

Maine Track Club



February 1988

Run with a friend...

UPCOMING MEETINGS

Next Membership Meeting

Wednesday March 9, 7pm SMVTI

CERTIFIED TAC OFFICIALS NEEDED

By Frank Glynn,

Maine Certification Chairman

One of the major provisions of the Amateur Sports Act 1978, enacted by Congress and signed into law in October of that year, was that all of the United States national governing bodies for sports on either the Olympic or Pan American Games programs were required to have individual autonomy by November 1980.

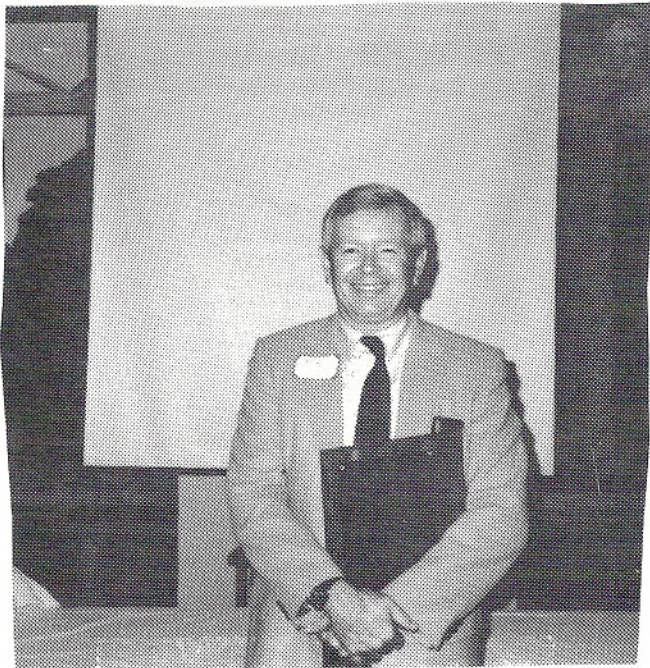
Continued on page 6

MTC Banquet Success!

see inside for details...



THE CHANGING OF THE GUARD
PHIL PIERCE, CHARLIE SCRIBNER



KEN DOLLEY, 1987 WINNER
JOHN FYALKA AWARD FOR
OUTSTANDING CONTRIBUTION

IMPORTANT

IT IS TIME TO RENEW YOUR MTC MEMBERSHIP. PLEASE SEND YOUR CHECK, ALONG WITH THE RENEWAL FORM ON THE BACK PAGE OF THIS NEWSLETTER TO P.O. BOX 8008, PORTLAND, MAINE 04104. YOU WILL RECEIVE ACKNOWLEDGEMENT OF RENEWAL, ALONG WITH A MEMBERSHIP CARD, LIST OF UPCOMING RACES, AND TENTATIVE PROGRAM LIST.

ON APRIL 1, 1988, ALL MEMBERS WHO HAVE NOT RENEWED WILL BE DROPPED FROM THE ROSTER AND MAILING LIST.

Membership Renewal Reminder!

Renew your MTC Membership by filling out the back page form and sending in your dues right away! You won't get future newsletter issues if you don't

Now that February is in full swing, there is light at the end of the winter tunnel! For those preparing for Boston or the TRIALS, hang in there. Let us hope for a few more mild weekends. At least now there is some daylight (reduces the risk of losing an ankle in a ditch!)

Thank you again to those who contributed to this month's newsletter effort. I know that there are more of you out there Please let us know what you're up to. Keep the membership posted on all the humorous, interesting, and even ridiculous adventures in your running life!

Please bring any items for the newsletter to the March 9 membership meeting or mail to 3 Bridge View Terrace, Kittery, Maine 03904, by Thursday, March 10, 1988. Thank you, everyone, for your patience. At some point, I will get things back on schedule. Special thanks to Marie Wood for the banquet photos!

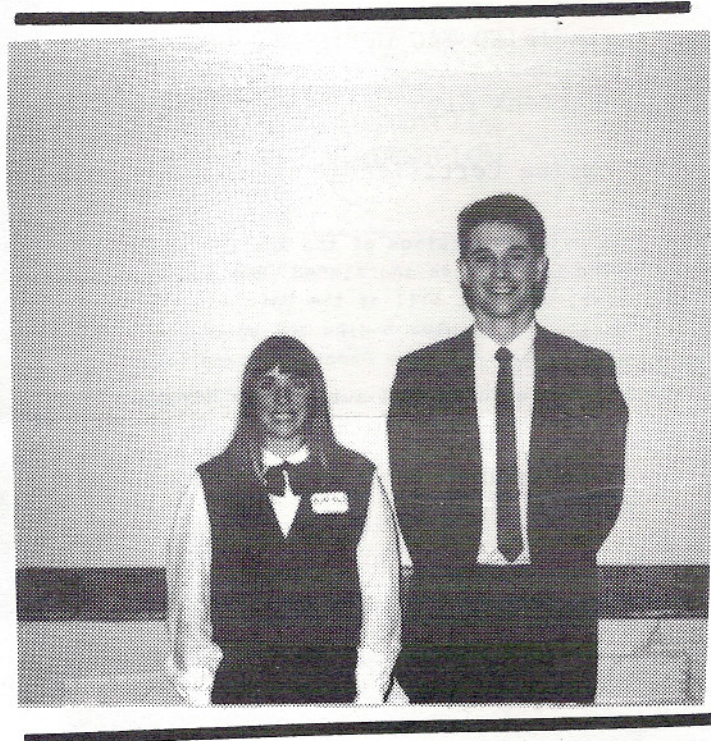
Happy Running. Remember, the groundhog told us that Spring is just around the corner.

