

Run with a friend ...

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March / April 2002

## 21<sup>st</sup> Annual Mid-Winter 10-Mile Classic

by Eric Ortman

The 21<sup>st</sup> annual Mid-Winter 10-Mile Classic was run on 3 February 2002 under auspicious, if not warm, skies. This is my second year as race co-director and the second year that we have been fortunate enough to have good February running weather – not windy, clear and sunny, and not snowing. We had a record number of entrants – 671 – and a record number of finishers – 592 – this year, many of who signed up on race day after seeing what the weather was like.

In light of the events of 11 September, we included an additional award category this year, which was for the top three men and the top three woman finishers who were also an emergency service personnel, either fire, police or medical. The first man was Ron Dearth, firefighter, and the first woman was Karen Connolly, paramedic. Congratulations to these two, and thank you to all such individuals who ensure and protect our safety. Our apologies for not getting this award coordinated better but most of the applications had already been printed and distributed prior to the 11<sup>th</sup>.

The first, overall male runner was Andy Spaulding of Freeport in 52:54, just 14 seconds ahead of second place finisher Ethan Hemphill. Julia Kirtland of Brunswick led the women's division, finishing in 1:01:32, 42 seconds ahead of the second place woman, Kara Patterson. Scott Brown was the first male master in a time of 56:08 and Ellie Tucker was the first woman master in 1:06:47.

The race directors wish to thank all of those who lent your support – either as sponsors or volunteers. We understand that this can be one of the tougher races to volunteer for – particularly for those individuals who are doing traffic control or water stops. In light of several comments we received about the award category separation for the open division and for people between 20 and 29, we are considering changing this format to include an additional category. The race directors steadfastly endeavor to increase the quality and appeal of this race – to this end we always welcome any comments and suggestions. Thank you for coming to run, walk or race in this event, the proceeds of which are donated to the Bruce Ellis Scholarship Fund, which is used to sending several children to running camp. These children are selected based on their need and their desire to run, not on the ability to run fast.

## MTC Banquet 2002

by Maggie Soule

After several years at other venues, it was fun to find ourselves back at the South Portland Eagles Club for the MTC's 22<sup>nd</sup> Annual Awards Banquet on January 19. Our august President had "suggested" a less informal dress code this year: no T-shirts! Despite this caveat, and the typical mid-January threat of snow, more than 100 members showed up. There's nothing like the lure of good food and company—plus our natural curiosity about who will win what—to draw a crowd. For those who might not have recognized one another in non-running attire, nametags were a saving grace. As for the weather, what we didn't know didn't hurt us. While snow piled up outside, we sipped beer, wine and soda to music supplied by Don Penta. Any lulls in conversation

**See Banquet**

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## Maine Track Club Officers & Committee Chairs



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Bob Aube, WEB SITE.....	829-5079
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Sandy Utterstrom, TECHNOLOGY.....	797-4710
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Maggie Soule, ARCHIVIST.....	846-3631

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The newsletter is published **bi-monthly**.

The **DEADLINE** for submitting articles and material to the newsletter is the **15th of the month prior to the next publication**. (e.g. if the next publication is March/April, the deadline is February 15th)

## Presidents Corner

Over the past month we have had some snow, some rain, nice mild days and cold ones. We attended the 22<sup>nd</sup> annual banquet, the Board of Directors held a Saturday retreat, and the Mid-Winter Classic race had another record breaking attendance field. This has been a very busy start to our new club year.

I wish to thank everyone that worked on these events. Thank you Phil Meech, Mary Anne Champeon, Janice Drinan, Cathy Burnie, and Sue Davenney for doing an outstanding job planning the banquet. 106 people attended and had a great time. Congratulations to the award winners, to all of our dedicated volunteers, committee members, officers, and race directors. This was a true team effort.

Thanks to the members of the board for giving up a Saturday to meet, organize and plan our upcoming year. It was very helpful and a well spent morning. Thanks to Mary Anne for hosting the event. We have put together a fine program for the coming year. Now we need everyone to support the club. Can we count on you?

