

MEMBER PROFILE

Sue and Bill Davenny by John Woods

Continuing our search for those members who contribute the most to all of us, we continually run into the DAVENNYs. Always both of them. When buying a ticket for a MTC dinner, Sue will be selling it and Bill will be ladeling out the chow, or vice versa. When contributing a snack for a MTC meeting, Sue will accept it with thanks and Bill will be arranging the table, or vice versa. And so it goes.

Sue and Bill were married just over 20 years ago in 1969. Benjamin was born in 1976. He is a chip off the old block, interested in track and Cross Country, much of this with Portland Recreation under the guidance of MTC member George Towle. He was Pee Wee "Runner of the Year" at the age of 8 and has a small collection of trophies that he will show if pressed.

Bill and Sue are lifetime residents of the Portland area. Bill has worked with Maine Dept. of Human Resources in Social Work for 17 years. He also served with the U.S. Coast Guard Reserve from 1965 - 1971, mostly out of Cape May, New Jersey.

Bill started running seriously in 1982 with the Lifeline program of Terry McGovern at USM. He joined MTC the following year, where he was strongly encouraged by Dick McFall who was MTC President at the time.

Sue's beginning as a runner in 1976 was inspired by lectures by Dr. Kenneth Cooper. She joined MTC in 1985. Sue runs 5 days a week, mostly with the "Morning group" which grew out of the "Lifeline" program. Bill runs 6 days a week, 20 - 25 miles, unless training for a marathon, when mileage increases to about 50. He has run 13 of these with a 3:19 PR at Sugarloaf in 1989. Sue ran the 1988 Marine Corps Marathon with Bill. It was her first. Using the Jeff Galloway marathon training program, Sandy Utterstrom sets schedules for Bill, Sue, and other members of the group.

Bill plans to run his first Ultra-Distance race this year in the MTC 50 miler. He prefers LSD (long slow distance) training, feeling that excessive speed in training can drain energy and cause a runner to lose his best efforts on the training road. However he runs hills once a week. In 1987 he received MTC's award for "Most Improved Runner 40-44). He says that Bruce Ellis has been an inspiration to him.

Sue and Bill work 6 to 8 MTC races a year. Bill usually works the finish chute, Sue at registration and results. They were in charge of refreshments at meetings in 1988. Sue was MTC Secretary that year. Sue was MTC Banquet Director, with Bill as assistant. They have been on the Newsletter back-up staff. They serve on the Bruce Ellis Memorial Fund.

When planning to participate in any MTC function, it is always an incentive to know that one will meet the Davennys again and enjoy their company.

BILL DAVENNY... I ran the Dublin Marathon on Halloween Day 2005. I went to Ireland as a part of a tour group from the US and Canada. We arrived in Dublin on Friday morning before the Monday race, which gave me time to acclimate to the time changes and food. I didn't do too much touring before the run so that I could conserve my energy and stay off my feet. I did, however, take a tour of Dublin Castle which was formerly the seat of the British government. It was closed the last time I was there because they were filming *Ulysses*.

On marathon day, the runners from the Marathon Tours group and I walked to the starting area, which was a short distance from our hotel. By the time I got to the start it was raining steadily. I stood under an overhang with several runners. I saw a girl who wore a Maine Marathon T-shirt. She was actually from Massachusetts, but said she ran the Maine Half Marathon in preparation for Dublin. I wore a tattered, "throw-a-way" sweatshirt, which I was able to discard after a few miles when the rain let up. It took me eleven minutes to get to the starting line itself.

The marathon course was essentially the reverse of what it had been the first time I ran Dublin. I got to chat with people from all over the world: Haiti, Belgium, California, and several New England states.

Those last few miles in a marathon seem to get longer and longer. As we approached the finish in Marion Square near where Oscar Wilde resided, a race official pulled aside the runner next to me because his "chip" was not attached to his laces as required. I hope that the matter was favorably resolved.

I finished and received my medal and asked a pretty volunteer to take my picture for this article.

The day after the race we left Dublin en route to Galway. With Galway as our base, we went to Connemara where we had lunch at Kylemore Abbey, a girl's boarding school that a friend had attended when she was a girl. Then we went to Burren, which is a barren landscape used for subsistence farming. There were a lot of reminders of the famine, which caused the emigration of many people to America. Next we went to the Cliffs of Moher where I was literally knocked down by winds approaching 75 mph. Our last night was spent at a medieval castle in Binnery near Shannon where we were treated to a medieval banquet.

I recommend Dublin Marathon to those who seek a run of a moderate challenge. There are people all along the route to cheer the runners on. 52% of the runners were non-Irish.

I want to thank Meg Estebrook and Al Mack for hanging in there with me on those long, hot training runs. *Dublin Marathon Start Photo by Active Sports International.*

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