T-SHIRTS TO AFRICA! Bruce Ellis has shipped a total of 158 shirts. Keep them coming!

Jennifer Rood
Jennifer Rood



Photos by Marie Wood



The Maine Track Club Newsletter is compiled monthly. Circulation 400. Related material may be copied with acknowledgment. Editor: Jennifer Rood.

TREASURER'S REPORT

TREASURER'S REPORT

BANQUET FINANCES

Expenses \$4118.28
 Receipts \$1776

 Costs \$2342.28



Richard K. Strout
Treasurer

TREASURER'S REPORT

January 6, 1988

Funds on Deposit December 4, 1987

\$ 7,785.13

Receipts:

Turkey Trot \$ 401.00
 Clothing \$ 15.00
 Membership \$ 49.00
 Handicap Race \$ 99.00
 Interest \$ 41.76

\$ 605.76
 \$ 8,390.89

Disbursements:

*Phil Pierce - Refreshments \$ 24.01
 *Tom Brunich - Speaker
 December meeting \$ 50.00
 *Post Master - Portland \$ 100.00
 Postage - newsletter

\$ 174.01
 \$ 8,216.88

Funds on Deposit January 6, 1988

Richard K. Strout
Treasurer

RUNNERS BEWARE!!!!

Marathon runner mauled by dogs

By James N. Dunbar
Herald News Staff Reporter

A Middletown long-distance runner who received 50 stitches after he was mauled by two large dogs as he jogged near his home Friday, vows he'll be in shape for Boston's marathon in April.

"I almost didn't make it, it was something brutal, a vicious attack and I'm really hurting," William Kluth, 34, of 662 Green End Ave., Middletown, said Friday night. "They were big dogs. They dragged me around and bit me all over. It was something one doesn't like to think back on."

Middletown Police reported that the two German shepherds involved in the attack on Kluth about 9:30 New Year's Day on Morrison Avenue have been seized and impounded, pending a hearing to determine if they are vicious.

The dog's owner, identified by police as Gerald Pimental, 59, of 3 Scotty Drive, Portsmouth has been charged with failing to

restrain dogs. Police said he is slated to answer the charges in district court, Newport, on Tuesday.

Kluth told police that he was jogging past 63 Morrison Ave, Middletown when the two, white shepherd dogs ran out and began biting him on the legs, arms, hands, face, and body, knocking him to the ground.

"I was heading out for a 13-mile run. It takes about an hour and 30 minutes but I wasn't two minutes from my house when the dogs came out and started at me. One was a female and the other a male. I had seen dogs like them in pens at the rear of the house where I run by regularly. Only this time they were loose," said Kluth.

"One had me under the armpit and wouldn't let go, the other had me by the hand where I really have a bad laceration. I yelled for help, managed to get to my feet and pulled them toward the house about 20 yards away. I had to knock one of the dog's head against the side of the house to get him loose. I tried to

get the screen door open. Finally I pried the other dog loose."

Kluth said one dog ran off frightened and finally the other let go and the owner appeared, called the canines, and took charge.

Police said Kluth was taken to Valley Emergency Center in Middletown where he was treated and received 50 stitches.

"I was bitten in several places all over my body. I had face bites but luckily they didn't need stitching. But I have a bad wound under the arm and on the hand and legs."

Kluth is employed as a maintenance worker by the Newport School Department and is pursuing a degree in education at the University of Rhode Island so that he can teach.

He has been running for 10 years and for the past five years has competed in the marathons in Boston. "Thank God I was in good shape to get through this. For a time there I didn't think I was going to make it. I'll get in shape to run soon again."

Contributed by Don Stanhope
Wakefield, R.I.

Fall Run
Fall Run
10/18/87

BOSTON TO BANGOR

By Phil Pierce

BOSTON TO BANGOR

The Running Dilettante's Guide to
Selected Road Races

Race of the Month: There is no race of the month in January or February. We are now more than half-way through the winter and training runs are maintenance runs. Most of us have gained weight since December and now must begin restraint in eating. With the decrease in mileage, the pounds have mounted. Or with no decrease in mileage, the cold seems to make us feel hungrier, so we have eaten more. Even if you have increased your mileage, weight tends to pile up in the winter. If not, you are one of the lucky ones!

