

Maine Track Club Awards Recipients

First Marathon Recognition

It is a Track Club tradition to recognize our members who have achieved a running milestone by competing in their first marathon.

Timothy Sickel, Sandy Walton, and Donna Beaulieu have entered the exclusive fraternity of "marathoners". Tim competed in the Kunitake Kona Marathon in June 20, 2004 with a time of 3:57. Sandy did the Marine Corps Marathon on October 31, 2004 with a time of 6:00. Donna ran the Mount Desert Island Marathon on October 17, 2004 with a time of 5:17.



Age Group Awards

The Maine Track club is proud to honor the male and female runners in each age category who have demonstrated a high level of competitive performance while contributing to the club in other areas. These runners are fast, strong fierce competitors and make every race exciting to watch. (Female runners listed first)

(19 and under) Outstanding Runner

Allijson Koenig

This very exciting young runner has logged some impressive times and earned some trophies for her room: with a 1st in age-group finish at the Hannaford Turkey Trot in 19:12, 1st place at the St. Peter's with a time of 25:34, and an impressive finish at the Beach to Beacon with a time of 39:58.

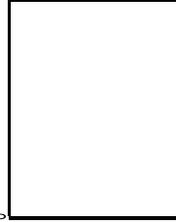


Ryan Dyer ran strong this past year. He placed 1st in the 5K House to Hope Run with a time of 17:52 and logged a super time of 18:53 in the Burn off the Turkey 5K and completed the Memorial Day Mile in an

astounding 5:03. The Maine Track Club is proud to honor Ryan.

(20-39) Outstanding Runner

Robin Carlson had an outstanding year with a 1st place age group finish at the Breakaway 5K with a time of 20:29, she ran the Maine Marathon in a time of 3:31 and at the other end of the running spectrum the Memorial Day Mile in 5:56 – obviously she is a very versatile runner. In a tough age group, she is definitely among the runners to beat.



Ian Parfin has left many other runners in his dust this year. We watched him win 1st in his age group at the Great Osprey 10K in 42:49, complete the Maine Marathon in 3:28 and finish the Hannaford Turkey Trot 5K in just 19:43. Congratulations on great year.



(40-49) Outstanding Runners

Cathy Hepner had a very impressive year, with some significant wins. She placed age group 1st at the Burn off the Turkey 5K in 20:47, and in the Irish Rover 5K 21:18. Also of note, she ran the Beach to Beacon 10K in 42:45 and she placed an age group 2nd at the Kerryman's Pub 4 miler in 27:08. We're proud to recognize and have her part of the MTC running family.



Hans Brandes A great runner, Hans came in 3rd place at the Maine Half-Marathon with a time of 1:23 and placed 2nd at the St. Peter's 4 miler in 23:25, and 2nd at the Great Osprey with a time of 36:57. In an ultra-competitive age-group, Hans is a force to be reckoned with.



(50-59) Outstanding Runners

Bonnie Hoag This year Bonnie had a very impressive array of age group titles as she won 1st at the Clam Festival 5 Miler in 36:06, and two 2nds at the Half-Marathon in 1:38 and at the Seadogs 5K. Truly a gifted master's runner.



Tom Menendez Another age group achiever with a 1st at the Great Pumpkin 10K in 40:14, 3rd place in the Maine Half-Marathon, and 2nd at the LA 5K Bridge Run in 19:09. Congratulations on a wonderful year.

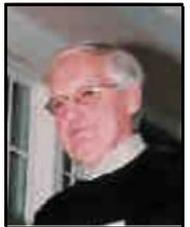


(60-69) Outstanding Runners

Pat Buckley A very consistent runner in that she always runs with a smile on her face and is always encouraging and supportive to others. Pat placed 1st in the Hannaford Turkey Trot with a time of 36:46, added another 1st at the Breakaway 5K with a time of 35:58, and ran the Beach to Beacon 10K in 1:18. Congratulations on a year of great racing and thanks for all that you do.



Robert Randall This past year Bob has been a top finisher in his age group. He had three big wins with the Breakaway 5K in 22:28, the House to Hope 5K in 22:04 and Joshua's Book of Dreams 5K in 22:57. Way to go for a great year.



(70-79) Outstanding Runners

Janice Bilodeau One would not expect me to be talking about newcomers to sport at this stage of the



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program, but, our next recipient Janice was introduced to running this past year through the training sessions with Bob Brainard. Since that introduction, she has had a remarkable year of running (her new passion) she placed 1st in the Burn off the Turkey 5K in 39:08, 1st in the Eliot 5K in 40:12 and 1st in the LA Bridge Run 41:11. A hot ticket and truly, truly an inspiration to us all - congratulations on this exciting and well-deserved award, Janice.

