

Maine Track Club

Run with a friend...

www.mainetrackclub.com

February 2001

Maine Track Club Awards Banquet Year 2000 Recipients

MTC Runners of the Year



Michael Payson



Carol Hogan

MTC Open Runners of the Year



Dan Deering



Kim White

See Back
Cover for Youth
Runners of the
Year and
additional Award
category
Recipients

MTC Master Runners of the Year



Russell Boisvert



Kate Meyers

MTC Senior Runners of the Year



Lloyd Slocum



Polly Kenniston

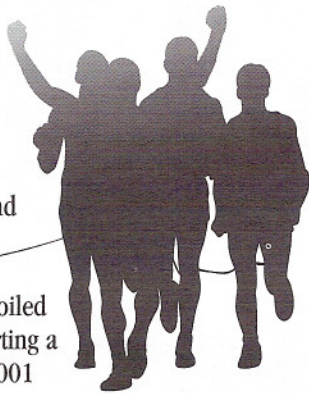
Presidential Message

February 2001

Dear MTC Members

"A man gazing at the stars is proverbially at the mercy of the puddles in the road"

We definitely have had more than our share of puddles, slush, snow and ice this winter. Are you feeling that housebound psychosis? Could it be that we are somewhat spoiled by a few easy winters? Hopefully, starting a new MTC season and planning the 2001 races might make us believe that spring is around the corner.



As Yogi Berra once said, "It's Jeja Vu all over again". It was six years ago that I handed the gavel to Ron Pelton. On Saturday evening, January 20th, at our banquet, President Utterstrom passed the gavel back to me. Can one come home again? Let's hope! Everyone had a great time, the large hall was nicely decorated, the food was good, and the camaraderie was enjoyed by all. Congratulations to all the award winners. Sandy did an excellent job with preparations for the event. We all wish her peace and relaxation in her retirement, but not for long. Knowing her, she will be an active retired president.

I wish to stress three of the club goals we will focus on for the coming year:

1. Become a more cohesive club by involving both new and old members in activities, meetings, and special events.
2. Provide incentives and a sense of fairness for members to want to volunteer for races and events.
3. To provide opportunities for members to have fun and receive satisfaction as a result of their participation in club activities.

How can this be accomplished? I cannot do it alone. I need you to become a partner. Please read the enclosed volunteer sheet in this issue. Check the committees and races you would like to work on. I am appealing to your sense of fair play. I cannot say you must work one, two, or three races. After all, we are all adults and you should understand that that if you choose to just run races, and not give back to the club by volunteering, you will be preventing some members from entering a race as they must carry an extra heavy load of volunteering on their shoulders. I have confidence that everyone will do their share. All members, regardless of their running levels, must share the burden so that we can insure that we will have races to run.

I can tell you that we will be back at SMTC for our general meetings and hopefully some special events. I want to thank John Dakin and Wayne Ross of SMTC for making this possible. Our first meeting of the year will be on Monday, February 26 at 6:30 p.m. in the Machine tool building (check the enclosed map). Please make every effort to attend. I would like to see a large turnout for this

meeting, as it would be a tremendous confidence builder.

I want to thank everyone for the opportunity to serve as President for a second time. There are not many presidents that can make this statement.

They say wisdom comes with age----let's hope! I do promise to work hard and do my best.

Let's enjoy the day,

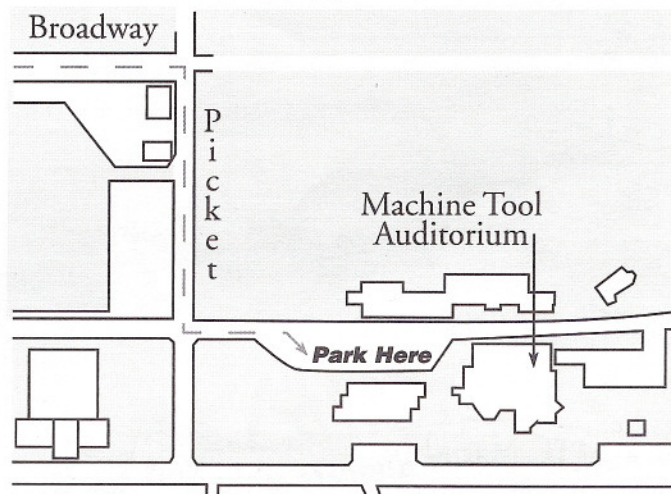
Mel Finberg



Membership Meeting

**Monday, February 26th, 2001
at 6:30 PM at
S.M.T.C. in South Portland**

Please see map below for directions



Speaker: *George Towle* - George recently returned from his annual trip to Kenya and will share his experiences with us.

Door prizes - Refreshments - Socialize

Extra bonus - Don Penta, our official photographer, will have many pictures available for you to take home.

See you there!

2001 Race Schedule

The Midwinter Classic once again served as the leadoff event for this year's MTC race schedule, which is now set with the exception of the MTC 50-Miler. Including the 50-Miler and the Beach to Beacon 10K, the club will be involved with at least 16 events, about the same as a year ago.

For those of you interested in knowing how the race schedule is established, here's a brief explanation. The club "owns" five events-the Midwinter Classic, the Women's Fitness 5K, the Maine Marathon, the 50-Miler, and the Turkey Trot 5K. The club is solely responsible for organizing these events and technically collects all race proceeds, though much of that money is earmarked for charities and scholarships.

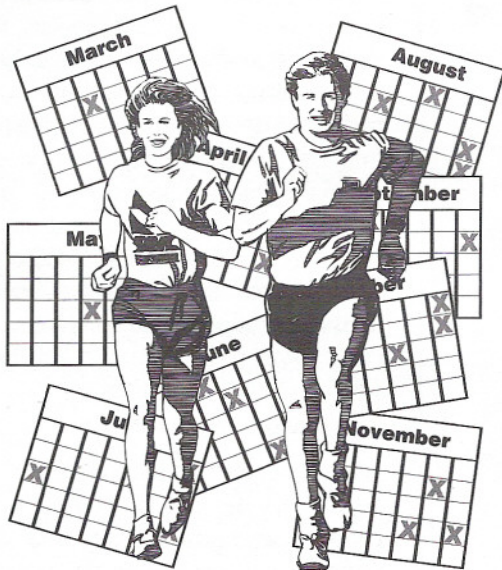
For most of the other events on our schedule, the club collects a race fee for helping out with timing, results and other assorted tasks. In many cases, the MTC has a long-standing involvement with these events, such as the Boys and Girls Club 5-Miler, the YMCA 5K, the Clam Festival Classic, the St. Peter's Road Race and the Thanksgiving Day 4-Miler.

At the present time, there's only one difference between last year's schedule and this year's schedule-the addition of a race sponsored by the Portland Sea Dogs on Mothers' Day. The Sea Dogs asked us to help organize this new event, and we agreed.

