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up as you try to catch the runners ahead of you, especially those with a baton the same color as yours. I was able to pass two masters runners and had the second-place senior in my sights but just couldn't close on him as my leg ended. Our eighth leg member tried as well but we finished a respectable third, 1 minute and 35 seconds, or just over 1 second per mile, out of second place. We'll be back next year.

The membership meeting in September featured a talk by MTC coach Steve Fluet. Steve discussed marathon race strategy and how to prepare in the last few weeks before a long-distance event or marathon. It was truly the most complete and up-to-date presentation of the essentials of successful long distance racing that I have heard. Our hats go off to him; thank you Steve.

The membership meeting this month will feature a talk by sports psychologist, Bernie Gehret. The meeting is on Oct. 9 at SMTC, 6:30 p.m. Bernie will discuss the essentials behind mental preparation for races and other physically demanding events. This meeting is also the time for nominating MTC officers and board members for 1997. Election of officers will take place at the November meeting. Hope to see you there.

See you on the roads and at the races.

Ron and Martha Deprez
(e-mail: 102334.3720@compuserve.com.)

MTC founder to be added to Hall of Fame

Maine Track Club founder Brian "Ziggy" Gillespie is one of four individuals who will be inducted into the Maine Running Hall of Fame at a ceremony to take place Saturday, Oct. 26 in Houlton.

Also to be inducted along with Gillespie are Conrad Walton of Caribou, Michelle Hallett of Kennebunk (formerly of Mars Hill), and Bernd Heinrich of Richmond, Vt. (formerly of Wilton). In addition, the 1932 Houlton cross country team will be inducted as a whole.

Anyone who would like more information about the eighth annual induction ceremony, or anyone who would like to make reservations, can contact selection committee chairman Phil Pierce at 781-3769 (home) or 623-8411, ext. 5025 (office).

T- shirts wanted

John LeRoy is returning to Oaxaca, Mexico soon and is collecting small and medium T-shirts and other clothing for the indigenous children of the region. A box will be available at the PT8K for your donations. If you have any questions call John at 725-8680.

We need your input

In order to make *News-Run* the best it can be, we need your ideas, stories and other items of interest to your fellow track club members.

If you have a story or a news item that you think belongs in *News-Run*, please bring it to our attention. E-mail your story, article or announcement to Bob Aube at 74270.2276@compuserve.com, or send it to:

Marge Parsons
178 Bruce Hill Road
Cumberland Center, ME 04021

If you have something to share for *News-Run* but don't feel like writing it, contact Larry Dyer (725-6962).