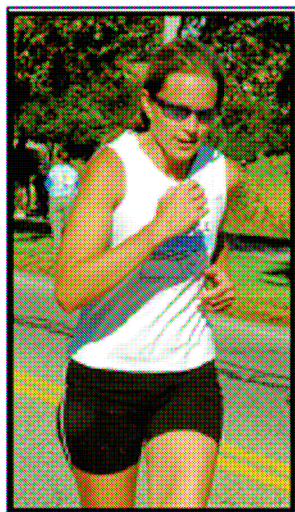


COLLEEN DONOVAN... About 3-4 years ago, I swam Peaks to Portland with some friends. I'm not a swimmer, but we trained hard, and I did ok. What does that have to do with MTC? Well, the next year, we became intrigued by triathlons, so my friends and I signed up for some sprints! By the end of the '04 season, I decided to try the Lobsterman. The run was the hardest part! I had only done some recreational running for exercise in college, and was running sprint distances, about 3 miles twice a week. I realized I had to run more. I increased my mileage last year, and competed in some "Olympic" distance tri's. In October, I finished the Maine Sportshoe Half Marathon with what was a good time for me. I like running distance, but do not like running it alone. So when I decided to go for a longer tri this year, I connected with the Roasters Run from the info I had seen when getting my morning coffee. I'm not the best runner, but running with the really great members of MTC has been so rewarding. I run a little harder to try to keep up, and I don't notice the miles, no matter what they are! Another benefit of being a member is that I get to hear about all the different races, and Lisa Despres has already grabbed me as a volunteer for the Maine Marathon relay. I own a small antiques shop on Route 1 in Falmouth, Foreside Antiques, am happily married and have a wonderful daughter. My life is great, and I have added more fun by running with you all!



DonovanColleen 0506 2006