As always, we're looking for club members who are interested in learning about what goes into organizing a race so that we can add to our supply of prospective race directors. Ideally, we'd like to train some of our members as assistant race directors so that we'll have people ready to step in when our current race directors "retire". This has been a problem in the past; in fact, the Boys and Girls Club race is going into its second year without a race director, which means myself and other club officers are forced to do it ourselves.

Here's something to keep in mind if you've thought about volunteering for a key position but are worried about the time commitment: If we're able to attract assistant race directors for every race, the assistants will be able to learn the ins and outs without having all the pressure on their shoulders, and the current race directors will greatly appreciate the help. Believe me, it's a lot better to have two people sharing the work instead of having one person trying to do everything. We'd like to see assistant race director become a permanent position for every race, so that if the assistant moves up to replace the regular race director, a new assistant will be added.

This even applies to this year's Boys and Girls Club race. We don't expect anyone to jump in at this late date to serve as race director, but we at least would like to find an assistant race director who could take over for next year (it should be noted that the MTC race director works closely with two race directors from the Boys Club-John Tracy and Willie Gorham-so it's not a one-man or one-woman show). If you're willing to become an assistant race director for this race or any other race on our schedule, please contact me at 829-5079 or bobaube@mainetrackclub.com.



2001

MTC RACE SCHEDULE

March 4 - Irish Road Rover 5K, Brian Boru Pub; Portland, 11:00 AM, Contact: Dan McKeown - 885-1234

April 16 - Portland Boys & Girls Club Patriots' Day 5-Miler; Portland, Noon, Contact: Portland, Boys & Girls Club - 874-1069

May 13 - Portland Sea Dogs Slugger's Mom 5K and Kids' Run; Hadlock Field, Portland, 9:00 AM, Contact: Maine Track Club - 741-2084

May 25 - YMCA Back Bay 5K; Back Cove Path, Portland, 6:00 AM, Contact: Portland, YMCA - 874-1111

July 21 - Pat's Pizza Clam Festival Classic 5-Miler; Yarmouth, 8:00 AM, Contact: Maine Track Club - 741-2084

July 28 - Peaks Island 5-Miler; Peaks Island Lions Club, 10:30 AM, Contact: Larry Dyer - 725-6962

August 10 - St. Peter's Road Race (4 miles); Portland, 7:00 PM, Contact: Maine Track Club - 741-2084

August 31 - Maine Running Hall of Fame 5K; Back Cove Path, Portland, 6:45 PM, Contact: Maine Track Club - 741-2084

September 16 - Harvard Pilgrim Women's Fitness 5K; Eastland Park Hotel, Portland, 9:00 AM, Contact: Maine Track Club - 741-2084

October 7 - Sportshoe Center Maine Marathon/Relay/Half Marathon; USM's Sullivan Gym, Portland, 8:00 AM, Contact: 741-2084 or marathon@maine.rr.com

November 17 - Turkey Trot 5K; Pond Cove Elementary School, Cape Elizabeth, 9:00 AM, Contact: Maine Track Club - 741-2084

November 22 - Thanksgiving Day 4-Miler; One City Center, Portland, 9:00 AM, Contact: George Towle - 780-5595



VOLUNTEERS NEEDED

"Please call any of the phone numbers listed above to volunteer for any of these races"

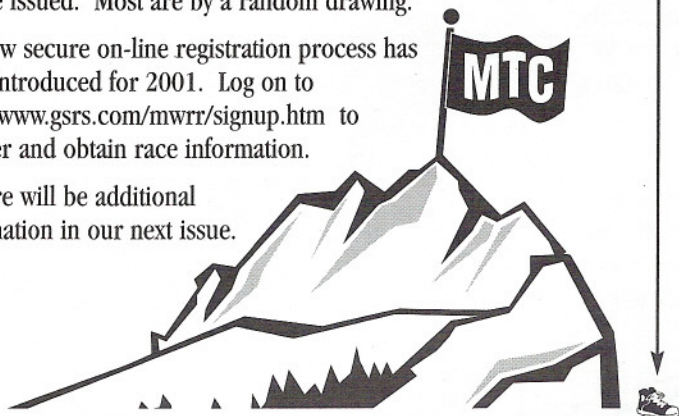
Mt. Washington Road Race

Saturday, June 16, 2001, 10:00 A.M.

To be able to race you must secure one of the 1100 numbers that will be issued. Most are by a random drawing.

A new secure on-line registration process has been introduced for 2001. Log on to <http://www.gsr.com/mwrr/signup.htm> to register and obtain race information.

There will be additional information in our next issue.



Cathy Kilburn Joins Leukemia & Lymphoma Society's Team in Training Program

Cathy Kilburn, MTC At-Large Board of Directors member, has joined the Leukemia and Lymphoma Society's Team in training program. She will be participating in the St. Anthony's Triathlon in St. Petersburg, Florida on April 29, 2001.

As you know, fundraising for the Leukemia Society is a very worthwhile cause. Cathy is committed to raise \$4,000.00 in donations. If you would like to sponsor Cathy, please contact her at 854-9441 (h) or KJK@ci.portland.me.us.

10TH ANNIVERSARY SPORTSHOE CENTER MAINE MARATHON/RELAY/ HALF MARATHON Sunday, October 7th, 2001

Marathon Relay Coordinator Needed

Responsibilities include:

Since we have a new course, three new relay exchange points need to be set up. (where are they going to be and what is the mileage between points) We need to make sure off-street parking is available to runners at these exchange points, this may mean the coordinator would have to visit parking sites and ask permission. You would need to obtain and print up maps showing exchange points and parking areas along with instructions for relay runners (samples from last year are available). The coordinator would also need to set up the exchange point signs on race day, get volunteers (min. 3) to work the exchange points, and possibly set up a clock or have some sort of timing. You would also mail out relay instructions and return phone calls or emails from runners who have questions and be available at registration on race weekend. If you are interested in this position, please contact either Howard Spear or Bob Aube at (207) 741-2084 - E-mail: marathon@maine.rr.com, web: www.mainemarathon.com

Coming in the next issue of the newsletter, a description of traffic coordinator(s) position. Also needed, someone to do Certificates of Completion after the race and someone to be in charge of all volunteer shirts and race shirts.



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.

This schedule is published for your convenience. The Maine Track Club endorses and certifies only those races that are in bold below.

