

18th Induction of the
**Maine Running
Hall of Fame**

November 9, 2014 in Portland, Maine

Inductees:

Susannah Beck

Pauline Kenniston

Matt Lane

Jerry Levasseur

Sheri Piers

Jim Toulouse

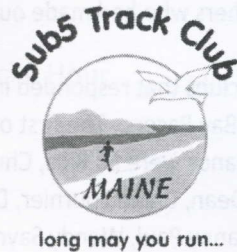
Race Recognitions:

Bar Harbor Bank & Trust Half Marathon

Maine Track Club Turkey Trot 5K

Acknowledgements

Maine Running Hall of Fame (MRHOF) Board of Directors extends much gratitude to the Maine Track Club, Sub5 Track Club, Fleet Feet Sports Maine Running and Preti-Flaherty for their support.



PretiFlaherty

Thank you to the passionate running enthusiasts
that have generously given their time to serve on the

MRHOF Board of Directors 2014:

Todd Coffin
Rene Collins
Joel Croteau
Anne-Marie Davee
Don Harden
Chandra Leister
Bob Randall
Christine Snow-Reaser
John Stevens
Bob Winn

History of Maine Running Hall of Fame (MRHOF)

In 1987, veteran distance runner Bob Payne of Raymond began thinking about the need for a Runners' Hall of Fame in Maine. In the spring of 1988, Payne presented his idea to the Maine Track Club. The club was supportive and suggested that we reach out to all the running clubs in Maine.

The intent of the Maine Running Hall of Fame was to honor those distance runners and track and field athletes who had made particularly outstanding achievements, and to honor others who had made outstanding contributions to the sport of running in Maine.

Running clubs that responded included the Central Maine Striders, Sub-5 Track Club and the PennBay Pacers. The first organized meetings followed soon after in Brunswick, and in attendance were Ed Rice, Chuck Morris, Jerry Saint Amand, Ken Dolley, Jane Dolley, Warren Dean, Diane Fournier, Dennis Morrill, Dick Goodie, Paul Cole, Eric Ellis, George Towle, Danny Paul, Wendy Sayres and Bob Payne.

"It was felt that this was a good idea and a smaller group should continue to from the Maine Running Hall of Fame", said Payne. By October, the group was down to a standing committee of Danny Paul, Jerry Saint Amand, Joe Dahl, Ed Rice, Wendy Sayres, Warren Dean, Diane Fournier, Bruce Spaulding, Ken Dolley and Bob Payne.

Donations to help support the Hall of Fame were received from the Central Maine Striders and the Maine Track Club, which in the years ahead would continue to lend support. In December, 1988, a formal public announcement was made concerning the establishment of the Maine Running Hall of Fame. The announcement also invited the public to submit nominations.

In the months that followed, several more meetings were held, including some in Bangor so that people in that area could participate. By the time the committee met in March 1989, fourteen individuals had been nominated and four were chosen for inductions the first year. They included Olympians Joan Benoit-Samuels and Bruce Bickford, Ralph Thomas and Ken Flanders. Andrew Sockalexis was subsequently added to the inaugural group by a vote of the Board of Directors.

Bob Payne served as the chairman of the Maine Running Hall of Fame from 1989-1991; Jerry Saint Amand 1992-1993; Bob Payne 1994-1995; Phil Pierce 1996-2004; Peter Millard 2005-2007; Skip Howard 2008-2010; Anne-Marie Davee 2011-2014.

Maine Running Hall of Fame (MRHOF) Program 18th Induction Ceremony November 9, 2014 Portland, Maine

Noon

Welcome, Opening Remarks, Social Hour

1:00 PM

Buffet Meal

2:00 PM

Induction Ceremony

Introduction: Anne-Marie Davee

Race Recognition Plaque Presentations:

- Bar Harbor Bank & Trust Half Marathon
- Maine Track Club Turkey Trot 5K

Individual Inductee Presentations:

- Susannah Beck
- Pauline Kenniston
- Matt Lane
- Jerry Levasseur
- Sheri Piers
- Jim Toulouse

