

**Maine Track Club
Officers
And
Committee Chairs**



- Phil Meech, *President* 839-4946
- Mark Grandonico, *Vice President* .. 773-2576
- Mel Fineberg, *Past President* 774-8868
- Ward Grossman, *Treasurer* 985-4966
- Cathy Burnie, *Secretary* 829-5208
- Sandy Walton, *Membership* 846-6577
- Chuck Burnie, *Race Committee* 829-5208
- Charlie Scribner, *At-Large* 781-5585
- Mike Brooks, *At-Large* 783-3414
- Hazel Wightman, *At-Large* 784-8517
- Equipment* Vacant - Help!
- Don Penta, *Statistician* 892-4526
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The deadline for submitting articles and material to the newsletter is the
2nd Friday of the month
prior to the next publication.

The next deadline is April 9, 2004

Virginia Wilder Cross, *New Run layout*

President's Column, from page 1

I would like to congratulate all of our fine members who received awards:

Runners of the Year:

- Overall..... Gretchen Read and Michael Payson
- 19-and-under Elise Moody-Roberts and Matt Rand
- 20-39 Carrie McCusker and Scott Hefferman
- 40-49 Dottie Michaud and Floyd Lavery
- 50-59 Cathy Burnie and Bill Reilly
- 60-69 Polly Kenniston, Beth Branson and Phil Pierce
- 70-79 Terri Morris and Lloyd Slocum
- 80+ John Woods
- Comeback Runner Howard Spear
- Most Improved Mark Grandonico

Other Categories:

- First-time Marathoners..... Michael Chadbourne, David Colby Young and Bob Connolly
- Outstanding Contribution to Maine Running..... Sandy Utterstrom
- Outstanding Race Directors Chris Boynton, Eric Ortman, Don Penta and Ray Shevenell
- Spirit of the Club..... Ruth and Ray Hefflefinger
- Volunteer of the Year Erik Boucher
- Special Achievement..... Mike Brooks and David Colby Young
- MTC Lifetime Achievement Carlton Mendell
- John Fyalka Award Ward Grossman
- President's Award Cathy Burnie and Bob Aube

The MTC held their first board meeting of 2004. We scrutinized the budget for last year and compared it to actual incomes and expenses.

Happily, we exceeded our budgeted income by around \$700 and were \$5,000 under our expense budget. Careful accounting of last year's incomes and expenses have hopefully given us an accurate picture of what the 2004 budget should look like. Please look it over in this issue or on our MTC website.

We will be discussing and voting on this proposed budget at the March 24th Membership Meeting in Jewett Auditorium at SMCC. Please try to be there. Your vote always counts.

Look for a new regular social running group this year as well as weekly coaching for members starting in April or May at (we are quite certain) no additional cost for you.

I believe 2004 is going to be a great year to belong to the Maine Track Club. Be sure to put in the effort to help out in at least three races. See you on the road.

2004 Maine Track Club Budget

	Item	Income	Expense
1	Race Management	\$11,500.00	\$650.00
2	Newsletter/Website	\$500.00	\$3,435.00
3	Risk Mailing		\$400.00
4	Club Telephone		\$750.00
5	Special Events	\$350.00	\$500.00
6	Scholarships	\$700.00	\$1,800.00
7	Equipment		\$1,000.00
8	Equipment Insurance		\$300.00
9	Technology Items		\$2,000.00
10	Membership	\$8,000.00	\$2,500.00
11	RRCA Convention		\$7,000.00
12	Annual Awards Banquet	\$1,300.00	\$4,500.00
13	Photography		\$1,000.00
14	Clothing	\$2,000.00	\$2,000.00
15	Refreshments		\$200.00
16	Coaching		\$500.00
17	General Expenditures		\$2,000.00
	TOTALS	\$24,350.00	\$25,615.00

Phil Meech

Maine Track Club Awards Recipients

Maine Track Club Runners of the Year

This award celebrates the man and woman who have demonstrated the highest level of competitive performance while making positive and substantial contributions to the club. These individuals are dedicated, disciplined, collegial toward other runners, and motivate others to become better athletes.

Gretchen Read



Gretchen has been one of the club's most consistent runners, not just at the master's level but also among all women in general. Her highlights for the year included age-group wins at the Portland Seadog's Mother's Day 5K, Maine Half Marathon (1:36:18), Clam Festival Classic and the LL Bean 10K. She was also won her age group at the Beach to Beacon this year with an amazing time of (43:46). She was disappointed that she would be unable to attend tonight due to a prior commitment, but please join me in a round of applause celebrating her achievement.