March 4, 2001 - Irish Road Rover 5K; Portland, ME, 11:00AM Fore and Center Streets, Contact: Daniel J. McKeown, 29 Pillsbury Drive, Scarborough, ME 04074, (207-885-1234) mckeown@maine.rr.com

March 11, 2001 - Kerryman Pub Road Race and Mary's Walk; Saco, Noon 4M Run, 12:05PM 2.5M Walk, Contact 627-2411 or www.maryswalk.org

March 25, 2001 - Eastern States 20M; Kittery, ME, 11:00AM Traip Academy (Kittery, ME to Salisbury, MA; Run for the Border 10M from Rye Beach, ME to Salisbury, MA), Contact: Eastern States 20 Mile Run, PO Box 890238, Weymouth, MA 02189, (781-340-0616) don-allison@mediaone.net

April 1, 2001 - Presidential 5M; Kennebunkport, ME, 11:00AM Dock Square, Contact: Race Director, PO Box 62, Kennebunk, ME 04043, racedirector@presidentialroadrace.com

April 16, 2001 - Portland Boys & Girls Club Patriots' Day 5-Miler; Portland, Noon, Contact: Portland Boys & Girls Club 874-1069

April 28, 2001 - April Amble; Portland, Noon, Contact: Brian Gillispie 828-3818

May 13, 2001 - Portland Sea Dogs Slugger's Mom 5K and Kid's Run; Hadlock Field, Portland, 9:00 AM, Contact: MTC 741-2084

May 19, 2001 - National Theatre Workshop of the Handicapped 5K Challenge for runners, walkers, persons with disabilities and Wheelchairs; Belfast, 10:00 AM, Contact: Martha Ames 338-6894 or ntwhcrby@mint.net

May 20, 2001 - Sugarloaf/USA Marathon; Eustis, ME, 7:00AM Carrabassett Valley (Also, Marathon Relay/15K), Contact: Sue Foster, c/o Sugarloaf USA Outdoor Center, RR1 Box 5000, Carrabassett Valley, ME 04947, (207-237-6830) outdoor@somtel.com

June 2, 2001 - YMCA Back Bay 5K; Back Cove Path, Portland 10:00 AM, Contact: Portland YMCA 874-1111

June 2, 2001 - YMCA World Largest 5K Run and Fun Walk; Auburn, 10:00 AM, Contact Doug McFarland 795-4095

June 23, 2001 - Falmouth PARKFEST 4M, Falmouth, ME, 8:30AM Community Parks (Also, Kids FR), Contact: Kim White, c/o Tumblekidz Studio, 417 US Route One, Falmouth, ME 04105, (207-781-8083) tmbldkz@maine.rr.com

June 23, 2001 - Camden Area YMCA Harbor View 5K; Camden, ME USA 9:00AM Camden Area YMCA, Contact: Jasen Wood, Camden Area YMCA, 50 Chestnut Street, Camden, ME 04843, (207-236-3375) info@camdenareay.com

July 4, 2001 - 25th Bridgton Four on the Fourth; Bridgton, ME 8:00AM Stevens Brook School (4M), Contact: Jay & Lorraine Spenciner, RR3 Box 1002, Bridgton, ME 04009, (207-647-3347)

July 7, 2001 - Beech Mountain 15.7M Trail Run; Mt. Desert, ME 8:00AM Camp Beech Cliff, Beech Mountain Road (Also, 3.8M), Contact: Peter John Keeney, 50 Ledgeawn Avenue #3, Bar Harbor, ME 04609, (207-288-8381)

July 21, 2001 - Pat's Pizza Clam Festival Classic 5-Miler; Yarmouth, 8:00 AM, Contact: MTC 741-2084

July 28, 2001 - Peaks Island 5-Miler; Peaks Island Lions Club, 10:30 AM, Contact: Larry Dyer 725-6962

August 4, 2001 - Peoples Beach to Beacon 10K; Cape Elizabeth, 8:00 AM, Contact: peoplesheritage.com/beac/beac

August 10, 2001 - St. Peter's Road Race (4 miles); Portland, 7:00 PM, Contact MTC 741-2084

August 12, 2001 - Alvin Sproul Samoset 10K; Bristol, ME 9:15AM Bristol Consolidated School (Also, 10K W/1M FR), Contact: Carlene Sproul, PO Box 55, Chamberlain, ME 04541, (207-677-2586) nannyc@midcoast.com

August 26, 2001 - Gregg Hagerman 10K Memorial; Bridgton, ME 8:00AM Highland Lake Public Beach, Contact: Roxanne Hagerman, 17 Main Street, Bridgton, ME 04009, (207-647-3551) roxy@megalink.net

August 31, 2001 - Maine Running Hall of Fame 5K; Back Cove Path, Portland, 6:45 PM, Contact: MTC 741-2084

September 16, 2001 - Harvard Pilgrim Women's Fitness 5K, Eastland Park Hotel, Portland, 9:00 AM, Contact: MTC 741-2084

September 29, 2001 - Eliot Festival Day 5K, Eliot, ME 8:30AM Eliot Fire Station, Route 103 (Also, Kids Run), Contact: Randy Bartlett, 2 Garrison Drive, Eliot, ME 03903, (207-439-3707) eliot5k@fcgnetworks.net

October 7, 2001 - 10th Sportshoe Center Maine Marathon/Relay/Half Marathon; Portland, ME, 8:00AM USM Sullivan Gym, Contact: Maine Marathon, PO Box 10836, Portland, ME 04104, (207-741-2084) marathon@maine.rr.com

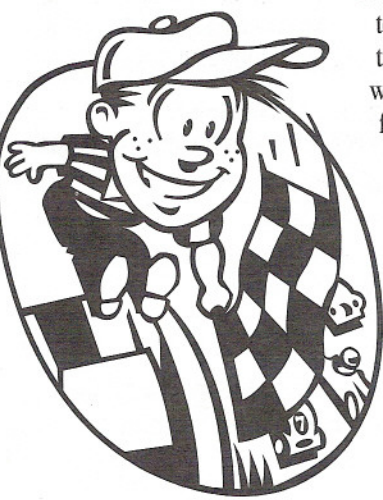
November 17, 2001 - Turkey Trot 5K; Pond Cove Elementary School, Cape Elizabeth, 9:00 AM, Contact: MTC 741-2084

November 22, 2001 - Thanksgiving Day 4-Miler; One City Center, Portland, 9:00 AM, Contact: George Towle 780-5595

Falmouth 500

Mike Doyle

For auto racing fans the Daytona 500 is the start of race season. My race season kicks off at the Mid-Winter Classic 10-miler. For my debut, this year I went out much

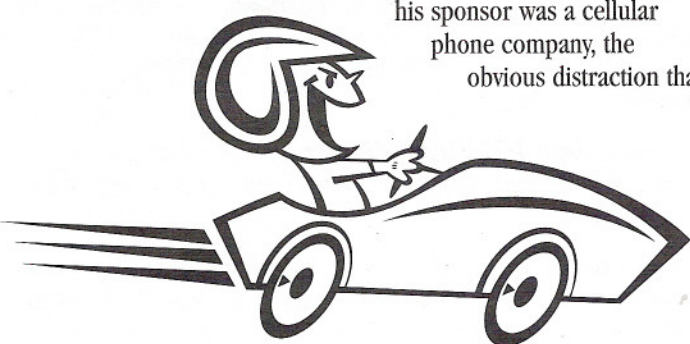


too fast, encountered engine trouble at mile five, my wheels went flat around seven and finished under the caution flag. When asked how the race went, my standard response was that it was a five-mile run followed by a five mile cool-down. After my painful 2001 race initiation I promised myself increased weekly mileage, longer training runs and more fulfilling finishes.