3:30 PM Closing

Maine Running Hall of Fame (MRHOF) Inductees

Year	Inductees
1989	Joan Benoit-Samuelson, Bruce Bickford, Ralph Thomas, Ken Flanders, Andrew Sockalexis
1990	Roland Dyer, Robin Emery, Sam Ouellette, Emery Plourde
1991	Bruce Ellis, Diane Fournier, Bob Hillgrove, Frank Sebastianski, Ed Shepard
1992	Carlton Mendell, Fred Judkins, Dick Goodie, Leona Clapper, Donald Matheson
1994	John Cassavola, Rick Krause, Bruno Mazzeo, Emilio Mazzeo, Kim Moody
1995	Steve Ross, Wendy Sayres, Larry Greer, Dave Farley, Danny Paul
1996	Brian Gillespie, Bernd Heinrich, Michelle Hallett Wakeman, Conrad Walton, 1932 Houlton Cross Country Team
1997	Don Smith, Clyde Stinson, Mauric Toothaker, Barry Ives, Bob Winn, Sammy Pelletier
1998	Ellbridge Stevens, Harry Richardson, Francis Lindsay, Peter Millard, Ann Turbyne, Bob Payne
1999	Marjorie Tennyson, Russell Bradley, Dean Evans, Edmund Styrna, Walter Slovenski
2000	Anne-Marie Davee, Michael Gaige, Bruce Freme, Andy Palmer, Leo Cloutier
2002	Jane W. Dolley, Dale Lincoln, Hank Pfeifle, Paul Hammond, Gerry Clapper, Red Dean
2004	Todd Coffin, Fred Merriam, Gene Roy, Llyod Slocum, Deke Talbot, Carol Weeks
2006	Christine Snow-Reaser, Paul Firlotte, OJ Logue, Harold Hatch
2008	Scott Brown, Andrea Hatch, Julia Kirtland, Erik Nadeau, Portland Boys & Girls Club 5 Miler Bangor Labor Day 5 Miler
2010	Bob Booker, Joel Croteau, Jim Wescott, 1957 Waterville High School Boys Cross-Country Team, Bridgeton 4 on the Fourth Road Race, Bucksport Tour du Lac 10-Miler
2012	Bob Coughlin, Jeanne Hackett, Ron Kelly, Ron Paquette, Brian Pettingill, Michael James Ryan, LL Bean 4 th of July 10K, Thanksgiving Day 4 Miler in Portland
2014	Susannah Beck, Pauline Kenniston, Matt Lane, Jerry Levasseur, Sheri Piers, Jim Toulouse, Bar Harbor Bank & Trust Half Marathon, Maine Track Club Turkey Trot 5K

Maine Running Hall of Fame (MRHOF)

Race Recognitions in 2014

Bar Harbor Bank & Trust Half Marathon (37th)

The race began as the Bar Harbor 13 miler located on Mount Desert Island. Mount Desert Island (MDI) boasts an impressive 41,000 acres of land devoted to the Northeast's only National Park, Acadia National Park. Nine miles of the race course wind through Acadia's carriage road system. The Bar Harbor Bank & Trust Half Marathon is a USATF Certified Half Marathon. Course records have been held by Joan Benoit Samuelson for women and Evan Graves for men.

Proceeds from the Bar Harbor Bank & Trust Half Marathon have supported the scholarship program at the Mount Desert Island (MDI) YMCA. The MDI YMCA is the cornerstone of youth development and recreational activities on the island. The YMCA's scholarship program enables families to thrive with the support of childcare for the single or dual working parents, it supports young people that need a safe and supportive environment to come to after school, engages active older adults that want to maintain a healthy lifestyle and enables families wanting to provide an opportunity for their children to compete in competitive basketball and swim team programs.

Maine Track Club Turkey Trot 5K (46th)

The Maine Track Club Turkey Trot 5K presented by Fleet Feet Sports Maine Running will take place for the 46th time this year. The sponsors of the race are Whole Foods Market, Poland Springs and Cape Chiropractic and Acupuncture.

The course starts at Cape Elizabeth High School and initially runs through the center of Cape Elizabeth. After leaving the center of town the course runs downhill, through several neighborhoods and then leads runners to the Cape Elizabeth Middle School for the finish. The course is USATF certified (#ME 03003RF).

