

FIRST MARATHON RECOGNITION:

It is a Club tradition to recognize our members who have achieved a running milestone by competing in their first marathon. This year there are 7 runners who have entered the exclusive fraternity of “marathoners”.

Amanda Barton, Mt. Desert Island Marathon, 5:02:38

Kristin-Cook Center, Maine Marathon, 4:20:35

Sharon Clark, Mt. Desert Island Marathon, 6:21:39

Meg Estabrook, Maine Marathon, 5:39:42

Sherry Grandonico, Marine Corps Marathon, 4:49:27

David House, Philadelphia Marathon, 3:59:12

Kimberly LaPointe, Marine Corps Marathon, 5:01:05

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 competition while contributing to the club in other areas. These runners make every race exciting to watch.*

(19 and under) Outstanding Runner

Abigail Iselborn was undefeated in high school competition - she won both the Regional and State championships and was chosen Athlete of the Year by SMAA and the Portland Press Herald who proclaimed that she “went further and faster than any other runner in the state.” She completed the Beach to Beacon 10K in 38:33 and broke 18 minutes in the 5K at Old Orchard Beach.

Chris Harmon ran strong this past year. He ran the St. Peter’s Road Race in 22:41(5:29 pace), the Beach to Beacon 10K with a very competitive time of 36:19, the Great Scot Trot 5K in 17:01, and the Clam Festival 5-Miler at 28:44.

(20-39) Outstanding Runner

Emma Barclay is a running warrior – she ran the Boston Marathon with strep throat and still finished in 4:20. 4 weeks later she ran the Sugarloaf Marathon in 3:13 and qualified to run the London Marathon with elite women. She ran the Clam Festival 5-Miler in 35:05, and the PT8K in 33:48. Obviously she is a very versatile runner. In a tough age group, she is at the top of her game.

Andrew Baird has left many other runners in his dust this year. We watched him win the Maine Half Marathon in his age group with a time of 1:16:54. He ran the Patriot's Day 5-Miler in 28:31, the Portland Trails 10K in 35:11, and the Mid-Winter 10-Miler in 1:00:02.

(40-49) Outstanding Runners

Dora Rex had a very impressive year. She ran the Mid-Winter 10-Miler in 1:09:35 placing 2nd in her age group, the Beach to Beacon 10K in 43:55, the Bar Harbor Half Marathon in 1:35:19, and the Great Osprey 10K in 42:23. We're proud to recognize Dora as part of the MTC running family.

Tom Ryan, a great runner, ran the Friendly Mile in an amazing 4:45.25 placing 1st in his age group. He completed the Breakaway 5K in 16:34 and again placed 1st in his age group, the Sea Dogs 5K in 17:24, and the Beach to Beacon 10K in 35:55. In an ultra-competitive age-group, Tom is a force to be reckoned with.

(50-59) Outstanding Runners

Kitty Kelly is truly a gifted master's runner. This year Kitty had a stunning running year. She ran the Beach to Beacon 10K in 50:11, the YMCA Back Bay 5K in 24:34, and the Mid-Winter 10-Miler in 1:28:07.

David Roberts had a wonderful year. Another age group achiever ran the Portland Trails 10K in 37:59 (6:08 pace), the Pond Cove 5K in 18:19, the Beach to Beacon 10K in 38:12.

(60-69) Outstanding Runners

Sally Paterson is a very consistent runner and long time supporter of the MTC. She ran the Beach to Beacon 10K in 1:08, the LLBean 10K in 1:08, and the Great Pumpkin 10K in 1:08.

Jerry Levasseur has been a top finisher in his age group this past year. He placed 1st in his age group at the Morgan's Run 5K with a time of 22:58, 1st at the Sea Dogs 5K in 24:45, and 1st at the Thanksgiving Day 4-Miler in 31:45. He ran the Memorial Mile in an impressive 6:43. Way to go for a great year.

(70-79) Outstanding Runners

Ruth Hefflinger is a loyal and devoted member of the club. She placed 1st in her age group at the Beach to Beacon 10K with a time of 1:36:33 and 1st at the G.R.B.A. 5K in 43:40. She completed the Eliot 5K in 45:07

John Howe earned many 1st place awards over the past year. He ran the Run for Help 5K in 23:17, the Dan Cardillo 5K in 23:28, the L/A Bridge 5K in 24:13, the Maine Half Marathon in 1:58, and the Great Osprey 10K in 49:41. Terrific season!

(80+) Outstanding Runner

John Woods: A gentleman runner, and an enthusiastic club supporter – he is also a high achiever. John participated in the Senior Games and placed 1st in the 800 meters with a time 6:41.7. No doubt he looked fabulous and distinguished while breaking the winning tape.

COMEBACK RUNNER OF THE YEAR:

This award recognizes one special runner who has demonstrated mental and physical toughness in order to overcome an obstacle – and has served as a positive example and inspiration to others.

Phil Pierce exhibited incredible mental toughness with his participation in the HURT 100 ultramarathon in Hawaii—appropriately named because one could do serious injury to oneself by competing in this race set on a volcanic

mountain, with sharp and treacherous terrain. Phil began the day with 92 runners and was one of but 52 who completed the 100K portion of the race... but only after a very harrowing fall in which he injured his foot. Even after all the trauma, Phil still loves endurance races and looks forward to his next ultra.

