Everett	28	47:48
2	Michael McCormick	29	51:20
3	Robert Ashby	19	51:31
4	George Towle (MTC)	38	52:17
15	Rose Prest-Morrison	25	54:56*
23	Peter Hall (MTC)	26	56:49
29	Joseph Richards (MTC)	44	58:04
33	Karen Rapallo (2nd)	30	59:33*
35	Judy Ketcham (3rd)	31	1:00:26*
44	Ruth Hall (MTC) (4th)	30	1:01:41*
51	Lynn Gentling	36	1:03:34*
54	John Lunt (MTC)	28	1:03:54
62	Jean Boswell	43	1:05:48*
68	Debbie Merrill (MTC)	32	1:07:10*
73	Clist Merrill (MTC)	39	1:08:13
76	Warren Foye (MTC)	40	1:09:22
84	Bill Green (MTC)	34	1:11:25
92	Philip Tinkham (MTC)	41	1:12:43
93	Rick O'Brien (MTC)	41	1:12:57
105	Susan Davenny (MTC)	39	1:16:32*
139	Ruth Hefflefinger (MTC)	59	1:44:07*

6th Annual Sugarloaf Marathon - 158 Fin. Kingfield, Me - 29 May '88

1	Paul Merrill (MTC)	33	2:34:48
2	Jim Toulouse (MTC)	40	2:37:59
3	Toby Skinner	43	2:42:40
4	Bruce Ellis (MTC)	36	2:47:25
5	Robert Kahn	38	2:47:56
6	Frank Donovan	44	2:50:12
7	Steve McGrath (MTC)	33	2:50:38
18	Bob Coughlin (MTC)	49	2:59:00
22	Philip Pierce (MTC)	46	3:02:58
40	Peter Daly (1st)	51	3:11:26
56	David Green (MTC)	30	3:18:39
60	Darlene Higgins	47	3:20:54*
63	Carlton Mendel (MTC, 1st)	66	3:23:04
66	William Davenny (MTC)	43	3:23:58 PR
67	Cynthia Berliner (2nd)	25	3:24:40*
70	Roy Morejon (MTC)	45	3:25:18
73	Mona Cerveney (3rd)	39	3:26:35*
83	Alan Leathers (MTC)	45	3:29:29
84	Rosalyn Randall (MTC, 1st)	38	3:29:31*
87	Hubert Strom (MTC)	58	3:30:45
88	Leslie Margolin (5th)	33	3:30:58*
111	Dr. John Hayes (MTC)	39	3:42:17
112	Kimberly Konieczny (MTC)	25	3:42:39*PR
139	Mike O'Brien (MTC)	30	4:03:33
149	Sally Paterson (MTC)	46	4:19:00*
152	Loren Lathrop (MTC)	39	4:21:43

Oakhurst Milk Run, continued:

333	Ruth Hefflefinger (2nd)	59	36:58*
338	Widgery Thomas, Jr.	63	37:50
339	Lloyd Holmes	62	37:53
340	Jim Carroll (2nd)	68	37:54
341	Gene Cohen	46	38:15
343	Bill Schoolcraft	43	38:47
348	Robin Norcross	27	39:33*
358	Eric Botler	8	42:05
359	Joel Botler	33	42:11
362	Joe Wildman	50	43:55

MORE RACE RESULTS

2nd Annual Mark Hoffmaster Memorial
85 Fin. - 5 Mi - Westbrook, Me - 6/12/88

Top Men:

1 Roland J. Thibault	20	27:05
2 Greg Knapton	18	27:52
3 Joel C. Titcomb (MTC)	29	28:09
4 Harry Hunt (MTC)	46	28:35
5 Gerry Myatt	36	29:01

Top Women:

27 Jennifer Rood (MTC)	27	33:08
33 Carol A. Weeks (MTC)	39	33:36
49 Kathy Jenkins	28	35:51
53 Brenda Philbrick	22	36:41
56 Denise Ramsdell	24	37:18

Other MTC Finishers:

7 Greg Dugas (2nd)	33	29:28
9 Joe Richards (2nd)	44	29:46
10 Russ Connors (1st)	55	30:15
13 Robert Jones (1st)	15	30:55
14 Peter Bastow (2nd)	51	31:23
17 Lee Allen	33	31:51
18 John Lunt	28	32:06
20 Rick Strout (3rd)	49	32:16
28 Norman Locke	29	33:09
34 Barry Howgate	39	33:38
39 Dale Rines	35	34:31
42 Phil Bartlett	40	35:11
48 Craig Robinson	42	35:49
55 Richard Downs	42	37:14
58 Sandy Utterstrom (1st)	44	37:26*
64 Russ Bradley (1st)	64	38:20
65 Patty Titcomb (1st)	30	38:52*
67 Fred Stone	52	38:59
70 Marla Keefe (2nd)	34	39:41*
74 Rod Stanley, Sr.	54	41:47
82 Brenda Cushman (3rd)	47	47:09*

A special thanks to Jean Thomas for being Race Director at the Mark Hoffmaster.