Race registration has averaged 850 over the last two years with a cap of 900. This year the race cap has been raised to 1,000 participants. Race trophies and gift cards are awarded to the top three overall male and female finishers. In addition, the top three finishers in five-year age increments (from 15-19 to 80 & over) in both male and female categories receive a race medal and gift card. Male course record is 15:24 in 2004 and female course record is 17:49 in 2000.

The race beneficiary is Wayside Food Programs, a major distributor of surplus food in the Portland area. The total cash donation to Wayside from the race proceeds in 2013 was \$4,395. In addition to the cash donation, the 2,645 lbs. of food collected on race day was also given to Wayside Food Programs.

A National-Classed Distance Runner

Susannah Beck

In the 1980s, Susannah Beck was one of the U.S.'s fastest high school runners. She went on to become a nationally ranked runner at road racing including the marathon through 2004. She has since found success in "retirement" from her running career as an ultra/trail runner.

Susannah Beck grew up in Yarmouth, Maine. She started running in seventh grade at Yarmouth Middle School, joining the cross-country program developed by Bob Morse, legendary Yarmouth running and skiing coach. After finishing third-from-last at her first race, Susannah moved on to finish the season, fifth in the county meet (Triple-Cs), and became hooked on the sport of running. In 8th grade, Susannah attended Wayneville School in Portland, which did not have a running program at that time. She was introduced to another legendary coach, Madawaska-native Andy Palmer. Coach Palmer was at the height of his marathon career and coaching a number of well-known Maine runners including other MRHOF inductees, Michelle Hallett, Christine Snow-Reaser, and Jane Dolley.

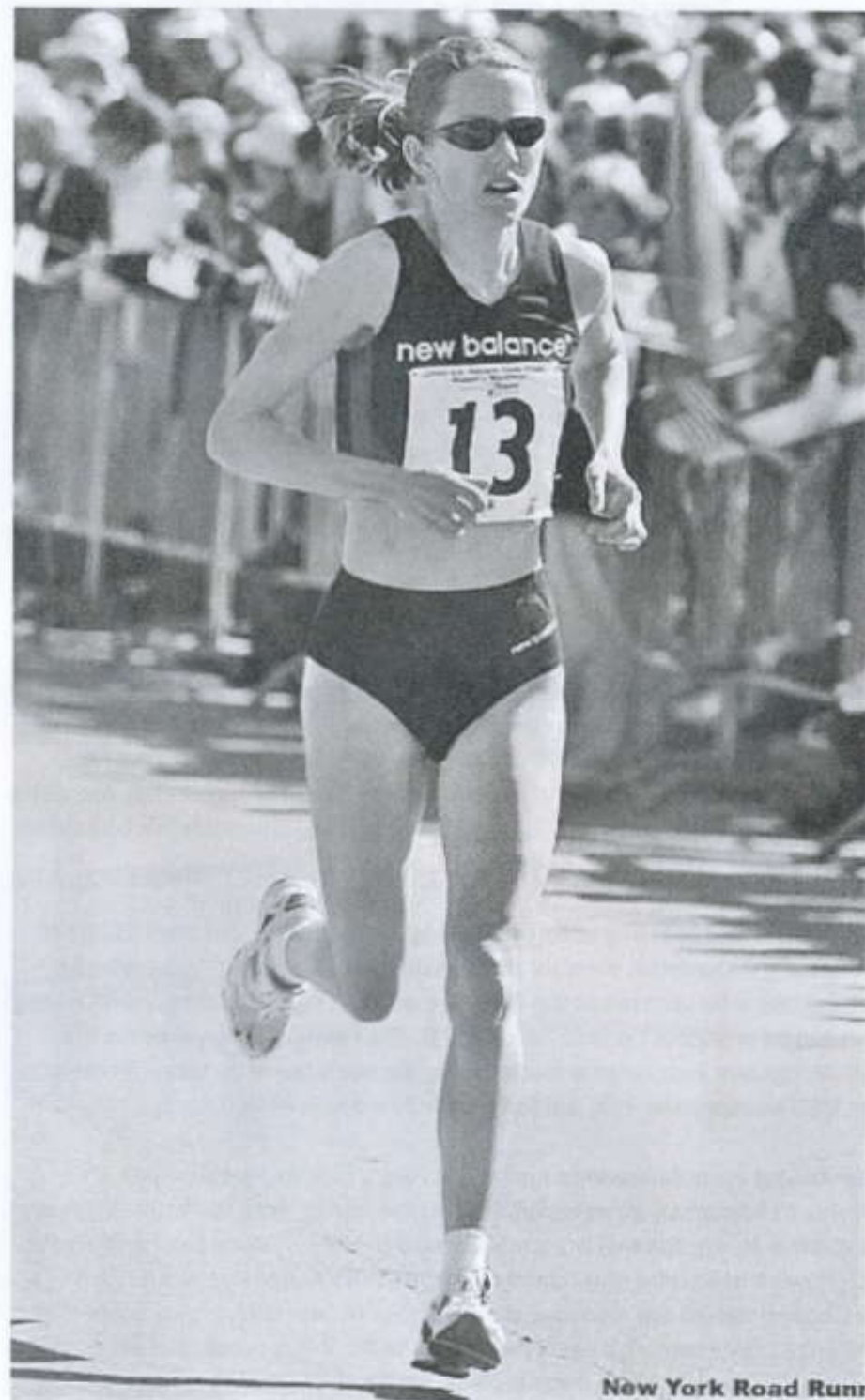
Coach Palmer's low key, high mileage approach made the most of Susannah's talent. By the time she graduated from Wayneville, Susannah was ranked the fifth fastest high school cross-country runner in the nation. She represented the United States at the first World Junior T&F Championships in Greece and the Junior Pan Am Games in 1986 as a 1500m runner, running 4:31 several times (about a 4:51 mile).