With the Maine Track Club Banquet behind us, we are off and running for another year. February, with its snow and cold, is a good time to relax, maintain, and watch what you eat. Forget those intervals, fartleks, and speed workouts. Go with the flow and build that endurance base. The time to race is coming; the time to rest is now. Good luck and see you on the roads.

February 7 Sri Chinmoy Inspiration Marathon Hampton Beach, NH. 8 a.m. Seagate Motel \$5.00; \$7 post. Sudheya Rosenberg (617-275-7429).

February 14 MTC's Midwinter Classic 10 Miler. 12 Noon. Cape Elizabeth High School. Contact Bob Payne (655-6006) (A new, faster course!)

February 20 Skowhegan Frostbite 5K. 11 a.m. Skowhegan High School \$5, \$6 post. Contact Bill Stone at Skowhegan H.S.

February 21 DeMer's Track Classic, Lewiston. 9 a.m. Bates College \$3.00, \$1 youth. John LaFreniere, c/o Demer's Plate Glass Co., PO Box 1562, Lewiston, ME 04240 (784-5405)

February 21 Tenth Annual Showfest 5 Miler Augusta Civic Center, 12 noon. \$5. Maine Road Ramblers, (Only one hill!)

February 28 Hyannis Marathon/Half Marathon, Hyannis, Mass. 10:30 a.m. Barnstable H.S. \$10/\$8; \$12/\$10 post. Jack Glennon, Cape Cod A.C., P.O. Box 1678, Hyannis, Mass. 02601 (617-778-6965) (If you go, let me know what you think)

March 13: 9th Annual Killarney's 10K. 12 Noon Holiday Inn. \$6. Central Maine Striders, P.O. Box 1177, Waterville 04901 Jerry Saint Armand (207-873-6753) (A great 10K!)

March 20 10th Annual Boston Primer Road Race, Maranacook Community School, Readfield, 11:00 a.m. 15 miles, \$5. Race is tentative; call Russ Martin at 622-1258 to confirm. (This is THE TRAINING RUN for Boston!)

March 20 New Bedford/Bank of Boston Half Marathon 11 a.m. at the Bank of Boston (take I-95 Exit 15 to Downtown Exit) \$25,000 to be awarded. \$12, Jan. 1-March 18; \$15 March 19-20. Contact Susan Foster, 69 Frest Street, New Bedford, Mass. 02740 (617-997-8031) (One of New England's best races: Ron Cedrone and John Gale are planning to go)

April 2 Great Lite Beer Maineiacs Down East Half Marathon. Bangor, ME. Holiday Health and Racquet Club. \$6. No race day registration. Dave Winslow, 101st AREFW-RS Maine Air National Guard Base, Bangor ANGB, Maine 04401 (207-941-0464)

Race Directors take note: If there is a race you would like to make 400+ members of the MTC aware of, drop me a line: Phil Pierce, 79 Waites Landing Road, Falmouth, Maine 04105.

Runners take note: Always check with race directors. Some of the races listed herein have recently changed race dates. The information contained herein was accurate as of February 1st!



Classic winner

Stuart Hogan wins the Mid-Winter 10-Mile Classic in Cape Elizabeth Sunday with a time of 55:44. Sally Perkins was the first woman to finish, at 65:16.

Portland Free Herald 2/16/86 Staff photo by Chris Church

COAST TO COAST FOR THE AMERICAN LUNG ASSOCIATION

by Toni Parise

COAST TO COAST for the AMER. LUNG ASSOC.

In late December I received what I thought was a letter from a good friend from Massachusetts. I opened the envelope to find three pages of literature describing a 3400 mile bicycle trip to raise funds for the American Lung Association. It was signed, "Thought you might be interested in this..."

My first reaction was that it would be a great challenge in many ways...certainly the biggest athletic challenge since running my last marathon. I filed the information away, needing some time to think about it.

In early January I began to set some short range goals for myself. I thought of the fund raiser often but I was intimidated by the \$5000 minimum pledge requirement. (Could I raise this kind of money?) I was also concerned about the twelve states and three mountain ranges I would have to pedal! (Would I be physically capable of this?) With much contemplation I decided that the answer to both of these questions was YES! Commitment and determination would be the forces that would help me raise the money. These two qualities would also supply the energy to train sufficiently for such an endeavor.

In 1980 I began running; it was several years later that I started cycling. In both of these sports I consider myself an "enthusiast", not a great competitor. My intent is always to complete the race or accomplish the goal, even if at the back of the pack. My sense of pride and achievement comes through just participating. Every day that I run or ride is a new challenge. It's with this same enthusiasm that I anticipate this new personal challenge.

Most of the money raised will stay right here in Maine. The American Lung Association of Maine is engaged in a battle to eliminate the largest cause of lung disease - cigarette smoking. They are educating children about the dangers of smoking, helping those who want to quit and fighting for laws to protect the health of non-smokers. They run programs to help lung disease victims manage their illness. ALAM gives children with severe asthma a chance to experience the joys of camping. They are tackling occupational lung disease, which is totally preventable. Finally, they

advocate for strict enforcement of Maine and federal clean air laws.

