

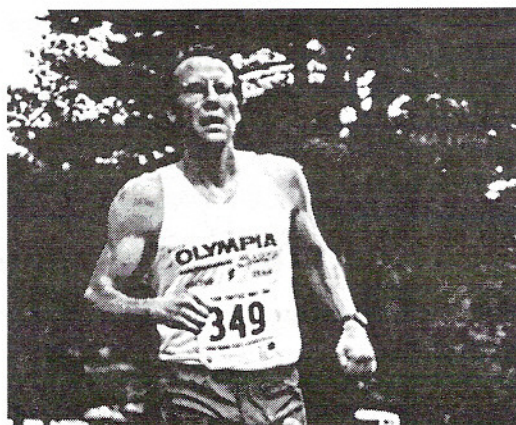


NEWS • RUN

Run with a friend . . .

December 1993

Reflections From The President . . .



Tom Dann

The holiday season is once again upon us: a time for celebration, family gatherings, and lots of food to enjoy. It is also a time for giving and thankfulness - and I'm not speaking of just giving presents and being thankful for some time off! I'm thinking more in terms of the little

things we do for others to make them happy, like giving a little help to someone in need, or giving time to help put on an event. I'm also thinking of being thankful for what we have, and not complaining about what we don't have; being thankful that we are healthy and have the ability to run, and not that we raced slower than our goal in a race.

I've spent the last two or three months worrying about how I had such a tough time fulfilling my duties as MTC President and how I was not able to accomplish several of the goals I set one year ago. But now I realize that I have much to be thankful for and that I have given as much as I have been able to.

First of all, we all bring with us different backgrounds and philosophies that we ultimately give to those around us. I have hopefully given back to the MTC membership some of the past experiences I have enjoyed as a runner for over twenty years. I'm always happy to share my personal experiences directly and indirectly, and I plan to continue this. It feels great and it's fun!

Secondly, no matter what I didn't get finished as President, I'm thankful for the opportunity to accomplish what I did. Being elected to represent and lead this organization is an honor. I'm also very thankful for the help and understanding that the board members gave to me when I had to be honest and say "I can't do it all right now." And, of course, I'm extremely thankful for all the friends I have in this great club of ours. I enjoy so very much, the comraderie from such a nice group of people. Oh what the heck...Thanks!!!

As we are "wrapped up" in the holiday season (no pun intended), take a moment to see what else you can give and what you can be thankful for. For me, I hope you like some of what I have given to you and I thank you for the opportunity to serve the MTC as President. It feels great, trust me!

Please enjoy the holidays and, of course, run and have fun!

Tom Dann, President

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Jeanne Hackett — outgoing editor

Well, it looks like this is to be my last issue as editor, at least for now. The next deadline will be sometime in January, and in the hands of a new volunteer. (We will alert you to those details at a later date.)

I thank you for the opportunity to serve the club and to have what I consider to be a very viable responsibility. (I actually wish I had more free time and energy to continue with this effort, but a new job and a faltering training regime,

are my present priorities.)...I cannot begin to tell you what a wonderful opportunity this has been for me! It has actually propelled me into other related endeavors in my life and the learning curve has been tremendous! The support is super and the dedication of some people never ceases to amaze me! Where would this club be without that consistent core? Hopefully this core will continue to grow and expand in the new year. With new ideas such as the action teams to develop ways to enhance the club, we are off to a great start...I hope to serve in an "At-Large" capacity, and I want to remind you to come out and place your votes for the new 1994 board. (That wasn't a purposeful plug; just a friendly nudge for you to be involved!)...I know I appreciate running organized races -

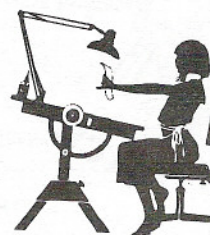
competition, times, water stations, awards, t-shirts, munchies, comraderie; in

addition to having a meaningful affiliation in my life. (I almost forgot to mention the benefit of the *News•Run*...It's such a deal!) The MTC is good for me, and I would love for it to be a positive element in other runners lives...So I will stay involved and hope to see you there at the next race or the next meeting or the banquet...You know, around. Thanks again, and especially thanks for being a member and keeping the club alive!

-Good bye, Jeanne Hackett

P.S. . . . A heartfelt thank you to Virginia Wilder Cross of Working Words in Gorham. She has invested so much into this publication, and always with the utmost care and professionalism. It has been a pleasure working with her.