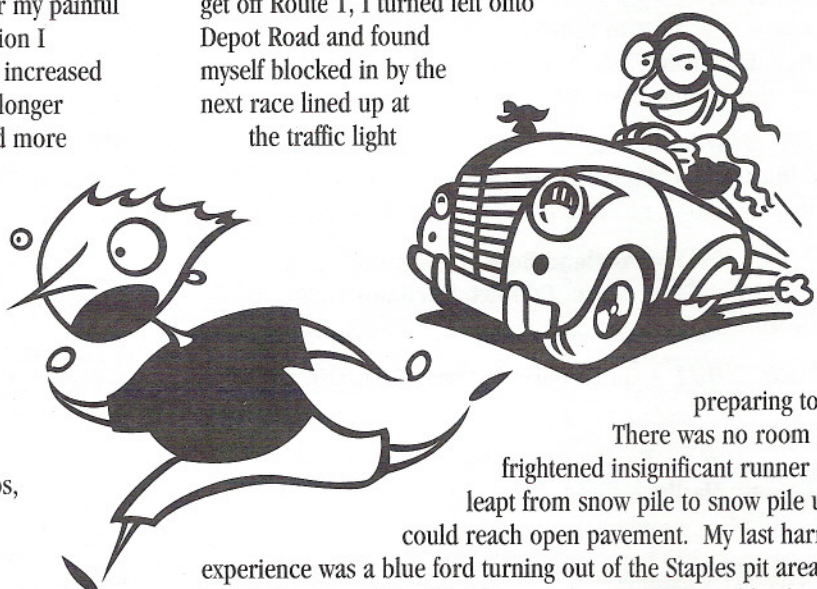
It seems everywhere I go these days I see auto-racing fans announcing their allegiance to certain drivers or car manufacturers. These loyal followers obviously have pride in their sport. They show it by wearing cool race clothing and driving vehicles adorned with race related stickers. During my daily commute I frequently see on vehicle windows, particular race driver's numbers, or manufacturer's logos, even cartoon figures urinating on a particular driver's number or manufacturer logo, these folks undoubtedly love their sport. On February 17th, one day before the official Daytona 500, I swear some of the actual drivers must have been practicing in Falmouth.

I set off on my second long run of the week Saturday afternoon unaware the trials were still taking place. Less than a mile into my run a red Dodge rolled through a stop sign turning onto Veranda Street and nearly ran me over. I'm assuming it was the number 9 driver Bill Elliott, he operates a red Dodge. Barely surviving Veranda Street I cautiously crossed over the bridge on Route 1 heading into Falmouth. Running as far over on the shoulder as possible, a white Saab swerved close enough that for a split second, I thought of jumping the railing into the water below. I did not recognize the

Saab's driver, but I rationalized his sponsor was a cellular phone company, the obvious distraction that



caused his erratic driving. Half a mile later I reached the sidewalk next to Route 1, and began to feel a bit safer. The next three "racers" shattered my rhythm and made me wonder whether I would ever make it home alive. Driver number one steering a green mini-van, balancing a cup of coffee and probably her checkbook almost took me out while roaring through the Maine Bank and Trust parking lot. Driver number two was flying out of Wal-Mart, solely focused on the next big sale ahead. Number three, obviously fighting off starvation roared by me turning on two wheels heading towards Wendy's. I then realized this must be pit row and somewhere close by was the checkered flag. Thankful to get off Route 1, I turned left onto Depot Road and found myself blocked in by the next race lined up at the traffic light



preparing to start. There was no room for a frightened insignificant runner so I leapt from snow pile to snow pile until I could reach open pavement. My last harrowing experience was a blue ford turning out of the Staples pit area eager to join the cars at the light, he was also co-sponsored by the cell phone corporate. Turning onto Route 9 and the rest of the way home, traffic was relatively runner friendly. It may have had something to do with the Falmouth police driving the pace car on this straightaway.

On Sunday I logged about an hour watching the Daytona 500. I realized that these guys had nothing to do with my previous day's adventure. I turned off the T.V. before the horrific crash and the race finish. I was certainly impressed by the amount of fans, flashy cars, colorful pit areas and professional driving. I even thought, perhaps I could go to the next auto race, lace up my shoes and run on the infield next to the track. Running during an auto race looks a lot safer than the adventure I experienced at noon on Saturday in Falmouth.



How They Train – New England Style

Ellie Tucker

by Michael A. Musca mmusca@maine.rr.com

Good things happen when you least expect them. While on a recent visit to the clearance shoe table at Peak Performance Sports store on Middle Street, I thought I recognized the courteous woman who was dutifully juggling shoppers and salespersons. Ellie Tucker explained that she was helping out in the store as a temporary measure. Great! Here was my chance to further diversify this column with one of Maine's premier master woman runners. I was confident that Ellie would reveal a secret formula of foods, elixirs and interval training that would put Maine women on their ears. No such luck. Just plain ol' hard work, a dash of sibling rivalry and pure love for the sport are Ellie Tucker's secrets. Ah well, the search continues....

Name: Ellie Tucker

Affiliation: Maine Track Club

Age: 46

Best Marks:

Marathon	3:23
Half Marathon	1:27:53
15K	1:00:32
10 Mile	1:06:42
10K	39:46
5Mile	32:16
5K	19:15

Personal Statistics:

Born in Massachusetts though I don't consider myself a "flatlander". Lived in Maine since I was 4 yrs. old. I settled in No. Yarmouth and am living with my faithful running companion, a 7 yr old lab mix (who makes me go out in all weather). Started running when I was 40 and was going through a "mid life" crisis. I ran my first race 3½ weeks after starting running and was immediately hooked. I'll never forget how elated I felt after crossing the finish line.

Pre-Training Warm-up:

The essential pre-training necessity is a cup of good, hot coffee. Other than that I have no regular routine. I try to do the first miles slowly; ease into a run. I mostly run how I feel. Before a race I jog 2 miles, stretch, then do a few strides.

Stretching:

Stretching is directly proportionate to age: The older one gets, the more (and longer) one needs to stretch. I try to stretch after each run; I have a hamstring that lets me know if I've neglected it. I don't believe any studies that show that stretching doesn't make a difference.

Log Book:

My log book has brief, cryptic entries. I record distance, time, route and workout, if any. I'll note an especially inspiring or eventful run.



