

Maine Track Club

SEPTEMBER 1987

Run with a friend ...



UPCOMING MEETINGS

Membership Meeting

September 9, 1987 7:00pm

SMVTI in South Portland

Machine Tool Auditorium

Roy Dunphy, MTC and Portland Rugby Club member, will discuss rugby and other team sports.

New Membership Chairpersons!

We have a new "membership team" to help with membership applications, address changes, mailing lists, etc. It is no small task and Pat Buckley and Ruth Hefflefinger will have their hands full. If you haven't gotten new member packets, newsletters, or other things you should have been getting, please contact either of them. Also please let them know of any address changes. You can write them in care of the club or call them (Pat at 780-4470(w) or 761-4690(h), and Ruth at 797-4625).

775-4817

Sunday am Group Run

Last month John Gale wrote an article for the newsletter suggesting that the various groups which run together on Sunday mornings get together at Payson Park just off Baxter Boulevard in Portland as in earlier times. For those who may have missed John's article and for new members, we are reminding all who may be interested that every Sunday morning at 7:00 AM you will find a friendly group of runners ready to run various distances and paces. If you are a new member its a good opportunity to meet club members. If not so new you might see old friends and meet new ones. There should be a pace and distance for everyone. Water is put out at strategic points.

NEEDED!

Storage space is needed for some of the clubs increasing inventory of supplies and equipment. This includes the great new mileage signs which can be used at all MTC races. They will be first used at the Cape Challenge on September 13. If you have some extra garage, barn, shed or cellar space please contact Charlie Scribner at 772-5781.

Maine Track Club Featured

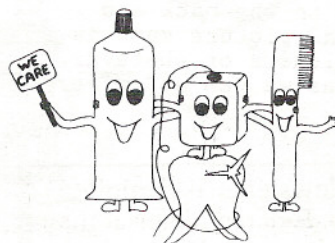
The August edition of Business Digest carried a "Focus" article on the Maine Track Club written by Christopher Hyde. If you haven't seen the three page article you might be interested in buying that issue on the newstand.

HEALTHSHARE HEALTH FAIR

On September 11 and 12 the Maine Track Club will have a booth (made by Charlie Scribner) which will promote the benefits of running to good health. The theme of the Health Fair is "Two days in the life of a healthy Mainer". Besides the MTC exhibit, there will be 46 other exhibitors. The fair is free, will be held at the Portland Public Library on both days from 10AM to 3PM. Cheryl Bascomb will be in charge of the booth and will need volunteers to help with the project, which will include tutorials on stretching. An hour or so of your time would be appreciated by Cheryl (929-8259).

PRIME SPONSOR FOR THIS ISSUE OF THE NEWSLETTER

MICHAEL A. FROST, D.M.D.



Gentle Dentistry

323 Main Street
Cumberland, Maine 04021
207-829-5511

EDITOR'S COLUMN

This issue of the newsletter goes to press without the considerable help of Deb Hewson who is getting married on September 5th. Her absence from this newsletter shows but she promises to be back as Mrs. Clint Merrill for the October newsletter. Best wishes Deb!

The Fall racing season is upon us and promises to be a busy one. This is led off with the Cape Challenge Half Marathon sponsored by Valcom Computer Center and directed by Jane Dolley. Don't miss the WCSH For Kids Sake 4 miler directed by Rick Strout early in October. It will be the State's first fully televised road race. Don't forget that preregistration is required for this one. And then there is always the Casco Bay Marathon in October. MTC members getting ready for this one and other marathons such as Montreal and New York can be found starting their long runs from Payson Park every Sunday morning at 7.

There are lots of new ideas and thoughts in this issue and your ideas and responses are always welcome. We'll put them in a Letters to the Editor column if you want them printed. In the meantime, enjoy the Fall and join your fellow club members in volunteering, racing, and having fun together.

Letters to the Editor

Some interest has been expressed about having a regular column for letters to the editor. This sounds like a good idea and with that in mind your letters are welcome. There have been several letters so far, but unfortunately they have either been too long to include in our present 12 page format or have not been meant for publication. I would encourage letters and if you have them typed or neatly written in a format 4 1/2 inches wide we'll try to get them published.

PICTURES WANTED!

We are thinking of making the December issue one of all pictures, with possibly a few other items of urgent interest included. We'd like to have you send us prints, either black and white or color, that you think the membership would enjoy. The pictures can be of almost anything and will be returned. Please write your name on the back and captions to put with the picture such as names, races, dates, picnics or whatever. We'll include as many as we can and give credit etc.

The Maine Track Club Newsletter is compiled monthly. Circulation 400. Related material may be copied with acknowledgement. Design and layout by Deb Hewson. Editor: Fred Beck

Membership Meeting August 12, 1987

President, Phil Pierce started the meeting by asking new members, or guests to introduce themselves.

Marla Keefe, new member, one of the "Corporate Club Track Stars" introduced herself and said that she is just learning to run!

Rick Strout reported that the Treasury has as stated in the July Newsletter, \$7,666.04 and the Baxter Blvd acct: \$934.14. Race Directors Report:

Bowdoin and Back - 10 miler: Rainbow System will be used; everything is all set. Ken Dolley wants volunteers to meet on the straight away in the track at 7:15 am.

50-miler on the 15th of Nov. Course will be set. Trying to get the gym at Bowdoin College and arrange things with Brody's Restaurant.

Cape Challenge: September 13, 120 people have pre-registered and 40 of them are out-of-staters. Town of Cape Elizabeth said "no races on Shore Rd." The race has always gone down Shore Rd. Ken Dolley said "Jane took off all her clothes" and the Chief of Police decided she could have it on Shore Rd. this year. Phil suggested that if any member knows some residents of Cape Elizabeth who might be influential and could help us resolve this issue in the future to please let either Jane or him know. Otherwise the Cape Challenge is all set for this year.

For Kids' Sake: Sunday, Oct 4, 1987, Rick Strout had race flyers available for this 4 mile race. It will be Me.'s first fully televised road race.

Falmouth 10-K Lion's Club coordinator, Len Saulter told Phil that the race applications will be ready at the next meeting. This race is scheduled for Nov. 1.

Social Committee Chairperson, Nancy Stedman: I announced on her behalf that we will be having a pot luck dinner at our November meeting. At the same time we will have a T-shirt swap which means everyone brings a running shirt and will swap with someone else. Elections for next year's officer positions will also take place. More details will follow.

Dale Rines suggested that we try to get Membership Applications out on race day sign-up/registration tables and available at meetings. Phil commented that we having a problem getting out membership packets to people who have signed up, so if you know of anyone who has signed up, but has not received their membership packet, please bring to the attention of Phil, Pat Buckley or Rick Strout.

Sandy Wyman's Highland Lake Fun Run on Aug. 29. Details in the July Newsletter.