Susannah's running suffered a set back in her college years at Yale University. She reports that this was partly due to the training program that included low-mileage and interval-based, methods. These methods did not bring out Susannah's best performances. After captaining the cross-country team her senior year, Susannah quit running altogether in 1989.

In 1991, Susannah started dating a fellow Maine runner Erich Reed, who had had a standout track career at Lake Region High School and at Brandeis University. Together the two moved out West and settled in Eugene, Oregon with easy access to trails and a vibrant running community. Susannah was soon re-inspired to run and joined a training group with a spritely marathoner named, Kristi Johnston. Given Andy Palmer's coaching wisdom, Susannah moved through many different training groups in the next twelve years, before finding the most success in running by coaching herself. Andy Palmer taught her important lessons; first, to think long-term, second, never run in pain, and third, don't race too much. These served her well over a 30-year racing career. While in Oregon, Susannah developed into a solid national class road racer, with personal bests of 33:02 at 10K distance, 1:13 at half marathon distance and 2:34 in the marathon. She was a regular on the USATF road racing circuit. Highlights of her career include a national USATF 12Km title in 1998, 4th in the 2000 Olympic Trials Marathon, in only her second marathon, and representing the United States on numerous international road-racing teams.

Susannah retired from elite competition at age 35 after the 2004 Olympic Marathon Trials (2:34:46 PR, 8th). Three years later she began ultra-running, and spent two years enjoying racing around the western United States. Ultra-running highlights included wins and course records at the Way Too Cool 50K and the USATF National Championship White River 50 Miler, and finishing second in the North Face National 50M Championships in San Francisco. Susannah was named female Ultra-Runner of the Year by USATF in 2008.

Susannah returned to Maine in 2012, where she manages the family company, Maine Environmental Laboratory. She stays in shape running trails at Pineland and Bradbury Mountain and dreaming of big adventures to come.



Paper Route Leads to a Passion for Running

Pauline ("Polly") Kenniston

"Back in the 1980's my youngest son had a paper route that started and ended a considerable distance apart. In order for him to get to school on time, and for me to get to work, we split the route. When I finished my part on the paper route, I simply ran home. Eventually my son gave up the paper route, but I didn't give up the run; I couldn't leave it alone", recalls Polly Kenniston.

She ran her first race in the late 1980's, a 5 miler in Westbrook just before Thanksgiving. She'd never run 5 miles before but she loved it and, like the "Ever-ready Energizer Bunny", has been running ever since and racking up awards, t-shirts, personal bests and records too numerous to list. "I've got an old glass, quart-size, Oakhurst milk bottle that was an age group award from a 4-mile race at Community College in South Portland dated 1991 that I still use for watering plants. The glass milk bottle is one of my first awards and it's like an old friend", states Polly.