Daily workouts:

I recently started training with a few other women and a coach and am doing one structured workout/week. We're concentrating on strength and endurance this winter and will add speed work in the Spring. We'll either do mile repeats, threshold runs, hill repeats or a ladder. I'm a firm believer in long runs and try to do 10-15 mi once/week. These runs are important for mental as well as physical health. I've discovered snowmobile trails and absolutely love running on them. Along with beautiful, peaceful scenery and no traffic, they're great for strength training. Most days I run how I feel-usually at an 8-8:10 pace. I generally run between 35-45 mi/wk. depending on my work schedule.

Favorite/best race:

Whatever race I've just finished. Every race has it's own uniqueness and character. I always look forward to the Maine Half Marathon (though at mile 12 I think differently...). Beach to Beacon is fun because we get to participate with the world's greatest athletes in the same event.

Favorite race course:

Sugarloaf 15K; I lived up there for 15 years and love going back to the area and running along the river. I really miss the Bowdoin Ten-Miler. Entering the stadium with wafting bagpipe music then doing a lap on the (world's greatest) track is such an eventful, inspirational finish.

Favorite workout:

4 mile threshold runs are my favorite workout. A ladder (400,800,1600,800,400) on Bowdoin CollegeTrack is a close second. I detest mile repeats at sub 5K pace but I feel so good after doing them. The harder, more intense the workout is, the better I feel afterwards; that's what gets me through them. I haven't done any real speed work yet and I'm dreading it.

Favorite running route:

New Gloucester 12 miler from the Sprouls; running from my house down to Twin Brook trails in Cumberland, through the woods and back home.

Running Hero:

Everyone who laces up their shoes, especially those who have overcome adversity, and pushes themselves to their limit.

Who inspired you to run?

A friend who said that you can't cry when you run (which is true) and my sister, Edie Dubord, who at the time was training for the 1996 Olympic marathon trials. Being a little competitive I thought that since I am the older sister I should be able to outdo her in everything. I figured after a few months of running I would beat her times. Needless to say I was ruthlessly humbled. I've yet to catch her.

Why do I run?

If there is one answer to "why do I run?" it has to be because running and competing make me feel great, better than I've ever felt. I've had some regrets throughout my life but I have never, ever, regretted going for a run, regardless of any circumstance.

RACE RESULTS

The Maine Track Club, The Road Runners Club of America, South Portland House of Pizza, Black Bear Graphics & The Sportshoe Center Present

The Twentieth Annual Mid-Winter Ten Mile Classic And Road Runners Club of America Ten Mile State Championship

539 Record Finishers (194 Female And 345 Male) 627 Record Entrants

Certified (ME95001WN) Challenging Counter-Clockwise Loop Course in Scenic Cape Elizabeth, Maine

9:45 a.m., Sunday, February 4th, 2001

Weather: 15 Degrees Fahrenheit, Sunny

New (Non-first-overall, 1995-2001) Age Group Records:

Guy Berthiaume	M55-59	1:01:57
Wendy Burbank	F55-59	1:19:11
Carol Hogan (MTC)	F50-54	1:10:37
Polly Kenniston (MTC)	F60-69	1:28:46
Ellie Tucker (MTC)	F45-49	1:06:42
Bob Winn	M40-44	54:43

Top Overall Finishers

Place/Name	Age	Town	Time	Pace
1 Dave Dunham 1,overall USAT&F	36	Bradford, MA	53:51	5:23
2 Bob Winn 2,overall USAT&F	42	Ogunquit	54:43	5:28
3 Byrne Decker 3,overall	33	Yarmouth	55:30	5:33
4 Barry Logan 4,overall	32	Harpwell	55:49	5:35
5 Christian Muentener 5,overall	27	South Portland	56:24	5:36
33 Susan Barber 1,overall USAT&F	44	Montpelier, VT	1:04:03*	6:24
51 Nancy Corsaro 2,overall USAT&F	42	Methuen, MA	1:05:49*	6:35
58 Suzy West 3,overall	37	Putney, VT	1:06:39*	6:40
59 Ellie Tucker (MTC) 4,over. USAT&F	46	North Yarmouth	1:06:42*	6:40
63 Jennifer Rappaport 5,overall	36	Melrose, MA	1:07:15*	6:44

Top Divisional Finishers

6 Michael Payson (MTC) 35-39	36	Falmouth	56:24	5:38
10 Robert O'Hara 45-49 USAT&F	46	Boston, MA	58:15	5:50
20 Guy Berthiaume 55-59 USAT&F	55	Chelsea	1:01:57	6:12
21 Barry Fifield (MTC) 40-44	43	Gray	1:02:00	6:12
25 Bill Reilly (MTC) 50-54	53	Brownfield	1:03:01	6:18
37 John Cooper Clyde-O 190-210	30	Scarborough	1:04:27	6:27
65 Eric Giddings 18&under USAT&F	13	South Portland	1:07:17	6:44
72 Maie Jacobs 40-44 USAT&F	41	Atkinson, NH	1:07:42*	6:46
80 Denise Jewell 35-39	35	Cumberland	1:08:23*	6:50
108 Carol Hogan (MTC) 50-54 USAT&F	50	Portland	1:10:37*	7:04
113 Bob Coughlin (MTC) 60-64 USAT&F	62	Cape Elizabeth	1:11:03	7:06
120 Eugene Holm Clyde-M 190-210	47	Lewiston	1:11:29	7:09
128 Pamela Hall 45-49 USAT&F	47	Litchfield, NH	1:12:09*	7:13
149 Manny Arruda Clyde-SM 190+	50	Somerville, MA	1:13:33	7:21
213 Andrea Giddings 18&under	16	South Portland	1:16:54*	7:41
221 Connie McLellan (MTC) USAT&F	50	Sinclair	1:17:17*	7:44
239 Lawrence Driscoll Clyde-O 211-225	38	Watertown, MA	1:18:16	7:50
243 Steve Stinson Clyde-O 226+	27	Portland	1:18:49	7:53
250 Wendy Burbank 55-59 USAT&F	58	Boxford, MA	1:19:11*	7:55
256 Jeff Stone (MTC) Clyde-M 211-225	44	South Portland	1:19:29	7:57
288 Faye Lowery 2,55-59 USAT&F	57	Rochester, NH	1:21:52*	8:11
292 Celeste St. Pierre Filly-O 140+	36	Franconia, NH	1:22:02*	8:12
328 Martha Huston Filly-M 140+	42	Gloucester, RI	1:24:01*	8:24
339 Jane Levesque 3,55-59 USAT&F	59	Nashua, NH	1:24:59*	8:30
387 Polly Kenniston (MTC) 60-69 USAT&F	64	Scarborough	1:28:46*	8:53
487 Carlton Mendell (MTC) 70&+USAT&F	79	Portland	1:39:47	9:59
513 Greg Ernst Clyde-M 226+	41	Randolph, MA	1:48:20	10:50

