

Maine Track Club

Run with a friend...



September 1991

FROM THE EDITOR

Welcome to this month's vastly abbreviated version of the Newsletter. August is a nearly impossible time to get anything done, much less convince people they should send me race photos and interesting articles. Hopefully, by October everyone will be back on track (Hee Hee, a little running humor there) and we'll have pictures and goodies and whatnot.

I feel as though I have been running a bed and breakfast the past few weeks. Boy, when it's August in Kennebunkport, I sure do find I have a whole bunch of friends. An old running buddy from Washington was here for the Bowdoin and Back 10 Miler, one of my favorite races. Bob and I ran together for about 15 seconds and then he took off. At the finish he told me he liked it so much he's planning next year's trip to coincide with the race. I had the pleasure of running most of the race with Bob and Nan Jolicoeur. Bob is a great coach along the way; he kept giving Nan all these great tips. I don't know how she did, but he really helped me!

The Kennebunkport runners went to Newburyport earlier this summer for the 10 Miler there. What a great time we had! The race itself is simply beautiful; through the historic town of Newburyport, along the waterfront and out into some of the most beautiful country you can imagine. The crowds there were terrific. Many families put out their own water stops, and there were lots of hoses and sprinklers; an enormous relief on a warm summer evening. After the race we had pizza and giggles and headed home. You might want to think about this one for next summer. It was a blast!

About two months away from the Marine Corps Marathon, the Kennebunkport group is up to a long run of 20 miles. The Sunday runs have begun to feel a lot more like work than they used to. Thank goodness the cooler weather is coming. I know we will be happy we did our homework when we get to Washington. It just seems like an impossible task sometimes. Good luck to all of you who are running fall marathons!

Candace

NEXT MTC MEETING

WEDNESDAY - SEPT. 11 - 7:00 PM
SMTc - MACHINE TOOL AUDITORIUM

The speaker for September's meeting will be Dr. Dwight Blease, who will speak about running injuries of the feet. This talk will include everything you always wanted to know about feet but were afraid to ask. All of us, at one time or another, have had foot problems, whether it was blisters, black toes, stress fractures. The list is a long one. Join us for a talk that could bring you the thrill of victory without the agony of de feet!

OPENINGS FOR 1992 MTC OFFICERS

It's time to start thinking about officers for next year. Two openings that will be available are **Secretary** and **Vice-President**. Anyone interested in either position must be willing to attend the Board meetings on the first Wednesday of the month and the regular club meetings on the second Wednesday of the month.

The **Secretary** is responsible for the minutes of both meetings, agendas, newsletter notices, board meeting notices and lots of odds and ends.

The **Vice-President** is responsible for the meeting programs, the summer picnic, the fall potluck supper and the banquet. The vice-president should be willing to serve as president and past president, a three year commitment. The secretary's term is for one year, with no limit on number of terms.

For more information or to make a nomination, call Peter Bastow 829-3669, Sumner Weeks 774-7302 or Susan Davenney 772-1787. Elections are held in December.

PRESIDENT'S PAGE

I hope many of you enjoyed some different running events this summer. I decided to enter a few new or unusual races and have some fun with them: Doc's Tavern, Oyster River 5-Mile, Peaks Island, Ralph Thomas Master's Mile and the initial Colby 5K were some of these events. I decided to reflect on two of them in this column. Perhaps some of you will include one or two of your running experiences in future newsletters.

Most of us travel to races by means of automobile, bikes, or small trucks. (Warren Wilson passed me on his motorcycle as we were both going to Damariscotta for the Oyster River race!)

In order to get to Peak's Island to run the 5 Mile race, travel is obviously by boat. What a fun time! It seemed like almost all the people running, watching or working the race were MTC members, which made the boat ride to and from the Island even more enjoyable.

As the ferry was about to dock, swimmers and their spotters were on the beach getting ready to challenge the ocean for the annual Peaks to Portland race. Watching the swimmers prepare for their endurance swim was comparable to marathoners before their 26.2 mile journey.

It was exciting as the countdown began and the swimmers hit the water, searching for their particular boat and crew to guide them to Portland. What a group of courageous men and women. A 5 Mile road race after that seemed like a piece of cake! Actually, I found Peaks to be a good challenging course with several up and down hills that surprised me. Not an easy 5 miles by any means. Picnic lunches, lobsters and clams were enjoyed by all, and then the boat ride back to Portland was a happy conclusion to the Peaks Island outing. Carol and Sumner Weeks and their helpers did a great job.

The other "unusual" race took place in Winslow at the Ralph Thomas Master's Mile. Only once have I ever run a timed mile race on a track. I thought it would be interesting to enter a second one this summer, which precedes the Dyer 5K Memorial Race. Very interesting!

There were 12 runners entered, 40 years and older. I cautioned myself not to get caught up with the fast, young 40 year olds, but rather to concentrate on my own pace. The starter's gun sounded and my caution went to the wind.

As we came by the first quarter mark, our individual splits were called out: 71-73-73, then mine at 76 seconds. "Oh no!" I thought. "Way too fast! I've got three more laps to run. I'm dead."