A note from Ginny . . . "I appreciate the thanks, but the truth is I wouldn't have been able to continue as long as I have without the help of others. On that list of people who deserve much appreciation are: Jeanne Hackett, Ruth Hefflefinger, Don Penta and Marla Keefe!"



News•Run Sponsors

The Maine Track Club gratefully acknowledges the generosity and support of those members listed below. If you would like to become an **individual** *News•Run* sponsor, please send \$10 to Maine Track Club, PO Box 8008, Portland, ME 04104.

To become a corporate sponsor, please mail your \$25 donation to the same address. Prime sponsorships in the amount of \$50 will reserve you advertising space in *News•Run*.

Sponsors

Milt Bailey
Charles Iselborn

Mystery Sponsor (?)
Kurt Nielsen

Carol Pierce
Maggie Soule

John Woods

December Race Schedule:

- 4 "Jingle Jog 5K" - Kennebunk-10am-1mile at 9am-5k walk at 9:30am-Katie Dean-985-8756
- 4 "Season's Greetings 5 1/2 Miler"-Madison-11am-Ron Paquette- 437-9237
- 5 MTC members only Handicap Race-5k-11am-Summer Weeks-774-3436
- 13 "WCTC Four for Food"-Calais-1pm-Bill Case-733-2000

The MTC Handicap Race - Members Only

Date: Sunday, December 5, 1993

Time: Race Start - 11:00 a.m.
Refreshments served after the race

Place: Westbrook College Rec Center (the gym)

Distance: 5K

Handicap: Runners will be seeded according to their most recent 1993 5K (3.1 miles). Fastest runners will start last, slower runners at the head of the pack. Anticipate a great finish!

Contact: Sumner and Carol Weeks - (207) 774-3436

Election of Officers

at MTC Meeting on Wednesday, December 8, 1993

The annual election of officers will be held at the regular meeting at SMTC in December. The meeting will start promptly at 6:30 p.m.

Our own Deb Merrill will be the featured speaker. Deb practices neuromuscular massage therapy in Brunswick, and has been cited by Joan Benoit Samuelson, as being right up there as one of the best!

Deb will provide a lively and enlightened talk, and will respond to your questions. Don't miss this!

The nominating committee presented the following candidates at the Pot Luck meeting in November:

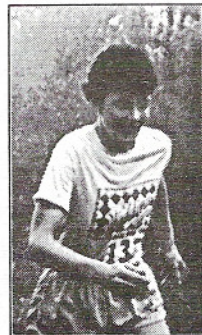
President - Mel Fineberg
Vice President - Ron Pelton
Treasurer - Steve Assante
Race Committee Chairperson - Charles Scribner
News Run Editor - Susan Roberts
Membership Chairperson - Mary Anne Champeon
At Large Board Members - (three to be chosen)

- Russ Bradley
- Donna Moulton
- Jeanne Hackett

Date: Wednesday December 8

Time: 6:30 p.m.

Place: SMTC auditorium



Deb Merrill, featured speaker for December MTC Meeting

Group Runs:

Portland - early mornings - USM - Bill Davenny 772-1787

Portland - Rat Pack - varying times - Mike Reali 767-5218

Cape Elizabeth High - Sunday 7:30 AM - RTW Team - Brian Gillespie 772-2753

South Portland - Tuesday PM - Donna Moulton 799-2894

Kennebunk - Thursday PM- Village Marketplace - Steve Jacobsen-h-985-4107,w-985-2941



Follow Your Bliss

by Ray Shevenell

"In my whole life I never did anything I really wanted to do." "That person spent his life in the wasteland," says Joseph Campbell in his audio/video series with Bill Moyers entitled "The Power of Myth." "Follow your bliss," Campbell prompts, "It's the secret to a happy life."

Finding and following our bliss comes early for some but for others, perhaps distracted by life's duties, it comes later. When I heard the words "Follow your bliss" for the first time, running immediately rushed into my consciousness. I am discovering other branches of my bliss, too, but today it's about running that I write.

I have loved running for a long time - playing "chase" with the other kids growing up in the Bradley Corner neighborhood of Portland; running home to be on time for supper from an after-school job; finishing fourth as a Cheverus freshman in the Westbrook 2 1/4 mile annual Rotary Patriot's Day Race in my first competitive experience; as a high school sophomore challenging and beating seniors in indoor and outdoor middle distance races. Running fast and for a few moments, here and there, being the best - It meant a great deal to me then and I realize that it still does over thirty years later.

