

## **2 News\*Run May/June 2007**

**FIRST TIME MARATHONERS :** This year the Maine Track Club is pleased to honor 11 members who completed their first marathon. We recognize the dedication and determination required to complete a marathon and salute you in your accomplishment.

**MARK BERMAN** - Houston Marathon 3:25:25

**CHRIS RYAN** - Sugarloaf Marathon 3:10:49

**EUGENE LONGOBARDI** - NY City Marathon 4:48:15

**MICHELLE DURGIN** - NY City Marathon 4:31:18

**DAN LEVESQUE** - Chicago Marathon 4:53:54

**JANICE GAGNIER** - Bermuda Marathon 5:13:14

**BETH BRANSON** - Maine Marathon 4:47:18

**KEVIN ROBINSON** - Maine Marathon 4:02:30

**BRIAN DURGIN** - Disney World Marathon

**DANA STAPLES** - Maine Marathon 4:43:25

**KELLE KEELEY** - Country Music Marathon 5:15:47

**AGE GROUP AWARDS:** The following athletes had great years in 2006. They have demonstrated a high level of competitive performance while making positive contributions to the Maine Track Club in other areas.

19 and Under Male - **STANIS MOODY ROBERTS**

19 and Under Female - **KAITLYNN SALDANA**

20-39 Male - **TONY MYATT**

20-39 Female - **STEPHANIE ATKINSON**

40-49 Male - **MARC DUGAS**

40-49 Female - **SUSAN WEIMER**

50-59 Male - **DAVID COLBY YOUNG**

50-59 Female - **SARAH MACCOLL**

60-69 Male - **BOB PAYNE**

60-69 Female - **BETH BRANSON**

70-79 Male - **ELWIN GUTHRIE**

70-79 Female - **JANICE BILODEAU**

80 and Over Male - **CARLTON MENDELL**

**MAINE TRACK CLUB RUNNER OF THE YEAR:** This award celebrates the man and woman who have demonstrated the highest level of performance while making positive and substantial contributions to the club. These individuals are disciplined, collegial toward other runners, and motivate others to become better athletes.

**TOM RYAN** - This runner was Maine's most dominant 50-59 age group road racer, winning his age group in ten Maine races including the Irish Road Rover 5K, Kerryman's Pub 5K, Sea Dogs Mothers Day 5K, Key Bank New England Mile, LL Bean 10K, Clam Festival Classic 5 Miler, Eliot Festival 5K and Thanksgiving Day 4 Miler. He also won first overall honors at the Pond Cove 5K in Cape Elizabeth and the Maine Running Hall of Fame 5K. His fastest times at distances in Maine were: 4:35.45 at the Key Bank New England Mile, 16:20 at the Eliot Festival 5K, 22:06 at the Thanksgiving Day 4 Miler, 27:47 at the Clam Festival 5 Miler and 34:37.9 at the TD Banknorth Beach to Beacon 10K (finishing 2nd in his 50-54 age group out of 241 total). He also was a nationally recognized competitor at USATF National Masters Championships.

**ABBY ISELBORN** - This woman was the top Maine H.S. track 1600 meter runner: 5:01.71, and second fastest 3200 meter runner: 11:08.05. She was the second fastest 5K high school cross country runner at the state Class A cross country championships with a time of 19:53.4. Abby was a highly competitive road racer in 2006, winning the Peaks Island open women's division in 30:37, the Portland Trails 10K in 39:00 and the Freeport Jingle Bell Run 5K in 17:59; finishing 2nd overall woman at the 30th Annual Bridgton 4 on the 4th in 24:20, and the first 19 and under at Portland's Thanksgiving Day 4 Miler in 24:22.

**MOST IMPROVED RUNNER:** This award is intended to give special recognition to a runner who has improved his/her performance through hard work, training, discipline, perseverance, and determination.

**PAT BUCKLEY** - This female runner extraordinaire is very active in the club, volunteering at races, assisting with special events and always giving support and praise to other members. This past year she worked hard to improve her 5K running time by as much as 6 minutes and she did so with love and enthusiasm for the sport of running.

**OUTSTANDING CONTRIBUTION TO MAINE RUNNING:**

This award celebrates the individual who consistently shares their personal talents in an effort to support running in Maine and thereby serves as an inspiration to other runners in the state. Through his/her leadership, good example, and unwavering dedication, this person has made a substantial and enduring contribution to the sport.

**IAN PARLIN** - This year's recipient has advanced running in Maine at many different levels. He used his skill and proficiency with Photoshop to design a full page ad in New England Running Magazine that promoted all Maine Track Club events. He worked closely with the marathon planning committee to redesign the logo. Through his leadership and willingness to share his expertise, he coordinated, planned and marketed the Pineland Farms Trail Challenge, one of Maine's most challenging races. In addition, he was instrumental in advancing trail running by organizing a weekly group run that met at a different location each time. This required weekly emails to a growing list of trail runners to let them know the time and location of the next group run.

**SPIRIT OF THE CLUB:** This award 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 Maine Track Club events and social activities.

**JANICE GAGNIER** - This female runner stood out this past year by her fun antics at races and events. She might be one of the most noticeable members of the Maine Track Club, but at the same time few people may not know her because she takes on different personas. She appeared as a turkey at the Cape Elizabeth Turkey Trot and also ran the race, which was a challenge in itself. Some previous appearances have been made as a cookie and a snowperson. She makes us smile and laugh, and without question is someone who supports the Maine Track Club with her fun-loving spirit.