Other Maine Track Club Finishers

16 John Mollica 2,45-49	48	Freeport	1:01:19	6:08
23 Mike Grant 3,40-44	43	Scarborough	1:02:46	6:17
24 Mark Steege 3,45-49	45	Standish	1:02:58	6:18
27 David Chamberlain	39	Falmouth	1:03:05	6:19
30 Britton Wolfe	35	Portland	1:03:31	6:21
36 Michael Gordon	38	Portland	1:04:24	6:26
41 Michael Musca	43	Falmouth	1:04:45	6:29
56 Jonathan Rundell	40	Scarborough	1:06:34	6:39
68 Gerard Conley	47	Portland	1:07:37	6:46
76 Dick Graves	45	Portland	1:08:05	6:49
86 Jonathan Ives	30	Hallowell	1:08:57	6:54
92 Ken Cotton	51	Bristol	1:09:43	6:58
93 Craig Wilson	51	Kittery Point	1:09:44	6:58
96 Curtis Moulton	38	Sanford	1:09:52	6:59
102 Rich Robinov	40	Cumberland	1:10:13	7:01
104 Phil Pierce 2,55-59	59	Falmouth	1:10:16	7:02
115 Kim White	38	Falmouth	1:11:07*	7:07
118 Brian Cliffe	40	Cape Elizabeth	1:11:14	7:07
130 Kate Meyers 2,40-44	40	New Gloucester	1:12:17*	7:14
134 Rex Holtan	48	Portland	1:12:51	7:17
136 Matthew Foss	31	Portland	1:12:55	7:18
137 Tom Noonan	29	Steep Falls	1:12:55	7:18
147 Charles Iselborn	43	Portland	1:13:25	7:21
152 Ron Cedrone	51	Falmouth	1:13:39	7:22
161 Joe Lembo	37	Portland	1:14:12	7:25
168 James Corbett	36	Cape Elizabeth	1:14:49	7:29
169 Don Bessey	55	Kennebunkport	1:14:51	7:29
170 Gregory Welch	49	South Portland	1:14:53	7:29
171 Rob Boudewijn	54	Portland	1:14:57	7:30
182 Vicki Bryant 3,40-44	43	Greene	1:15:23*	7:32
184 Maureen Sproul	44	New Gloucester	1:15:27*	7:33
185 Tom Shorty	38	Gorham	1:15:28	7:33
186 Kevin Mahoney	42	Gorham	1:15:29	7:33
187 Bob Payne 3,60-69	62	Raymond	1:15:30	7:33
196 Kathy Hepner	40	Gorham	1:16:02*	7:36
197 D. Scott Hamilton	49	North Waterboro	1:16:03	7:36
205 Steven Jacobsen	51	Kennebunkport	1:16:25	7:39
211 Julia Drinker	40	Arlington, MA	1:16:49*	7:41
242 Michael Doyle	36	Portland	1:18:46	7:53
249 George Campbell	54	Portland	1:19:10	7:53
267 Colleen Redmond	36	Portland	1:20:11*	8:01
276 Joan Lavin 3,50-54	53	Portland	1:20:49*	8:05
286 Jim Harmon	41	Portland	1:21:42	8:10
307 Mark Grandonico	41	Portland	1:22:33	8:15
310 Terry Clark	56	Windham	1:22:51	8:17
317 Helen Cheney	46	Cumberland Ctr.	1:23:17*	8:20
318 Karen Curtis	33	Bethel	1:23:19*	8:20
324 Neil Chivington	53	Hollis Center	1:23:49	8:23
331 Tony Salamone	51	South Portland	1:24:13	8:25
340 Linnea Olsen	45	Saco	1:25:10*	8:31
350 Cathleen Kilburn	34	Westbrook	1:25:41*	8:34
351 Joseph Shinnick	28	Cape Elizabeth	1:25:43	8:34
356 Marla Keefe	47	Casco	1:26:22*	8:38
363 David Everest	35	Portland	1:26:56	8:42
370 John Keeley	49	Portland	1:27:08	8:43
377 Thomas Mundhenk	51	Portland	1:28:22	8:50
378 Howard Spear	50	Westbrook	1:28:29	8:51
379 Diane Daley	44	Casco	1:28:34*	8:51
381 Jan Conley	38	Portland	1:28:36*	8:52
383 Amy Ives	29	Hallowell	1:28:38*	8:52
389 Mike Brooks	55	Danville	1:28:56	8:54
391 Chuck Burnie	46	Cumberland	1:29:16	8:56
399 Gregory Kesich	38	Portland	1:30:15	9:02
402 Rodger Smith	55	Scarborough	1:30:27	9:03
413 Marcey McHatten	31	Scarborough	1:31:00*	9:06

RACE RESULTS (CONTINUED)

The Comedy Connection, Boones Restaurant

And The Porthole Restaurant Present

The Third Annual Bob Marley Toys For Tots 5K Run\Walk\Crawl

91 Finishers (22 Female & 69 Male)

Loop Course In Portland's Scenic Old Port

10:00 a.m., Sunday, December 17th, 2000

Results Courtesy Of Split-Time Race Management

Top Overall Finishers

Place/Name	Age	Town	Time	Pace
1 Paul Johnson overall	23	Gorham	16:24	5:18
2 T.J. Hesler 1,30-34	32	Steep Falls	16:55	5:28
3 Joshua Dyer 1,20-24	23	Portland	17:05	5:31
4 Emery Bickford 1,19&under	19	Gorham	17:09	5:32
5 Christine Reaser overall	34	Dayton	17:56*	5:48
6 Hans Brandes (MTC) 1,40-44	42	Falmouth	18:07	5:51
17 Lorna Humphries 1,35-39	35	North Yarmouth	20:44*	6:42
18 Beth Rand 1,40-44	40	Cape Elizabeth	20:48*	6:43
20 Kate Meyers (MTC) 2,40-44	40	New Gloucester	20:51*	6:44
22 Sarah Randall 1,25-29	27	Scarborough	21:06*	6:49

Other Top Divisional Finishers

7 Steve Reed (MTC) 50-54	53	Wiscasset	18:37	6:01
13 Curt Moulton (MTC) 35-39	37	Shapleigh	19:52	6:25
23 Gerard Conley (MTC) 45-49	46	Portland	21:08	6:50
30 Katie Higley 19&under	19	Raymond	21:28*	6:56
31 Robert Randall 60-69	63	Springvale	21:36	6:59
36 Harry White (MTC) 55-59	58	Scarborough	22:06	7:08
40 Pamela Hall 45-49	47	Litchfield	22:21*	7:13
67 Lois Martin (MTC) 50-54	50	South Portland	27:49*	8:59
74 Carlton Mendell (MTC) 70&over	79	Portland	29:43	9:36
84 Pat Buckley (MTC) 60-69	63	Portland	33:11*	10:43
86 Ruth Hefflefinger (MTC) 70&over	71	Portland	37:34*	12:08