In the spring of '92, Brian Gillespie offered to coach Maine Track Club members for the month of June leading to the 4th of July races. "Yes!!!" "This is something I really want and this is the way." I wrote my letter of acceptance on the spot.

Quickly I learned that truly following your bliss means changing some priorities, perhaps even lifestyle. Brian's training called for a group practice on Wednesday evenings right after work and on Sunday mornings. I cleared my calendar in order to put those training runs first. Only a long-standing trip in late June to an out-of-state conference could not be rescheduled. (Life's not perfect.)

I felt such elation at the very first training session (an absolutely beautiful June evening) that I did not think it was me running around the track. "So this is bliss," I thought.

"Campbell is onto something." Part of it I realized was that I was not training alone. Twenty other men and women of all ages had accepted Brian's offer as well, whatever our compelling personal reasons from deep within. Most of the 17,202 miles I had logged in my running journal since October 1977, were solitary miles. Now I understood the true meaning of the Maine Track Club motto "Run with a Friend." It is all about being happy and healthy while training and sharing life. It felt wonderful and I loved it.

In the fall of '92, Brian extended another invitation to me: to receive individual coaching in a group setting. Years before, my favorite uncle had stated: If a person achieves 10% of his potential in his lifetime, he has done well. I remembered concluding at the time: "We better aim high!" Brian's latest offer was an invitation to excel, a chance to explore the frontier of my potential, and I knew at once I wanted that opportunity as well. Yes!!

It is now the fall of '93, so what has happened? Before Brian, I was physically tired whenever I raced - at the starting line before the gun sounded! My body was full of butterflies, too.

Today, when I toe the mark, I feel rested and ready for the challenge to (as Lynn Jennings put it) "go into the beyond." The butterflies are still there, but they are flying in formation.

Today I train most of the time with one or more of my "teammates" from the Run to Win Ladies Team and the Five R's (Robert "Bob" Winn, Russ Connors, Robert "Hap" Hazard, Rob Hoover, and me.)

If you still believe that running is just a solitary exercise or that nobody can help you conquer the hills and the pain of running at the edge (and into the beyond) of your potential, then you have not really run with your friends. I love mine and I feel their energy every stride.

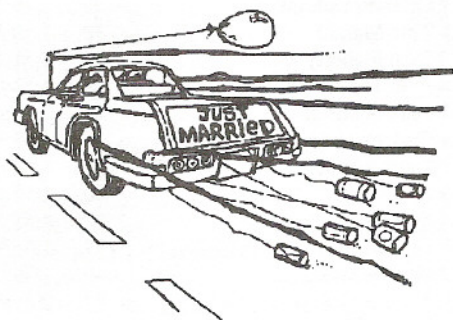
To paraphrase Joseph Campbell, when you follow your bliss, you bring forth to the world your innermost self - your uniqueness. You sing your song. You share your goodness and the world around you is a better place.

Tap your goodness. Discover the words and the melody to your song by following your bliss. Go ahead, it's your time.

Ondekoza — Demon Drummers — AWESOME!

by *Jeanne Hackett*

The Demon Drummers from Japan, otherwise known as Ondekoza, were in Portland recently finishing off a three year running and drumming tour of the United States. The troupe travelled the perimeter of the nation, running city to city, anywhere from four to forty miles per day, covering approximately 10,000 miles. They held workshops at schools and performances in halls. They performed at City Hall in Portland on Friday night November 5th, and they were fabulous. That preceeding Tuesday afternoon was a chance to run with the group, and even though there was PR, I was the only person to show up for the run!!! I am not complaining, though it was too bad. I considered it a once in a lifetime opportunity, and it is something I will always remember. Last weekend I went down to New York City to watch the Marathon, and again witnessed Ondekoza running, and then drumming at the Plaza at 59th street. What a thrill!



It was recently announced in the *Press Herald* that members **Alice Brechting** and **Paul Slajus** were married in July in Spring Lake Michigan. Congratulations and the photograph is great!



Annual MTC Banquet

Please read the enclosed flyer. It promises to be a great evening of food, friends and fun, at the Portland Club - Saturday January 8, 1994, at 5:30 p.m.

Reservations are required by December 1.

