



Run with a friend...

www.mainetrackclub.com

August 2001

20th Annual Clam Festival Classic 5 Mile Run



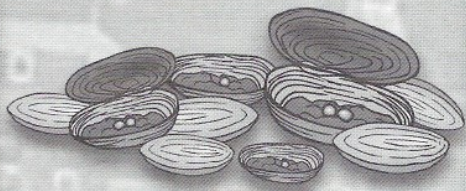
*Richard Bryant
MTC of
Cape Elizabeth*



*Katy Littlefield
MTC of
Scarborough*



*Beth Rand
MTC of
Cape Elizabeth*



*Randy Boucher
MTC of
Windham*



*Robert McCormack
MTC of
Cape Elizabeth*



*Lorna Humphries
MTC of
North Yarmouth*



*Dick Lajoie
MTC of
Durham*



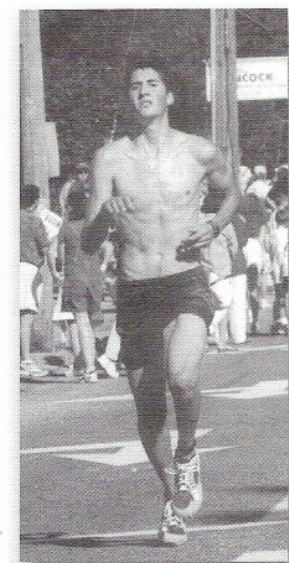
Pat's Pizza 5 Miler



**MTC Coach
David Dowling**



**Mike Doyle
MTC of
Portland**



**Aaron Norton
MTC of Bath
1st, 16-19**



**Sally Paterson
MTC of
Portland**



**Ellie Tucker
MTC of
North Yarmouth
1st, 40-49**

GROUP RUNS

The **Maine Track Club** includes all kinds of runners doing many different distances and paces ... from the weekend jogger to the daily 20-minute runner to the serious road racer. Whatever your pleasure may be (social, speed, long distance), we probably have a running/training group near your area. For more information, contact any of the following:

Kennebunk

The Kennebunk Thursday Night group runs every Thursday night year-round, rain or shine. Welcome to MTC members and fellow runners. Our group size ranges from 7 or 8 to over 20 depending on the weather and time of year. Pace ranges from some running 7s to several running 8s to 9s and sometimes slower. Distance is up to 6.5 miles. Following the run, tradition insists on a trip to Federal Jack's Brew Pub in K'port for libations and dinner and we are always home by 9. Several of the group also run Sunday mornings in Kennebunk or in No. Berwick. Please try to join us, we would love the company. For more info call Steve Jacobsen, 985-4107 PM or 985-3244 Days.

Portland

The Rat Pack runs Sunday mornings at 7 a.m. from Payson Park. Contact Ron Deprez (772-4312) or Mike Reali (829-2014).

YMCA Noon Runs from the YMCA on Forest Ave. Contact Marla Keefe (775-9620) or Mike Pratico (874-1111).

The Maine Front Runners, a gay and lesbian running club, runs from Back Cove across from Shop & Save on Saturday mornings at 9 a.m. Contact Jim Estes (761-2059).

South Portland

South Portland Road Runners run Thursday nights at 5:30 p.m. from the high school. Contact Russ Bradley (799-3864) or Donna Moulton (799-2894).

Biddeford, Saco

Anyone interested in weekly morning runs and weekend early afternoon runs, contact Guy Roy (284-8036). **If you know of a group run that isn't listed above, please contact either Colleen Redmond or Mike Doyle (871-0051) to let us know where, when and a contact person for inclusion in the monthly newsletter.**

RACE RESULTS

The Maine Track Club And Pat's Pizza Present The Twentieth Annual Clam Festival Classic Five Miler

814 Finishers
Scenic Certified Loop In Yarmouth, Maine
8:00 a.m., Saturday, July 21st, 2001
Weather: Sunny, Low 80's
Complete Results Courtesy Of The Maine Track Club