As we reflect on the past year, we have much to be thankful for. It was a running year that we can all be proud to say had great races, great special events and meetings. The club enrolled many new members and many of them are becoming active in the club. We put on 17 races, including four new races. We provided consulting and hands-on help to a number of other races and groups. We raised well over \$35,000 that we donated to charitable organizations. We presented a \$500 scholarship to a student athlete at SMTC. We provided three kids with a summer running experience at a cost of \$990. We also gave a \$300 college scholarship to a high school student. These are just some of our accomplishments over the past year. Thank you to everyone who made this possible.

Please do your share - come to meetings, come to special events, volunteer for a MTC race. Support your club. We have a great team in place!

Enjoy, *Mel Fineberg*

## Letters to the Editor

"Thank you so very much for your recognizing me for the Something Special Award at the Banquet! I sincerely appreciate being a part of a running community of caring people." - *Ron Paquette*

"As the recipient of the 2002 Open Division Runner of the Year award, I just want to thank everyone involved for their support and amazing amount of work every year. It is such an honor to be a part of the Maine Track Club. I am continually motivated and reaffirmed every time I race. Thanks." - *Carrie McCusker*



## Banquet From Page 1

were quickly filled by a visit to the MTC archives table or a glance at the RRCA videotape glowing forth from several screens.



Right from the start, Sue Davenny and her committee had set the tone for a lively and congenial evening. Club President Mel Fineberg welcomed one and all, including our most senior member, the seldom seen but never-changing John Woods, who drove all the way from Harpswell to be with us. The inviting Italian buffet brought some to the table more than once, and before we knew it, incoming Club Vice-President Phil Meech arose to begin the awards ceremony. The list this year included several new accolades (see list). In addition to the club awards, Donna and Everett Moulton gave RRCA recognition to Don Penta for his contribution to the Maine running community, and to Mike Doyle as Club Writer of the Year for the Eastern Region. Thanks to all who helped make this year's banquet a resounding success!

### MTC Awards for the Year 2001

**Youth (14 & under):** M: Lincoln Skelton F: Karla Stockmeyer

**Youth (15-19):** M: Jay Wilson, Jr. F: Whitney DeSena

**Open (20-39):** M: Peter Bottomly F: Carrie McCusker

**Master (40-49):** M: Hans Brandes F: Ellie Tucker

**Senior (50-59):** M: Harry White F: Kitty Kelley & Joan Lavin

**Veteran (60 & over):** M: Lloyd Slocum F: Pat Buckley

**Golden Shoe Award:** Julius Marzul

**Ultra Award:** M: Carlton Mendell F: none

**Outstanding Contribution to Maine Running:** George Towle

**Outstanding Race Director:** Howard Spear, Bob Aube, Maggie Soule

**Youth Involvement Award:** Donna Moulton

**Helping Hand Award:** John Gale, Everett Moulton, Phil Meech, Janice Drinan, Gayle Desjardins, Chuck Burnie, Cathy Burnie