Allen Graves of the Propeller Club U.S.A.F. Aircraft Carrier Kennedy contacted Phil and told him that 2,000 men will be on the Carrier and moored off shore from Sept. 10-14 and asked if the MTC if we could organize a morning run for around 50 people for the mornings of Sept 11 and 12. He is hoping that they will want to run the Cape Challenge on the 13th. Thurman Reynolds volunteered to help. Thank you. Jane Dolley brought in pictures of the Lobster Bake, Milk Run and the Freeport 10 K.

Jerry Allanach spoke about the Sugarloaf Marathon, encouraged all members to please participate in the marathon and the two other Maine marathons to keep them alive and well in Me. Sept 11 and 12: Health Share Health Fair.

Cheryl Bascomb spoke about the fair which is being held at the Portland Public Library. MTC will be having a booth which Charlie Scribner is building now. This is a display booth which we can use at other times. The theme of this fair is "What is Good Health". We have been asked to open the show at 10 am on Friday the 11th. The show will be demonstrating stretches that are done for running. Please see Cheryl, we need volunteers to participate in the opening morning show and also to attend the booth, which might mean an hour of your time.

Cheryl then introduced this evening's program which was: Running More Effectively and Efficiently and Enjoying it More. We then all went outside and had an encapsulated 6 week course in 1 hour. Use those arms to your advantage and relax!

Ann R. Beck

NEW MEMBERS

<u>Name and Address</u>	<u>Phone</u>
Sara and Geoff Hobson Apt 114 751 Main St. So. Portland, ME 04106	879-1506
Frank Morong 6 Myrtle Ave. So. Portland, ME 04106	799-4875
Deborah Borduas 13 Cannon Lane Scarborough, ME 04074	883-5045
Oscar and Marguerite Cloutier 2 Cammock Rd. Scarborough, ME 04074	883-6704
Harrison and Dolores Hensley P.O. Box 770 2366 Patterson Lake Rd. Pinckney, MI 48169	(313) 878-6640
John and Arabella Eldredge 68 Pleasant Hill Rd. Falmouth, ME 04105	797-8252
Doug Brown 1 Ship Channel Rd. So. Portland, ME 04106	767-4111
John Rasmussen 14 Winslow Place Cape Elizabeth, ME 04107	767-4009
Cheryl MacMahon 83 St. Lawrence St. Portland, ME 04101	761-4400 (w)



TREASURER'S REPORT

August 5, 1987

Richard K. Strout

Richard K. Strout
Treasurer

Funds on Deposit July 7, 1987 \$ 7,666.04

Receipts:

* Race Proceeds - Turkey Trot	\$ 400.00
April Amble	\$ 261.00
* Race Fees - Cape Challenge	\$ 133.00
* Clothing	\$ 436.75
* Interest	\$ 33.10
	\$ 1,263.85
	\$ 8,929.89

Disbursements:

* Maine TAC/TAC-USA Insurance	\$ 60.00
* Frank Ferland - slide projector	\$ 297.49
* Phil Pierce - expense	\$ 17.91
* Sue Millikin - film/expense	\$ 49.92
* Alexander & Alexander - Insurance on equipment.	\$ 64.57
* Valcom - Cape Challenge Race Fees	\$ 133.00
* Dale Rand Printing - 620 copies	\$ 35.00
	\$ 657.89

Funds on Deposit August 5, 1987

Baxter Blvd. Running Path Account

Richard K. Strout
Richard K. Strout
Treasurer

\$ 8,272.00
\$ 938.31



THE RUNNER'S EDGE

A Contemporary Running Column by Phil Pierce

The Runner's Edge is a cutting edge and a lot depends on how you approach it. How far you run, how fast you run, how long you run, and why you run render this activity a double-edged sword.

This month's column deals with the future of the Maine Track Club as it relates to the broad spectrum of running behaviors engaged in by various members of the Club.

Future of Maine Track Club 8/87

Conceptualization of Running Activities

At present, most of the Maine Track Club's running activities consist of road races, varying in length from 4 miles (Frostbite Four, Oakhurst Milk Run) to 50 miles (50 Miler in Brunswick). This includes the Maine Track Club's complete race schedule as published in 1987, with the exception of Officer Friendly, which is listed as a Fun Run (for children). See current schedule below:

1987 MAINE TRACK CLUB RACE SCHEDULE

Date	Race	Distance
Jan 4	Frostbite Four	4
Feb 8	Midwinter Classic	10
Apr 12	Oakhurst Milk Run	4
Apr 20	Boy's Club	5
June 7	Officer Friendly	Fun Run
July 12	Mark Hoffmaster	5
July 19	Pat's Pizza	5
Aug 2	10K for Kidneys	6.2
Aug 16	Good Sports	10
Sept 13	Cape Challenge	13.1
Oct 4	WCSH	6.2
Nov 1	Falmouth Lions	6.2
Nov 15	Maine Track Club 50 Miler	50
Nov 22	Turkey Trot	6.2

A. Non-Competitive Runs

1. Fun Runs: A non-competitive run is defined as one in which (most) participants run at less than break-neck speed. Panting and heavy breathing are discouraged, as well as making passes. Runners proceed at a leisurely pace and civilized verbal interaction is strongly encouraged. This form of group running is a highly social activity and often occurs in conjunction with other activities, e.g., parties. Current MTC fun-runs for 1987 have included/will include:

1. New Years Eve Fun Run/Party at Phil and Rae's house.

2. August 1st Fun Run/Lobster Bake at Phil and Rae's home.

3. August 29th Fun Run/Party at Sandy Wyman's camp.

(I do not feel that the Officer Friendly Race qualifies as a Fun Run, particularly in lieu of my definition of a fun run).

2. Group Training Runs: Group Training runs are runs whose purpose is to prepare runners for an upcoming race, e.g., a marathon. Group training runs facilitate the socialization of new members into the running club and offer the novice runner/new member an excellent opportunity to learn about running, racing and training from experienced runners. Such training runs can be quite stimulating and rigorous (as one tries to do his/her best). Usually, there are several smaller groups within the larger group that one can run with, thus allowing for the novice or new member to run at a pace he or she can maintain and yet be challenged.

During 1987, such group training runs have occurred at: Payson Park, 7 a.m., Sunday mornings. Here, members of the Maine Track Club Rat Pack run the rest of us into the ground (eventually).

Jane Dolley's House, 7:30 a.m., Sunday mornings. These are somewhat more civilized runs at 12-14 miles at a 7:30-8 minute per mile pace.

Cape Elizabeth High School: Saturday a.m. 10-15 miles at variable pace (call Russ Connors). (I have never dared attend one of these since I can do only one 5 minute mile).

These training sessions can be very valuable and serve many functions. They help you to get to know active members of the Club; participating can result in you being catapulted into a leadership role in the Club; and finally, they are valuable training runs which can lead to better racing performance, both technically and strength-wise.