Herb Strom is fondly-regarded by other MTC members for his dedication his willingness to volunteer for activities, and for his effectiveness as a finish-line volunteer.



Herb participated in the training sessions this spring with Bob Brainard and in the Handicap Run. Congratulations on a terrific season.

(80+) Outstanding Runner

Carlton Mendell

This recognition should not be a surprise to any Track Club member, or anyone who is even vaguely familiar with the sport of running, because Carlton's reputation and achievements are well-known throughout the state and throughout New England. He is in a class by himself. At the age of 82 he continues to impress us with his stamina and his speed. This year won the LA Bridge Run, 35:37, the Rotary Bridge 4-miler 48:32 and came in 2nd in the Beach to Beacon in 1:11.



Comeback Runner of the Year

Some runners find inspiration in watching the fastest runners sail to victory - others find inspiration in watching those who have had to overcome obstacles to achieve modest triumphs. This award recognizes one special: runner who has demonstrated mental and physical toughness in order to overcome such an obstacle - and in

the process, has served as a positive example to others.

Jean Thomas has been afflicted by a severe back problem - so severe that doctors were concerned about her ability to walk again. Despite her pain, Jean defied the odds and followed a strict exercise regime in order to bring herself back to walking, at times up to 5 miles. She has made great progress as a result of her toughness, and serves as an inspiration to others.



Race Director of the Year

This next award recognizes an individual who could go unnoticed because he makes what he does look so effortless - but we all know that to pull off the successful, well-attended and always exciting Yarmouth Clam Festival Race takes tremendous organization and a rare talent for working with people.

Ron Pelton can also be recognized by runners and running fans alike as the encouraging voice at the finish line of the Maine Marathon, and off course as our always-charming emcee at our annual banquet. Thank you for your contributions and for your dedication.



John Fyalka Award (2 recipients)

This prestigious award is given each year in remembrance of John Fyalka, Jr. a former runner whose life was cut much too short as a result of an automobile accident. The award recognizes outstanding dedication to the club.

Bob Aube and Howard Spear received an impressive endorsement from member of the media this past year - those words speak volumes about all they have achieved on behalf of their race and on behalf of the club. "Eight years ago, the Maine Marathon had 325 finishers and raised \$2,000.00 for

charity. In 2004, the event got 755 finishers, plus 1,208 in its accompanying half-marathon and almost 200 in the relay division. So, in November, race officials were especially pleased to present Camp Sunshine---a retreat for children with life-threatening illnesses and their families---with a check for \$40,000.00,," Other local charities such as the Portland Fire Department Burn Foundation and the Center For Grieving Children also received donations. Including the money raised by scores of Team in Training people, marathon participants since 1997 have funneled almost \$1 million to good causes. And a fair number of those have PR'ed or qualified for Boston on a course that was once renowned as perversely hilly.



"This is Growth. This is Success. This is the Sportshoe Center Maine Marathon/Half Marathon/Relay, an all-volunteer (more than 400 of them) effort that has become, after the Peoples Beach to Beacon 10K, the most glittering jewel in the crown of Maine road racing...." Thus spoke John Rolfe, Press Herald writer, in special assignment to New England Runner. Congratulations Bob and Howard for all of your success - you are truly deserving of this important award.

Most Improved Runners of the Year (2 recipients)

This award gives special recognition to runners who have improved running performance through hard work, training, discipline and perseverance.

Lisa Desyres and Ron Chase followed a



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similar path to their respective improvements their running careers. Both Lisa and Ron faithfully participated in the weekly training sessions in Auburn with Bob. During those sessions they pushed themselves beyond their comfort zones, and they both benefited from the camaraderie and support of the entire group. This hard work yielded positive results: this season Lisa ran the Eliot 5K with a time of 22:06, the North Yarmouth Mile race in 6:30 and the PT 8K in 38:07. Meanwhile Ron ran the PT 8K in 39:33, the Portland Trails 10K in 50:14, and the Memorial Day Mile in 6:57. Based on Lisa and Ron's improvements, it seems that we all should sign up for Bob's training for next year. Congratulations on your fabulous season, Lisa and Ron.