As a member of the Maine Track Club it is my hope that many of you will want to lend support to these worthy causes. You can do so by pledging per mile or any way you want. I am making a large personal commitment. Your contribution will be greatly appreciated! Checks may be written to the American Lung Association and mailed to:

Toni Parise
339 Main Street
Saco, Maine 04072

Need more information? Call:

(H) 282-7389
(W) 799-7303 Ext. 283

please remember that becoming a prime sponsor can save many postage dollars and provide some inexpensive advertising for your business.

UPCOMING RACES

2/1/88

BOSTON GLOBE

Road race schedule

Race details subject to change. Please contact directors before traveling to a race.

Saturday

Cambridge — 2.5 mi. and 5 mi.; 10 a.m.; Fresh Pond; 391-1899.

February 14

Cape Elizabeth, Maine — 10 mi.; Noon; C.E. HS; 207-655-6006 or 207-839-6785.

Brockton — 5 mi.; 1 p.m.; Raymond School; 587-9841.

Fitchburg — 6.2 mi.; 2 p.m.; Log Cabin; 391-1899.

Worcester — 5 mi.; 1 p.m.; Park Avenue Fire Station; 753-0618.

February 21

Andover — 5 mi.; 1 p.m.; Greater Lawrence Regional Tech; 687-1469.

Sharon — 10 mi.; 9 a.m.; Community Center; 784-8396 or 341-1611.

February 28

Hyannis — Half and full marathon; 10:30 a.m.; Barnstable HS; 778-6965.

February 21

Framingham — 5 mi.; 11 a.m.; Industrial Park; 429-5699.

March 13

Loominster — 6.2 mi.; 2 p.m.; Christopher's; 534-8250.

Lowell — 5 mi.; 1 p.m.; Hynes'; 957-4456.

March 19

Holyoke — 6.2 mi.; 1 p.m.; City Hall; 413-534-3301.

March 20

Needham — 6.2 mi.; 1 p.m.; Needham HS; 449-3293.

New Bedford — Half marathon;

11 a.m.; Bank of Boston; 997-8031.

March 27

Boylston — 18.5 mi.; 11 a.m.; Tahan Regional School; 869-6541 or 464-2608.

Framingham — 10 mi.; 1:30 p.m.; Brophy School; 875-0201.

Halifax — 6.2 mi.; 1 p.m.; Halifax Elementary School; 293-5213.

Millis — 5 mi. (women only); 11 a.m.; Millis HS; 376-8668 or 520-1259.

April 2

Manchester, NH — 5 mi.; 10 a.m.; Holiday Inn; 603-668-8711.

To facilitate publication of upcoming races, send listings — please follow the format above and include the date of the race, an application and a verification phone number — to Sports Active Editor, Boston Globe, Boston 02107. Please do not write to the Globe for entry blanks.



NEW MEMBERS

<u>Name & Address</u>	<u>Phone</u>	<u>Occupation</u>	<u>Age/Sponsor/Interests</u>
MacLean, Sterling L. 45 South Pleasant St. Richmond, ME 04357	B442-8498 H737-8780	Fitness Director Midcoast Fitness Club	26 Triathlons
Downs, Richard E. 1272 Washington Ave. Portland, ME 04102	H797-8460	Machinest BIW	42 Fishing, racquetball

The principal effect was that after 90-plus years of dominating the amateur sports scene in the United States, the Amateur Athletic Union, which then held the USA's international memberships for eight sports on the Winter and Summer Games programs, would be out of sports governance within two years; in terms of purpose, the provision was written into the legislation in order to enable each of the sports to operate independently and to be the U. S. member of its own international federation.

First of the Olympic-program disciplines to become independent of the AAU was Athletics. Americans usually use the word as a catch-all - but around the world, "Athletics" is the common denominator for the sports of track and field, long distance running (including road running and cross country), and race walking, in point of fact, since August of 1979 - over a year prior to the deadline for autonomy established by the Amateur Sports Act - The Athletics Congress/USA has been on its own as the sports' national governing body, and as the United States' member of the International Amateur Athletic Federation (the IAAF is the world governing body for Athletics) additionally, and as such, TAC is a Group A member of the United States Olympic Committee.

Quite understandably, the change prompted a number of significant questions - and the responses to those which continue to be asked provide not only an overview of The Athletics Congress organizational structure - but also a description of its purposes, programs and responsibilities.

One responsibility which Maine TAC has neglected during recent years was a continuation of the fine program of training officials. Frank Sabastanski, the late track and field and cross country coach at Bowdoin College and long-time President of the Maine AAU was extremely active in training his Maine Track Officials Association volunteers but since he passed away an officials program has been neglected. During the 1986/1987 college indoor and outdoor track season many coaches complained about the difficulty they were having in locating qualified officials.