**Comeback Runner of the Year:** Ed and Bev Doughty

**Outstanding Sponsor Award:** Anthem

**First-Time Race Director:** Ned Vadakin

**MTC Lifetime Award:** Terry McGovern and Russ Bradley

**Something Special Award:** Ron Paquette and Rick Krause

**Technical Award:** Mark Grandonico, Sue Davenny, Don Penta

**Most Improved Award:** Cathy Burnie

**MTC Runners of the Year:** M: Mike Brooks F: Colleen Redmond

**President's Award:** Phil Meech

**John Fyalka Award:** Sandy Utterstrom

**First Time Marathoners:** John Keeley, Diane Daley, Beth Rand, Denise Locke, Lois Martin, Jan Conley

## MTC Race Schedule 2002

March 3 - **Irish Road Rover 5K**

Race Director: Bob Aube

April 15 - **Patriots Day 5-Miler**

Race Director: Phil Meech

May 12 - **Sea Dogs Mother's Day 5K**

Race Director: Kelli Hoffstellar

June 2 - **Flatfoot 4-Miler & Kids 1-Miler**

Race Directors: Everett & Donna Moulton

June 8 - **Dash for Dreams 5K**

Race Director: John Goodman

July 20 - **Pat's Pizza Clam Festival Classic 5-Miler**

Race Director: Ron Pelton

July 27 - **Peaks Island Road Race (5 miles)**

Race Director: Larry Dyer

Aug 9 - **St. Peter's Road Race (4 miles)**

Race Director: Michael Reali

Aug 17 - **Breakaway 5K**

Race Director: Maine Track Club

Aug 30 - **Maine Running Hall of Fame 5K**

Race Director: David Paul

Sept 15 - **RRCA Women's Distance Festival 5K**

Race Director: Maine Track Club

Oct 6 - **Sportshoe Center Maine Marathon/Half Marathon/Relay**

Race Director: Howard Spear & Bob Aube

Oct 19 - **MTC 50-Miler and 50K**

Race Director: Ned Vadakin

Oct 20 - **Physical Therapy 8K**

Race Director: Mark Grandonico

Nov 16 - **Hannaford Turkey Trot 5K**

Race Director: Maggie Soule

TBD **YMCA Back Bay 5K**

Race Director: Maine Track Club

## Volunteers Needed

*A few good people needed immediately!*

*Race Director: RRCA Women's Distance Festival*

*Race Director: YMCA Back Bay 5K*

*Co-Director: Physical Therapy 8K*

*You will receive plenty of training and support.*

*Contact Everett Moulton at 799-2894 or  
eastdir@aol.com*



## 2002 MTC Handicap Fun Run

by Karen Connolly

On Saturday, January 19, 2002, I was one of 16 intrepid members of the Maine Track Club who converged upon The Bungalow (located at the intersection of Route 22 and Broadturn Road at the Buxton/Scarborough line) for the 2002 Maine Track Club Handicap Fun Run. The goal, for those of you not familiar, is to predict your 5K finishing time, ahead of time. Watches are collected before the run starts, and the winner is not the 1<sup>st</sup> runner across the finish line, but the runner whose actual time comes closest to their estimated time. Sound fun? It was.

In that this was the 1<sup>st</sup> "race" of 2002 for us all, there was much fellowship among the folks gathered in The Bungalow before the run began (the fact that it was 15 degrees outside might have also had something to do with it). Phil Meech greeted everyone with a smile and was kept busy getting everything organized. Diane Meech was our friendly race registration person, and offered the final opportunity to adjust your estimated time (up or down). The ever present Don Penta was there to photograph our "frozen feat" for posterity. We also took the opportunity to eye with great delight the feast Phil and Diane had prepared for our return.

Phil escorted everyone out to Broadturn Road shortly before 9 to explain the out and back course and to ensure all watches had been collected. Someone had helpfully gone ahead and marked the course with green arrows in the snow, and we were escorted by one of Scarborough's Fire Officers. Despite the lack of a starters' cannon, we were soon on our way. One of the fun things about this out and back course was the opportunity to exchange encouraging words (and the occasional high five) with the other runners.

Once we all made our way back to the warmth of The Bungalow, we thawed out, exchanged strategies, and made a sizable dent in the aforementioned repast. The hot coffee was especially popular.

Phil then tabulated the results and awarded the 1<sup>st</sup> place finish to Chuck Burnie, who finished 1 second faster than his estimated time. Inquiring minds wanted to know his secret, but he just smiled. The 2<sup>nd</sup> place finisher was Carlton Mendell, with a 9 second difference, and 3<sup>rd</sup> place went to Cathy Burnie, with a 27 second difference. Phil and Diane then produced an amazing array of quality raffle prizes, with more than enough for everyone to win at least one.