Top Overall Finishers

Place/Name	Div.	Town	Time	Pace
1 Byrne Decker overall	30-39	Yarmouth	25:10	5:02
2 Andy Spaulding 1,30-39	30-39	Freeport	25:25	5:05
3 Michael Payson (MTC) 2,30-39	30-39	Falmouth	25:33	5:07
4 Christian Muentener 1,20-29	20-29	Yarmouth	26:23	5:17
5 Aaron Norton (MTC) 1,16-19	16-19	Bath	26:33	5:19
31 Maggie Hanson overall	20-29	Bowdoinham	29:46*	5:58
43 Rose Prest-Morrison 1,30-39	30-39	Limerick	30:16*	6:04
53 Michela Adrian 1,20-29	20-29	Portland	30:41*	6:09
58 Marjorie Graff 3,30-39	30-39	South Portland	30:55*	6:11
69 Molly Vreeland	30-39	Otis, MA	31:25*	6:17

Other Top Divisional Finishers

13 Guy Segars 40-49	40-49	Brunswick	28:27	5:42
14 Eric Giddings 15&under	15&under	South Portland	28:39	5:44
18 Ron Newbury 50-59	50-59	Auburn	29:01	5:49
90 Ellie Tucker (MTC) 40-49	40-49	North Yarmouth	32:34*	6:31
117 Ellen Davies 15&under	15&under	Millville, NJ	33:27*	6:42
128 Lloyd Slocum (MTC) 60-69	60-69	South Portland	33:51	6:47
131 Andrea Giddings 16-19	16-19	South Portland	33:54*	6:47
240 Lin Gallagher 50-59	50-59	Yarmouth	36:35*	7:19
459 Polly Kenniston (MTC) 60-6	60-69	Scarborough	41:10*	8:14
574 George Merrill 70&over	70&over	Yarmouth	43:37	8:44

Other Maine Track Club Finishers

16 Dave Howard	30-39	Portland	28:57	5:48
20 Charlie Humphries 2,40-49	40-49	North Yarmouth	29:15	5:51
22 Barry Fifield 3,40-49	40-49	Gray	29:26	5:54
32 Michael Gordon	30-39	Portland	29:47	5:58
33 Gordon Scannell	40-49	North Yarmouth	29:48	5:58
44 Paul Nicolaides	40-49	San Antonio, TX	30:17	6:04
46 Ken Norton	40-49	Bath	30:21	6:05
47 Britt Wolfe	30-39	Saco	30:23	6:05
48 Larry Wold	40-49	Freeport	30:26	6:06
49 Jon Gilbert	20-29	Saco	30:36	6:08
74 Richard Bryant	40-49	Cape Elizabeth	31:38	6:20
77 Gerald Conley	40-49	Portland	31:43	6:21
78 Tom Shorty	30-39	Gorham	31:53	6:23
79 Jeff Rand	40-49	Cape Elizabeth	31:55	6:23
94 Randy Boucher	20-29	Windham	32:31	6:31
96 Carrie McCusker	20-29	South Portland	32:34*	6:31
102 Lorna Humphries	30-39	North Yarmouth	32:45*	6:33
103 Ogden Williams	40-49	Cape Elizabeth	32:59	6:36
114 Mark Foley	30-39	Portland	33:23	6:41
116 Ronald Deprez	50-59	Portland	33:26	6:42
118 Kate Meyers 3,40-49	40-49	New Gloucester	33:28*	6:42
124 Patrick Connolly	30-39	Falmouth	33:41	6:45
132 Kathy Hepner	40-49	Gorham	33:56*	6:49
135 Kim White	30-39	Falmouth	33:58*	6:48
149 Rex Holtan	40-49	Portland	34:18	6:52
158 Don Russell	40-49	Cumberland	34:32	6:55
164 Bob Coughlin 3,60-69	60-69	Cape Elizabeth	34:38	6:56
173 David Cookson	40-49	Brunswick	34:52	6:59
177 Bob Payne	60-69	Raymond	34:58	7:00
181 John Rolfe	40-49	Portland	35:03	7:01