Michael Payson



Michael Payson The top men's runner truly has had an amazing year with an overall win the New England X-Country Master's championship in the 8K, overall wins at the Peak's Island 5 miler, the Sportshoe Center Maine 1/2 Marathon, and at the Great Pumpkin 10K. Michael is one of those gifted runners who get to enjoy the thrill of cutting through the winner's tape often. He also was the second place master at the People's Beach to Beacon, the Eliot Fest 5K and the Covered Bridge Half Marathon. With the times that he logs, it's hard to believe that he is a master runner. Michael the Maine Track Club is proud to call you one of our own,

and we congratulate you on all of your achievements.

Comeback Runner of the Year

Some people define winning as being able to capture the trophy for the fastest time - others find inspiration in watching those who have had to overcome obstacles to achieve personal triumphs. This award recognizes one such special runner who has demonstrated mental and physical toughness in order to overcome some medical issues - and in the process, has served as a positive example to others.



Howard Spear receives award from Phil Meech

Howard Spear has been super involved in the club as co-director of the Marathon and is always available to help in any way. Along the way he was able to log competitive times in the Mid Winter 10miler the LL Bean 10k and the Portland Trails 10K among others. Please come forward to accept your well-deserved award, Howard.

Most Improved Runner of the Year

This award gives special recognition to the runner who has improved running performance through hard work, training, discipline and perseverance.

Mark Grandinoco A comparison of Marc's 2003 time to his 2002 time alone qualifies him for this award - in 2002 he ran it in 4:13:41 and in 2003 finished in an amazing 3:36:26. But the



Mark Grandinoco

improvements were not in the Marathon alone. He shaved almost 2 minutes off his time in the Sea Dogs 5K, and over 2 minutes at the Burn off the Turkey 5K. You must have been doing something really right with your training this year, Mark - perhaps you were inspired because you were elected as the new Vice President of the Club? Congratulations on an outstanding year, Mark.

Outstanding Contribution to Maine Running

Sandy Utterstrom



This award is presented to the person who consistently shares his/her personal talents in an effort to support running in Maine, and assists runners throughout the state. Through her leadership, willingness to share her expertise, and unwavering dedication to helping with races, **Sandy Utterstrom** has made a substantial and enduring contribution to the sport. Sandy has been one of the club's most active volunteers since its inception in 1979. She's a past club president and race committee chairperson, and she consistently volunteers for most MTC races. In addition, she has offered her expertise to help many smaller races get off the ground. It has been said that the Breakaway 5K would not exist today if it were not for her, and she undoubtedly can be counted on to help with any event. She scares us every year by threatening that she might retire - we'll be grateful for another 25 years of tremendous service. Thank you for all you do, Sandy.

Watch the next issue for more award recipients....

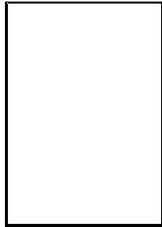
Address Corrections

Please let us know if your address changes. The newsletter is usually mailed by bulk mail and will not be forwarded to you or returned to us. Thank you.

President's Corner

By Phil Meech

Look at that! Our New England weather is starting to really improve and another racing season is upon us. It seems that the MTC Race Committee has done a splendid job of finding people to direct all of our races. I will be directing at least three events myself.



Phil Meech

By the way, I am not sure if you know it or not but those Race Directors are unpaid members of the club- just like you! And they are giving up some of their time to make sure there are plenty of fun and well managed races each year. Don't get me wrong. Managing a race is a very rewarding experience. We wouldn't do it if we didn't love the sport. However, it takes a lot of work to make it come off successfully. And finding helpers- what a chore!!! Most Race Directors find they need to resort to begging people to help. I know! I am one of those people that does the begging. As the time gets near for one of my races, I have persistent nightmares that nobody shows up on race day to help out.

I don't mean to complain because there are quite a few members I can always seem to count on, that always seem to be helping out. You probably see these same folks

See President on page 2.