Thanks to the Volunteers

Kudos to the volunteers for the MTC 50 Miler in Brunswick on October 16, 1993! The race was directed by Sandy and Al Utterstrom, and the volunteers were:

Peter Bastow	Mel Fineberg
Scott Johnson	Richard Scribner
Kathi Foye	Jane Dolley
Warren Foye	Ken Dolley
Pat Buckley	Darren McKenzie
Ruth Hefflefinger	Mary Anne Champion
Ray Hefflefinger	Bill Stuart
Susan Davenney	Carol Pierce
Bill Davenney	Don Penta
Marshall Spiegel	Laurie Quint
Brian Lathrop	Dave Shennan
Jane Lathrop	Jean Thomas
Rene Lathrop	Russ Bradley
Everett Moulton	Steve Assante
Donna Moulton	Dennis Morrill



Don Penta

Race Results

Results submitted by Don Penta

2nd Annual Maine Half Marathon Portland to Falmouth & Back October 3, 1993 504 Finishers

Top Overall Finishers:

1 Danny Paul	39	1:12:09
2 Erich Reed	25	1:13:03
3 Scott Brown	35	1:14:01
4 David Weatherbie	25	1:14:44
5 Shaun Keenan	31	1:15:55
9 Joan Samuelson USAT&F	36	1:18:21*
25 Wanda Binette (MTC)	27	1:23:58*
49 Caroline Meehan	26	1:26:46*
66 Deb Raszmann 1,40-44	40	1:29:13*
72 Laura Lambert	25	1:29:27*
73 Noelle Thurlow	27	1:29:28*

Other Top Divisional Finishers:

6 Kevin McDonald 40-44	43	1:17:19
14 Steve Reed 45-49	45	1:20:14
39 Bion McFadden 50-54	53	1:25:39
60 Bob Gillespie 55-59	55	1:28:20
98 Rose Prest-Morrison 30-34	30	1:31:38*
115 Russ Connors (MTC) USAT&F	61	1:32:47
136 Joan Lavin (MTC) USAT&F	45	1:34:17*
213 Jane Levesque 50-54 USAT&F	52	1:40:36*
266 Russ Bradley (MTC) 65-69	69	1:45:02
327 Grace Rome-Kuhn 55-59 USAT&F	56	1:50:47*
376 Dorothy Bergman 60-64 USAT&F	62	1:55:07
Louis Flores wheelchair	23	4:47:29

Other Maine Track Club Finishers:

19 John Eldredge	39	1:22:06
36 Dan Hutchins	33	1:25:32
42 Richard Mulhern	40	1:26:03
57 Larry Kinner	44	1:28:00
59 Larry Barker	44	1:28:12
62 Carlos Philbrick	41	1:28:41
69 Andrew MacLean	31	1:29:22
77 Will Lund	38	1:29:39
81 Marjorie Haney	26	1:30:00*
83 Les Berry	45	1:30:08
100 Tim Higgins	34	1:31:41
101 Clyde Coolidge	54	1:31:44
105 Yun Chong	33	1:31:54
127 Maureen Sproul	37	1:33:33*
132 James McCorkle	38	1:33:54
144 David Cate	44	1:35:12
145 Catie Dean	23	1:35:19*
169 Rick Fecowicz	38	1:37:22
176 John Merritt, Jr.	43	1:38:00
182 Richard McFaul	49	1:38:16
183 Kathryn Tolford	39	1:38:17*
193 Archer Wright	48	1:38:53
195 Coreen Corsetti	28	1:39:18*
198 Ira Cohen	41	1:39:25
209 Betty Rines	36	1:40:23*
221 Brigitte Edquid	45	1:41:41*
223 Brian Flynn	33	1:41:49
225 Rocco Corsetti	46	1:42:01
236 David Young	41	1:42:38
238 Michael Cavanaugh	42	1:42:48
241 Stephen DiPalma	38	1:43:07
247 Christopher Dowe	33	1:43:27
249 Cindy DiPalma	35	1:43:33*
263 Patricia Ianni	34	1:44:51*
270 Robert Green	45	1:45:17
310 Dennis J. Connelly, Sr.	45	1:48:56
317 Orlando Delogu	56	1:49:18
328 Tina Marzul	30	1:50:56*
332 John Flaherty	41	1:51:11
348 Joan Tremberth	48	1:53:02*
361 Gary Johnson	47	1:53:48
364 Carleen Davis	30	1:53:59*
369 David Conley	53	1:54:11
375 Ed Francis	50	1:55:04
384 Dan Davis	27	1:55:31
393 Diane Daley	37	1:56:46*
402 Harriet Turkanis	40	1:58:08*
416 Tom O'Connor	42	2:01:19
424 David Edgerton	34	2:02:18
425 Sherry Missig	42	2:02:22*
427 Jane Dolley	45	2:02:39*
428 Ken Dolley	57	2:02:41
440 Milt Dudley	41	2:05:27
451 Laurie Curtis	46	2:08:04*
460 Ann Blanchard	36	2:09:22*
499 Julius Marzul 3,65&over	67	2:37:31
500 Robert Marzul	32	2:37:31