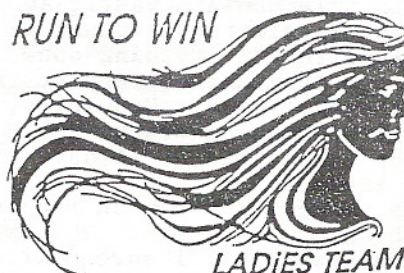
As I headed into the turn, beginning the second lap, I chanced a glimpse over my left shoulder to smugly see how many runners were slower than a 76-second first quarter. What a shock! What a chilling, sinking, thrill! I'm dead, alright. Dead last!

Peter

FALL RACE VOLUNTEER OPPORTUNITIES

Give any of the following race directors a call if you can work on these events. It will be very much appreciated!

- Sept 8 Back Cove & Fore River Challenge Half-Marathon and Five Miler Bill Stuart 799-5961 and Peter Bastow 829-3669
- Sept 29 Bud Light 5K, A Women's Distance Festival Ruth Hefflefinger 797-4625 and Susan Davenny 772-1787
- Oct 5 Brunswick Physical Therapy 8K John LeRoy 725-8680
- Oct 12 Maine Track Club 50 Miler Al Utterstrom 797-4710
- Oct 13 Citibank Falmouth 10K Phil Pierce 781-3769
- Oct 20 Pine Tree Marathon MTC Coordinator, Susan Davenny 772-1787



The Run to Win Ladies Team will hold its next session from October 1 to April 1. The concept of the team is individual instruction in a team setting. The team would like to have two or three new ladies who run 8:00 to 8:30 mile pace, 32:00 to 33:00 4 mile races. The team is coached by Brian "Ziggy" Gillespie, founder of the Maine Track Club and highly successful former college cross-country coach at St. Joseph's. Anyone interested can contact Brian at 772-3617 for more information.

RUN WITH A FRIEND

If you are looking for running partners, the following are contact persons for some of the groups within the MTC. Other names and numbers are welcome and individual requests for running partners can be sent to the newsletter for this column.

Portland Early Morning Group Bill Stuart 799-5961 or Bill Davenny 772-1787

The Rat Pack Al Butler 772-6463 or Ron Cedrone 781-3302

So Portland Evening Group Everett and Donna Moulton 799-2894

Brunswick Runners John LeRoy 725-8680

Kennebunkport Candace Karu 967-4257 or Don Bessey and Jeanne Richmond 967-5968

New Clothing

We have some new items available in time for the fall season (the hot weather is not gone yet!) and for holiday gift-giving.

Gym Bag: This new option is welcomed by the organized runner. The bag, 21 inches by 12 inches in kelly green with "Maine Track Club" embroidered (not silkscreened) on the side, features a variety of compartments for small items, wet clothing and shoes. Includes carry handles and shoulder strap. Cost is \$31.50. This item, from Cumberland (thus helping the local economy!), will be ordered when we have a minimum of 12.

Standard items: We now have shorts and singlets designed specifically for women. Order now for September and October races! We also have the usual supply of shorts, singlets and T-shirts for all active occasions.

Potential items: We can offer the following items if enough people express interest: **Supplex** silkscreened wind suits at \$60-65 by the manufacturer of New York City Marathon wind suits. . . **Lycra** tights silkscreened for about \$18. . . **Tyvek** jackets from Graphic Jackets for about \$20. If you are interested in any of these items, please contact Mel Fineberg at 774-8868 or 129 Wayside, Portland 04102.

Yes! Please accept my order for
tax and shipping. *plus*

_____ Check enclosed.

Yes! I am interested in: _____

gym bags at \$29.00 each plus \$2.50

_____ I will pay upon receipt

_____ Supplex windsuits Size: _____

_____ Lycra tights Size: _____

_____ Tyvek jackets Size: _____

Name: _____

Tel. No.: _____

UPCOMING EVENTS

Saturdays:

Fresh Pond Runs (2½ & 5M); 10AM;
Cambridge, MA, (617)391-1899.

September:

6 Union Leader Millyard Classic 5M;
Arms Park, Millyard District, Manchester, NH; 6PM; Toni Pappas, (603)627-9435.

7 New England Triathlon Series; Endurance Triathlon (S:2.4M,B:11.2M,R:26.2M), Ironman qualifier AND N.H. Series (S:0.75M,B:22M,R:6.7M); Lake Sunapee, NH; Contact for both is DMSE, Inc., 430C Salem Street, Medford, MA 02115; (617)396-3001.
8th Focus on Women 5K; Worcester State College, Worcester, MA; 11AM; Focus On Women Road Race, Box 2 - Greendale Station, Worcester, MA 01606; (508)799-1294.

Run Around the Block 15K; Block Island, RI; 1:30PM; \$8/\$10 post; Dan Cahill, Block Island Striders, Draw D, Block Island, RI 02807; (401)466-5592.

8 2nd Annual Fore River Challenge Half Marathon & 5 Miler; Portland Expo, Portland; 8AM; Entrys: \$9 (\$7 under 20 Yrs.) for half marathon, \$7 (\$5 under 20) for 5 miler; % of proceeds towards maintenance of Back Cove running path; Contact: Peter Bastow, 37 Woodside Drive, Cumberland Ctr., ME 04021, 829-3369 (eve) or 733-2973 (day) or Bill Stuart, 92 Elmsmere Street, South Portland, ME 04106, 799-5961.
5K Summerfest Road Race; Kittery Trading Post, Kittery; 8:30AM; Kittery Trading Post, 439-2700.