Maine Track Club Awards Recipients

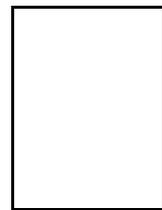
Age Group Awards:

These awards recognize the male and female runners in each age category who have demonstrated a high level of competitive performance while making positive contributions to the MTC in other areas. These runners are fast, consistent, strong and make every race exciting to watch. (Female runners are listed first)

Outstanding Runner

(19 and under)

Elise Moody-Roberts A state Class B X-Country champ and second place overall finisher at the New England meet; this very exciting young runner has logged some impressive times at a very young age: with a 1st overall finish at the Portland Boys and Girls Club in 32:04, 1st place age group at The Beach to Beacon 10k with a time of 38.32 and 1st place at the Portland Sea Dogs Mother's Day 5k with a time of 19:00 Congratulations on your outstanding achievement, Elise.



Elise Moody-Roberts

Matt Rand is an inspiration to us all who at just 12 year old ran a number of strong races this past year. He ran the Irish Rover 5k in a time of 21:51, the

Rotary Bridge 4 miler in 28:41, placed 2nd in the Dan Cardillo

Memorial 5k with a time of 21:11 and an impressive 28:10 in the Portland Thanksgiving Day 4miler. The Maine Track Club is proud to honor you Matt. Please join me in congratulating this impressive young runner.



Matt Rand

See Awards, page 4, 5.

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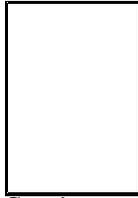
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Maine Track Club Awards Recipients

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Outstanding Runner (20-39)

Carrie McCusker had an outstanding year with a first place age group finish at the Hannaford Turkey Trot 5k, 1st place finish at the Shipbuilders Triathlon, 1st place finish at the Maine Sport triathlon and 3rd place finish at the Boys and Girls Club 5miler. In a tough age group, she is definitely one of the runners to beat. Congratulations, Carrie



Carrie McCusker

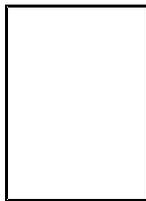
Scott Heffernan left many other runners in his dust this year. We watched him finish 1st at the St. Peters 4miler, the St. Andres Church 5k and the Maine Running Hall of Fame 5k. He also captured 2nd place finishes at the Breakaway 5k and the Hannaford Turkey Trot 5k. Congratulations on a great year, Scott.



Scott Heffernan

Outstanding Runners (40-49)

Dottie Michaud is new to competitive running and she had a very outstanding year. She placed 1st at the Irish Rover 5k, the Rotary Bridge 5k and the Memorial Mile running at a 5:36 pace. She earned age group seconds at the Clam Festival 5 miler, the Portland Sea Dogs 5k and among a competitive field at The Beach to Beacon. Dottie has also been very active on the Special Events and Awards Committees. We're proud to recognize and have you part of the MTC running family.



Dottie Michaud

Floyd Lavery A dedicated and disciplined runner, Floyd races at almost every conceivable distance - 5Ks, 10Ks Marathons you name it. And it appears that Floyd ran in just about every single race offered in Maine this past year. Not only does he run frequently but also he runs well - he was the overall winner of the Maine Running Hall of Fame and placed second at the St. Peter's 4 miler, the Burn off the Turkey 5k, and the Mid Winter Classic 10 miler. Congratulations, Floyd



Floyd Lavery

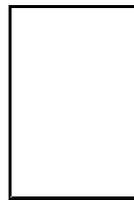
Outstanding Runners (50-59)

Cathy Burnie competed in a great number of MTC races in 2003 and did so while working through an injury this past year. Any problems that she may have had last year did not slow her down on the course placing 1st at the Hannaford Turkey Trot and Burn off the Turkey 5k, with 2nd place at the Peaks Island 5k or when it comes to promoting and working on MTC running events. She raced in numerous races, served as Club Secretary and at the same time volunteered on almost all of the events and committees. Congratulations, Cathy.



Cathy Burnie

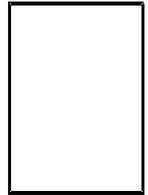
Bill Reilly is another age group over-achiever who is well recognized in the running community. Bill won his age group title at the Irish Road Rover 5k, the Bridgton 4 on the 4th, the Winners' Circle New Years 10k and the Kerryman's Pub 4 miler. He captured 2nd place finishes at the Rocky Coast 10k and the Oxford Hills 8k. Congratulations on a wonderful year, Bill.



