

# Maine Track Club



DEAR CLUB MEMBER:

Our next meeting will be Sept. 23rd at 7:30 PM at "The Max" 77 York St., Portland. Movies will be shown of the Olympia 5 Mile, Fyalka 10K, Labor Day 10K.

The Distance workouts will be held every Tuesday night at 6 PM at the University of Southern Maine Gym, Falmouth st., Portland. If you plan to run the Casco Bay Marathon, these workouts can really help you. Groups will run from 10-18 miles, pick the group you feel you are ready for at the time. It will cost only \$.25 to shower.

Some great races by club members in the past month. Runner of the Month must go to Kim Beaulieu, winning the Herbert Tours 4 mile and "Run to the Coast" 10 mile in the same weekend. Also, Ken Botting, getting better every race. A good race by Mike Towle in the 10 mile, after a bad injury. Greg Wardwell, Scott Mannette, John Keller, running well as usual. Also, Merl Hartford and Arnie Clark improving greatly.

We have four races this month. Please try to help in a few. This is really all we will be doing for the fall, so I hope everyone makes an effort to help. Especially the Peoples Bank 10K. Call the Race Director and let him know you will help.

Sept. 13 - North Yarmouth 4 Mile	9 A.M.	Brian Gillespie	772-3617
14 - Peoples Bank 10,000	10 A.M.	Brian Gillespie	772-3617
21 - Children's Race Day	12 Noon	Charles Scribner	772-5781
28 - James Bailey X-C	1 P.M.	Dave Paul	774-4089

Take a good look at "Autumn Gold" 20K race on Oct. 4th. It will be a state men's and women team championship race. Let's bring up a big group. It will be a well organized race, with lots of prizes. Let me know at the meeting, we can try to ride up as a group. If you plan to run Casco Bay, this would be an excellent tuneup run.

As I hope you may know by now, a Running Magazine called "Maine Running" is published out of Bangor. It contains race flyers and results from the entire state, as well as interesting stories of Maine runners. I would like to see us support it as much as possible. Editor, Bob Booker has worked very hard to make it the excellent magazine it has become. In the 15 years I have been involved in the running scene, it is the best I have seen. If we the runners don't support it, who will? \$10.00 a year for 12 issues. Send in your subscription today: Maine Running P.O. Box 259, E. Holden, Maine 04429. Also, anyone interested in writing stories on runners in our club, let me know.

Anyone interested in further information about the Bermuda Weekend, call me soon as possible. Don't wait, this race weekend has become very popular, with air space limited. A number of us went last year, simply first class in all aspects.

Again, try to attend the meeting. At this time, no one has expressed interest in being an officer for the new year. Please come ready to discuss this situation, as the future of the club is at stake, seriously!

Don't forget, Dec. 6th, club banquet and 10,000 meter handicap race.

Brian T. Gillespie, President