14 3rd Lake Winnepesaukee Relay (66 miles, 8/team); Guilford, NH; 7AM; Chuck Powers, (617)342-9841 or Fred Brown, (617)391-1899.
Ridge Runner 5K; Passadumkeag; 9AM; Howard Clements, Box 74, Passadumkeag, ME 04475, 732-3438.
Lake Placid Half Marathon; Olympic Training Center, Lake Placid, NY; Butch Martin, (518)523-2591.

15 7th Sentinel Classic 10K; Castonguay Square, Waterville; 9AM; \$8/\$9 post; Contact: Jerry Saint Amant, Central Maine Striders, P.O. Box 1177, Waterville, ME 04901, 873-6753.
22nd Chubb Life 5K/10M; Concord (NH) YMCA; 8/10:15AM; \$5/\$7 entry; Bob Teschek, (603)863-2537.

21 14th Bar Harbor Half Marathon; Ballfield, Bar Harbor, ME; 10AM; Mt. Desert Island YMCA, Box 51, Bar Harbor, ME 04609; 288-3511.
Fleet Feet 5 (5K); Caribou Recreation; 1PM.

James Gang 10K Classic; Gorham, NH; 10AM; Paul Letarte, (603)752-3718.
22 Lost Valley Hill Run (3.5M); Lost Valley Ski Area, Auburn; #3 in the Peak to Peak Alpine Series; Eric Ostons, 784-1561.
14th Clarence DeMar Marathon; Gilsum to Keene, NH; Reg. at Gilsum Town Hall; 8AM; Richard Lecuyer, 188 Pearl Street, Keene, NH 03431; (603)357-1215.

25 YMCA Fall 5 Miler; Waterville YMCA; 6PM; Laurie Alexander, Central Maine Striders, P.O. Box 1177, Waterville, ME 04901; 873-YMCA.

More Upcoming Events:

28 14th Kingfield 10K/Kids' K; Kingfield Savings Bank; 11AM/10AM; Chip Carey, 265-2273 or Central Maine Striders, P.O. Box 1177, Waterville, ME 04901.

Homcoming 5K; Presque Isle; 10AM; Chris Smith.
15th Dixville Notch Races; 20M Bike/Run, 20K Run, 4 X 5K Relay, & 2 X 10K Relay; Dixville Notch, NH; 7AM (Biathlon & Bike), 10AM (Road Races) Rick Tillotson, Dixville Races, RFD1, Dixville Notch, NH 03576; (603)255-3131.

29 Women's Distance Festival 5K; Sonesta Hotel, 157 High Street, Portland; 8:30 AM; Women only; TAC Certified; \$7,\$9 post; Susan Davenny, 772-1787(6to9PM), Ruth Hefflinger, 797-4625(6to9PM), or Bud Light 5K - Maine Track Club, P.O. Box 8008, Portland, ME 04104.

Sugarloaf/USA Uphill Climb (3M/2600 vertical feet); Sugarloaf Base Lodge, Carabasset Valley; 11AM; #4 in Peak to Peak Alpine Series; Chip Carey, Sugarloaf/USA, Carabasset Valley, ME 04947; 237-2000 or 265-2273.

Waldo County Challenge Triathlon; Belfast; Dale Cross, 338-4598.
VIP Biathlon (R:3M,B:14.5M); Sanford; 9AM; Randy Olson, 324-1154.
Freihofers Run For Women (5K,8K,3K) Syracuse, NY; 10AM; Kristen Hartnett, (315)488-8961.

October:

5 Physical Therapy 8K; Brunswick; Certified; John LeRoy, 2 Howards Hill Road, Brunswick, ME 04011.
Summer Biathlon Series (5K Run & Shoot); Bethel; Kirk Siegel, 824-2196.

6 Camden Snow Bowl Hill Run; Camden; #5 of Peak to Peak Alpine Series; Ken Bailey, 236-3438.
Toronto Marathon (with 10K & Relay) Toronto, ON, Canada; 1220 Shepard Ave.E., Willowdale, ON, Canada M2K 2X1; (416)495-4311 or Fax: (416) 495-4052.

RACE RESULTS

Race Results are carefully
compiled and edited by
Don Penta each month.

1991 L.L. Bean July 4th 10K - 424 Fin.
Freeport, Maine - July 4th, 1991

Top Overall Finishers:

1	Steve Spence 1,open	29	29:47
2	Todd Coffin 2,open	30	31:53
3	Jeremy King 3,open	27	32:26
4	Rob Spaulding 1,30-39	30	33:13
5	Michael Grigware 1,20-29	26	33:29
14	Joan Samuelson (H.MTC)	33	35:11
23	Julia Kirtland 2,open	26	36:34
24	Tina Meserve 3,open	24	36:38
63	Lori Harnich 1,20-29	22	38:56
76	Ruth Hall (MTC) 1,30-39	33	39:27

Other Top Division Finishers:

10	Fred Randall 40-49	40	34:28
17	Ken Flanders 1,L.L. Bean		35:55
22	Eric Goodwin 19&under	16	36:26
59	Bob Coughlin 50-59	52	38:41
104	Cynthia Moreshead 19&under	17	41:05
115	Cheryl Bascomb 1,L.L. Bean		41:56
122	Margorie Adams 40-49	41	42:18
203	Russ Bradley (MTC) 60&+	67	45:32
265	Judy Lutter 50-59	51	48:17
363	Nancy Baker 60&over	60	54:39