Bill Reilly

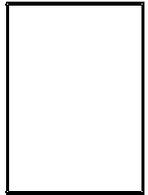
Outstanding Runners (60-69)

Polly Kenniston: A consistent and ultra competitive runner who has maintained a high standard of excellence during a year of personal challenge. She added more 1st place age group finishes to her trophy wall by winning the Dan Cardillo 5k, the Rotary Bridge 4 miler, the Mid Winter 10 mile Classic and the Maine Marathon. She finished 2nd place at the LL Bean 10k and the Beach to Beacon 10k. Congratulations, Polly, on another year of great racing.



Polly Kenniston

Beth Branson: This past year Beth was a top finisher in her age group. Her 1st place finishes include the Irish Rover 5k, the Rotary Bridge 4 miler, the St. Peter's 4miler, the Maine Running Hall of Fame and the Portland Trails 10k. She earned 2nd place finishes at the Portland Sea dogs 5k, the Peaks Island 5miler and the Great Pumpkin 10k. Way to go, Beth, for an impressive year.



Beth Branson

Phil Pierce: Described by his peers as an extraordinary runner who gives 100% Phil races 5k's to 100-mile races as a fierce competitor. Dr. Phil finished first in the Boston Prep 16 miler, the Oxford hills 8k and the Bradford Valentine 5 miler. He captured a noteworthy 2nd place in the Sub 5 Track Club Road series. In September he traveled to Ontario, Canada to run a tough 100-mile trail run where he was the only one over 60 to finish the race and placed 15th overall. Always supporting the MTC, Phil served as co-director of the Maine Running Hall of Fame 5k. Great job Phil.



Phil Pierce

Outstanding Runners (70-79)

Terri Morris

An active member of the club, and willing volunteer, Terri is also an outstanding runner who accumulated a number of trophies this year winning age group 1st place finishes in the Hannaford Turkey Trot 5k and the Portland Sea Dog's Mother's Day Patriots Day 5M, and the always competitive Eliot Festival 5K and a second place finish in the Portland Sea Dogs 5K. Thank you for all that you do, Terri, and congratulations on this award.



**Terri
Morris**

Lloyd Slocum

Lloyd or "Smokem Slocum" as MTC members fondly name him is positioned in a league of his own. Last year's MTC Runner of the year, he competed in the prestigious USATF events and placed 1st in the 1mile and 2mile competitions. He was inducted into the New England over 65 running club this past year. Close to home Lloyd also had an outstanding season earning 1st place at the Irish Road Rover 5k, the Burn off the Turkey 5k, the Boys and Girls Club 5 miler, the PT 8k, and the Hannaford Turkey Trot Congratulations on a terrific racing season, Lloyd.



**Lloyd
Slocum**

Outstanding Runner (80+)

John Woods

John is the Club's most senior member and one of longstanding loyalty to the MTC. Truly an inspiration to us all at age 85 he continues to impress us with his stamina and dedication running. He completed the Weekly Back Cove 5k and the PT8k. Truly, the love of running is in your heart, John, and that's why the Award's Committee wants to recog-



John Woods

nize your accomplishments. Congratulations John!

Race Directors of the Year

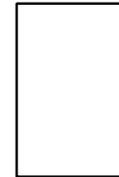
This next award recognizes four individuals who were faced with a tough dilemma and made the right judgment call when put to the test. After months of work and preparation on Mid Winter 10 mile Classic Don Penta, Ray Shevenell, Chris Boynton and Eric Ortmann put their own self-interest aside and put the safety of the runners first by canceling the race when threatening weather conditions made for an unsafe race course. Then, after all that hard work, they had the courage and the stamina to organize it all over again and actually have the race later in the season. It would have been easy to call it off entirely, but they were able to pull off another quality race, despite the interruption of Mother Nature. Congratulations to Don, Ray, Chris and Eric for a job well done.

Spirit of the Club Award

This is award that celebrates those special club members who personify the value of "running with a friend" through encouragement of others, willingness to share talents and gifts, and ability to inject fun and good cheer in MTC events and social activities. In this case that description serves as an accurate portrait of a tremendous couple Ray and Ruth Hefflefinger known to many as a "dynamic duo." Both are longstanding members of the club who devote a lot of time and energy to jumping on the finish line to cheer on runners coming in, volunteering at races, encouraging new runners to keep at it, helping to plan MTC events, and supporting the Club in any way they can. Thanks, Ruth and Ray, for all of your hard work and dedication.