The Future MTC

Many thanks to Ruth Hefflefinger for complete results!

Race Results

2nd Annual Maine Marathon Portland to Yarmouth & Back October 3, 1993 355 Finishers

Top Overall Finishers:

1 Patrick Sullivan	32	2:35:00
2 Bob Lewis	38	2:38:24
3 Steven Hertford (MTC)	33	2:39:26
4 Jim Toulouse (MTC) USAT&F	45	2:41:01
5 Stu Hogan	31	2:44:34
56 Mary Meehan	27	3:05:58*
64 Wendy Lane	34	3:07:55*
65 Julie McGee	33	3:07:58*
81 Gina Spear Burrows	28	3:12:19*
91 Kim Layman	34	3:14:29*

Other Top Divisional Finishers:

David Lee wheelchair	24	2:24:41
6 George Bochus 29&under	27	2:45:44
7 Peter Hagerman 40-44	42	2:45:45
41 Bob Coughlin 50-54	54	3:01:55
63 Robert Payne (MTC) 55-59	55	3:07:39
109 Tracey Bernett 35-39	38	3:18:10*
112 Marjorie Podgajny 40-44	40	3:18:25*
179 Richard Fedion 60-64	60	3:36:22
182 Corky Keeffe 50-54 USAT&F	50	3:38:14*
186 Judy Connally 45-49	49	3:38:44*
302 Carlton Mendell (MTC) USAT&F	71	4:11:51
305 Jean Thomas (MTC) 55-59	57	4:12:37*

Other Maine Track Club Finishers:

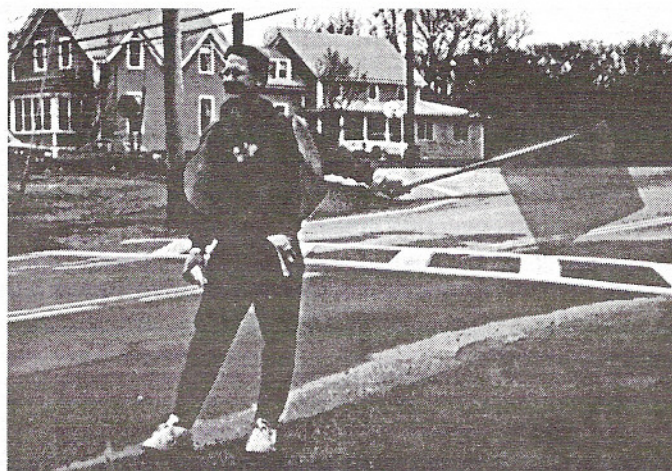
10 Stephen Fluet 3,35-39	35	2:50:14
13 Paul Days-Merrill	39	2:51:51
22 Craig Wilson 2,40-44	44	2:56:03
24 Michael Reali	39	2:56:16
25 Gordon Scannell 3,40-44	40	2:56:50
29 Harry Nelson	39	2:57:27
31 Alburn Butler	39	2:57:49
33 Steven McGrath	38	2:58:26
43 Ronald Deprez	49	3:03:33
50 Raymond Dupon	38	3:05:23
58 Ron Cedrone	44	3:06:06
62 Kevin Jenkins	36	3:07:22
66 Robert Dunfey [Eileen's broth.]	42	3:08:07
86 Kurt Nielsen	38	3:12:54
40 Rosalyn Randall	43	3:24:49*
170 John Dorsey	47	3:34:31
172 Ann Strohm [2nd mar & PR]	29	3:34:57*
181 Stephen Assante	42	3:37:50
193 Hubert Strom 2,60-64	64	3:40:36
197 Richard Robinov	33	3:41:44
214 Loren Lathrop	44	3:45:34
290 Sally Paterson 2,50-59	52	4:05:35
303 Tom McMillan	47	4:11:52
312 Howard Spear [1st mar.]	43	4:15:48
336 Pamela Kinner	34	4:36:28*

Many thanks to Ruth Hefflefinger for complete results!