We were the few, the determined and the frozen, and we had a great time. Phil and Diane Meech, thank you. For complete race results, go to:

<http://www.mainetrackclub.com/2002Handicap.html>



**"Got the time?"**

*Participants in the 2002 Handicap Fun Run proceed uninhibited by watches.*

**NEWS RUN 4**

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## Sportshoe Maine Marathon New Charity

The Maine Marathon has chosen The Jason Program as the recipients to receive the proceeds from the Maine Marathon for both 2002 and 2003. This is a local program the "supports critically ill children in Maine". It is the goal of the Maine Marathon to support charities that help children. We have already met with members of The Jason Program. They are extremely delighted with our pledge and are highly motivated to help our event in any way they can.

## MTC Waffle Fun Run

Join us for a fun run followed by waffles prepared under the supervision of Vice President, Phil Meech, experienced waffle maker.

When: Saturday, April 20th, 8:30am

Where: The Bungalow, site of the MTC Handicap Race, next to the old Congregational Church in Buxton at the corner of Rte 22 and Broadturn Rd, about 4 miles west of O'Donal's Nursery on Rte 22. Parking is in the rear of the building with access off Broadturn Rd.

Donation: \$3 to defray costs

RSVP: Phil Meech at 839-4946

## 45<sup>th</sup> Annual RRCA Convention

The RRCA is pleased to invite you to Norfolk, Virginia on May 2-5 for the Annual National Convention. The official race of the convention is the Elizabeth River Run 10K on Saturday, May 4. With the help of the Tidewater Striders, the host club for the 2002 convention, this event promises to be fun. If interested, please contact Donna Moulton at 799-2874.

## Mt. Washington Race

The Mt. Washington race will be held this year on Saturday, June 15. Check their website at [www.gsrs.com](http://www.gsrs.com). On-line registration will be from March 1-15. Runners are encouraged to register on-line.

The club may have 10 registration slots for those runners that registered but were "rejected". We receive these slots only if we can provide 10 volunteers. If you used a club registration for two years, we are asking you to volunteer this year. If you would list to volunteer, please contact Mike Brooks at [mjbruns@adelphia.net](mailto:mjbruns@adelphia.net).

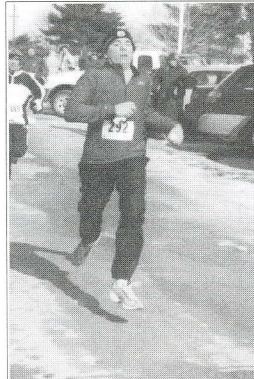


# A Funny Thing Happened On My Way To a Funeral

by Mike Doyle

I was going to write a short running article on my race experience at The Naples News Half Marathon in Florida and then running the Mid Winter Classic 10 Miler in Maine one week later. I will share those adventures with you at a later date. What happened to me today reads like a Seinfeld sitcom episode.

My 90 year old neighbor passed away last Sunday and his funeral was at 10 am this morning. Originally the paper said the service would be at 9 am, so I was surprised to read this morning that the start time was now 10. I arrived at the funeral parlor about 9:45 and realized there had been a mistake because the hearse and funeral procession were pulling out. I turned on my headlights and joined the procession already in progress. Let me tell you, you don't get much respect being the last car in the procession without a funeral flag on your vehicle. As we were winding our way through town I was kicking myself for being so stupid [just wait, I get dumber] and also wondering why we were taking this route to the cemetery. We arrived at a church across town, I found a parking space around the corner and headed dimwittedly into the church. A nice man at the entrance handed me a program as I passed through the door. I was a bit surprised at the huge turnout, thinking gee it never seemed as though Pete had many visitors. Spotting an open space, I removed my coat and sat down. Finding myself obstructed by a column I picked up the program and realized the grave [no pun intended] mistake I had made. Wrong procession, wrong funeral. Discretely as pos-



The author, completing the 21st annual Mid-Winter 10-mile Classic

sible, I made my escape from the church, passing the casket coming through the door on my way out.

Back in my vehicle I whizzed back to the funeral home to find an empty parking lot. Taking the best parking space, I walked up to the door. After trying all the doors and finding them all locked, not thinking why I wanted to go into a vacant funeral home in the first place, I headed back to my vehicle. As

I was pulling out I saw a man in the doorway. He explained to me I was at the Portland location and Pete was at the South Portland location, looking at his watch and letting me know I was late, very late.