Special Achievement Award

This award is intended to give special recognition to a club member's outstanding achievement or notable accomplishment that might not be properly covered by other awards.

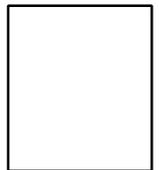


**Mike
Brooks**

Mike Brooks is a person who devotes an incredible amount of energy to traveling around the country for the love of running participating in marathons, and even ultra-marathons, all the while serving as a shining example of Maine good sportsmanship. This year he completed his longtime goal of finishing a marathon in every state in the country, completed his goal of running over 100 marathons and even competed in a 48hour race. He certainly serves as a representative of good will here at home too, always encouraging and supporting other runners, and always willing to help out any way that he can. Congratulations on all of your outstanding achievements, Mike Brooks.

David Colby

David Colby Young is new to the board and has impressed the other members with his willingness to fearlessly take on challenging tasks - namely the newsletter - and by thoughtfully sharing new ideas. The real reason he won this award, however, is because he has earned the distinction of serving as a moving advertisement of the Maine Track Club. David has run 140 races, and according to many sources has proudly worn his MTC singlet at every single race. It has been said "That David Colby Young is everywhere." In all seriousness, David is very dedicated to the



**David Colby
Young**

See Awards on page 6

MTC Awards Recipients

Continued from page 5

mission of the club and is very supportive of all club members. Thank you, David, for your hard work.

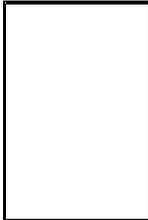
Volunteer of the Year Award

Erik Boucher

The Maine Track club is so fortunate to have many dedicated, enthusiastic and energetic volunteers.

Many, many people go above and beyond what is expected. This year

we recognize someone who is young and is single and a great runner who could have found a lot of other ways to spend his free time but opted to take on a big and important role with the Marathon by serving as the Water Stop Coordinator. This was a huge job that involves coordinating 200 volunteers, a ton of equipment and a tremendous amount of cleanup - and Erik did a super job handling the whole project through his hard work, efficiency and dedication. Please congratulate our Volunteer of the Year, Erik Boucher.

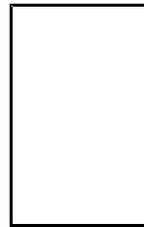


***Erik
Boucher***

John Fyalka Award

Ward Grossman

This prestigious award is given each year in remembrance of John Fyalka, Jr. a runner whose life was cut much too short as a result of an automobile accident. The award recognizes outstanding dedication to the club. Ward Grossman has been a solid anchorperson for the club this year, volunteering at a so many races; we know that he can always be counted on. In addition he served as an integral and indispensable part of the Marathon team by taking on the daunting task of traffic control and by overseeing the assembly of all the race bags for the runners. He has also accepted the responsibility of serving as Club Treasurer for the coming year, filling the big shoes of Carlton Mendell. Ward, we appreciate all of your efforts and hard work over the past year.

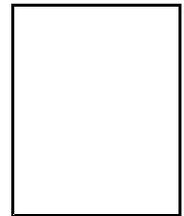


***Ward
Grossman***

Maine Track Club Lifetime Achievement Award

Carlton Mendell This award is the highest honor that the Maine Track Club can bestow and acknowledges the extraordinary efforts of an individual who has made profound and substantial contributions to the Maine Track Club and the sport of running. The recipient of this award

represents the ideals of the club, exemplifies camaraderie and good sportsmanship and through his/her dedication to the sport of running.



***Carlton
Mendell***

Our award winner this year has earned this outstanding recognition through superhuman hard work and dedication. With all those miles logged he has won all the hearts of the Club members and Mainers in general. A running legend, he has been featured in a number of television and newspaper profiles and he never ceases to inspire others. He has won so many awards and distinctions that it would be impossible to list them all, we're sure that he can barely keep track of all the awards. He runs enough races to exhaust the average 20 year old. He still holds 4 American Masters Long Distance Running records in the 100,000-meter, the 100-mile, the 200,000-meter and the 24-hour. He ran his first Boston in 1978 at the age of 56 and is still at it. Truly and inspiration to us all,

Carlton Mendell, the MTC recognizes and thanks you for your years of dedication to the club and to the sport of running.