3. Volksmarches/Walks: The Maine Track Club has never formally participated in Volksmarches or walks. However, thousands of people do and Blue Cross-Blue Shield, The Maine Heart Association,

and Life-Line periodically sponsor such events. Should the Maine Track Club venture in this arena???

B. Competitive Runs

1. Children's Runs: Currently, the Maine Track Club sponsors one children's race, the Officer Friendly Fun Run in South Portland. The Club also has helped with the Athletic Congress (TAC) Junior Olympic track meets, and there is evidence that the Club (and the country) are moving more in a direction of sponsoring events for children, e.g., "For Kid's Sake".

2. Master/Senior Runs: To date, the Maine Track Club has not sponsored such races. Such events are becoming more common. More often, an event is listed as an Open/Master/Senior Run, such as the New York Road Runners TAC/MAC National Championship 100 mile run which I recently attempted. With equal emphasis on all three categories, there is little need to create special Master/Senior Runs.

3. Racewalking: To the best of my knowledge, there are no official racewalks in Maine. However, there are those interested in racewalking, e.g., Charlie Seritella, and the Maine Track Club needs to hear more about this type of racing (which has long been recognized world-wide).

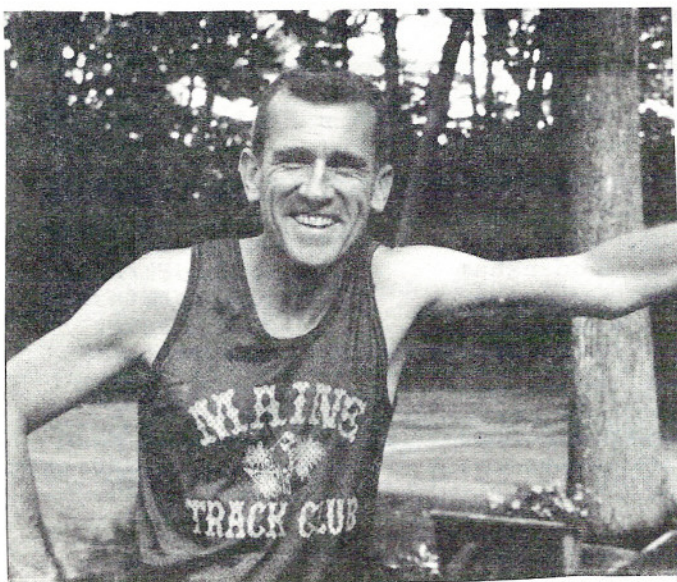
4. Trail Runs: To the best of my knowledge, there are no trail runs in Maine. There are cross country runs, e.g., Bailey's Cross Country, but these are not considered trail runs. Trail runs listed in Ultrarunning vary in length from 30 KM (the shortest) to 235 miles (the longest). Most of these runs are in the 50 to 100 mile range. Maine would be a beautiful place to hold one or two such races, e.g., Appalachian Trail, up and down Mount Katahdin, etc. Logging and hiking trails are often used for such races.

5. Track Racing: The Maine Track Club sponsors and/or participates (officially) in no track meets. There is a significant portion of the membership interested in track meets as witnessed by the number of members belonging to corporate track teams. I think that the rest of us are missing something quite valuable.

6. Ultras: Of limited interest to the majority of runners, Ultras provide a challenge of physical endurance and mental control that few other sports offer. The Maine Track Club currently sponsors the 50 Miler which is the only ultra left in Maine. Other common ultras include the 100 KM, 100 miler; 6, 12, 24, 48 hour runs, and the six day run. One thousand and 1300 mile runs exist, and plans are in the works, I understand, for a cross-country run (across the USA that is!). Of course, such a race should start on Mars Hill and end in the Rose Bowl.

7. Women's Runs: Last but not least, there are Women's Runs (Tufts 10K). I think that there is one in Maine but its whereabouts are a secret. Should the Maine Track Club sponsor such a discriminating run???

The above is presented as a potpourri of activities associated with running. You will no doubt note that biathalons and triathelons have not been discussed as perhaps they should. This column is presented in this context for the Maine Track Club's Executive Committee which is examining its future role and goals. The Club's membership will, of course, ultimately decide the future of the club.



Phil Pierce as he appeared in last month's issue of Business Digest.
Photo by Chris Church.

This year, for the first time, we have tried to keep a log of the MTC volunteers. These records will hopefully serve 2 purposes: (1) to help the race directors avoid calling the same members all the time; and (2) to give recognition to the members who have volunteered. The race directors for Pat's Pizza, Good Sports, and Cape Challenge have used this list as a resource, so purpose #1 seems to be working. We have also tried to be faithful in listing the volunteers in the newsletter to publicly recognize their efforts.

The Maine Track Club has organized or participated in 13 events this year through August. These are the events at which our members volunteered:

FROSTBITE 4	MAINE COAST
MIDWINTER CLASSIC	OFFICER FRIENDLY
BOYS CLUB	JR. OLYMPICS-DAY 1
OAKHURST MILK RUN	JR. OLYMPICS-DAY 2
APRIL AMBLE	JACKSON BROOK
YARD SALE	PATS PIZZA
BOWDOIN 10-MILER	

To all of you who have volunteered your time - thank you. To those who have completed your 3 event obligation - congratulations! And to those members who have unselfishly given their time over and above what has been asked - BLESS YOU! A simple thank you will never be enough.

VOLUNTEER LIST OAKHURST MILK RUN APRIL 12, 1987

JOHN GALE/BARBARA FOOTER-RACE DIRECTORS	
TOM NORTON	
KIM COLLELLO	
DENNIS MORRILL	
MAUREEN SPROUL	
WALTER WEBBER	
WIDGERY THOMAS	
DICK SCRIBNER	
ELLEN CARSON (MS VOLUNTEER)	
JOHANNA MAJOR	" "
DALE BURGESS	" "
DAWN BURGESS	" "
DIANE WALSH	" "
DIANE GREEN	" "
LISA GALE	
BARBARA FROST	
KIMBERLY FROST	
LINDSEY FROST	
MIKE FROST	
SANDY KROFT	
JANE DOLLEY	
KEN DOLLEY	
BARBARA COUGHLIN	
CARLETON MANDELL	
SUE MILLIKEN	
JOHN LAVIN	
JOAN LAVIN	
SANDY UTTERSTROM	
NARION LESCHY	
MEL FINEBERG	
KEN HUTCHINS	
TED CUNNINGHAM	
BARRY FIFIELD	
HERB STROM	
RUSS CONNORS	
TOM ALLEN	
YVONNE JUNKINS	
GORDON LAROSE	
ROGER SMITH	
MARY O'CONNELL	
NORMAN LOCKE	
PATTI LOCKE	
RON CEDRONE	
AL BUTLER	
MIKE REALI	
JODI REALI	
PHIL PIERCE	
JOEL TITCOMB	
CARLENE ANDERSON	
HOWIE JACKSON	