Since those early years in the late 1980's Polly has gone on to run some 20 marathons, 32 half-marathons, and countless 5K's. Her first marathon was Vermont City in 1996 where she finished in 4:57:17, followed by Ocean State. She tackled the challenging Covered Bridge Half-Marathon in 1997 with a 2:00:34. Her first marathon became the site of her personal best when she returned at age 63 to run a 4:16:29 (2000), a time she duplicated three years later at the Maine Marathon. The 2004 Maine Half-Marathon was another personal best where she clocked a 1:55:38 finish time. Every race is one of joy and passion for Polly, but two events stand out. "My favorite race has to be the NYC Marathon, which I've run five times. And, on the opposite side of the spectrum is the Sugarloaf 15K & Marathon. One cannot help but love the beauty of Maine and the venue", says Polly.

Age seems to have no bearing on her winning times. A case in point is this year's (2014) half marathon at the Hamptons where she hit the finish line with a time of 2:21:15, besting her winning time at the same race back in 2011. One of Polly's proudest accomplishments is being awarded the prestigious Tim Smith Award in 2007. This award, in memory of Tim Smith a UNUM employee, is presented to the outstanding distance runner of the season competing in the MECTA competitions. Polly runs for team UNUM and holds 8 team records.

Everyone has a personal reason for running. For Polly, it's not the personal records or the awards, it's how running makes her feel. "I simply love running. From time to time a whammy is thrown in my direction and I lace up my shoes and go for a run. By the time I've finished my run I have either accepted what I cannot change, or I have managed to resolve it. The easy part of running is that you only need a pair of shoes and you're ready to go. Anyone can do it", says Polly. Yes, anyone can do it, but not everybody can do it as long or as well or with as much lasting passion as Polly. She currently resides in Westbrook, Maine.



On the Fast Track from the Mile to the Marathon

Matt Lane

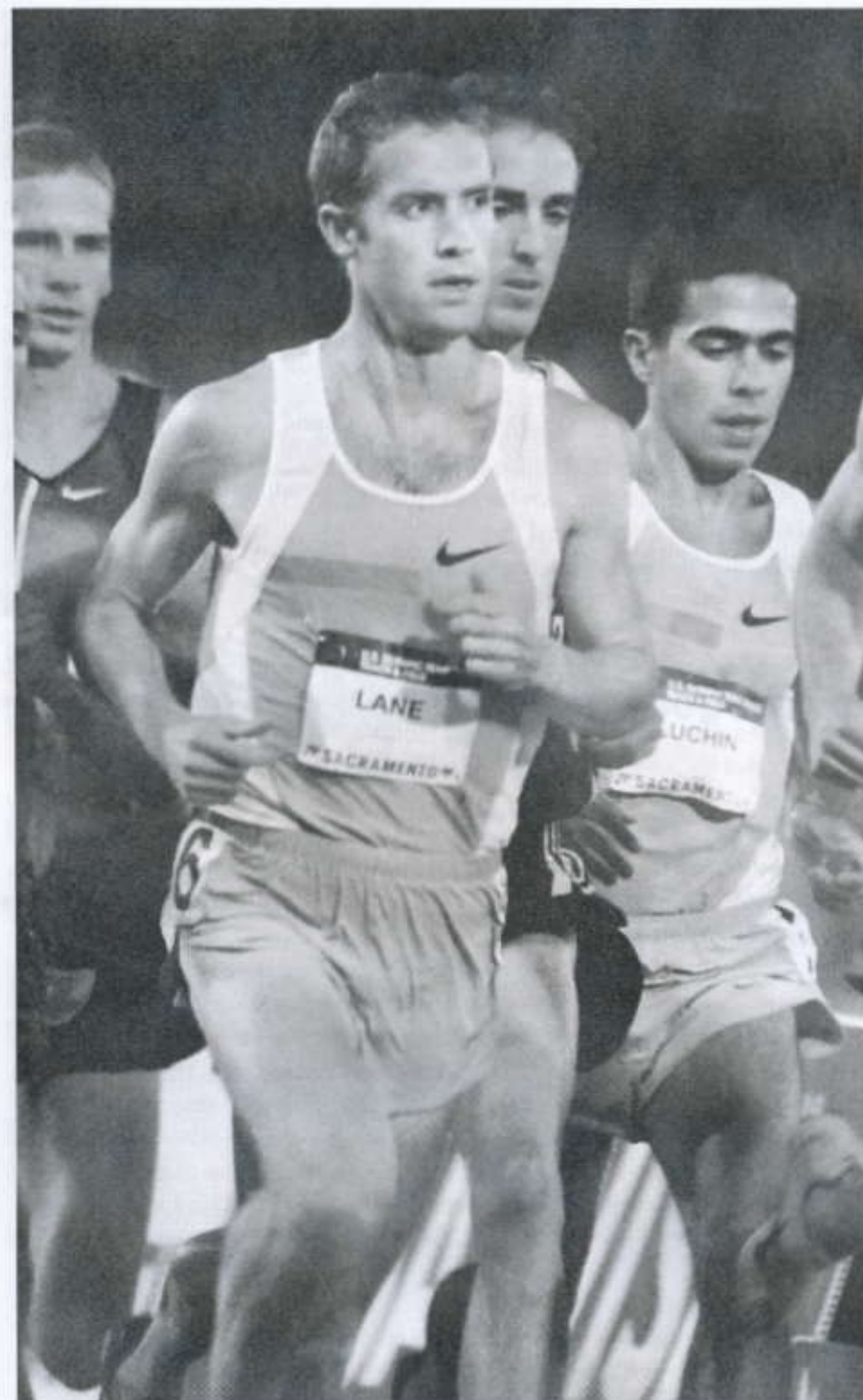
A native of Yarmouth, Maine, Matt Lane has earned a top place among Maine's elite runners. Matt emerged as a competitive force in high school, winning three Class C Boys' Cross-Country titles and numerous track honors. When Matt Lane was a senior at Yarmouth High School, he captured the Northeast Regional Cross Country title at Van Cortland Park in the Bronx, New York. He became the event's first male winner from Maine. Matt capped off a brilliant high school career with a fourth place finish at the Foot Locker National Cross-Country Championship in San Diego, California.