Other Maine Track Club Finishers:

8	Peter Hall	29	34:18
12	Jim Toulouse 2,40-49	43	34:47
15	Stephen Fluet 3,30-39	32	35:31
18	Alan Quinlan	35	36:11
30	Brian McCrea	31	37:05
38	Charles Snekvik	48	37:34
39	Sam Merrill	41	37:41
44	Michael Reali	37	37:54
45	Sean Keough	35	38:01
55	Ronald Deprez	47	38:33
62	Carl Fogg	43	38:52
67	Alburn Butler	37	39:18
70	Russ Connors 3,50-59	59	39:21
72	Tom Allen	35	39:23
85	Clyde Coolidge	52	39:58

More Maine Track Club Finishers:

87	Rhonda Prime 2,20-29	26	40:04*
103	Ron Cedrone	42	41:02
107	Bob Hazzard	59	41:20
112	Lloyd LaFountain	29	41:46
123	Michael Cowell	53	42:26
125	Steven Jacobsen	41	42:33
141	Charles Iselborn	34	43:12
142	George Liming	43	43:13
143	Joan Lavin 2,40-49	41	43:14*
152	Rosalyn Randall 3,40-49	41	43:39*
153	Maureen Sproul	35	43:42*
154	Jim Hazzard	29	43:44
157	Carol Pierce	44	43:51*
161	Gerard Salvo	36	43:58
172	Katheryn Tolford	36	44:10*
201	Michael Cavanaugh	40	45:28
204	Harley Lee	37	45:39
220	Orlando Delogu	54	46:22
223	John Merritt, Jr.	41	46:30
237	Carl Hefflefinger	31	47:18
248	Craig Cunningham	32	47:41
253	Don Bessey	45	47:50
257	Carol Gillis	32	48:00*
258	Nicholas Trout	28	48:01
281	Bill Davenney	46	49:16
297	Stoddard Chaplin	51	50:08
303	Jane Dolley	43	50:30*
315	Diana Laskey	30	50:33*
329	Patti Tableman	32	51:44*
333	Candace Karu	36	52:08*
336	Nan Jolicoeur	30	52:16*
337	Robert Jolicoeur	54	52:17
339	Robert Wyman	54	52:22
342	Diane Flanders	34	52:27*
366	Heather Butler	17	55:02*
368	Sally Paterson	49	55:11*
372	Jeanne Richmond	32	55:23*
401	Dolores Billings 2,60&over	61	59:35*
411	Bill Stuart	33	60:41
415	Albert Farris	43	62:35
416	Christine DeTroy 3,60&over	62	62:57*
420	Jenny Kim	50	66:19*
422	Ruth Hefflefinger	62	67:47*
424	Jim Elliott	46	81:08

Many thanks to John LeRoy for complete results.

15th Annual Bridgton 4 on the 4th
Bridgton, ME - 961 Fin. - July 4, 1991

Top Overall Finishers:

1 Bob Winn	32	19:32
2 Andy Palmer	37	19:49
3 Tom Dann (MTC)	34	20:00
4 Rusty Snow	21	20:22
5 Daniel Verrington	29	20:30
31 Sally Perkins	28	22:55*
64 Charlotte Thomas	34	24:11*
78 Sally Strauss	31	24:42*
81 Jamilyn Dunn	29	24:49*
92 Linda Waitkon	38	25:10*

Other Top Division Finishers:

6 Todd McGraw 20-29	26	20:48
8 Steve Podgajny 40-49	40	20:58
17 Tim Livingston 14-18	17	21:44
21 Paul S. Merrill (MTC) 30-39	37	21:51
60 Bob Payne (MTC) 50-59	53	23:58
84 Craig E. Gray Wheelchair		24:54
98 Coreen Corsetti (MTC) 20-29	26	25:15*
111 Mary Ann Doss 30-39	31	25:28*
115 Sara Sundborg 40-49	41	25:33*
218 Robert Shelton 60-69	61	27:38
245 Michael Hammill 11-13	13	28:15
262 Kim Fallen 14-18	18	28:40*
378 Jean M. Thomas (MTC) 50-59	55	30:52*
416 Michael Vernon 10&under	7	31:52
463 Rebecca Ryan 11-13	13	32:13*
576 Joseph Bennett 70&over	72	34:38
681 Jean Miller 60-69	60	37:29*
709 Bess Kargman 10&under	9	38:54*
870 Margaret Sawyer 70&over	77	50:16*

Other Maine Track Club Finishers:

36 Sean Kerwin	18	22:57
56 Howard S. Lewis	47	23:50
106 Andrew MacLean	29	25:26
112 Philip S. Pierce	49	25:29
131 Sumner C. Weeks, Jr.	42	25:54
134 Bradford Davis	36	25:58
136 Carol A. Weeks 2,40-49	42	26:01*
163 Elisabeth A. Gendron	28	26:39*
166 Thomas Carll	47	26:45
169 Dale Rines	39	26:47
171 Neil Martin	48	26:52
181 Rick Meinking	30	26:57
192 Richard Scribner	40	27:09
196 Erin MacLean	28	27:13*
211 Rocco Corsetti	43	27:30
232 Malcolm Washburn, Jr.	37	27:58
244 Thomas Easley	27	28:12
258 Carlton E. Mendell	69	28:35
259 Eric R. Ellis	38	28:36
292 Paul R. Alpert	56	29:17
346 Michele Ohman	25	30:09*
352 Bob Cushman	53	30:13
359 Tom Atchison	42	30:26
371 Marla Keefe	37	30:43*
387 Larry Dyer	47	31:00
406 Warren Wilson	57	31:18
409 Barbara W. Coughlin	48	31:23*
415 Philip L. Bartlett	43	31:31
423 Warren Foye	43	31:37
495 Linda Richards	28	33:05*
535 Adrienne McGuigan	32	33:56*
537 Bill Kerwin	56	33:58
546 Brenda L. Keene	37	34:12*
560 Donald E. Johnson	60	34:25
587 John R. Kendall	41	34:56
601 Donald P. Penta	45	35:18
622 Mark A. Clinch	35	35:48
700 Donna Moulton 4M PR	42	38:25*
733 Jack Oppen	58	39:32
758 Virginia Cross	48	40:30*
780 Pat Buckley	53	41:21*
782 Sherry Carll	44	41:24*
828 Bobbie MacLean	61	45:27*
892 Phil MacLean	70	54:41

Many thanks to Jay and Loraine Spenciner for both preliminary & official sets of complete results and especially for the unusually mild weather at this 15th annual race!

1991 Pat's Pizza Clam Festival Classic
Yarmouth, Me - 5M - 7/20/91 - 605 Fin.

Top Overall Finishers:

1 Bob Winn 1,30-34	32	24:28
2 Todd Coffin 2,30-34	30	24:39
3 Michael Grigware 1,20-29	26	25:38
4 Bob Sprague 2,20-29	21	25:48
5 George Bochus, Jr. 3,20-29	21	26:00
49 Kathy Tracy 1,20-29	24	29:57*
67 Ruth Hall (MTC) 1,30-34	33	30:54*
88 Eileen Dunfey (MTC) 1,35-39	35	31:38*
103 Kelly Rodrigue 2,20-29	27	32:10*
121 Karen McCracken 3,20-29	28	33:00*

Other Top Division Finishers:

6 Steve Podgajny 40-44	40	26:13
10 Scott Loomis 16-19	19	26:54
21 Lawson Noyes 45-49	49	28:25
24 Conrad Walton 50-54	52	28:35
63 Ben Parsons 15&under	15	30:50
119 Bob Hazzard (MTC) 55-59	59	32:57
185 Kristin Pierce 16-19	17	34:52*
191 Brigitte Edquid (MTC) 40-44	43	34:59*
219 Faye Gagnon 45-49	46	35:58*
232 Bill Tribou 65&over	70	36:08
335 George Merrill 60-64	60	38:58
423 Jane Rasmussen 55-59	55	41:53*
516 Mead Brownell 60-64	60	45:49*
521 Gillian Morejon (MTC) 15&- 12	46	46:12*
549 Hannah Trowbridge 50-54	50	48:23*

Other Maine Track Club Finishers:

8 Peter Hall	29	26:47
13 Gordon Scannell 1,35-39	38	27:21
15 Alan Quinlan 2,35-39	35	27:48
37 Harry Nelson	37	28:31
41 Michael Reali	37	29:44
43 Dennis A. Smith	41	29:47
45 John Eldredge	37	29:52
46 Bill Sylvester	43	29:54
53 Ronald Deprez 3,45-49	47	30:14
56 Tom Allen	35	30:25
69 Alburn Butler	37	31:08
77 Philip Pierce	49	31:18
80 Peter Bastow 3,50-54	54	31:21
86 Carl Fogg	43	31:33
94 Ron Cedrone	42	31:44
97 Thomas Menendez	37	31:50
98 Scott Fone	31	31:52
111 Ed Doughty	42	32:20
123 Larry Barker	42	33:06
138 David Houser	41	33:31
141 Dick Lajoie	51	33:36
143 Mark Finnerty	32	33:38
153 Scott Strout	29	33:48
155 Dana Seguin	37	33:49
171 Don Rameau	34	34:23
176 Jim Hazzard	29	34:33
180 Gerard Salvo	36	34:39
188 Malcolm Washburn, Jr.	37	34:55
195 David Haskell	46	35:05
197 James DiVirgilio	34	35:11
198 Rick Meinking	30	35:15
214 Ian Cromarty	31	35:54
217 Jeff Thaler	38	35:56
222 Nancy Lund 3,35-39	39	36:00*
223 John Kazilionis	43	36:00
224 Gary Giffard	32	36:02
238 Jeffrey Babino	36	36:13
239 George Liming	40	36:14
243 Neil Martin	48	36:22
252 John Merritt	41	36:32
274 Henry Wolstst 3,55-59	57	37:12
304 Jeanne Clemence	42	38:02*
343 Sue Inches	36	39:13*
358 Craig Cunningham	32	39:29
370 Diana Laskey	30	39:55*
378 Kathleen Duddy	40	40:11*
382 Patti Tableman	32	40:24*
386 Edward St. John	51	40:39
401 Candace Karu	38	41:10*
421 Nan Jolicoeur	30	41:47*
422 Robert Jolicoeur	54	41:52
428 Daniel Gray	43	42:05
431 Wendy Hall	25	42:11*
453 Robert Wyman	54	43:04
495 Wayne Newland	53	44:47
507 Judy Grassi	32	45:18*
513 Susan Sloane	31	45:46*
515 Beverly Doughty	40	45:49*
560 Larissa Sylvester	43	49:36*
568 Albert Farris	44	50:40
568 Robert Antoniuc	46	50:42
579 Deborah Poore	42	52:59*
584 Michelle Mondor	43	56:43*