St. Peter's Italian Festival Race

Mike Reali
John Gale
Ron Cedrone
Al Butler
Charlie Scribner
Ted Cunningham
Brian St. Pierre
Bob Payne

VOLUNTEER LIST
OAKHURST MILK RUN
APRIL 12, 1987

JOHN GALE/BARBARA FOOTER-RACE DIRECTORS
TOM NORTON
KIM COLLELLO
DENNIS MORRILL
MAUREEN SPROUL
WALTER WEBBER
WIDGERY THOMAS
DICK SCRIBNER
ELLEN CARSON (MS VOLUNTEER)
JOHANNA MAJOR " "
DALE BURGESS " "
DAWN BURGESS " "
DIANE WALSH " "
DIANE GREEN " "

VOLUNTEERS TAC JUNIOR OLYMPICS - JUNE 20-21

Terry McGovern	Pat Buckley
George Nadeau	Edd Cabral
Rick O'Brien	Bill Davenney
Don Penta	Ben Davenney
Allan Pusch *	Conrad Demers **
Jodi Reali	Barbara Coughlin *
Mike Reali	Ted Cunningham *
Jennifer Rood	Mel Fineberg
Tony Salvo	Warren Foye
Maggie Soule	Ruth Hefflefinger **
Jean Thomas **	Muriel Hendrix
Mike Towle ***	Dick Lajoie
George Towle ***	Ralph Langley
Kathy Ulman	Joan Lavin
John Watson	John Lavin
Vin Skinner	Al Mack
Dave Conley *	John Mattor **
J. Frank Glynn **	Steve McGrath
Jane Dolley	Tom McMillan ***
Ken Dolley	Edmund Donahue
Cheryl Bascomb	Melissa Donahue
Christine Berube	Kim Konieczny
Marion Bouchard	Sandy Utterstrom **
Russ Bradley	Sandy Wyman **

LISA GALE
BARBARA FROST
KIMBERLY FROST
LINDSEY FROST
MIKE FROST
SANDY KROFT
JANE DOLLEY
KEN DOLLEY
BARBARA COUGHLIN
CARLETON MANDELL
SUE MILLIKEN
JOHN LAVIN
JOAN LAVIN
SANDY UTTERSTROM
MARION LESCHNEY
MEL FINEBERG
KEN HUTCHINS
TED CUNNINGHAM
BARRY FIFIELD
HERB STROM
RUSS CONNORS
TOM ALLEN
YVONNE JUNKINS
GORDON LAROSE
ROGER SMITH
MARY O'CONNELL
NORMAN LOCKE
PATTI LOCKE
RON CEDRONE
AL BUTLER
MIKE REALI
JODI REALI
PHIL PIERCE
JOEL TITCOMB
CARLENE ANDERSON
HOWIE JACKSON

FRIENDS OF THE MTC WHO WORKED

Steve Perry John Davis *
Ken Botting *

* = worked until 6pm on Saturday in the pouring rain!!
** = worked 2 days
*** = both of the above

** CONGRATULATIONS **

Members Who Have Worked At Least 3 Events

Carlene Anderson	Brian Milliken *
Pat Buckley	Tom McMillan *
Al Butler	Bob Payne
Lloyd Cook	Phil Pierce *
Joyce Cook	Tom Norton
Barbara Coughlin	Missy Norton
Ted Cunningham *	Don Penta *
Conrad Demers	Charlie Scribner *
Ken Dolley *	Mike Reali
Jane Dolley *	Jody Reali
Bill Davenney *	Dale Rines *
Susan Davenney *	Dick Scribner
John Gale	Nancy Stedman *
Mel Fineberg *	Jean Thomas *
Warren Foye	Maggie Soule
Roberta Greenfield	George Towle
Ken Hutchins	Mike Towle *
Ruth Hefflefinger	Sandy Utterstrom*
John Lavin *	John Watson
Joan Lavin *	Sandy Wyman *
Susan Milliken *	Sue Yandell

* worked more than 3 events

MILK RUN VOLUNTEER LIST PAGE 2

BILL DAVENNY
SUSAN DAVENNY
CHARLIE TARBELL
TONI PARISE
MADELINE CHAPMAN
CHARLEN SURPRENANT
JEAN THOMAS
MARSHALL COHEN
Ted Cunningham

BOWDOIN 10 MILER VOLUNTEERS

Fred Beck	Missy Norton
Ted Cunningham	Keith Parsons
Jane Dolley	Sally Paterson
Ken Dolley	Allan Pusch
Ray Hefflefinger	Don Penta
John Lavin	Alan Quinlan
Clint Merrill	Dale Rines
Robin Norcross	Jennifer Rood
Tom Norton	Charlie Scribner

RACE RESULTS

We try to include as many race results as possible in the newsletter but there are many race that we simply never get results for - particularly out of state races. It would be great if you could drop our club statistician Don Penta a note about any races you've been in noting the race name, date, distance, time, place, and whether or not its a new PR for you. Along those lines, Ron Cedrone, the prime sponsor for next month's newsletter, has set four PR's this year! (4mi-23:09, Mt.Wash.- 1:21:23, 10K -37:04, and 10mi - 62:22). We'd like to put your name in print. Write Don at 54 Sebage Ave., Windham, ME 04062.

Data -- Compiled from various sources by your Club Statistician, Wanda Haney set a new meet record of 4:53.6 in the 1500 meter run at the Frank Sebastianski Memorial Maine TAC Championships held at Bowdoin College, August 1st...At the TAC 14 & Under State Championships held August 8th at Hampden, Kristen Berube won the 3000 meter run in 11:45.4 and the 1500 meter run in 5:30.2 for 11 & 12 year old girls. ...Jennifer Rood set a new course record for women and finished fourth overall (out of 20 finishers) in winning the Dixville Notch, N.H., Twelve Mile Run in 1:17:59. This race started at the Balsam's Resort in the Notch and finished in Colebrook, N.H. The Marathon, considered the most challenging in the East, had its largest turnout since 1980 (25 finishers). There was also a twelve mile relay race. All events were held August 9th...Two MTC'ers participated in the Annual Peaks Island to Portland 2.8 Mile Swim held August 16th. Marie Wood finished 17th overall and was the 6th woman finisher in 1:02:00. Novice competitive swimmer and triathlete, Bob Coughlin was the 47th and final finisher in 1:49:66(?).