Matt continued his insurgence as a national-caliber runner while attending the College of William & Mary (W & M), and was inducted into the college's athletic Hall of Fame in 2011. Many consider Matt the best athlete ever at W & M, and the single-most decorated athlete in the college's history. By the time he graduated in the spring of 2001, Matt had amassed an astonishing eleven All-American certificates, four in both indoor and outdoor track, as well as three awards in cross-country. In 2001, he was selected the U.S. Track Coaches Association Male Athlete of the Year, the "Heisman" for collegiate-level track and field. He also was an Academic All-American in 2000, and ran for the U.S. in the 2001 World University Games. Matt excelled in national competition, finishing 16th in the U.S. Cross-Country Championships as a sophomore, 11th as a junior, and 5th in his final meet. At Indoor Nationals, he placed 7th at 3,000m in 1998, 4th at 5,000m in 1999, 3rd in the 5,000m in 2000, and runner-up at that distance in 2001. Outdoors, he finished 2nd in the nation at 5,000m as a junior in 2000, and 4th as a senior in 2001.

Following college, Matt became a professional runner with Nike, and went on to 4th place finishes in the 2000 and 2004 US Olympic Trials. In 2002, he became the 251st American to run under 4 minutes for the mile running 3:57.57. That same year, Matt was the 2nd American finisher and 8th overall in Maine's Beach to Beacon Road Race, running 29:16. In 2005 Matt was 10th in the 10,000m in 28:44.65 at the USA Championships; he ran a career best 28:00.01 in 2004. On the roads in 2005, he was 5th in the USA Half-Marathon in Houston in 1:04:18, 3rd in the USA 15K in Jacksonville in 44:08, and 4th in the USA 10-Mile in Louisville in 48:13. Matt's marathon debut came at the Chicago Marathon in 2005, where he placed 14th in 2:17:32, the 5th best ever for a Maine native. Matt retired from professional running in 2006 to focus on his law career and family. Matt is married to Erin Sullivan, also a runner, who was the 1997 and 1998 Foot Locker Cross-Country champion. They currently reside in New Hampshire with their three children, Madeleine, Matthew Jr. and Meredith.