MOST IMPROVED RUNNERS OF THE

YEAR: *This award gives special recognition to runners who have improved running performance through training, discipline and perseverance.* Many runners know that the secret to success is finding a great running partner – and these two runners both benefited from their relationship with each other. Through mutual support, **Nancy Walton and Denise Brooks** went from competing in 5Ks in the Spring to completing the Maine Sportshoe Half Marathon in the fall. They trained together and faithfully attended Bob Brainard's training sessions supporting one another along the way.

OUTSTANDING CONTRIBUTION TO

MAINE RUNNING: *This award is presented to the person who consistently shares his/her personal talents to support running in Maine and assists runners throughout the state.* This year's recipient, **Sandy Walton** has served the runners of Maine through her meticulous maintenance of all the membership information, devoted involvement as Board member, and substantial contributions to the NewsRun. She is the glue that holds the Roasters Run together, and she proudly represents Maine runners at the RRCA convention.

RACE DIRECTOR OF THE YEAR:

As any event planner knows, last minute technical difficulties can cause a disaster. This year **Larry Dyer**, as director of the Peak's Island 5-Miler, was thrown a logistical nightmare so challenging, it could make us all

shudder. The morning of the race, he was informed that the car ferry was not functioning. With a few choice words uttered quietly under his breath, Larry conquered that problem with a calm demeanor and his sense of humor intact. He miraculously managed to direct the loading and unloading of all the equipment by hand, direct a successful race, and still fed all the racers a lobster dinner. Not only does his race pose special challenges since it is on an island, it also makes a substantial financial contribution to the club. On behalf of Larry's achievement, the Club encourages all the members to commit to participating in this fun and memorable race next year.

SPIRIT OF THE CLUB AWARD:

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

Throughout the racing season, it is rare that you do not see one of two things at each and every race: **John Keeley** proudly racing in his MTC singlet, or John Keeley happily serving on the sidelines as an enthusiastic volunteer. Because of his commitment to the club, and his willingness to support other runners, especially his daughter, he is a role model for many. **Dale Lincoln** has made his contribution to the club with his congenial nature - he is always welcoming and encouraging of new members - with his creativity, he is known to pen some inspiring poetry and informative articles to encourage others to get involved with running. He attends most Roasters Runs (in any weather) and always amuses his fellow runners with his colorful anecdotes. Dale helps us to keep things lighthearted and fun.

SPECIAL ACHIEVEMENT AWARD:

This award is intended to give

special recognition to a club member's notable accomplishment that might not be properly covered by other awards. After turning 60,

Ron Paquette began his quest to compete in a marathon in every state, and at age 64 he achieved that goal at a marathon in Durango, CO. Then, a week later, he completed his 100th marathon at Mount Desert Island.

For this achievement, and for years of coaching, race directing, volunteering, and for impressive fundraising on behalf of Camp Sunshine, the club is proud to honor Ron.

VOLUNTEER OF THE YEAR

AWARD: *The Maine Track club is fortunate to have many dedicated and energetic volunteers. So many people go above and beyond what is expected.*

This year's recipient has gone above and beyond in a number of different arenas. Through his work on the newsletter, his service as a Board member, his willingness to volunteer at many events, the energy he has devoted to sharing new ideas in an attempt to improve the way the club functions, and the countless hours he has spent immortalizing club members with his marvelous photography, **David Colby Young** has been an exemplar volunteer.

JOHN FYALKA AWARD: *This award recognizes outstanding dedication to the club and is given each year in remembrance of John Fyalka, Jr. a former runner whose life was cut too short as a result of an automobile accident.*

This year's recipient does a tremendous service to the running community, just by being himself. "My Idol." "My Inspiration." "My Hero." These are but a few of the statements made by the legions of fans who are encouraged to do their best, because he always tries his best.

We're all proud of **Carlton Mendell's** outstanding achievements.

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.*

As a testament to the contributions she has made to the Track Club, this year's female Runner of the Year was also nominated for Most Improved and Volunteer of the Year. She faithfully participated in the weekly training sessions with Bob Brainard. Always willing to volunteer, she has helped out at numerous races while encouraging runners to achieve their goals. She ran the Great Pumpkin 10K in 45:41, the Eliot 5K in 21:44, the Turner 5K in 22:19, Northeast Harbor 5-Miler in 37:31, Sugarloaf 15K in 1:10:19, and ran the Bar Harbor Half Marathon in 1:42:24. Her great finishes are but a small piece of what is noteworthy about this runner. She has tirelessly served on the Board this year as Secretary. The MTC honors **Lisa Despres** as Female Runner of the year.

The year's male Runner of the Year is an outstanding and formidable runner who also encourages others in the Club. One club member remarked about him, "He seemed to be at every race and always finished at the top." He has improved his running times substantially over this past year. **Devin Shaw** ran the Beach to Beacon 10K in 36:16, he placed first in his age group at the Breakaway 5K with a time of 17:26 and 1st at the Turkey Trot 5K with a time of 17:06 (a 5:31 pace). He placed 2nd at the Sea Dogs 5K with a time of 17:18 and 2nd at the Great Pumpkin 10K with a time of 36:08.

THE PRESIDENT'S AWARD:

This year presented to **Cathy Burnie** for her “stepping up to the plate” and “can do” attitude. Board vacancies caused Mark to step in and take on the Equipment Manager and Race Committee duties. Cathy stepped up and managed all the Club Special Events and coordinated the General Membership Meetings. Most notably the Annual Awards Banquet which was a very successful event. Cathy also coordinated the award nominations which was an huge task. All done with a smile!