4th Annual Peaks Island 5 Miler - 249 F.
Peaks Island, Portland - July 27, 1991

Top Overall Finishers:

1 Tom Dann (MTC) 1,30-39	34	26:22
2 Scott Loomis 1,19&under	19	27:06
3 Brian Lenihan 1,20-29	24	27:26
4 Gordon Scannell (MTC) 2,30-39	27	27:44
5 Kenneth Flanders	38	27:52
29 Gail Turner (MTC) 1,30-39	31	31:14*
30 Rhonda Prime (MTC) 1,20-29	26	31:20*
46 Jeanne Hackett (MTC) 1,30-39	32	32:46*
52 Diane Roy 2,20-29	21	33:11*
55 Sheila Hodges	36	33:23*

Other Top Division Finishers:

17 Charles Snekvik (MTC) 40-49	29	29:28
35 Peter Bastow (MTC) 50-59	54	31:50
86 Brigitte Edquid (MTC) 40-49	43	34:48*
93 Rhonda Benner 19&under	19	35:11*
120 Russ Bradley (MTC) 60&+	67	36:40
168 Jean Thomas (MTC) 50-59	55	39:11*
238 Dolores Billings (MTC) 60&+		47:17*

Other Maine Track Club Finishers:

15 Brian McCrea	31	29:16
18 Michael Reali	37	29:44
19 Kurt Nielsen	36	29:54
20 Tom Clemence	34	29:55
24 Andrew Snekvik	19	31:01
37 Clyde Coolidge 2,50-59	52	32:02
48 Lloyd LaFountain, III	29	32:59
50 Larry Barker	42	33:03
56 Don Bessey	45	33:25
58 Dana Seguin	37	33:28
59 Dominic Reali	48	33:31
61 David Houser	41	33:40
63 Dale Rines	39	33:42
65 Jack Ireton-Hewitt	53	33:49
74 Steve Jacobsen	41	34:12
75 Elisabeth Gendron	28	34:14*
78 Gary Giffard	32	34:21
80 Rich Robinov	31	34:34
83 Nancy Kneeland	36	34:41*
87 Bob Laux	35	34:51
95 Gail Waitkun	36	35:14*
100 Larry Lunceford	36	35:37
122 Stephen Assante	39	36:44
134 Henry Wolstat	57	37:17
144 Tom Atchison	42	37:38
157 Suelene Houser	27	38:23*
161 David McMahon	34	38:29
167 Marla Keefe	37	39:02*
169 Nancy Lovetere	47	39:17*
171 Larry Dyer	47	39:17
199 Deb Merrill	35	41:33*
200 Clint Merrill	43	41:37
207 Liz Monaghan	28	42:04*
217 Brenda Keene	37	42:53*
218 Pat Murphy	45	42:54*
221 Harvey Rohde	49	43:08
222 Jane McCrodden	37	43:09*
225 Sandy Utterstrom	47	43:20*
228 Deede Delay	35	44:36*
229 Jeanne Richmond	32	44:51*
241 Donna Moulton	42	48:54*
242 Jack Oppen	58	49:04
244 Bill Stuart	33	49:35

Special thanks, again, to Ruth Hefflefinger for complete results -- Carol & Sumner Weeks, co-directors.

THE ESSEX COUNTY ULTRAMARATHON IN WESTPORT, N.Y.

I first learned about the Essex County 24 Hour Ultra from fellow Maine Track Club members, Loren Lathrop and Carlton Mendell. I started training for the event about the first of the year, running the Hyannis and Sugarloaf Marathons as part of my preliminary buildup. The marathons were my longest training runs.

The race took place on July 20th and 21st, from noon to noon. You may recall this as the hottest weekend of the year. We ran on a half mile horse racing track. The surface was crushed stone dust, similar to the surface of the Baxter Boulevard running path in Portland. It was wet down periodically by a water truck to control the dust.

At starting time, the temperature was around 95-100 degrees and the humidity was high. It was evident from the beginning that we would have to fight the heat as well as the elements of time and distance.

My biggest problem was nausea caused by the rapid loss of electrolytes. I had to take frequent breaks. Some relief was achieved when Jane Lathrop administered a "Pepto Bismol Cocktail." However, that evening when too nauseous to take fluids at all, a cold shower and nap at the motel was needed. Around midnight I was back on the track and in better spirits.

I had taken food high in salt and sugar throughout the race. By experimentation I found that saltines, pretzels, de-fizzed Coke and "orange slice" candy were the best. Observation of the methods used by Loren and Carlton as well as the other veteran ultra runners kept me going. The comradie and support of the entire group was extremely helpful.