Other Maine Track Club Finishers

11 Ken Cotton 2,50-54	51	Bristol	19:42	6:22
25 Mike Grant	43	Scarborough	21:19	6:53
26 Ron Cedrone	52	Falmouth	21:20	6:53
32 Gregory Walsh	49	South Portland	21:39	7:00
39 Ned Ayers	50	Falmouth	22:19	7:09
50 Cathy Kilburn 2,30-34	34	Westbrook	23:17*	7:31
59 Mike Brooks	55	Danville	24:38	7:57
61 Robert DeWitt	57	Lisbon	25:32	8:15
64 Thomas Gordon	15	Portland	27:02	8:44
66 Locksley Hall 2,60-69	61	Centre Lovell	27:19	8:49
69 Verne Weisber	47	Cumberland	27:53	9:00
78 Judy Cotton 2,50-54	51	Bristol	30:13*	9:45
83 Kathleen Reid	31	South Portland	31:19*	10:07
85 Peter Gordon	11	Portland	37:34	12:08
87 Julius Marzul 2,70&over	74	Gorham	38:55	12:34
88 Don Penta	54	Windham	38:57	12:34

Many thanks to Charles Scribner for complete results!

Portland Arts Presents

The New Years Portland 2000 5K Road Race

151 Finishers (57 Female & 94 Male)

Loop Course In Downtown Portland From

Monument Square To The Eastern Prom & Back

6:30 p.m., Sunday, December 31st, 2000

Complete Results Courtesy of Split-Time Race Management

Top Overall Finishers

Place/Name	Age	Town	Time	Pace
1 Byrne Decker overall	33	Yarmouth	15:23	4:58
2 Paul Johnson, Jr. 1,20-29	23	Gorham	15:26	4:59
3 Scott Brown 1,40-49	42	Lewiston	15:53	5:07
4 T.J. Hesler 1,30-39	32	Steep Falls	16:23	5:17
5 Christian Muentener 2,20-29	26	South Portland	16:50	5:26
18 Julianna Lagin-Nasse overall	21	Starks	19:06*	6:09
20 Carol Hogan (MTC) 1,50-59	50	Portland	19:16*	6:13
21 Ellie Tucker (MTC) 1,40-49	46	North Yarmouth	19:35*	6:19
26 Kate Meyers (MTC) 2,40-49	40	New Gloucester	20:11*	6:30
29 Kim White (MTC) 1,30-39	38	Falmouth	20:31*	6:37

Other Top Divisional Finishers

7 Eric Giddings 19&under	13	South Portland	17:21	5:36
39 Julia Rissmiller 20-29	26	Belmont, MA	21:19*	6:52
41 George Campbell 50-59	50	Portland	21:26	6:54
43 Robert Randall 60-69	63	Springvale	21:37	6:58
141 Carlton Mendell (MTC) 70&over	79	Portland	30:49	9:56

Other Maine Track Club Finishers

11 Hans Brandes 2,40-49	42	Falmouth	17:48	5:44
22 Brian Cliffe	40	Cape Elizabeth	19:44	6:22
32 Betty Rines 3,40-49	43	Gorham	20:46*	6:42
34 Gregory Welch	49	South Portland	20:53	6:44
47 Harry White 2,50-59	58	Scarborough	21:55	7:04
56 Brendan Flynn	12	Cape Elizabeth	22:39	7:18
57 Matt Flynn	38	Cape Elizabeth	22:41	7:19
60 Matthew Thayer	36	Portland	23:15	7:29
72 John Keeley	49	Portland	24:14	7:48
77 Matthew Govan	31	Portland	24:19	7:50
83 Maureen Sproul	44	New Gloucester	24:46*	7:59
85 Mike Grant	43	Scarborough	24:47	7:59
86 William Sproul	42	New Gloucester	24:48	7:59
87 Mike Brooks	55	Danville	24:48	7:59
88 Bill Rice	46	New Gloucester	25:01	8:01
92 Margaret Hazlett	34	Portland	25:21*	8:10
99 James Snow	37	Scarborough	25:42	8:17
100 Susan Snow	36	Scarborough	25:43*	8:17
106 Robert DeWitt	57	Lisbon	26:33	8:33
118 Janice Drinan	56	Scarborough	28:20*	9:08
120 Brian Wold	10	Freeport	28:32	9:12
123 Larry Wold	41	Freeport	28:34	9:12
127 Lois Martin	50	South Portland	28:54*	9:19
128 Lennie Stack 3,60-69	63	Westbrook	28:57	9:20
136 Richard Meyers	36	New Gloucester	30:27	9:49
137 Donna DeWitt	58	Lisbon	30:27*	9:49
147 Elizabeth Miller	47	Portland	33:36*	10:49
149 Julius Marzul 2,70&over	74	Gorham	40:32	13:03
150 Don Penta	54	Windham	40:37	13:05

Many thanks to Charles Scribner for complete results!

The Inside Track on Winter Books

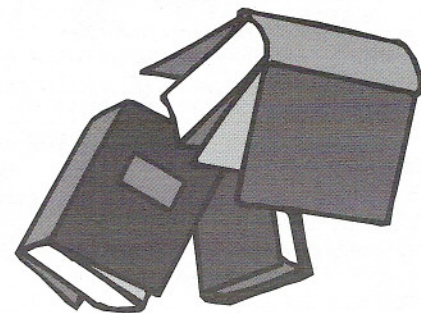
By Michael A. Musca mmusca@maine.rr.com

Deep, dark winter months offer Maine runners time to slow the pace and relax by the fireside, curled up with a good book or two. This winter I re-read one of my favorites, Tom Derderian's "Boston Marathon", and delved into Dr. Timothy Noakes' "The Lore of Running".

Boston Marathon by Tom Derderian (www.humankinetics.com) For the average mid-pack runner like myself, running in the Boston Marathon is an experience akin to a sandlot baseball player stepping into the batter's box at Fenway Park on opening day. The long winter's mileage buildup, the anticipation of waiting in Hopkinton's Athletes Village, the screaming girls of Wellesley and the Newton Hills are all integral parts to this century-old event. If you've ever run Boston, are planning to run in the race, or have watched the race, you'll absolutely love this book. The book's chapters are arranged as decade-by-decade accounts of the races and each chapter pulls the reader deeper into the race's lore. Stories of the scratched-in-the-dirt starting line for first race in 1897 to Clarence DeMar's multi-victories to Joanie's first victory to Boston Billy's race records to the current African dominance will keep you hooked. Author Tom Derderian has always been one of my favorite running writers with his in-your-face style. This book is a must for any runner who cares to read about our sport's history.