11th Annual Market Square Day 10K
Portsmouth, N.H. - 723 Fin. - 6/18/88

Maine Finishers:

Bob Jolicoeur (MTC) 3(50-54)	41:25
Lori St. Pierre	41:36*
David Whitney (MTC)	41:41
Dick Jewel	42:37
Mathew Stokes	43:12
Joe Bean	44:05
Roz Randall (MTC)	45:32*
Chip Kelley	45:32
Chris Slontras	45:33
Joan Lavin (MTC) 2(40-44)	45:41*
Fred Gifford	46:29
Richard Stott (MTC)	46:30
Henry Wolstad	47:20
Lee Whitney	48:22
John Wolansky	48:42
Ingrid Lorenzen	48:52*
Russ Bradley (MTC) 2(60-64)	49:26
Lorna Jewel	50:57*

A BIG THANK YOU!! to ROZ RANDALL who reported these results. Roz also said that it was very hot and more than 900 people started the race.

The Maine TAC track and field summer schedule begins Wednesday, June 29, with a 6 p.m. meet at Pendleton Street Field in Brewer. The senior developmental meets will run every Wednesday evening through Aug. 3.

The junior (14 and under) schedule will begin with June 30, and will continue every Thursday through Aug. 4. The 14 and under state championship (Junior Olympic Championship) will be Aug. 13 at Portland Stadium, following qualifying heats Aug. 4 at Scarborough, Farmington and Hampden.

Age categories in the senior development meets are: open men, open women, junior men, junior women, junior masters (30 to 39) men, junior masters women, and masters men (40 to 49) and masters women.

• The annual Maine Masters Track and Field Meet will be July 10 in Lewiston-Auburn. The meet will begin at 9:30 a.m. at Bates College with the throwing events (shot put, weight throw, hammer, javelin and discus). At 12:30 p.m., the running and other field events will begin on the new Edward Little track. For more information, contact John Sinclair at 784-8216 after 7 p.m.

• Andy Palmer will hold a racing clinic at 1 p.m. July 3 at the Lake Region High School as part of the Bridgton Four on the Fourth road race weekend.

The TAC-certified Bridgton Four on the Fourth was named by Runner Magazine as one of the world's top 50 summer races. The race drew 750 runners last year. Proceeds will benefit the children's room at the Bridgton Public Library.

Sara's Column - 6/26/88

Maine Sunday Telegram
6/19/88

Sports Briefs

Running: Gorham woman second in mountain race

Ruth Hall of Gorham was the second-place women's finisher, with a time of 1 hour, 20 minutes 48 seconds, in the grueling 7.6 mile run up Mt. Washington Saturday.

David Dunham, 24, of Lowell, Mass. finished first in the men's division and set a course record with a time of 1:00:50, while Janine Aiello, 28, of San Rafael, Calif., claimed the women's title in 1:20:48.

MORE RACE RESULTS

8th Annual Doc's Tavern 3 Miler - 176 Fin.
Biddeford, Me - 17 June '88

Top Men:

1 Hank Pfeifle	14:37
2 Stu Hogan	14:52
3 Ken Botting	15:13
4 George Towle (MTC)	15:51
5 Richard Perry	15:57

Top Women:

14 Sally Perkins	16:26
19 Rachel Veilleux	17:06
23 Wanda Haney (MTC)	17:18
27 Donna Hubert	17:26
33 Diane Lounder	18:08

Top Masters & Seniors:

12 Warren Dean (S)	16:18
17 Joel Croteau	16:37
95 Judith Bjorn (S)	21:23*
101 Jean Smith	21:34*

Other MTC Finishers:

32 Daniel Berube	18:08
39 Lloyd LaFountain	18:22
41 Bob Jolicoeur (2nd:S)	18:27
43 Sumner Weeks, Jr.	18:33
49 Dr. John Hayes	18:45
51 Chris McDonald	18:52
60 Kristen Berube (7th open)	19:31*
65 Carol Weeks (9th open)	19:42*
67 Rob Laskey	19:50
74 Rosalyn Randall (10th open)	20:09*
81 Carlton Mendell (1st:V)	20:31
83 Bob Perkins (M)	20:35
84 Paul Berube	20:36
96 Rick O'Brien (M)	21:23
122 Don Penta (M)	22:55
135 Carlene Anderson (M)	24:02*
155 Brenda Cushman (M)	26:21*
156 Bob Cushman (S)	26:22*
163 Ted Cunningham (V)	28:28

Special thanks to Race Director Ken Dion of the Maine Coast Roadrunners for complete results.

