



News•Run

Run with a friend ...

October 1996

From the Presidential Suite ...

The time for the NYLCare Maine Marathon and Casco Bay Half Marathon is almost here. These are going to be fabulous events this year, far surpassing anybody's expectations. The countless volunteer hours put into these races by Jim McCorkle and the marathon committee is certainly going to result in a treat for all runners on Oct. 6. The outstanding sponsors for this year's events (there are too many to name here) have played their part in planning a quality running event. I hope all of you who are not running will find the time to volunteer even if it is only for a few hours. Please call Jim at the Maine Track Club phone line (781-5887) if you can help out. It is not too late; Jim and the MTC will appreciate it greatly.

The racing season continued unabated in September, with at least two events each weekend. Racers could choose almost any distance, from the Women's Distance Festival 5K to the 67-mile Lake Winnepesaukee Relay. Maine teams cleaned up in the Lake Winnepesaukee Relay this year, collecting far more awards than ever before. Maine teams won the women's open and the men's masters divisions; placed second in the men's open, third in the senior division and fourth in the men's masters. Most members of these teams belonged to the Maine Track Club. Please see Bob Aube's column on the results of this race in the newsletter.

I had the honor of participating on the men's senior team, The Class of 50, organized again this year by Bob Payne. I ran the 7th leg, a hilly 8.5-mile trek through Moultonboro, Center Ossipee and into Meredith. There is nothing like running a relay race. You get the baton and you feel this tremendous rush as you realize that it is your turn now and your teammates are counting on you. Your usual competitors are now your team members, cheering you on. There is no let-

(Continued on page 4)

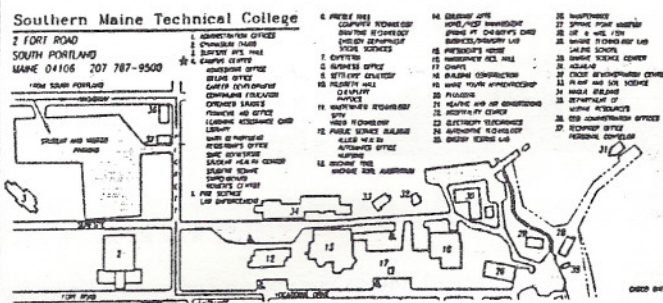
October MTC Meeting

Wednesday, October 9, 6:30 p.m.
Southern Maine Technical College
Machine Tool Auditorium
Fort Road, South Portland

Guest Speaker: Bernie Gehret
Topic: Mental preparation for racing

This month's speaker is sports psychologist Bernie Gehret, who will discuss mental preparation for road racing and other distance events.

The Maine Track Club meets monthly, the second Wednesday of each month, at 6:30 p.m. in the Machine Room Auditorium at Southern Maine Technical College in South Portland.



What's inside ...

Lake Winnepesaukee Relay Page 2
Maine Running Hall of Fame Page 4
Race results Pages 5-7
Race schedule Page 11