Lore of Running by Dr. Timothy Noakes (www.humankinetics.com)

I hate science. All my high school and college science classes were "for non-science majors". Therefore when I read running books I avoid like the plague all references to VO2max, aerobic v. anaerobic and heart monitors. Naturally I steered clear of Dr. Noakes' tome-like manual until this winter. I resolved to face my fears and tackle Lore of Running with much anticipated head scratching and considerable shoulder shrugging. In other words this was going to be as much fun as reading the dictionary. Wrong! Noakes style is practical and educational in the same manner as a "for non-science majors" professor. He knows you're the proverbial student in his class in order to learn the essentials without impossibly difficult final exams. While I wouldn't recommend reading it cover to cover, you should keep this book on your shelf to validate the latest 'miracle training plan' or 'best carbo-loading diet' offered by this month's running magazine. Better yet, bookmark and dog-ear the chapter entitled "Ten Laws of Running Injuries" for the next time you tweak a joint or a limb. The price of the book is ten times cheaper than a doctor visit. Get it, read it.



January 7th, 2001

Volunteer Party/Handicap Run (Cape Elizabeth)



Off and Running



Carlton Mendell
MTC Treasurer



Marge Aube



Nate Parsons



Mel Fineberg
MTC President



Karen Connolly



RRCA NATIONAL CONVENTION

May 2-6, 2001
SHERATON-OLD TOWN
ALBUQUERQUE, NEW MEXICO

For Additional Information:

Albuquerque Road Runners:
www.highfiber.com/~runner/home.html

Convention and Visitors Bureau: www.abqcvb.com; (800) 773-9918

Run for the Zoo 5K and 10K: www.run4zoo.com

Convention Director: Peter Casals (703) 836-0558 ext. 14;
peter@rrca.org

or contact Donna Moulton: 799-2894 RRCA State Rep. for Maine



Maine Track Club Banquet



**Steve Reed &
Michael Payson**



**John Gale &
Elise Moody-Roberts**



**Howard Spear &
Mel Finberg**

MAINE TRACK CLUB OFFICERS & COMMITTEE CHAIRS



USA Track & Field



Mel FinebergPRESIDENT774-8868
Mike BrooksVICE PRESIDENT783-3414
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Chuck BurnieEQUIPMENT829-5208
Mike DoyleNEWSLETTER871-0051
Colleen RedmondNEWSLETTER871-0051
Bill MeechCLOTHING839-4946

UPCOMING MTC BIRTHDAYS

HAPPY BIRTHDAY MTC MEMBERS!!

FEBRUARY

- 15: Bob "Hap" Hazzard, Kerry Salvo, Jake Shorty, Howard Spear
- 16: Kim White
- 17: Amy Grant, Bob Jolicoeur
- 18: K. Scott Hinckley, Amanda Wood
- 20: Kim Bonsey
- 21: Ron Cedrone
- 22: Katey Dydowicz, Elise Moody-Roberts, Stanis Moody-Roberts
- 23: Charles Iselborn, Carol Weeks
- 24: D. Scott Hamilton
- 25: Karen Connolly, Gail Kolbe, Katy Littlefield, Tom Peterson, Tom Shorty, Louise Stone
- 26: James Corbett
- 28: Peter Brandes, Nancy Hewett, Jim Parkinson
- 29: Bob Green, Eric Tableman

MARCH

- 1: Sam Cole, John Gale, Linda Iselborn
- 3: Mike Reali, Mel Uchenick
- 4: Scott Harris, Sr.
- 7: Phil Bartlett, Judy Cotton
- 8: Hilary Umland-Maynes
- 9: Josselyn DeSena
- 10: Bonnie Beach
- 12: C.R. Davis, Don Foshay, Jr.
- 13: Nicole Fontaine
- 14: Robert C. Brooks, Dennis Smith



Maine Track Club Youth Runners of the Year

Middle School Division



Brandon
Bonsey



Elise
Moody-Roberts



High School Division



Andrew Pfeiffer



Rachel
Blanchard

OUTSTANDING CONTRIBUTION TO MTC

Howard Spear

OUTSTANDING RACE DIRECTORS

Jeanne Hackett
Don Penta
Ray Shevenell

OUTSTANDING SPONSORS

Sportshoe Center
Hannaford Brothers
B.H. Milliken

FIRST-TIME RACE DIRECTORS

Kim Moody and Maggie Soule

HELPING HAND AWARD

Pat Buckley
Dan Hogan
Ward Grossman

FIRST-TIME MARATHONERS

Karen Connolly
Mark Grandonico
Kathy Harris
Kate Meyers
Betty Rines

SOMETHING SPECIAL AWARD

Everett Moulton
(RRCA East Region Director)
Mike Grant and Willie Sproul
(sub-3:00 marathons)
Sarah MacColl
(Beach to Beacon race committee)

TECHNICAL AWARD

Bob Aube
Mary Anne Champeon
Everett Moulton
Don Penta
Howard Spear
Sandy Utterstrom

SPECIAL AWARD

Cape Elizabeth Police Chief
Neil Williams

JOHN FYALKA AWARD

Mary Anne Champeon

PRESIDENT'S AWARD

Colleen Redmond and Mike Doyle

MAINE TRACK CLUB DISCOUNTS

The following area sporting goods stores have agreed to give MTC members discounts on running shoes and running clothing. It is necessary that you show your 2001 club ID card when requesting discounts.

Peak Performance Sports

59 Middle St., Portland

15%

ON ALL PURCHASES

Olympia Sporting Goods

Maine Mall, S. Portland

10% ON SHOES ONLY

Coastal Athletics

84 Cove St., Portland

**AASICS SHOES EXCLUSIVELY
DISCOUNTS ACCORDING TO MODEL CALL
AHEAD FOR RON KELLEY 772-4530**

George & Phillips, Inc.,

Route 1, Kittery • 295 Water St., Exeter, N.H.

These are Nike Outlet Stores featuring slightly defective or blemished shoes at reduced prices. All top quality regularly.

SHOES 20% OFF

Lamey Wellehan

Maine Mall ~ Falmouth Shopping Center~Cook's Corner~
Auburn Mall

10% ON RUNNING SHOES

MVP Sports

333 Clarks Pond Pkwy., South Portland

**10% ON NON-SALE RUNNING
SHOES AND CLOTHING**

Famous Footware

330 Clarks Pond Pkwy., South Portland • Also Auburn & Kittery

10% ON RUNNING SHOES

2001 Membership Information

Send check or money order to:

**Maine Track Club • P.O. Box 8008
Portland, Maine 04104**

or call Everett Moulton (799-2894)
for more information

Individual or Family=\$20.00 • Student=\$12.00

REMINDER

- Membership Meeting, February 26, 2001 at 6:30
P.M. at SMTC in South Portland.