Most of us have had the unfortunate experience of having attended track and field meets, either as a coach, competitor or spectator, which seemed to drag on primarily because there was a lack of qualified officials at the meet. Excellent officials have lost a degree of competency, in many cases, because there is no communications vehicle available to emphasize rule changes and the intent of such changes. Meets such as these do nothing to inspire competitors to better performances, nor do they promote track and field spectatorship. Behind successful meets are officials or a group of officials who make the meet successful. Someone has to direct the activity and anticipate the needs of everyone involved. Successful meets don't just happen, they have to be made successful.

TAC/USA, the national organization, decided that a national effort was required to develop methods and procedures for appropriate instruction, testing, assignment, supervision and evaluation, and certification of those deemed qualified. At the 1980 TAC convention the National Officials Committee was established with the responsibility to establish and monitor the overall policy for the training and certification of officials.



MTC Banquet! January 23



Track Official Certification Applications have been mailed to nearly 300 prospective officials. The response has been a pleasant surprise. It is expected that there will be a first annual meeting shortly, at which time officers will be elected and by-laws adopted.

It is planned to design our structure around a number of guiding principles which include the following:

- 1 To create a broadly based officiating program servicing TAC, high school and college athletes.
- 2 To develop an effectively organized officiating administrative structure accountable to its members through annual elections and ongoing communication.
- 3 To emphasize training and continuing education in order to build a reputation for high quality and fair officiating within our Association.
- 4 To develop a volunteer-based organization which would focus on creating high quality officiating, based on the degree of involvement each individual desired to devote to officiating.
- 5 To create a mechanism designed to provide our volunteer officials with the best possible equipment, training, officiating conditions and support.
- 6 To constantly evaluate our efforts and question our assumptions to insure that our actions and methods remain innovative, athlete centered, scrupulously fair, and promotive of an open, equal opportunity, officiating system.

Anyone interested in becoming a certified track official is invited to contact Frank Glynn, 14 Gray Birch Drive, Apartment E-5, Augusta, Maine 04330. The telephone number is 622-9101.

Volunteers!

RACE RESULTS

Turkey Trot 10K

November 22, 1987

Mike Reali
Al Butler
Mike Frost
Dick Lajoie
Ron Cedrone
John Gale
Norman Locke
Patti Locke
Barbara Frost
Lisa Gale
Tammi Butler
Jan Harling
Jodi Reali
Evie Strom
Pat Buckley
Charlie Scribner
Ted Cunningham
Rick Strout
Richard Scribner
Widgery Thomas
Ray Hefflefinger
Ruth Hefflefinger
Bob Perkins
Dick Manthorne
Barbara Hamlin
Brain Alward
David Conley
Russ Bradley
Jennifer Rood
Bruce Steadman
Dick McFaul
Pat Beech
Tom McMillan
Peter Bastow
Ken Dolley
David Crawford
Carlene Ander

5th Annual Twilight 5 Miler - 145 Fin
Skowhegan, ME - 13 August '87

1	Tim Wakeland	24:58
2	John Fitzgerald	25:14
3	Patrick O'Malley	26:07
21	Warren Dean (S)	29:34
23	Anne-Marie Davee	29:58*
33	Robin Emery-Rappa (M)	30:39*
35	Diane Louder	30:48*
36	Karen Salisbury	30:55*
123	Dorothy Stoddard (MTC)	43:00*

Toyota Series Triathlon Championships
9/6/87 - Sunapee, NH - (S:1;B:23;R:6.6)

1	Steve Eisenhour	26	1:57:31
2	Donny Lake	26	2:01:25
3	Paul Barford	24	2:01:27
7	Todd Webber	31	2:04:20
29	Joel Titcomb (MTC)	28	2:18:02
31	Peg Donovan	33	2:18:38*
36	Barry Fifield (MTC)	30	2:20:08
	Steve Kielhack (1st M)		2:23:57
143	G. Chamberlain (MTC)	49	2:37:31
	J. Vanderveen-Dunn (1st M)		2:39:33*

Congratulations, Gordon - 3rd Master
finisher!

Veterans Day Memorial Road Race - 55 Fin.
Wiscasset, ME - 4.5 M - 8 November '87

1	Dennis Karamitros	28	23:16
2	Steve Shea	17	24:45
3	Steve Peterson	38	25:31
4	Joe Bennett	40	25:40
6	Warren Dean	51	26:02
13	Diane Louder	25	28:04*
14	Bob Jolicoeur (MTC)	50	28:21
15	Dick Cummings	50	28:31

TAC Junior Olympic X-C Meets:

and of Orrington placed 223rd
35:12. Mike Sargent of Etna and
placed 275th in 36:50. Brian
ngor finished in 39:19 for 302nd
And Topsham's Dan Dearing,
e Boston Athletic Association,
34:43.

on the race in a
course record 29:58. Lynn Jennings won the
3.7-mile women's race in 19:35.

• Troy Alexander of Augusta, a junior at the
University of Southern Maine, ran the Boston
Peace Marathon Nov. 22, finishing his first
marathon in 3:47.

• Race information and noteworthy accom-
plishments may be sent to Running, Maine
Sunday Telegram, P.O. Box 1460, Portland, Me.
04104.