Saint Mary's Festival 3 Miler - 137 Fin.
Biddeford, Me - 7 August '87

Top Men:

1	Stu Hogan	25	14:32.35
2	Ken Botting	26	14:38.96
3	Jamie Lachance	16	14:52.60
4	Bobby Sprague	17	15:04.57
5	Rick Rearer	20	15:09.95

Top Women:

30	Wanda Haney (MTC)	21	17:17.44
40	Rachael Veilleux	20	18:02.54
53	Rosalyn Randall (MTC)	37	18:40.24
63	Lesley M. Couture	19	18:59.37
66	Katie Quinn	15	19:42.78

Top Masters:

9	Guy Lindwall	40	15:38.59
73	Marie Robbins	41	20:00.82*

Other MTC Finishers:

17	Robert Hoover	32	16:10.05
31	Bob Quentin	29	17:22.61
37	Eric Ellis	34	17:50.11
39	Lee Anderson	17	17:58.16
64	Rodger Smith	41	19:15.50
74	Carlton Mendell	65	20:06.40
89	Carey Jordan	15	21:25.79*
90	Dave Conley	47	21:31.72
99	Susan Rose	41	22:40.14*
102	Bob Perkins	44	22:48.47
117	Stanley Harmon	65	24:43.00
126	Ted Cunningham	60	26:17.17

Inspiring Non-MTC Performance:

18	Chan Robbins (Virg.)	50	16:19.84
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27th Mt. Washington 7.6 Miler - 732 Fin.
Pinkham Notch, Gorham, N.H. - 20 June '87

Top Men:

1	Bob Hodge	31	1:01:04
2	Domingo Tibaduiza	37	1:02:52
3	Matt Ebner	26	1:05:03
4	Sheldon Larson	26	1:06:10
5	Mike Casner	25	1:06:10

Top Women:

37	Peg Donovan	32	1:15:05
40	Christine Maisto	27	1:15:38
116	Patricia Shiffert	32	1:24:21
138	Martha Rockwell	43	1:25:57
140	Susan Merchant	27	1:26:07

Top Master:

19	Sumner Brown	43	1:11:27
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Top Veterans:

139	Grant Avery	50	1:26:11
499	Hildy Fossee	58	1:50:59*

Top Senior:

355	Earl Stetson	61	1:40:34
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Top Maine Finishers:

46	Rick Lane	40	1:16:58
318	Jennifer Rood (MTC)	26	1:38:56*

Other MTC Finishers:

68	Richard Mulhern	33	1:20:27
78	Ronald Cedrone	38	1:21:23 pr
91	Philip Coffin	28	1:22:52
128	Bob Coughlin	48	1:25:27
135	Michael Reali	33	1:25:49 pr
149	George Waterhouse	44	1:26:46
209	Alburn Butler	33	1:31:31 pr
237	Dick Lajoie (1st)	47	1:33:26
252	John Gale	31	1:34:37 pr
327	Russell Connors	54	1:39:28
401	Carlton Mendell	65	1:44:10
414	Alvin Mack	37	1:45:04
427	Deb Sawyer	34	1:45:42*
476	Judith Davis (1st)	47	1:49:28*
580	Hubert Strom	57	1:56:48
655	Everett Davis	48	2:05:52
707	Dennis Connelly, Sr.	39	2:18:33

Congratulations:

Jennifer Rood, 1st, Maine*
Deb Sawyer, 2nd, Maine*
Judith Davis, 5th, 40 - 49*
Richard Mulhern, 1st, MTC
Carlton Mendell, 3rd, 60 & Over
(Carlton ran both up & down!)

9th Annual Gardiner Common 5 Mi. - 86 Fin.
Gardiner, Me - 27 June '87

1	Tim Wakeland	22	24:54
2	Patrick O'Malley	20	26:21
3	Matt Crook	18	27:10
4	Tom Thibeau	29	27:27
5	Dennis Croteau	36	27:41
6	Rick Lane	40	27:48
22	Lori Johnson	21	31:06*
40	Mimi Mattson	33	33:32*
45	Bob Hazzard (MTC)	55	33:46
85	Milton Bailey (MTC)	68	45:47

Congratulations!

Bob Hazzard, 1st, 50 - 59

Milton Bailey, 1st, 60 - 69

Tour Du Lac 10 Miler - 42 Finishers
Bucksport, Me - 27 June '87

1	Chris Jones	56:01
2	Larry Dean	56:23
3	Alex Hamer	57:08
4	Mark Chasse	58:41
5	Glendon Rand	59:04
7	Jerry Allanaach (MTC)	60:00
10	Cynthia Lynch	61:07*
11	Rose Prest	61:18*
15	Hal Nelson (MTC?)	64:07
25	Dave Smith (MTC?)	69:58
34	Lloyd Smith (MTC)	74:19
35	Peggy Smith (MTC)	74:54*

Heritage Days 5 Miler - 76 Finishers
Bath, Me - 4 July '87

1	John Sackett	28	26:47
2	Peter Davis	40	27:36
3	Jeff Bengtsson	28	28:07
4	Joe Bennett	40	28:08
5	Brian Bell	17	28:13
6	Jim Paterson (MTC)	46	28:38
7	John Mathieu (MTC)	29	29:27
11	Ed Lopes (MTC)	36	31:25
27	Deb Hewson (MTC)	31	34:34*
29	Fran Brennan (MTC)	50	35:07
68	Muriel Hendrix (MTC)	49	42:30*

Congratulations!

Deb Hewson, 1st, Open*

John Mathieu, 3rd, 20 - 29

Ed Lopes, 3rd, 30 - 39

Jim Paterson, 3rd, 40 - 49

Fran Brennan, 1st, 50 - 59

Heritage Days 1.5 Mile Fun Run - 61 Fin.

1	Anthony Anderson	17	7:59
3	Clint Merrill (MTC)	38	8:47
11	Tracey Pooler	15	9:36*
13	Rob Laskey (MTC)	24	9:52

Blood, Sweat & Cheers 5K - 85 Finishers
Fairfield, Me - 13 June '87

1	Peter Lessard (MTC)	25	15:53
2	Stan Smith	20	16:16
3	Doug MacDonald	18	16:25
9	Jerry Allanach (MTC)	37	17:28
10	Fred Judkins	42	17:42
12	Warren Dean	51	17:52
25	Wendy Hosea	14	20:11*
27	Jane Rau	37	20:25*
47	Judy Bjorn	53	23:20*
49	Connie Towne	48	23:29*

6th Annual Pottle Hill 10K - 46 Finishers
Mechanic Falls, Me - 24 June '87

1	Tim Swope	22	36:08
2	Dennis Croteau	36	36:23
3	Gino Valeriani	33	36:40
4	Bill Hine	37	36:56
5	Mark Snow	20	37:00
7	John Creasy	41	38:01
11	Bob Payne (MTC)	48	40:44
13	George Liming (MTC)	36	41:34
19	Veronica Knight	20	44:14*
35	Yvette Knight	41	55:20*
39	Dennis Morrill (MTC)	47	57:34