182 Michael Doyle	30-39	Portland	35:05	7:01
185 Harry White	50-59	Scarborough	35:08	7:02
189 Kimberly Moody	40-49	Cape Elizabeth	35:13*	7:03
194 Colin Robertson	30-39	Scarborough	35:18	7:04
201 Harry Nelson	40-49	North Yarmouth	35:34	7:07
213 Gregory Welch	50-59	South Portland	35:51	7:11
215 Beth Rand	40-49	Cape Elizabeth	35:53*	7:11
220 Tony Salamone	50-59	South Portland	36:09	7:14
231 David Skelton	40-49	Topsham	36:22	7:17
233 Elise Moody-Roberts	15&under	Cape Elizabeth	36:25*	7:17
235 Chuck Burnie	40-49	Cumberland	36:28	7:18
243 Colleen Redmond	30-39	Portland	36:38*	7:20
251 Terry Clark	50-59	Windham	36:44	7:21
252 Kimberly Bonsey	30-39	Falmouth	36:44*	7:21
255 Denise Robertson	40-49	Scarborough	36:46*	7:22
264 Harley Lee	40-49	Yarmouth	36:53	7:23
273 Jeff Stone	40-49	South Portland	37:10	7:26
274 Ed Doughty	50-59	Gray	37:10	7:26
290 Ned Ayers	50-59	Falmouth	37:32	7:31
292 Robert McCormack	50-59	Cape Elizabeth	37:34	7:31
293 Chris Bowring	30-39	Gorham	37:35	7:31
314 Dick Lajoie	60-69	Durham	38:04	7:37
317 K. Scott Hinckley	40-49	Saco	38:07	7:38
362 Chet Matthews	50-59	Brunswick	39:14	7:51
399 Laurie Bowring	30-39	Gorham	39:55*	7:59
412 Patti Hinckley	40-49	Saco	40:16*	8:04
413 Erik Hefflefinger	15&under	Grants Pass,OR	40:22	8:05
420 Bob Jolicoeur	60-69	Cape Elizabeth	40:30	8:06
428 Wendy Libby	30-39	Portland	40:35*	8:07
440 Sheryl Watson	30-39	Yarmouth	40:51*	8:11
494 Pete Peters	30-39	Portland	42:13	8:27
500 Elizabeth Shorr	40-49	Portland	42:19*	8:28
506 Alan W. Pfeiffer	40-49	China	42:26	8:30
583 Michele Flynn	50-59	Cape Elizabeth	43:46*	8:46
584 Lenny Poulin	50-59	Auburn	43:47	8:46
592 Lincoln Skelton	15&under	Topsham	43:51	8:47
597 John Littlefield	40-49	Scarborough	44:07	8:50
599 Cathy Burnie	50-59	Cumberland	44:17*	8:52
601 Mike Pugh	60-69	Wellington, FL	44:27	8:54
615 Matthew Govan	30-39	Portland	44:53	8:59
634 John Stevens	50-59	Wells	45:26	9:06
635 Janice Drinan	50-59	Scarborough	45:27*	9:06
659 Katy Littlefield	30-39	Scarborough	46:15*	9:15
671 Donna Bisbee	40-49	Portland	46:45*	9:21
683 James Pederson	30-39	Portland	47:04	9:25
720 Phillips Sargent	50-59	Yarmouth	48:42	9:45
730 Connie Poulin	50-59	Auburn	49:03*	9:49
737 Beth Quinlan	40-49	Portland	49:13*	9:51
739 Joe O'Donnell	50-59	Falmouth	49:38	9:56
776 Kara Wilson	20-29	Brunswick	52:02*	10:25
784 Sally Paterson 2,60-69	60-69	Portland	52:33*	10:31
814 Julius Marzul 3,70&over	70&over	Gorham	67:38	13:30

The 2001 L.L.Bean 4th Of July 10K Road Race

617 Finishers
Fairly Challenging Certified Loop In Scenic Freeport
7:30 a.m., Saturday, July 4th, 2001

Top Overall Finishers

Place/Name	Age	Town	Time	Pace
1 Byrne Decker	34	Yarmouth	31:46	5:07
2 Michael Payson (MTC)	38	Falmouth	32:04	5:10
3 Andy Spaulding	30	Freeport	32:12	5:11
4 Paul Johnson	23	Gorham	32:51	5:17
5 Barry Logan	32	Harpwell	33:13	5:21
15 Joan Samuelson (Hon.MTC)	43	Freeport	36:10*	5:49
44 Marjorie Graff	33	South Portland	39:11*	6:18