Glendon R
with a time of
Princeton, N.J.
Newbegin of B
place overall.
running for th
placed 206th in

12/20/89 - Sara H

Shaw's Thanksgiving Day Race - 181 Fin.
 Portland, ME - 4 Miles - 26 November '87

Shaw's Four Miler Continued:

Top Men:

1 Paul Hammond	27	20:15
2 Tom LaRose	19	21:00
3 David Gilligham	18	21:41
4 Stephen Fluett	29	21:45
5 Peter Hall (MTC)	26	21:53

Top Women:

1 Jane Welzel	32	22:48	CR
2 Rose Prest	25	23:53	
3 Debbie Jensen (MTC)	28	24:07	
4 Wanda Haney (MTC)	21	24:21	
5 Deborah Potter	32	24:46	

Top Masters:

12 Lawson Noyes	45	22:39
18 Sandy Utterstrom (MTC)	44	28:59*

Other MTC Female Finishers:

6 Ruth Hall	29	25:08
10 Deb Merrill	31	27:33
12 Jane Dolley	39	28:02
19 Cindy Vokey	29	29:36
20 Jeri Schroeder	40	29:54
21 Jean Thomas	51	31:03
22 Deborah Burduas	38	31:46
23 Susan Davenny	39	32:05
29 Brenda Cushman	46	35:03
35 Ruth Hefflefinger	58	37:39
(39 Total)		

Other MTC Male Finishers:

7 Steve McGrath	32	22:01
9 Bill Skerritt	28	22:17
11 Richard Mulhern	34	22:34
13 John Eldredge	33	22:41
16 Bob Coughlin	49	22:49
20 Brian Milliken	34	23:23
22 Robert Jones	15	23:30
29 Tom Allen	31	23:56
33 John Lunt	28	24:06
34 David Smith	46	24:08
36 Seth Denning	14	24:13
37 Ronald Deprez	43	24:14

(Continued):

39 Greg Dugas	33	24:17
40 Jim Geary	27	24:18
52 Richard Marino	39	24:59
53 Bob Jolicoeur	50	25:14
55 Clint Merrill	39	25:25
58 Norman Locke	28	25:45
63 Will Stackpole	29	26:09
73 Charles Probert	43	26:48
81 Peter Stoops	30	27:30
85 Peter Holloway	45	27:43
90 Bob Cushman	50	28:01
102 Richard Lemieux	42	28:55
103 David Conley	48	28:57
115 Don Penta	41	30:00
117 Russ Bradley	64	30:18
125 Kyle Milliken	8	31:01
127 Dave Horne	50	31:01
130 Joseph Croteau	38	31:27
131 Rick O'Brien	41	31:38
136 Bill Lovett	46	34:18
137 Mel Fineberg	52	34:29
141 James Carroll	78	38:34
(142 Total)		

Congratulations!

Debbie Jensen, 3rd, open*
 Wanda Haney, 4th, open*
 Ruth Hall, 1st, 19 - 29*
 Deb Merrill, 2nd, 30 - 34*
 Jane Dolley, 2nd, 35 - 39*
 Sandy Utterstrom, 1st, 40 - 44*
 Jeri Schroeder, 2nd, 40 - 44*
 Jean Thomas, 1st, 50 - 59*
 Deborah Burduas, 3rd, 35 - 39*
 Brenda Cushman, 2nd, 45 - 49*
 Ruth Hefflefinger, 3rd, 50 - 59*
 Peter Hall, 5th, open
 Steve McGrath, 1st, 30 - 34
 Richard Mulhern, 2nd, 30 - 34
 John Eldredge, 3rd, 30 - 34
 Bob Coughlin, 2nd, 45 - 49
 Robert Jones, 3rd, 18 & under
 Ronald Deprez, 1st, 40 - 44
 Bob Jolicoeur, 1st, 50 - 59
 Bob Cushman, 2nd, 50 - 59
 Russ Bradley, 2nd, 60 & over

Special thanks to Race Director George Towle for complete results.

■ ■ ■
Kim Moody, 32, formerly of Portland and now living in Seattle, qualified for the May 1 women's Olympic Trials Marathon in Pittsburgh. Also meeting the qualifying time of 2:49:59 was **Jane Welzel, 32**, of N. Easton, Mass.,

winner of this year's Shaw's Thanksgiving Day 4-mile race at the Portland Expo. **Joan Benoit Samuelson** and **Julie Brown**, both members of the 1984 Olympic team, also are eligible for the 1988 trials. As of Nov. 1, 196 women athletes had qualified. The deadline for qualifying is March 1.

● **Bob Payne, 49**, of Raymond, was the first Maine finisher at the Honolulu Marathon Dec. 13, finishing his 20th marathon in 3:16 despite a torrential downpour. **Georgianna Hogerty** of Scarborough and **Tom Peterson** of Maine and Hawaii both finished in 4:50.