Union Trust 4 Miler - 146 Finishers
Ellsworth, Me - 27 June '87

1	Bruce Bridgham	27	19:50
2	Roy Morris	23	20:30
3	David O'Connell	20	21:10
4	Mike Sargent	36	21:26
5	Charles Viloette	16	21:36
14	Dick Bradt	40	23:14
25	Diane Lounder	24	24:01*
33	Robin Emery Rappa	40	24:51*
38	Wm. Shuttleworth (MTC)	39	25:11
44	Kellie Stratton	21	25:28*

N.E. TOYOTA SERIES TRIATHLON-NAPLES MAINE
AUG. 9, 1987 245 FINISHERS (50 MAINERS)
1 MILE SWIM 25 MILE BIKE 6.2 MILE RUN

PLC	NAME	SWIM	BIKE	RUN	TIME	PLC/AGE
* 1	JOHN O'CONNELL	21:42	59:10	34:18	1:55:54	1/22M
*16	PAULA JOHNSON	24:50	1:05:30	36:00	2:07:14	1/26F
39	JOEL TITCOMB	28:43	1:09:33	36:16	2:14:32	19/28M
41	PAUL MERRILL	26:06	1:12:19	34:48	2:14:44	7/33M
70	BARRY FIFIELD	35:40	1:07:07	37:49	2:21:40	12/31M
111	G.CHAMBERLAIN	30:25	1:15:13	44:26	2:31:12	1/49M
128	ROS RANDALL	34:54	1:19:16	41:64	2:35:34	3/37F
170	MARIE WOOD	26:07	1:25:55	51:06	2:47:03	10/34F
178	FRANK FERLAND	45:14	1:22:53	39:21	2:48:56	18/38M
197	BARB HAMALUK	35:47	1:25:57	51:00	2:55:34	6/39F
227	DEB RASZMANN	42:57	1:41:10	42:39	3:09:41	13/34F
243	SALLY PATERSON	54:40	-	-	3:38:50	2/46F
*	FIRST MALE/FEMALE					

Blood, Sweat & Cheers 5K - 85 Finishers
Fairfield, Me - 13 June '87

1	Peter Lessard (MTC)	25	15:53
2	Stan Smith	20	16:16
3	Doug MacDonald	18	16:25
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10	Fred Judkins	42	17:42
12	Warren Dean	51	17:52
25	Wendy Hosea	14	20:11*
27	Jane Rau	37	20:25*
47	Judy Bjorn	53	23:20*
49	Connie Towne	48	23:29*

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2	Dennis Croteau	36	36:23
3	Gino Valeriani	33	36:40
4	Bill Hine	37	36:56
5	Mark Snow	20	37:00
7	John Creasy	41	38:01
11	Bob Payne (MTC)	48	40:44
13	George Liming (MTC)	36	41:34
19	Veronica Knight	20	44:14*
35	Yvette Knight	41	55:20*
39	Dennis Morrill (MTC)	47	57:34

Union Trust 4 Miler - 146 Finishers
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1	Bruce Bridgham	27	19:50
2	Roy Morris	23	20:30
3	David O'Connell	20	21:10
4	Mike Sargent	36	21:26
5	Charles Viloette	16	21:36
14	Dick Bradt	40	23:14
25	Diane Lounder	24	24:01*
33	Robin Emery Rappa	40	24:51*
38	Wm. Shuttlesworth (MTC)	39	25:11
44	Kellie Stratton	21	25:28*

Congratulations!

N.E.TOYOTA SERIES TRIATHLON-NAPLES MAINE
AUG. 9, 1987 245 FINISHERS (50 MAINERS)
1 MILE SWIM 25 MILE BIKE 6.2 MILE RUN

PLC	NAME	SWIM	BIKE	RUN	TIME	PLC/AGE
* 1	JOHN O'CONNELL	21:42	59:10	34:18	1:55:54	1/22M
*16	PAULA JOHNSON	24:50	1:05:30	36:00	2:07:14	1/26F
39	JOEL TITCOMB	20:43	1:09:33	36:16	2:14:32	19/28M
41	PAUL MERRILL	26:06	1:12:19	34:48	2:14:44	7/33M
70	BARRY FIFIELD	35:40	1:07:07	37:49	2:21:40	12/31M
111	G. CHAMBERLAIN	30:25	1:15:13	44:26	2:31:12	1/49M
128	ROS RANDALL	34:54	1:19:16	41:64	2:35:34	3/37F
170	MARIE WOOD	26:07	1:25:55	51:06	2:47:03	10/34F
178	FRANK FERLAND	45:14	1:22:53	39:21	2:48:56	18/38M
197	BARB HAMALUK	35:47	1:25:57	51:00	2:55:34	6/39F
227	DEB RASMANN	42:57	1:41:10	42:39	3:09:41	13/34F
243	SALLY PATERSON	54:40	-	-	3:38:50	2/46F
*	FIRST MALE/FEMALE					

Toyota Series Triathlon - 252+ Finishers
Naples, Me - 9 August '87 (1, 25, 6.2)

Top Men:

1 John O'Connell	22	1:55:54
2 Donny Lake	26	1:56:58
3 Bill Solimine	27	1:58:02

Top Women:

24 Paula Johnson	26	2:07:14
25 Carol Gephart	31	2:07:54
40 Peg Donovan	33	2:12:10

MTC Finishers:

38 Joel Titcomb	28	2:14:32
39 Paul Merrill	33	2:14:44
64 Barry Fifield	30	2:21:40
132 Gordon Chamberlain	49	2:31:12
141 Rosalyn Randall	37	2:35:34*
155 Marie Wood	34	2:47:03*
195 Francis Ferland	38	2:48:56
207 Barbara Hamaluk	39	2:55:34*
223 Paul Alpert	52	2:56:38
237 Deb Raszmann	34	3:09:41*

Congratulations!

Rosalyn Randall, 2nd, 35 - 39*
David Crawford, 1st Team, 2:12:40
Gordon Chamberlain, 1st, 45 - 49

Bowdoin & Back Run To The Coast - 223 Fin.
10 Miles - Brunswick, Me - 16 August '87

Top Men:

1 Daniel Dearing	25	52:55
2 Jeff Sanborn	33	53:06
3 Jerry Arguijo	25	54:11
4 Ken Botting	26	55:54
5 Mark Desjardins	22	56:21

Top Women:

50 Kelly Bennett	23	1:06:28
65 Mimi Mattson	33	1:08:49
68 Joan Lee (MTC)	33	1:09:32
79 Gladys Dewick	33	1:10:59
92 Joan Lavin (MTC)	39	1:13:06

Top Masters:

15 Mike Daly	42	1:00:09
133 Jeri Schroeder (MTC)	40	1:17:10*

Other MTC Finishers:

8 Paul Merrill	33	58:34
13 Jerry Allanach	37	59:39
20 John Eldredge	33	1:00:35
22 Ron Cedrone	38	1:02:22

30 Alburn Butler	33	1:03:51
31 Russ Connors	55	1:03:57
35 Michael Reali	33	1:04:43
39 George Liming	36	1:04:56
49 Phil Pierce	45	1:06:28
51 Sumner Weeks	38	1:06:37
56 John Gale	31	1:07:49
62 Don McGilvery	35	1:08:32
64 Herb Strom	57	1:08:43
67 Richard Marino	39	1:09:19
72 Dick Lajoie	47	1:09:55
77 Richard Littlefield	38	1:10:44
80 Carlton Mendell	65	1:11:04
86 Bob Hazzard	55	1:12:16
87 Ron DePrez	43	1:12:30
93 Alvin Mack	37	1:13:07
96 William Davenney	42	1:13:15
97 Rick Strout	48	1:13:24
102 Orlando Delogu	50	1:13:40
108 Bill Green	34	1:14:45
123 Sandy Wyman	31	1:16:04*
126 Cindy Tifft	33	1:16:13*
130 Robert Wyman	50	1:16:37
132 Warren Foye	39	1:17:07
136 Robert Tifft	34	1:17:23
137 David Trussell	44	1:17:24
138 Sandy Utterstrom	43	1:17:32*
141 Deb Hewson	31	1:18:19*
142 Russell Bradley	63	1:18:20
146 Richard Stott	42	1:19:10
147 Barbara Coughlin	44	1:19:17*
154 Doug Aiken	34	1:20:25
160 Barbara Footer	35	1:21:00*
161 Jean Thomas	51	1:21:07*
164 Susan Davenney	38	1:21:40*
171 John Woods	69	1:23:00
186 Bob Cushman	49	1:25:43
196 Melvin Fineberg	51	1:27:49
217 Ruth Hefflefinger	58	1:41:14*
219 Brenda Cushman	46	1:43:47*
220 Claire Edwards	31	1:43:48*

Congratulations!

Joan Lee, 2nd, 30 - 34*
Joan Lavin, 1st, 35 - 39*
Sandy Wyman, 3rd, 30 - 34*
Jeri Lynn Schroeder, 1st, 40 - 44*
Sandy Utterstrom, 2nd, 40 - 44*
Barbara Coughlin, 3rd, 40 - 44*
Barbara Footer, 3rd, 35 - 39*
Jean Thomas, 1st, 50 - 59*
Ruth Hefflefinger, 3rd, 50 - 59*
Brenda Cushman, 3rd, 45 - 49*
Paul Merrill, 2nd, 30 - 34
Russ Connors, 1st, 50 - 59
Carlton Mendell, 1st, 60 & Over
Russ Bradley, 2nd, 60 & Over
John Woods, 3rd, 60 & Over

List of Members

A list of all current MTC members has been produced. It will be available at the membership meetings but will not be mailed. For those who can't attend the meetings but want the members list, write the club, enclose a dollar donation and a self addressed stamped envelope.

WANTED

Membership rosters for the years 1979, 1980 and 1981. Call Charlie Scribner at 772-5781.

UPCOMING RACES

We're in the transition process of redoing the race schedule presentation in the newsletter. Please bear with us during this transition. The following lists of races have come from a variety of sources in a variety of formats and are not presented like we would like to see them. I'd suggest that if you don't see a race you'd like to enter, that you buy a copy of Maine Running and Outing magazine and look in their list of upcoming events.

September 5 Coastal Silkscreen 5K Cross Country Race, 10 AM, reg. 9AM, \$4.00, St. Joseph's College, North Windham, Maine.

The following listing is from Maine Running and Outing, a monthly magazine every runner in Maine should consider subscribing to. Copies usually available at most sporting goods stores.

- September 12 BATH MEMORIAL HOSPITAL 6.6 MILE ROAD RACE. 8:30 a.m. at BMH employee parking lot. Contact: Kevin McLearn 1356 Washington St. Bath 04530
- September 13 CAPE CHALLENGE HALF-MARATHON. 9 a.m. at SMVTI on Fort Road in South Portland. *ME-85006-GN* For more information call 799-0463 or 846-6018 (eve.)
- September 19 10TH ANNUAL BAR HARBOR 13 MILER. 10 a.m. Contact Bar Harbor Chamber of Commerce, Bar Harbor 13 miler, Bar Harbor 04609 or 288-5103.
- September 20 BAILEY'S CROSS COUNTRY RUN. at USM in Gorham. Kids (12 & under) 1-mile at 12:00, Women's 5K at 12:30, Men's 5K at 1:15. Contact George Towle Hill gym USM, Gorham 04038 or 761-2197 (eve.)
- September 20 WADDLE FOURNIER MEMORIAL 10-MILER. Contact Bob Waddle at 725-6222.
- September 20 FIELDCREST FOOT RACE. 10 a.m. at Fieldcrest Manor on Depot St. in Waldoboro. 6.2 miles. Contact: Fieldcrest Manor R.R. #1 Box 34 Waldoboro 04572.
- September 20 19TH ANNUAL CHUBB LIFE RUN. 10-mile and 5K at 10 a.m. (5K starts at 9:15). at Concord YMCA in Concord, N.H. Contact Bob Teschek at 863-2537.

Saturday, September 12
Glover Memorial Hospital 75th Anniversary 5M. Needham, Mass. 1 p.m. Glover Memorial Hospital. \$5, \$7 post. Frank Niro, Glover Memorial Hospital, 148 Chestnut St., Needham, MA 02192, (617) 444-5600 x1000.
12th Annual Run Around The Block. 15K. Block Island, R.I. 1:30 p.m. \$8, \$10 post. Connie LaRue, Block Island Chamber of Commerce, Box D, Block Island, RI 02807. (401) 466-2982.
Great Northern Manufacturing 10K/1M. Rarere, Mass. 10 a.m. Jacob's Ladder. \$8, \$10 post. Great Northern Manufacturing, 230 Crescent Ave., Chelsea, MA 02150. (617) 284-4444.
7th Annual Jonesport 5M. Jonesport, Me. 11 a.m. Ambulance Building. \$5. Dave Alley, Box 139, Jonesport, ME 04649. (207) 497-2843.

Sunday, September 13

Bud Light Couples 5K. Concord, N.H. 9 a.m. women's race/10 a.m. men's race. NH Distributors, Regional Dr. \$6, \$7 post. Hope Saltmarsh, Fitness Resources, RFD 3, Box 198, Concord, NH 03301. (603) 225-6760.
Cape Challenge 13.1 Miles. South Portland, Me. 9 a.m. SMVTI. \$7, \$8 post. Jane Dolley, Maine Track Club, PO Box 8008, Portland, ME 04104. (207) 846-6018 or 799-0463.
3rd Annual Sentinel 10K Classic. Waterville, Me. 9 a.m. Castonguay Park. \$6. Jerry Saint Amand, Central Maine Striders, P. O. Box 1177, Waterville, ME 04901.
Pisgah Wilderness Trail 18.7M. Chesterfield, N.H. 9 a.m. \$5. Fred Ross, 9 Chestnut St., Brattleboro, VT 05301. (802) 257-4745.