2nd Annual Fitness Connection Biathlon Series
Race #1 - (R:5 MI;B: 20 MI) - Lewiston - 4/24

Bob Brainerd, 1st: (15-25)	1:25:59
Rick Morrison, 1st: (26-36)	1:27:59
J.P. Lavoie (MTC), 7th: (26-36)	1:47:29
Peter Gagnon, 1st: (37-49)	1:31:14
Roger Dutton (MTC??), 4th: (37-49)	1:38:41
Lloyd Smith (MTC), 5th: (37-49)	1:39:56
Sarah Pickett, 1st: Female Team	1:45:58
& Sandy Rigott	
Jeri Lynn Schroeder(MTC), 3rd: Female Team	
& Brenda Cushman(MTC)	?:?:??
Mimi Mattson, 1st: Mixed Team	1:25:36
& Steve Goodman	
Bob Cushman (MTC), 5th: Mixed Team	1:54:03
& Ronda Cushman (MTC)	
Fastest Runs:	
Ron Newberry 26:22 & Andrea Elder 31:05*	
Fastest Rides:	
Danny Smith 50:00 & Brenda Cushman 57:53*	

Inaugural Forest Avenue Mile - 62 Fin.
Portland, Me - 12 June '88

Women (11 Total):

1 Sally Perkins	25	4:59.2
2 Wanda Haney (MTC)	22	5:16
3 Monica Knight	22	5:51
4 Nancy Stedman (MTC)	37	6:04 PR
5 Cathy Collins	19	6:12
6 Christine Messier	16	6:16
7 Cynthia Smith (MTC)	41	6:32

Men (38 Total):

1 Todd Coffin	27	4:14.2
2 Myron Whipkey	30	4:15
3 Allan Muir	33	4:21
4 Travis Kinney	18	4:34
5 Carl Burgess	21	4:35
6 Chris McCann	17	4:43
7 Bill Bristol (MTC)	31	4:50
8 Warren Dean	52	4:51
9 John Eldredge (MTC)	33	4:53
10 Bill Skerritt (MTC)	28	4:56
11 Clint Merrill (MTC)	39	4:57 PR
16 Ray Shevnell	47	5:18
21 Charles Hall (MTC)	24	5:24
24 Richard Marino (MTC)	40	5:27
29 Mike Marino	44	5:36
37 Donald Penta (MTC)	42	6:29
38 Rick O'Brien (MTC)	41	6:34

Kids (14 & Under, 13 Total):

1 Will Scott	14	5:21
2 Ryan McCann	14	5:27
3 Kristen Berube (MTC)	11	5:42*
4 Mike Calazzo	11	5:53
5 Chad MacDonald	14	6:30
6 Laura McIntire	13	6:32*
7 Jeremy Cox	9	6:50
8 Meghan Barry	8	6:53*

Special thanks to the U.S.M. Women's Cross Country Team & Coach George Towle for complete results. Also, thanks to M.T.C. President Charlie Scribner in helping with the finish line timing.

92nd Annual B.A.A. Marathon --

Additional MTC Finishers:

Walter W. Webber, 21st ME Master,	3:49:50
Robert M. Wyman, 22nd ME Master,	3:51:28
Katherine M. Christie, 3rd ME M,	3:45:45*
Sandra Utterstrom, 4th ME Master,	3:53:05*

Notes:

Jane Rasmussen (MTC) had the fastest time in the Boston Milk Run 10K on 4/10 for her age (51) (time:47:04). She also had the second fastest time overall in 50 - 59.

Another fast Jane in the MTC (Mrs. Dolley) who recently joined the masters division, has been busy setting PR's in races: York Nubble Lighthouse 5K, 6/4, 20:37, 4th, 1st:40-49; Gray Rec. Dept. 2 Miler, 6/11, 12:33, 1st:open & 40-49.

Bob Perkins (MTC) lost some weight over the winter and has had some PR's this year including in the Gray 2 Miler (above): 12:58, 2nd: 40-49.

VOLUNTEERS

Oakhurst Milk Run

Charlie Scribner &)
John Conley) Co-Directors

Helpers:

Jean Thomas
Sandy Utterstrom
Sue Devaney
Kathy Labrecque
Wendy Stringfellow
Sue Yandell
Marian Leschey
Ellen Rubin
Hal Rubin
Bob Payne (In charge of water stops)
Dick Lajoie
Karen Hunter
Mike Frost & family
Ken Hutchins (in charge of road guards)
Jim Hogerty
John Watson
Rick O'Brien
Jennifer Rood
Sumner Weeks
Jane Ashley
Walter Ashley
Bill Devaney
Herb Strom
Richard Robinov
Ted Cunningham (in charge of finish line)
Walter Webber
Jim Toulouse
Bob Perkins
Ken Dolley (in charge of chute & awards)
David Trussell
Bob Cushman
Jane Dolley
Georgiana Hogerty
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