Off again, a crazed man in search of a funeral. The knowledgeable man had informed me of the road of the correct location but in my frenzied state I never inquired which direction to take once I got there. I correctly guessed and drove about two miles before changing my mind and heading five miles in the wrong direction. Encountering a dead end in the wrong direction, I turned around and began my search all over again. About two minutes before giving up, I spotted a hearse, and the Funeral home. I parked my smoking vehicle and walked up to the apparent limo driver. Nearly frothing at the mouth, I told my tale of woe and received confirmation that indeed Pete was there.

People started filing out and heading to their vehicles. I made sure to get into the middle of the procession, once again finding my self funeral flagless. Standing at the coffin side service I thought I caught a few quizzical looks my way. I finally got to say goodbye to my neighbor Pete. There is no way I am ever going to live to be 90 if I keep going to stressful funerals.

## John Fyalka Memorial Scholarship Awarded

The John Fyalka Memorial Scholarship has been awarded to Wesley Dionne. Wesley attended Poland Regional High School and is currently attending the University of Maine at Orono, planning to major in computer science. He writes, "I believe furthering my education in college is very beneficial to my career and my future. One of my life's goals is to attend college and receive a degree. Financial help will aid me in accomplishing my goal. It is essential for my college education to teach me the tools to be successful in my major." Funding for this scholarship has been provided by John Fyalka Sr. in memory of his son, one of the early members of the Maine Track Club.

## Volunteer Opportunity

The Maine Marathon Race Committee is in need of additional committee members. Anyone interested, please contact Howard Spear at 856-6496 or [marathon@maine.rr.com](mailto:marathon@maine.rr.com).

## Congratulations

The following MTC members have been selected by New England Runner Magazine as among the top Maine runners.

### New England Runner's 2001 Leader Board

Senior Women (50-54)	Carol Hogan	3 <sup>rd</sup> Place
Veteran Women (60-64)	Polly Kenniston	3 <sup>rd</sup> Place

### Maine Runners of the Year

Senior Female	Carol Hogan
Veteran Male	Lloyd Slocum / Bob Coughlin
Veteran Female	Polly Kenniston
70+ Male	Carlton Mendell
70+ Female	Ruth Hefflefinger

### Best Races in New England

Mid-Winter 10 Miler  
Peak's Island 5 Miler  
Women's Distance RRCA 5K  
Sportshoe Maine Marathon/Half Marathon



# Race Results

The Maine Track Club And The Road Runners Club Of America  
Present

## The Twenty First Annual Mid-Winter Ten Mile Classic And RRCA Maine State Ten Mile Championship

593 Record Finishers (216 Female, 376 Male & 1 Bandit)  
Race Conducted On USATF Certified (#ME95001WN) Challenging  
Counterclockwise Loop Course In Scenic Cape Elizabeth 9:45 a.m.,  
Sunday, February 3<sup>rd</sup>, 2002, Weather: 20's, Sunny, Little Wind  
Complete Results Courtesy Of The Maine Track Club Race  
Benefits The MTC Bruce Ellis Fund To Send Children To Running  
Camp

### New Non-First Overall Age Group Records

55-59M: Guy Berthiaume 1:01:35  
18 & underF: Anya Davidson 1:10:33

### Top Overall Finishers

Place/Name	Age/Sex	Town	Time	Pace
1 Andy Spaulding	31M	Freeport	52:54	5:17
2 Ethan Hemphill	29M	Portland	53:08	5:19
3 Barry Logan	33M	Brunswick	54:55	5:30
4 Theodore Towse	30M	Amherst, MA	55:08	5:31
5 Alan Bernier	27M	Newmarket, NH	55:24	5:32
22 Julia Kirtland	36F	Brunswick	1:01:32*	6:09
27 Kara Patterson	26F	Falmouth	1:02:14	6:13
29 Christine Reaser	36F	Dayton	1:02:33*	6:15
44 Denise Jewell	36F	Cumberland	1:05:10*	6:31
55 April Wernig	26F	Portland	1:06:34	6:39