Sunday, October 4

Dartmouth Hitchcock Medical Center Marathon. 26.2M/13.1M. Hanover, N.H. 10 a.m. \$6 by Oct. 1, \$8 post. Donald A. Mahler, HB 7500, Dartmouth Medical School, Hanover, NH 03756. (603) 646-5533.
Cape Ann Classic Road Race. 10K. Harbor Loop, Gloucester, Mass. Noon. \$7, \$9 post. Angela O'Connor, American Heart Association, 16 Haverhill St., Andover, MA 01810. (617) 475-8030.
1st Annual WCSH For Kid's Sake 4M. Portland, Me. 11 a.m. Back Cove. \$6. Bill Green, WCSH, 1 Congress Square, Portland, ME 04101. (207) 772-0181.
Leaf Peepers Milk Run Half Marathon. 13.1M. Waterbury, Vt. 11 a.m. Waterbury Recreation Field. \$9 by 9-21, \$10 post. Daragh Ellerson, Upper North St., Box 170, Montpelier, VT 05602. (802) 223-2080.

Saturday, September 19

10th Annual Bar Harbor 13 Miler. 13.1M. Bar Harbor, Me. 10 a.m. Ballfield. \$6. Bar Harbor Chamber of Commerce, Bar Harbor 13 Miler, Bar Harbor, ME 04609. (207) 288-5103.

Sunday, September 20

Chubb Life Run RRCA National Championship. 10M/5K. Concord, N.H. 10 a.m./9:15 a.m. YMCA, Warren St. \$6/\$5 - \$8/\$7 post. Chubb Life Run, 1 Granite Place, Concord, NH 03301. (603) 863-2537.

Saturday, September 26

Waddle/Fournier Memorial 10M. Topsham, Me. 9 a.m. Mt. Ararat H.S. \$5. Bob Waddle, RFD #2, Box 2152, Brunswick, ME 04011. (207) 725-6222.
Buffalo/Niagara Falls International Marathon. Buffalo, N.Y. 10 a.m. Buffalo City Hall. \$12. Buffalo/Niagara Falls International Marathon, Box 9, Buffalo, NY 14222. (715) 885-RACE.

Sunday, September 27

John Gray Outer Cape Half Marathon. 13.1M. Orleans, Mass. 9 a.m. Eldridge Park, Rt. 28. \$5, \$7 post. Jack Glennon, Cape Cod Athletic Club, Box 1678, Hyannis, MA 02601. (617) 778-6950.

October 4, For Kid's Sake 4 miler, Preregistration only; \$6.00, send to Maine Track Club, PO Box 8008, Portland, ME 04104. No post entries; Kid's K free, begins at 10:30 AM, 4-miler at 11:11 AM. Fully televised on Channel 6! Baxter Blvd. at Preble Street Ext. parking lot.

October 12, Tufts 10K for women. Boston, 12 noon. Pre race registration only. Applications from Conventures, Inc., 250 Summer Street, Boston, MA 02210. Every woman should run in this one at least once! Its a bit different than running in Maine races.

Briefing 8/17/87

Triathlon: Dr. Randall earns shot at Ironman

Dr. Rosalyn Randall of Scarborough on Sunday earned a shot at competing in an ultimate test of endurance — the Ironman Triathlon World Championship, which will be held in October in Hawaii.

Randall, a 37-year-old veterinarian, placed second in her 35-39 age group at the Green Mountain Steelman competition in Brattleboro, Vt.

"I'm ecstatic. I have my certificate with an Ironman seal, and I'm going to send it out right away by registered mail," Randall said.

She needed to place either first or second among eight women in her category to return to the Ironman competition, which consists of a 2.4-mile swim, 112-mile bike and 26.2-mile run.

The Green Mountain Steelman Triathlon is half those distances, and Randall finished it with a time of 5:34:44, her best ever for a triathlon of the those distances. She was just behind the age-group winner, 38-year-old Jane Banks of Vermont, who finished in 5:33:39.

Randall said her two main problems were 90-degree weather and unusually high levels of ozone in the air.

Other Maine participants in Sunday's Steelman race and their finishes were: Doug Pride, 24, of Cumberland, 12th in age group, 5:32:15; Dennis McNamara, 28, of Ogunquit, 26th in age group, 5:50:10; Rusty Dewsnap, 29, of Dresden, 48th in age group, 6:36:43; James Glazer, 46, of Bailey Island, seventh in age group, 6:33:46.



Randall

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To become an individual patron of the 1987 newsletter, your donation of \$10 should be sent to the Maine Track Club, Box 8008, Portland, ME 04104. To become a corporate patron, your donation of \$25 should be sent to the same address. Please note on the check that it is a patron's contribution to the newsletter. Many thanks.

To become a prime sponsor of this newsletter, please contact Fred Beck at 846-9065 (work) or 846-3111 (home). The sponsorship is \$50 and includes recognition and any message you may have on 1/8 of the front page. At this time we are only looking for one sponsor each month. We mail out approximately 450 newsletters each month. Your generosity and support will be noted by all who pick up and glance at the front page.

FLASH! Kathy Christie, hoping for a PR of around 3:40 at the Sugarloaf Marathon last week ran it in 3:27! Congratulations Kathy.

Officers and Committee Chairpersons

Phil Pierce	President	781-3769	Tom Norton	Clothing	929-5548
Cheryl Bascomb	Vice President	929-8259	Nancy Stedman	Social	774-4013
Susan Milliken	Secretary	781-2321	Maggie Soule	Publicity	846-3631
Rick Strout	Treasurer	829-3216	Don Penta	Statistician	892-4526
Charles Scribner	Race Committee	772-5781	Cheryl Bascomb	Programs	929-8259
Fred Beck	Newletter	846-3111	Brian Milliken	Refreshments	781-2321
Pat Buckley	Membership	775-4817	John Gale	Course Certific.	775-5017
Ruth Hefflefinger	Membership	797-4625	Frank Ferland	Photography	829-3390
Jane Dolley	Past President	846-6018			

Maine Track Club is a non-profit organization

P.O.Box 8008, Portland, Maine 04104
Run with a friend...



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(18 yrs. old maximum)

LAST NAME _____, TODAY'S DATE ____/____/____

1ST. NAME _____, INITIAL _____, SEX (M/F) _____, D.O.B. ____/____/____
1ST. NAME _____, INITIAL _____, SEX (M/F) _____, D.O.B. ____/____/____
1ST. NAME _____, INITIAL _____, SEX (M/F) _____, D.O.B. ____/____/____
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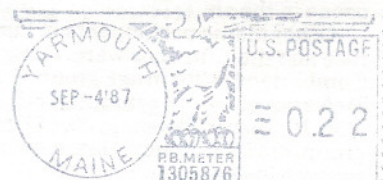
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Maine Track Club

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