On Sunday morning, chicken soup prepared by the race director, Bob Lopez, was served. Everyone eagerly awaited the arrival of the soup and it lived up to its reputation as the best chicken soup in the world. This was the high point of the event. I was actually able to pick up my pace after breakfast. By noon, I had completed 60.5 miles for 12th place out of 28 competitors. Carlton was 7th with 77 miles and Loren was 16th with 52 miles.

On our way home, I had my first cold beer since July 4th. It sure tasted good! I'm already planning my strategy for next year's race. If you are interested, contact me or write to Bob Lopez, Lake Shore Rd., Westport, N.Y.

I'm now training for the only Ultra in Maine, the Maine Track Club 50 Miler, which will be held in Brunswick on October 12th. Information and entry forms can be obtained from Al Utterstrom, 19 West Circle, Falmouth, ME 04105, 207-797-4710.

Bill Davenny

NEWSLETTER DEADLINES

Photos & Advertising: 15th of the month

Written Material: 20th of the month

Send to: Candace Karu
P O Box 2739
Ocean Ave
Kennebunkport, ME 04046-0270
phone 967-4258 FAX 967-8412

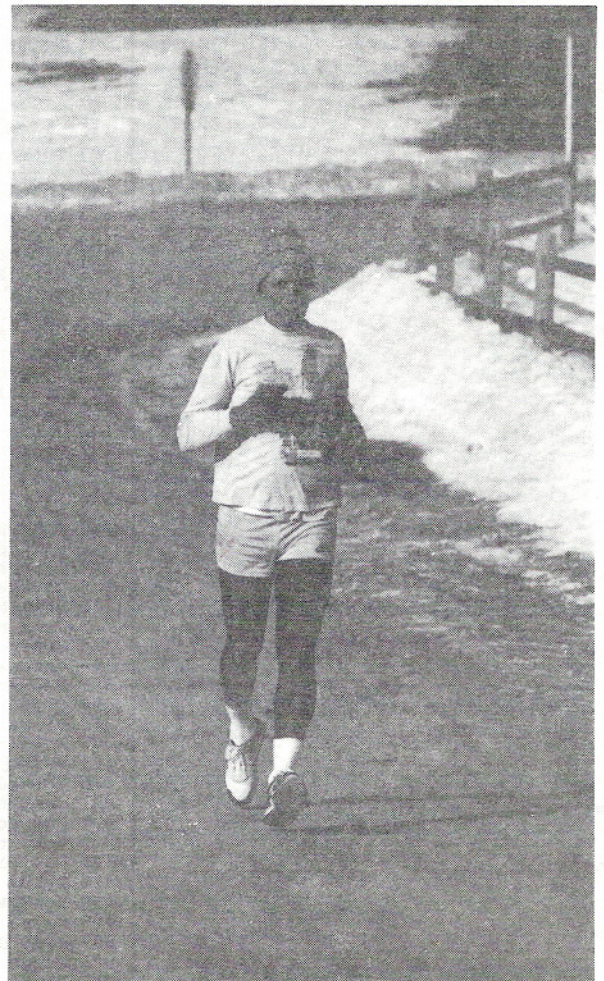
Enclosures: 24th of the month
\$40 for non-MTC event
\$20 for MTC event

Deliver to: Diana Laskey
15 Coffin St
Brunswick, ME
729-4104

Change of Address: Immediately to
Ruth Hefflefinger
20 Curtis Rd
Portland, ME
797-4625

Advertising Rates:

1/4 page	\$25 a month	\$125 for 6 months	\$250 for 12 months
1/2 page	\$50 a month	\$250 for 6 months	\$500 for 12 months
Full page	\$75 a month	\$375 for 6 months	\$750 for 12 months



Warren Wilson knows that winter is just around the corner!

AN ULTRA WIFE

by Sue Davenny

I drove Bill (literally) to Westport. We took the long way, down to the Mass Pike, over to Albany and up 120 miles to the town on Lake Champlain. Seven hours of driving seemed like an ultra in itself.

We enjoyed the "luxury" of the same motel on the shore of Lake Champlain as the Lathrop family and Carlton Mendell. Some of the other ultra marathoners camped out at the fairgrounds the night before the race. We met Serge and Susan from Canada as we took a preview walk of the track by a brilliant red sunset. Seventy-two year old Phil and his wife camped in style with a portable table, benches and umbrella. Bob, the clown of the ultra, must have set up his pup tent quite late. It was sagging badly in the morning. We joined them, Tim and Walt, for breakfast in the morning at the Westport Inn. We passed out flyers for the MTC 50 Miler and listened to fascinating stories of ultras and marathons all over the world. Some had led troubled lives, turned around by running.

The winner of the race this year and last was a woman, Pat. She, her brother John and sister, Barbara came with parents, a motor home and a very dedicated handler, John's fiancée, Mary. Even Pat was in need of one of Jane Lathrop's Pepto Bismol Cocktails on her way to 106.5 miles. Brother John was second with 86 miles. Mary is from Bangor, Maine!

