



Dear Club Members,

I will try to explain what made the Maine Track Club special for me. First of all, it was the type of person the club attracted. They were friendly and supportive to members and non-members alike. Our races were popular because runners knew they would be done with efficiency and feeling. Advice on curing a running injury or developing a training schedule was always easy to find.

Our club meetings were unique too. We met in the cafeteria of the Portland Police Station and speakers often had to compete with noise from soda machines. It didn't seem to bother people too much. They just had to sit closer together. Russ, Kim, Charlie, Dick and Herb kept the meetings interesting and informative.

I remember many club runs. The long runs getting ready for the Casco Bay Marathon were always easier because so many did them. The banquet awards always had a long list of Casco Bay Marathon finishers as part of the presentations. These experiences and many others made the club special.

Sincerely,

*Bob Coughlin*  
Bob Coughlin  
President 1982

CoughlinBob 1990