Personal Bests:

Mile	3:57:57
5K	13:25:38
10K	28:00:01
15K	44:08
Marathon	2:17:32



Overcoming Adversity & Running Through It!

Jerry Levasseur

Jerry Levasseur is truly an inspiration to all, particularly those who have had to overcome significant challenges in their lives. Fitness, sports and the love of running have helped him to endure tragedy and persevere to lead a happy, productive and full life.

Jerry's greatest challenge occurred early in life when he and his mother set out from his hometown in Connecticut for the Ringling Bros. and Barnum & Bailey Circus. The circus tent was packed with 7,000 fans. As the show began, a spark set fire to the circus tent and it quickly burned to the ground. This tragic accident was one of the worst fire disasters in United States history. During that fire, Jerry suffered life-threatening burns to his upper torso and he lost the tips of his fingers. His mother, who Jerry believes shielded him from the fire, was one of the casualties in the fire. Following the tragic accident, Jerry remained in the hospital for more than six months. Since that time, Jerry has undergone numerous surgeries on his hands with extensive physical therapy to improve their functionality. Now in his seventies, Jerry still bears the physical scars yet continues to refuse to allow the tragic event to impact his life. He has moved through recovery and forged a path to success.

Sports have been a continuous pursuit throughout Jerry's life. During his early school years, Jerry overcame teasing and doubts from others that he could play sports. He proved them wrong. In prep school, he was named captain of both the football team and the basketball teams he played for. After college, he played softball, touch football and basketball.

Jerry's love of running began at age thirty. He began road racing about a decade later. Jerry became involved with the Connecticut USATF Club and qualified for the National Senior Games in 1995 at age 55. In the next year, Jerry entered every national and international master's track and cross-country event he could find.

Jerry is most proud of being a "senior athlete". He has placed first in age group competitions for over 1,000 events. Jerry is particularly passionate about the Senior Games. He served on the State Senior Games Boards for both Maine and Connecticut and has gotten a multitude of people involved in senior level competition. Jerry serves as a board member of the Maine Senior Games and the National Senior Games Association as well as the Maine Track Club and New England 65 Plus Running club. Jerry also assists with coaching at Bowdoin College for both the cross-country team and track team as a volunteer. He inspires youth as a role model who has overcome adversity. He advises them that they can do whatever they want to do if they put their mind to it.

Jerry has achieved a successful career as a certified public accountant. He has committed countless hours to community service and has been happily married for more than 50 years. He has four children and three grandchildren. He resides in Brunswick with his wife, Arden.



From Rebounds to Running

Sheri Piers

Even though Sheri Piers won the Maine State Cross-Country title her junior year at Westbrook High School and had some great offers from Division I colleges, she opted instead to play basketball in college. Basketball was her first love, and she was an odds-defying 5'2" point guard at St. Joseph's College. Sheri went on to attain the most assists in a game, a basketball record that still stands.

"I ran in college and afterwards for sanity and pure enjoyment. I ran my very first marathon, the Maine Marathon, in 1998 with a finish time around 3:42. But, I didn't start running road races again until after my third daughter Karley was born", said Sheri. It wasn't until she met Kristin Barry, another standout Maine runner who became Sheri's good friend and running partner. At the Turkey Trot 5K (2005) she really got serious about racing again. Kristin introduced Sheri to the concept of speed work and interval training. It was Kristin's idea for the two of them to attempt qualifying for the 2008 Olympic Marathon Trials.

"The wonderful part about meeting Kristin was that we are two peas in a pod and she has taught me so much. Her most valuable lesson is to lose graciously and be happy for other successes. Sheri challenged herself as a budding elite athlete in 2007 at the Philadelphia Marathon finishing 8th with a time of 2:45:37. This performance qualified her for the 2008 Olympic Trials. In those Olympic Trials, she placed 16th with a time of 2:38:46. A year later she ran the Boston Marathon in 2:37:04, placing 11th overall for women. "By far my proudest moment in road racing was when Kristin and I qualified for the 2008 Olympic Trials Marathon in Philadelphia in 2007. We trained everyday for that race and ran step for step together the entire race and both qualified. I still get goose-bumps when I think back to Philly", remembers Sheri.