Note: "\*" Following Time - Under USATF Age-Group Guideline

### Top Divisional Finishers

8 Scott Brown 40-44	43M	Lewiston	56:08*	5:37
21 John Mollica (MTC) 45-49	49M	Freeport	1:01:20	6:08
23 Guy Berthiaume 55-59	56M	Chelsea	1:01:35*	6:10
31 Bill Reilly (MTC) 50-54	54M	Brownfield	1:02:45	6:17
50 Robert Howard 18&under	18M	Westbrook	1:05:56	6:36
58 Ellie Tucker (MTC) 45-49	47F	N.Yarmouth	1:06:47*	6:41
61 Kelly Rodrigue 35-39	37F	Lewiston	1:06:55*	6:42
62 Beth Lindquist 2,35-39	35F	Kittery	1:06:59*	6:42
105 Lindy King	40F	Cumberland	1:10:32	7:03
106 Anya Davidson 18&under	18F	Brunswick	1:10:33	7:03
115 Bob Coughlin (MTC) 60-69	63M	Cape Eliz	1:10:55*	7:06
126 Pamela Hall 2,45-49	48F	Litchfield, NH	1:11:43*	7:10
154 Carol Hogan (MTC) 50-54	51F	Portland	1:13:37*	7:22
265 Jane Rau 2,50-54	52F	Chelsea	1:18:34*	7:51
436 Nancy Mills 55-59	56F	Belgrade	1:28:09	8:49
462 Louisa Dunlap 60-69	61F	Belfast	1:30:17*	9:02
478 Polly Kenniston (MTC) 2,60-69	65F	Scarborough	1:31:22*	9:08
587 Carlton Mendell (MTC) 70&+	80M	Portland	1:57:02*	11:42

### Other Maine Track Club Finishers

37 Mark Steege 2,45-49	46M	Standish	1:03:28	6:21
38 Mike Grant	44M	Scarborough	1:03:53	6:23
43 Craig Wilson 2,50-54	52M	Kittery Point	1:04:54	6:29
51 David Chamberlain	40M	Falmouth	1:06:15	6:38
52 Floyd Lavery	44M	Gorham	1:06:25	6:39
60 Robert Brooks	36M	Portland	1:06:55	6:42
65 Britt Wolfe	36M	Saco	1:07:07	6:43
70 Kenneth Norton	49M	Bath	1:07:32	6:46
76 John Whitman 2,55-59	57M	Peaks Island	1:08:11	6:49
79 Tiki Humphries	36F	N.Yarmouth	1:08:48	6:53
82 Aaron Bishop	30M	Yarmouth	1:08:52	6:53
86 Carrie McCusker	32F	Cape Eliz	1:09:16	6:56
95 Allison Kisch	36F	Portland	1:09:47	6:59
101 Michael Musca	44M	Falmouth	1:10:09	7:01
113 Curt Moulton	38M	Shapleigh	1:10:50	7:05
133 Stephen Ham	44M	Scarborough	1:12:04	7:12
140 Jeanne Hackett 2,40-44	43F	Peaks Island	1:12:27	7:15
148 Kathy Hepner 3,40-44	41F	Gorham	1:13:02	7:18
150 Rex Holtan	49M	Auburn	1:13:27	7:21
152 Charles Iselborn	44M	Portland	1:13:30	7:21
157 John Rolfe	47M	Portland	1:13:48	7:23
161 James Corbett	37M	Cape Eliz	1:13:57	7:24
172 Don Bessey	56M	Kennebunkpt	1:14:26	7:27
173 Joe Lembo	38M	Portland	1:14:30	7:27