4th Annual Lifeline 5K Walk/Run Portland Back Cove Certified Loop October 2, 1993 150 Finishers

1 Mike Grigware	29	16:29
2 Steve Podgajny	43	16:56
3 Ken Botting	33	17:03
4 Susannah Beck (MTC)	25	17:40*
5 Joel Croteau	49	18:15
10 Joe Richards (MTC)	50	19:19
14 Dave Smith (MTC)	52	20:06
15 Peter Bastow (MTC)	57	20:22
16 David Paul (MTC)	48	20:24
17 Darrick Luce	14	20:27
22 Connie Hallett	34	21:11*
26 Sheila Crichton	29	21:48*
27 Greg Parker (MTC)	35	21:48
32 Diane LaVangie (MTC)	35	22:13*
33 John Gilbride (MTC)	62	22:14
34 Julie Fitzgerald	28	22:24*
38 George Conly (MTC)	45	22:45
40 Kitty Kelley (MTC)	46	22:50*
50 Kristen Cahill	18	23:35*
59 Linda Richards (MTC)	30	25:06*
65 Bob Perkins (MTC)	50	25:29
66 Carol Gieringer	14	25:33*
73 Jessica Parker (MTC)	11	26:30*
74 Chris Conly (MTC)	12	26:51
93 Wayne Clark	39	28:57
98 Kathryn Harris (MTC)	48	29:50*
99 Widge Thomas (MTC)	69	30:02
109 Don Penta (MTC)	47	32:35

Many thanks to Ted Cunningham for complete results!



The Unsing Hero — A Maine Track Club Volunteer

Maine Track Club

Welcome to our Annual Banquet

This is our night to be with our friends, enjoy great food, honor our award winners, and dance the night away.

Where? The Portland Club

When? Saturday, January 8, 1994

Time? 5:30 social 6:30 dinner

The Food? Lemon Tree Caterers

The Menu? Chicken parmesan, meat and cheese lasagne, mixed italian vegetables, antipasto salad tortellini and marinated veggies, assorted relishes, fresh rolls, stuffed tomato, ice cream puffs

cash bar

The Elmore Trust Band

Come join us..... Lets celebrate a great year for our club and welcome the new running year.

please note : reservations required by Dec.30..... tickets will not be sold at the door

Name (s) _____

Phone _____ Amount enclosed _____

Make check payable to Maine Track Club and mail to MTC Banquet, P.O Box 8008
Portland, Me. 04104. Please mail before December 30, 1993

\$ 17.50 per person

\$ 9.00 children under 12

November 23, 1993

Dear Track Club Members,

In the coming year I will be following in the fine tradition of Mel Fineberg and Judy Grassi as the new Maine Track Club Clothing Manager. I hope to do a good job providing high quality clothing that our membership will find comfortable, attractive and functional. In order to meet these goals, I need your help and input regarding changes you would like to see in our clothing. I have had numerous conversations with many of you regarding your dissatisfaction and thoughts for improvement. I decided to develop a tool to solicit your feedback on a more formal basis.

Attached is a survey which will help me to zero in on what is needed or desired by the majority of club members as it relates to our club's clothing. I would appreciate your input on this matter and would add that if you are one of those who are dissatisfied with the clothing, the time to speak up is now! If you wait until after a formal vote is made on this issue, you will be too late.

This survey is designed to help me find out what you want. This is not a voting ballot on the clothing issue. A formal ballot will be developed from this survey and a period of discussion will be built into a club meeting agenda once a proposed ballot is formed. An announcement of the vote will be made in the club newsletter before the meeting in which the vote will be cast.

Please help me to bring resolution to this issue by taking an active role in this survey. No new clothing will be ordered for the club until this is resolved. Send the completed survey to me at my home address:

Don Kent
158 Warwick St.
Portland, Maine 04102

Thanks for your input, if you have questions regarding this please call me at 871-7870.

Shaver!!
[Signature]

Please circle your desired response to each question.