We had tried to be prepared for the conditions with ice packs for French Foreign Legion hats, SPF 30, ventilated bandana sleeves, and fluid, salt and sugar replacements but things did not go well and Bill took some time off from the track Saturday evening. When I took him back to track at midnight, he looked worse than I have ever seen him in any marathon or ultra. I tossed and turned for about 6 hours and then was pleasantly surprised to find him looking much better when I arrived at the track in the morning. I walked a lot with him that morning, watching him grow stronger and stronger. He ran several miles in the last few hours of the race to bring his mileage 10.5 miles over anything he had run before. Even though this was 40 miles less than what he had originally hoped to do, he was deservedly proud of what he had accomplished. Still, I was surprised to hear him begin immediately to plan for next year. I thought it would take a few days first to get over the drain of this effort, but he is psyched and so I will keep my list of all the things we forgot and try to be psyched too.

We took the Lathrops' scenic and shorter route back through Vermont and New Hampshire and toasted victory over heat and fatigue with beer and ribs at the Smokehouse in Ossipee, N.H. All's well that ends well.

NEW MEMBERS

NAME & ADDRESS	TELEPHONE	OCCUPATION	AGE
Kristin Aiello 36 Summer St. Kennebunk, ME 04043	H985-7885	University of Maine School of Law	23
Paul Coburn 17 Spring St. #15 Belfast, ME 04915	H338-6104 W338-4088	Electronics Technician FCC	28
David Conley 27 W. Commonwealth Dr. Portland, ME 04103	H797-4914 W675-3381	Owner, Steep Falls Market	51
Bill Fenderson 25 Pineview Rd. Westbrook, ME 04092	H878-2816	Driver, Loring, Short & Harmon	36
Karen McCracken University of Maine Orono, ME 04473	W581-2862	Graduate Research Assistant University of Maine	28
Timothy Monahan 29 Fairway Drive Kennebunk, ME 04043	H967-2590	Dental Technician - Self	37
Bill & Larissa Sylvester 106 Maquoit Drive Freeport, ME 04032	H865-4342	Contract Negotiator - Navy	43 43
Jeff Thaler RR2, Box 4170 Yarmouth, ME 04096	W784-3576	Attorney - Berman & Simmons	38
Terry Wiley 21 Applewood Drive Saco, ME 04072	H282-3940 W871-2723	Medical Technician Maine Medical Center	31

PAYSON PARK GROUP RUNS

Dates: Sept. 1, 7, 15, 22, 28 7:00am start
Oct. 6, 12 (Brunswick),
19, 26

Special: On October 12, we will run 4 mile laps with the 50 milers in Brunswick, starting at 7:30am.

Note: Some of the runs are on Saturdays in an effort to conflict as little as possible with some of the races.

Distances: Boulevard-3.6 miles, Depot Rd.-8m, Johnson Rd.-12m, Tuttle Rd.-16m, Yarmouth Ctr-21m. Addons may be done to achieve other distances. Water & Exceed provided.

Post-Run Festivities: Bring fruit, juice or carbos to share in the park.

Questions: call Susan Davenny 772-1787.

MAINE TRACK CLUB MEMBERSHIP FORM

MEMBERSHIP APPLICATION

I hereby make application to the Maine Track Club as follows: (Check 1)

☐ Individual (\$12.00)

☐ Family (\$15.00)

☐ Student (\$5.00) (18 yrs. old maximum)

Note: Applications received after Sept. 30 are good through the following year.

Today's Date _____

Last Name _____	First Name _____	Sex (M/F) _____	D.O.B. _____
Last Name _____	First Name _____	Sex (M/F) _____	D.O.B. _____
Last Name _____	First Name _____	Sex (M/F) _____	D.O.B. _____
Last Name _____	First Name _____	Sex (M/F) _____	D.O.B. _____

Address _____ Home Phone _____

City _____ State _____ 9-Digit Zip Code _____

Employer _____ Occupation _____ Phone _____

Employer _____ Occupation _____ Phone _____

If Student: School _____ Year of Graduation _____

If Student: School _____ Year of Graduation _____

*Please include 9-digit zip code to ensure newsletter delivery. If you do not know your zip, please consult a utility bill.

SEND TO: Membership, c/o Maine Track Club, P.O. Box 8008, Portland, Maine 04104

1991 Officers and Committee Chairpersons

Peter Bastow	President	829-3669
S. & C. Weeks	Vice-Presidents	774-7302
Susan Davenney	Secretary	772-1787
Rob Laskey	Treasurer	729-4104
Charlie Scribner	Race Committee	772-5781
Candace Karu	Newsletter	967-4258
Barbara Coughlin	Member at Large	799-0463
Carelton Mendell	Member at Large	797-7806

John Gilliss	Course Certification	879-0222
Dale Rines	Course Certification	854-2481
Maureen Sproul	Photography	926-4681
Ruth Hefflefinger	Membership	797-4625
Bill Stuart	Past President	799-5961
Melvin Fineberg	Clothing	774-8868
Don Penta	Statistician	892-4526
Rick Strout	Member at Large	829-3216
D.&E. Moulton	Refreshments	799-2894

Maine Track Club, Box 8008, Portland, Maine 04104 * A non-profit organization

WANTED: NEWSLETTER SPONSORS!

MTC gratefully acknowledges the generosity and support of those members listed at right. If you would like to become an individual sponsor, please send \$10 to the Maine Track Club, Box 8008, Portland 04104.

To become a corporate sponsor, your donation of \$25 should be mailed to the same address. Prime sponsorships in the amount of \$50 will reserve you advertising space in the newsletter. For details, contact the Editor at the number listed above.

All donations are gratefully accepted!

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