Outstanding Contribution to Maine Running

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 his tireless devotion to fundraising for charity, willingness to share his expertise, and unwavering dedication to helping other runners,

Mike Brooks has made a substantial and enduring contribution to the sport. Mike is a person who devotes an incredible amount of energy 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. 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. This year in particular, he could be observed day or night championing the cause of Camp Sunshine. Mike completed the 135-mile Badwater Ultra-Marathon in Death Valley under punishing conditions, all to help support the kids at the Camp.



Congratulations on all of your outstanding achievements Mike, we're all proud of you.

Spirit of the Club Award

This is a new award that celebrates that special club member who personifies the value of "running with a friend" through his/her encouragement of others, willingness to share his/her talents and gifts, and his/her ability to inject fun and good cheer in MTC events and social activities.

This year the award goes to a husband-wife team who made contributions to running and to the club in different but equally important ways. This past year Cathy McKenny is someone who might have needed support from others, as her husband John was stationed with the National Guard in Afghanistan – instead, Cathy was out supporting others as a volunteer at races – her infectious smile always encouraging others on. Meanwhile, in Afghanistan, John McKenny rallied his fellow troops together and actually organized and ran a Marathon on April 17th, bringing the spirit of the club with him as he is away supporting his country. Thanks, Cathy and John for being a source of inspiration to us all.



Volunteer of the Year Award

The Maine Track club is so fortunate to have so many dedicated, enthusiastic and energetic volunteers. So many people go above and beyond what is expected.

This past year there was one individual who really stood with his exemplary service – someone who volunteered for over 16 races, in addition to his duties as President he has taken on added responsibilities, plus, to put it simply, he is everywhere – every function, every race, every meeting, every



time anyone gathers in the name of the Maine Track Club. Please congratulate our Volunteer of the Year, Phil Meech.

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.

This year we chose

Lloyd Slocum and Carol Weeks for their induction to the Maine Running Hall of Fame this past year. Both Lloyd and Carol were celebrated as runners who have performed well, made significant and long-term contributions to running and brought prestige and acclaim to the Maine running community at large. Congratulations, Lloyd and Carol for your remarkable achievement.



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.

Dottie Michaud

A relative newcomer to competitive runner, Dottie runs like she has been training her whole life. She excelled in the training workouts and had stand-out performances this past year: at the Beach to Beacon 10K she ran a 40:40 to come in 4th out of 230 competitors in her field, at the Moxie 5K she ran a 19:30 for a first overall win, at the Memorial Day Mile she ran a



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staggering 5:36 pace, at the Clam Festival she earned a 2nd place age-group finish with a time 32:20. In addition to her excellence in races, Dottie is a major contributor to the club as a member of the special events committee, the awards committee and a volunteer at races and events. Dottie is a great role model and a valuable member.

Floyd Lavery

The top men's runner, exemplifies speed and stamina – not only does he run an incredible number of races each season, he runs them all at an incredible pace as well. He is truly a leader among male runners, Floyd won the Burn Off the Turkey 5K with a time of 17:20, won his age group at the Maine Marathon with a time of 2:54, came in 1st at the Hall of Fame 5K, came in 1st at St Peter's with a time of 23:15, ran the Memorial Day Mile in a startling time of 5:01.



Maine Track Club Lifetime Achievement Award

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.

John Woods,

long-term member, dedicated volunteer, mentor to others, positive, good word about everyone, supportive to the club, cute, too. The MTC recognizes and thanks you for your years of dedication to the club.



Julius Marzul

great road warrior, twinkle in his eye, distinctive gait, never a



negative word, loved running – told us that time and time again, effected many lives with his zest, inspiration to all of us, he did make a difference.

The President's Awards

by Phil Meech

Each year, the President of the MTC has the option of presenting awards to members who have shown exemplary qualities. This year I chose two outstanding individuals:

David Colby

Young One of the hardest working and hardest running guys in the club, David has done an outstanding job as editor of our News*Run newsletter.



He competed in over 100 races in 2004 and posted more than 160 race results on Cool Running. He often takes photos of the runners that follow him across the finish line to put in the newsletter. And when he is not running, he is attending races as a volunteer. Thank you, for all the work you do for the running community.

Sandy Walton

You might notice I pick on the hard workers. Sandy is another one of those people who really puts in a lot of time and effort. She has done an excellent job managing our membership, which grew substantially this past year. Sandy also, single-handedly, organized our Roasters Run where runners meet in Falmouth every Saturday morning at 7 a.m. for a social run. She hasn't been a member very long. I remember meeting her just a few years ago. Now she is one of our dynamos. We are a better club because of you, Sandy.



Mid-Winter 10-Mile Classic Volunteers

We couldn't do it without you... Thanks!!!

Photos by David C. Young