- 1) I currently wear Maine Track Club Clothing and am satisfied with all aspects of the clothing. yes no
- 2) I currently do/do not (circle) wear Maine Track Club Clothing and I don't like (circle all that apply):

color style fit logo quality cost

Please comment on your choice(s):

.....
.....
.....
.....
.....

Other reasons you dislike the clothing: (Please be specific)

.....
.....
.....
.....

- 3) What articles of Maine Track Club clothing would you be most interested in purchasing if you were satisfied with all aspects of the clothing? (mark all articles that apply)

singlets shorts windsuits baseball caps gym bags

crew neck sweatshirts hooded sweatshirts golf/polo shirts

running/painter's caps children's clothing stocking caps

spandex/lycra tights short sleeve T-shirts

long sleeve T-shirts gloves/polypro winter cotton gloves

winter headbands summer headbands

Other (please list):

.....
.....
.....
.....
.....

- 4) Would higher cost for Maine Track Club clothing be acceptable to you if the clothing were a high quality name brand such as Hind, Bill Rodgers, Tinley, Dolphin, Best of Times, Nike, Asics, etc?...
- yes no

Please comment:

.....
.....
.....
.....
.....

- 5) Team clothing is least expensive when you choose the common colors offered in their line. Of these colors I would prefer:
(Please rank these in your order of preference--ex: #1=favorite)

Hind:

purple gold navy maroon royal black
red dark green

Bill Rodgers:

black neon yellow navy royal red
neon green spruce

What color combinations would you prefer? (example: royal/white)

enter choices here:

.....
.....

- 6) I would prefer to stay with the green and gold colors we have
now. yes no
- 7) I would agree with our current green and gold if the green were
a darker color. yes no

Suggestions:.....
.....
.....
.....
.....

- 8) If the opportunity to purchase running shoes at a team rate were
available I would be interested in doing it through the club.
 yes no

Only through a local dealer through a catalog is ok

both choices are ok with me

.....
.....

Do you have additional thoughts or suggestions on improving the Maine Track Club clothing? Please give me your suggestions or ideas in the space below. Thanks for your input, hopefully this will move us a step closer to resolving this issue and ordering new items.



Maine Track Club 1993 Officers and Committee Chairs

Tom Dann	President	985-2727	Donna Moulton	At Large	799-2894
Mel Fineberg	V. President	774-8868	Pat Buckley	At Large	773-4562
Reggie Sargent	Secretary	967-5629	Russ Bradley	At Large	799-3864
Steve Assante	Treasurer	642-4298	Dale Rines	Course Cert.	854-2486
Carol and Sumner Weeks	Past Pres.	774-7302	John Gilliss	Course Cert.	879-0222
Charles Scribner	Race. Comm.	772-5781	Don Penta	Statistician	892-4526
Laurie Quint	Membership	657-2426	Howard Spear	Equipment Mgr.	856-6496
Jeanne Hackett	Newsletter	879-0678	Judy Grassi	Clothing	774-9656
Maureen Sproul	Photography	926-4681			

Maine Track Club Membership Application

(Please check one) ☐ Individual (\$12) ☐ Family (\$15) ☐ Student — 18 year old maximum (\$5)

Membership is through December of the current year. Dues paid after September 30 are good through December of the following year.

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Last name _____ First name _____ Gender (M or F) _____ DOB _____

Street address _____ Home phone _____

City _____ State _____ Nine-digit ZIP* _____

*We need nine-digit ZIP for mailing newsletter. Consult a utility bill for your nine-digit ZIP Code.

Employer _____ Occupation _____ Bus. phone _____

Employer _____ Occupation _____ Bus. phone _____

If student, school _____ Yr. of grad. _____

If student, school _____ Yr. of grad. _____

Volunteer Waiver

To be signed by each new member in the household. Applicants under age 18 require signature of parent.

I know that volunteering to work and participating in Maine Track Club events is potentially a dangerous activity. I should not participate or volunteer unless I am medically able. I assume all risks associated with participating in or volunteering at Maine Track Club events, including, but not limited to, falls, contact with participants, the effects of the weather, conditions on the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, its representatives and successors from all claims or liabilities of any kind arising out of my participation in Maine Track Club activities, even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Signature _____ Date _____

Signature _____ Date _____

Signature _____ Date _____

Please mail completed form and check to: Membership, Maine Track Club, PO Box 8008, Portland, ME 04104