

BRIAN DINGER... I am new to the Maine Track Club and road racing, although I've been running for years. I started running competitively this past January in the Disney Half Marathon as a fund-raiser (my two sons have muscular dystrophy). I didn't know what to expect, but trained using a couple of on-line schedules as a guide. My official time was 1:47:43 which surprised me, as I hoped to finish around two hours due to heat and inexperience. After that race, I continued running for me, but I was talked into trying the Kerrymen Pub 5K/Mary's Walk in Saco and found I enjoyed the races. The rest, as they say, is history.



Races I have competed in since joining the Maine Track Club are Beach to Beacon (558th @ 43:45), Breakaway 5K (77th @ 20:50), Sanford Stampede (16th @ 20:05), Eliot Festival 5K (146th @ 20:12), and Maine Half Marathon (104th @ 1:35:39.)

My goals are to improve my 5K time and to always enjoy running. I will also be running my first full marathon this January at Disney. Again, it is a fund-raiser. I have been running some fairly high weekly miles, yet as there is such a temperature difference, I don't have a high expectation of finishing as well as if I were to run locally. *Photo by Penta*

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