184 Jay Wilson	43M	Portland	1:15:10	7:31
190 Scott Dalrymple	41M	Portland	1:15:24	7:32
191 Vicki Bryant	44F	Auburn	1:15:25	7:33
197 Phil Pierce, Ph.D. 3,60-69	60M	Falmouth	1:15:41	7:34
199 Christopher McDonald	38M	Saco	1:15:45	7:35
201 Linnea Olsen 3,45-49	46F	Saco	1:15:59	7:36
203 Gregory Welch	50M	S. Portland	1:16:09	7:37
207 Michael Doyle	37M	Portland	1:16:19	7:38
212 Harry White	59M	Scarborough	1:16:26	7:39
214 Matthew Foss	32M	Portland	1:16:30	7:39
215 Tom Noonan	30M	Steep Falls	1:16:33	7:39
226 Eileen Dunfey	45F	Cape Eliz	1:16:43	7:40
231 Les Berry	54M	Gorham	1:16:49	7:41
233 Keith Holland	46M	Springvale	1:16:58	7:42
237 Stephanie McClarty	26F	Portland	1:17:04	7:42
238 Connie McLellan	41F	Sinclair	1:17:07	7:43
242 John Morse	56M	Phippsburg	1:17:38	7:46
248 David Young	49M	Danville	1:17:41	7:46
255 Rachel Landry	33F	Cumberland	1:18:02	7:48
256 Julia Drinker	41F	Arlington, MA	1:18:04	7:48
269 Sarah MacColl	45F	Cape Eliz	1:18:41	7:52
272 Paul Letalien	45M	Portland	1:19:00	7:54
274 Colleen Redmond	37F	Portland	1:19:02	7:54
282 Mary Brandes	43F	Falmouth	1:19:33	7:57
284 Hans Brandes	43M	Falmouth	1:19:34	7:57
290 Karen Curtis	34F	Bethel	1:19:55	8:00
292 Scott Hilton	39M	Dayton	1:19:59	8:00
313 Howard Spear	51M	Westbrook	1:21:05	8:07
315 Larry Giddings	51M	Saco	1:21:16	8:08
327 Leslie Couper	38F	Falmouth	1:22:01	8:12
349 Greg Kesich	39M	Portland	1:23:30	8:21
350 Rob Boudewijn	55M	Portland	1:23:31	8:21
354 Loren Lathrop	53M	S. Portland	1:23:38	8:22
356 Mallory Brouwer	28F	Portland	1:23:49	8:23
365 Merle Hartford	54M	Scarborough	1:24:24	8:26
371 Douglas Couper	41M	Falmouth	1:24:52	8:29
373 Tony Salamone	52M	S. Portland	1:24:59	8:30
380 Mike Lecompte	40M	Lewiston	1:25:23	8:32
384 Terry Clark	57M	Windham	1:25:37	8:34
385 Chief Neil Williams	48M	Cape Eliz	1:25:39	8:34
422 Bill Rice	48M	New Glouc	1:27:32	8:45
423 Cathleen Kilburn	35F	Westbrook	1:27:37	8:46
431 Kathleen Harris	39F	Portland	1:27:49	8:47
434 Michele Flynn	53F	Cape Eliz	1:28:06	8:49
448 Betty Disanza	53F	Limington	1:28:26	8:51
444 Joan Tremberth 2,55-59	56F	Scarborough	1:28:51	8:53
455 Mark Grandonico	42M	Portland	1:29:46	8:59
474 Cathy Burnie	53F	Cumberland	1:31:05	9:07
479 John Keeley	50M	Portland	1:32:55	9:12
483 Cindy Hilton	38F	Dayton	1:32:34	9:15
484 Mike Layton	46M	Cape Eliz	1:32:38	9:16
488 John Stevens	59M	Wells	1:32:48	9:17
496 Eric Lagios	42M	S. Portland	1:33:25	9:21
500 Chuck Burnie	47M	Cumberland	1:33:41	9:22
505 Roger Borduas	50M	Biddeford	1:34:15	9:26
521 John Cullinane	58M	Auburn	1:35:47	9:35
526 John Littlefield	46M	Scarborough	1:36:21	9:38
534 Robert DeWitt	58M	Lisbon	1:37:22	9:44
557 Michael Chadbourne	48M	S. Portland	1:39:18	9:56
558 Jim Estes	52M	Portland	1:39:28	9:57
564 Donna Cormier	48F	Fryeburg	1:43:11	10:19
573 Katy Littlefield	37F	Scarborough	1:46:01	10:36
576 Keith Hamilton	55M	Falmouth	1:47:18	10:44
577 Jason Hill	31M	S. Portland	1:47:53	10:47
583 Karen Connolly	42F	Hollis Center	1:52:20	11:14
591 Julius Marzul 2,70&over	75M	Gorham	2:18:10	13:49
592 Hazel Wightman	35F	Auburn	2:20:56	14:06