Portland Expo based 10/25/87

● TAC Portland Expo race schedule: Jan. 2, 300 and mile. Jan. 9, 600 and 2 mile. Jan. 16, 300 and 1,000. Jan. 23, 600 and mile. Jan. 30, 300 and 2 mile. The races are open to all TAC registered athletes, including high school runners whose school is not a member of the girls or boys leagues. TAC registration materials will be available in the Expo lobby prior to the races. Races start at 1:05 and 1:15 p.m. Call 761-2197 (evenings) for information.

● Maine's Sub-5 running club competed in the TAC national cross country championship 6.3-mile race Nov. 28 in Van Cortlandt Park in New York City.

Art Feeley of Auburn placed 167th with a time of 33:50. **Chuck Morris** of Bangor placed 173rd in 34 minutes flat. **Pat O'Malley** of Dover-Foxcroft ran the course in 34:48, finishing 214th overall.

1987 AWARDS

FAST COMPANY
BEST OF TIMES 1987

by Don Penta, MTC Statistician

3 Miles:

15:40 George Towle	36 Doc's Tavern
16:55 Wanda Haney	21 Cele. Gorham
16:48 Jim Paterson	45 Doc's Tavern
22:40 Susan Rose	41 St. Mary's

5 Kilometers:

15:46 Ralph Duquette	30 Reebok - MA
15:53 Peter Lessard	25 R.Dyer Mem.
18:38 Wanda Haney	20 Epstein's*
18:22 Bob Payne	48 McBride Mem.

4 Miles:

20:06 Peter Lessard	25 For Kids
20:40 Peter Lessard	25 Bridgton*
22:54 Wanda Haney	21 For Kids
24:13 Debbie Jensen	28 Bridgton*
22:02 Bob Coughlin	48 For Kids
22:14 Guy Berthiaume	41 Bridgton*
28:38 Nancy Lovetere	43 Oakhurst
29:19 Sandy Utterstrom	43 Bridgton*

5 Miles:

25:13 Ralph Duquette	30 Jim Witt, MA
27:23 George Towle	37 Bangor L.D.*
29:00 Virginia Connors	22 N.E. Harbor*
28:32 Bob Coughlin	48 Pat's Pizza*
36:02 Jeri Schroeder	40 Pat's Pizza*

10 Kilometers:

31:50 Bruce Ellis	35 Rocky Coast*
38:11 Debbie Jensen	28 TAC (track)
38:17 Debbie Jensen	28 Pumpkin*
35:46 Bob Coughlin	48 Turkey Trot
35:53 Bob Coughlin	48 Pumpkin*
45:32 Nancy Lovetere	43 LL Bean*

15 Kilometers:

47:21 Bruce Ellis	35 Schoodic*
1:02:03 Nancy Ellis	34 Sugarloaf
1:02:50 Nancy Ellis	34 Schoodic*
57:36 Bob Coughlin	48 Great Maine
1:10:37 Nancy Lovetere	43 Great Maine

10 Miles:

57:00 Barry Fifield	29 Mid-Winter
58:34 Paul Merrill	33 Bowdoin*
1:03:56 Wanda Haney	20 Mid-Winter
1:09:32 Joan Lee	33 Bowdoin*
1:00:37 Bob Coughlin	48 Mid-Winter
1:17:10 Jeri Schroeder	40 Bowdoin*

Half Marathon:

1:10:42 Bruce Ellis	35 Maine Coast
1:13:59 George Towle	37 Cape Chall.*
1:22:25 Virginia Connors	23 Malden, MA
1:24:26 Debbie Jensen	28 Cape Chall.*
1:20:32 Bob Coughlin	48 Maine Coast
1:44:30 Jeri Schroeder	40 Cape Chall.*

15 Miles:

1:29:44 Steve McGrath	32 Bos. Primer
2:05:22 Patricia Titcomb	29 Bos. Primer

Marathon:

2:19:06 Bruce Ellis	35 Grandma's*
2:21:04 Bruce Ellis	35 Casco Bay*
2:49:46 Kimberly Moody	31 B.A.A.*
3:26:34 Rosalyn Randall	37 Maine Coast*
2:51:40 Bob Coughlin	48 Casco Bay*
3:27:01 Kathy Christie	42 Sugarloaf*

50 Miles:

6:36:13 Paul Merrill	33 MTC*
7:26:18 Rosalyn Randall	37 MTC*
6:51:05 Phil Pierce	45 MTC*

/* indicates a certified course

Maine Sunday Telegram, January 24, 1988

Maine Track Club hands out 1987 awards

Bruce Ellis, winner of the 1987 Casco Bay Marathon and an Olympic marathon hopeful, and Cindy Lynch, winner of eight races around the state last year, were named Maine Runners of the Year by the Maine Track Club Saturday.

Ellis, 35, of Exeter, N.H. and Sheepscot, finished the Twin Cities Marathon in 2 hours, 17 minutes and 54 seconds to qualify for the 1988 Olympic marathon trials in April. Lynch, 27, of Millinocket, set course records in four of her eight victories.

Deb Jensen, winner of the Cape Challenge Half-Marathon, and Jim Toulouse, fifth-place finisher at Casco Bay, were named Maine Track Club Runners of the Year.