**RACE DIRECTOR OF THE YEAR:** This award recognizes the race director who did an outstanding job carrying out all the requirements of race preparation and execution - directing volunteers, safety, marketing, refreshments, results, post-race activities, and added something extra to the race through his/her creativity and leadership.

**IAN PARLIN & ERIK BOUCHER** - The two honored individuals combined their talents to put together two extremely successful races in the past year. Trail racing in Maine was almost **May/June 2007 News\*Run 23**

non-existent until May when the Pineland 25K and 50K was held together. The 50K attracted 85 runners and was the largest ultramarathon ever held in Maine. The 25K had over 140 runners. Both races received many positive comments from runners. There was plenty of food and drink on a well-marked course supported by many friendly volunteers. The post-race barbeque was a big hit with runners.

**SPECIAL ACHIEVEMENT:** 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.

**JERRY LEVASSEUR** - This recipient is being awarded the "Special Achievement Award" largely for his efforts to make the First Annual Maine USATF Grand Prix series happen. Not only did it happen, it was an incredibly successful event involving some of the best runners in Maine. Jerry took the initiative to work with the ME USATF and get the Sea Dogs 5K, NE Mile, LA Bridge Run, Craig Cup and the PT8K sanctioned. He coordinated the sanctioning by working with the Race Directors for those events. Jerry provided the ME USATF registration forms for runners who wanted to be part of the series, tabulated results and tracked down runners times all to get this event off the ground. Not only did it get off the ground, it was a success and laid the foundation for the 2nd annual Grand Prix series. The 2007 Series starts in February with the Mid Winter Classic and includes the Sea Dogs Mother's Day 5K, New England Mile, Clam Festival Classic 5 Miler, Craig Cup Final 5K XC, and the Great Pumpkin 10K.

Additionally, Jerry is an active runner in Road Racing, Cross Country, Snowshoeing and Track and Field not to mention a retired dogsled racer! Jerry is an active volunteer for the USATF, National & Maine Senior games, Maine Corporate Track Association and even volunteers at Bowdoin College for the Cross Country and Track seasons.

#### **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 is an inspiration to other club members.

**MIKE BROOKS** - Our award winner this year has earned this

recognition for his timeless dedication to all aspects of the club and to running in Maine and around the country. He tirelessly serves on the board of directors, consistently volunteers for the club, recruits friends for races, assists with special events and most of all is always there to support and encourage other runners and walkers. Even with his vast accomplishments as a marathoner and ultramarathoner, he never looks down or intimidates other runners of less capability. He has often said his favorite spot in a race is in the back of the pack. He will tell you one of his biggest and most rewarding experiences was using his talents as an ultramarathoner to raise a large amount of money for Camp Sunshine. We often think of him as being a little crazy, but he has the love and respect of all that know him. The Maine Track Club is very fortunate to have him as part of our running community. Mike Brooks is truly an inspiration and is now a legend in running!

**PRESIDENT'S AWARD:** This award is presented at the discretion of the club president in order to recognize and outstanding club member's contribution.

**JOHN MCKENNEY** - John is recognized for his Can-Do Club spirit. John has volunteered for numerous races in the past year. Despite the pouring rain, freezing cold or blistering heat, John is there, ready to tear a tab and spindle it, click a runner over the finish line or help repack the trailer. All with a smile and a kind word. Lt. Col. McKenney is also recognized for his dedication and service to our military. John completed a tour in Afghanistan and while stationed there, organized a synchronized marathon in conjunction with the Oklahoma City Marathon. 32 runners and 19 teams raised money for Camp Sunshine, enough for one family to spend a week. John's better half, Cathy, is now stationed in harms way - Iraq. We send Cathy our well wishes and hope for a speedy and safe return.

**JOHN FYALKA AWARD:** This award is presented to a club member who has given outstanding service to the club, taking into consideration the individual's contributions this year as well as in previous years.

**JOHN KEELEY** - This 50-ish year old male who doesn't look that old is a cheerful runner and volunteer. Described by others as a positive person who is always willing to help out in any way that he can for the club. He was very supportive of the weekly Maine Track Club Roasters Runs, welcoming others and sharing a few philosophical thoughts.

Known as a master electrician' he is hot stuff wired for reliability with little burn out according to his dear friend Howard Spear. The Maine Track Club is grateful for all the ways you serve the club.

**VOLUNTEER OF THE YEAR:** This award is given to the individual who has made the most significant overall contributions to the club during the year. It recognizes the volunteer who has demonstrated outstanding and sustained contributions, taking into account the amounts of time spent, the enthusiasm and creativity exhibited by the individual and/or results achieved. The Maine Track Club is fortunate to have so many dedicated, enthusiastic, and energetic volunteers, and our two selections are examples of individuals who go above and beyond and expect little in return.

**BONNIE TOPHAM** - Our first recipient is often seen volunteering at races, helping out with club activities, and working very hard behind the scenes. This past year she agreed to take on membership for the club which requires a lot of hard work and energy. She brings a positive energy to the club.

**RON BOUCHER** - Our second recipient started volunteering at Maine Track Club events after running the Maine Half Marathon in 2002. Since then he's volunteered at every Maine Marathon starting at 3:30 in the morning with a crew of people who set up the water stops. He usually works all day handing water to runners as they pass by the first water stop, and then again after they cross the finish line. At last year's Mid Winter 10-Mile Classic, he was the official moose-handler, helping to create a bit of folklore by introducing runners to "Manny the Moose." Then in May, he volunteered all day long at the Pineland Farms Trail Challenge in New Gloucester. He proudly wears his singlet at races. Not bad for a guy who lives in Wallingford, Vermont – a four-hour drive from Portland!