In 2012 Sheri, now a masters' competitor, became the first American woman and number one masters' winner in the Boston Marathon with a time of 2:41:55. She continued her winning streak by setting the Maine women's record at the Beach to Beacon 10K with a 34:17 finish, placed 24th in the 2012 Olympic Marathon Trials with a time of 2:37:09, and went on to place 2nd in the Twin Cities National Master's Championship marathon with a personal best of 2:36:59. These performances lead "Running Times" Magazine to declare her one of the best women masters' marathoners in the country.

Sheri derives most of her personal satisfaction and identity not as a runner, but as a mother, a nurse practitioner and a coach. In her "spare time", Sheri has coached at both Westbrook High School and Chevrus High School. Recently, Sheri has established a tradition at the Sea Dog's Mother's Day 5K of not running for a record, but as a companion to her young daughter, Karley, where they cross the finish line together. The irony of this tradition is that it was Karley's birth that started Sheri on her successful running career.

"I'd like to think that through my coaching with students and my parenting of my kids that they see that if you work hard at something, success will come at some level. I believe you will get out of something what you put in. If I have been able to send that message to anybody, then I consider that personally rewarding", says Sheri as she summarizes her proudest achievements. Sheri quotes George Sheehan saying, "Once you have decided that winning isn't everything, you become a winner."



A Dedicated and Supportive Maine Runner

Jim Toulouse

Jim Toulouse was born in 1948, a member of the baby boom generation. He grew up in Pittsfield where he developed a strong Maine work ethic and sense of community. This ethic carried over to his career, family and running life.

In high school Jim ran on the Maine Central Institute cross-country team where he was the perennial 6th man. Running was put on hold until fourteen years later in 1980. An inner voice, along with an extra 30 pounds, had spoken to him and he bought a pair of Sear's running shoes. Jim was immediately drawn to road racing. As of January 2014, Jim has logged 85,000 miles, with over 300 road races plus numerous Maine Corporate Track and national meets.

Jim's longevity in competition has spanned four decades and includes over 100 first place finishes in age groups, or top five in each race. He has five overall road wins in his thirties and forties in distances from four miles to the marathon. The marathon is his passion and he has run 45 of them, including twelve below 2:40 and 30 under 3:00 hours. Jim has placed in the top five overall in nine marathons including three finishes in 2nd place. He was first at the 1991 Sugarloaf Marathon in 2:32:30 at age 43. Jim also excelled on the track and has held six Maine Corporate Track Association (MECTA) records in the 1600, 3200 and 5000, both in the master and senior age groups. He currently holds the 60-69 age records at these distances, as of 2014.

Jim has been recognized for his contributions to Maine running with the following awards: Maine Track Club Runner of the Year in '87, MTC Outstanding Master in 1988, 1991 and 1993, Outstanding Senior in 1998 and Outstanding Veteran in 2009. Jim also received the MECTA Tim Smith Award for Distance Runner of the Year in 1988 and 2008. Jim's personal bests include 16:07 for 5K, 32:57 for 10K and a 2:31:10 marathon, all as a sub-master. He achieved the following personal records as a master: 2:10 for 800, 4:36 for 1600, 9:57 for 3200, 20:58 for 4 miles, 26:28 for 5 miles, 55:21 for 10 miles and 1:13:20 for the half marathon.

While running competitively Jim has always shown a strong desire to give back to the sport and his community. He served on the Organizing Committee and Board of Directors for the Beach to Beacon 10K. When a close friend and co-worker was diagnosed with terminal cancer, Jim dedicated his 2007 Boston Marathon to him. He and his wife, Sandy, with strong community support, raised over \$75,000 for the Dana-Farber Marathon Challenge. Jim has organized walk teams at Unum to raise funding to erase the stigma of mental illness for the National Alliance on Mental Illness, Maine. He has volunteered to support the Long Creek Youth Development Center by running with and mentoring the young residents.

Perhaps Jim's biggest impact on Maine running has been being a friend, enthusiastic supporter and mentor to many fellow runners over the years. He attributes his longevity and happiness in the sport to his 25 plus years of friendship and comradeship. This happiness is particularly denoted a group of runners affectionately known as the 'Rat Pack'.

Jim retired from Unum after a 37-year career in May 2014. He resides in Cape Elizabeth with his wife Sandy where they raised their 2 daughters, Emily and Laura.