University of Southern Maine track coach George Towle and Maine Sunday Telegram running columnist Sara Hobson were honored for their support of running in Maine.

The club honored Barry Fifield as Triathlete of the Year and Roz Randall and Paul Merrill as Ironmen of the Year. Randall and Merrill completed the grueling 112-mile Ironman Triathlon in Hawaii.

First-time marathoners honored

were Joan Radjeski, Kimberly Konieczny and Warren Foye at Maine Coast; Sue Milliken and Gregg Stanley at Casco Bay; Robert Wyman and Marianne Gagne at New York City; and Virginia Connors at Montreal.

Peter Bastow was named Comeback Runner of the Year. The Most Improved Runners were: Ruth Hall and Joel Titcomb in the open division; Carol Weeks and Ron Cedrone in the 30 to 39 age group; Sandy Utterstrom and Bill Davenny in the 40 to 49 age group; and Ruth Heffelfinger and Russ Connors in the 50 to 59 age group.

Bob Sprague, a senior at Gray-New Gloucester High School won the John Fyalka Memorial Scholarship. Also receiving a \$200 scholarship was Denise Harlow of Catherine McAuley High School. Seth Denning and Kristen Berube were named Youth Runners of the Year.

George Prescott was honored as Race Director of the Year for the Pat's Pizza 5-mile Run in Yarmouth in July.

Ken Dole was named the John Fyalka Outstanding Contributor to the Maine Track Club.

MORE RACE RESULTS

Road racing 2/15/88

Maine Track Club Mid-Winter 10 mile Classic At Cape Elizabeth

Men
1. Stuart Hogan, 55:44; 2. Brian Flanders, 56:51; 3. Jim Townhouse, 56:58; 4. Dan Tromblay, 57:15; 5. Steve Grygiel, 57:30; 6. Paul Merrill, 57:40; 7. Barry Fifield, 58:20; 8. Kenneth Flanders, 58:51; 9. Guy Martin, 59:03; 10. Steven Fluet, 59:13.

Women

1. Sally Perkins, 65:16; 2. Deborah Potter, 65:25; 3. Deborah Jensen, 65:26; 4. Wanda Haney, 68:22; 5. Cheryl MacMahon, 69:36; 6. Nancy Corbett, 70:20; 7. Jane Rau, 73:29; 8. Eileen Stergeon, 74:26; 9. Audie Bridges, 74:57; 10. Sandra Wyman, 76:23. Portland Press Herald

Road racing

January Thaw at Belgrade 4.5 miles

Men
1. Lessard, 22:32 (course record); 2. Thibeau, 23:50; 3. McCrea, 24:08; 4. Lons, 24:50; 5. Hastings, 24:53; 6. Bennett, 25:02; 7. Unregistered, 25:09; 8. Reiley, 25:29; 9. Brown, 25:36; 10. Ladner, 25:38.
Women
1. Jones, 28:47 (course record); 2. Merrin, 32:21; 3. Horwood, 33:54; 4. Spring, 34:40; 5. Derrick, 34:51; 6. Wilson, 34:56; 7. Ludwig, 35:37; 8. Bacon, 37:55; 9. Sprout, 38:10; 10. Clapper, 38:41.

1/18/88 Portland Press Herald

1	Dennis Karamitros	32:53
2	Doug Ingersoll	33:38
3	Michael St. Laurent	34:09
4	Thom Thibeau	34:51
5	Jeff Bengtsson	35:05
7	Joel Titcomb (MTC)	35:49
9	Joe Bennett (M)	36:20
11	John Mathieu (MTC)	37:00
16	Brian Milliken (MTC)	37:11
18	Rose Prest (1st)	37:24*
21	Russ Connors (MTC)	37:51
23	Frank Ferland (MTC)	37:56
24	Tom Allen (MTC)	38:08
30	Debbie Jensen (MTC)(2nd)	39:18*
31	Sumner Weeks (MTC)	39:23
35	George Liming (MTC)	39:47
36	Robert Jones (MTC)	40:18
39	Carol Weeks (MTC)(3rd)	40:53*
42	John Watson (MTC)	41:02
54	Dale Rines (MTC)	42:26
59	Catherine McGuire (4th)	42:52*
60	Clint Merrill (MTC)	42:55
72	Deb Merrill (MTC)(5th)	43:38*
81	Bill Green (MTC)	44:34
95	Nancy Lovetere (M)(MTC)	47:32*
100	Patricia Titcomb (MTC)	49:17*
101	Cindy Vokey (MTC)	49:17*
123	Sue Morejon (MTC)	55:40*
124	Roy Morejon (MTC)	56:11

Out of State Races:

- Ralph Duquette:
Reebok X-C Team Challenge 5K
11/21/87 - Milton, MA - 12th
15:46
- Georgianna Hogerty:
Honolulu Marathon - 12/13/87 - 706th*
4:51:09
- Bob Payne:
Honolulu Marathon - 12/13/87 - 304th
3:16:14
- Diamond Head 5 Miler - 12/20/87
12th - 31:07

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