### In Memorium

**Andy Palmer**

**November 26, 1952 - February 2, 2002**

**A Friend To All**

**A Friend To The MTC**



## Volunteer Corner

### Thank You Notes - Making a Difference

- ~ To Barbara Champeon for making the beautiful center pieces at our banquet. Your creativity and effort were appreciated.
- ~ Thank you to Clyde and Pat Coolidge for a \$25.00 donation sent in along with their membership dues. We appreciate your thoughtfulness.
- ~ Thanks to Don Penta, Eric Ortman and Ray Shevenell for directing the recent Mid-Winter Classic. They had a record breaking number of runners.
- ~ Thank you Janice Drinan, Mary Anne Champeon, Phil Meech, Mel Fineberg, Cathy Burnie, Bonnie Beach and Sue Davenny for hosting a great Awards Banquet this year.
- ~ Thank you Maggie Soule for presenting an excellent display of our MTC history in pictures, clippings and newsletters at our banquet.
- ~ Thank you to Bill Davenny, Don Penta, Mike Brooks, Lauren Lathrop and Kate Myers for serving on the Awards Nominating Committee.
- ~ Thanks to Phil and Diane Meech for hosting the Fun Run and breakfast at the "Bungalow" the morning of the banquet.
- ~ Thank you Ward Grossman & Sportshoe Center for the banquet gifts.
- ~ Thanks Mary Anne Champeon for hosting the board retreat.
- ~ Thank you Everett for coordinating our budget for the coming year.
- ~ Thanks to everyone for getting the 2002 season off to a fine start. To the members, volunteers, committee people, and officers, sincere thanks for all you do for the club

*Mel Fineberg*

### It's Not Too Late

If you did not send in your volunteer form and therefore did not receive your volunteer gift, it's not too late. You must have worked a minimum of 3 events to qualify. Make a list of the races and events you volunteered for last year and send it to: Maine Track Club, P.O. Box 8008, Portland, ME 04104. This offer is good while supplies last.

### Membership Meetings

Please plan to attend a MTC meeting and become part of the group. We have some excellent meetings.

- Informative and interesting speakers
- Pick up a race application
- Find out what's going on
- Meet friends
- Voting on various issues

Our meetings start at 6:30 PM and end by 8:30. Our 2002 membership meetings are scheduled for

April 10  
June 12  
September 11  
November 13

### 2002 Mid-Winter Classic Volunteers

Nearly 60 volunteers gave up their Sunday morning to help with the event. We want to thank all of them!

Alice Cassidy	Julie Wilson
Beth Rand	Kathleen Reed
Bob Aube	Kim Williams
Bob LaNigra	Kristan Millar
Carlene Anderson	Lloyd Slocum
Carol Grant	Malcolm Washburn
Charlie Grunden	Margaret Hazlett
Charlie Schribner	Marge Aube
Chris Boynton	Mary Anne Champeon
Chris Kitowski	Mel Fineberg
Dan Hogan	Melissa Jones
Dave Horn	Mike Grant
Dave Howard	Nancy Kneeland
Dennis Morrill	Neil Chivington
Don Penta	Pat Buckley
Elaine Richards	Paul Toohey
Eric Ortman	Peter Grosso
Erik Boucher	Phil Meech
Erin McLaughlin	Puddy Holmes
Gail Saldanha	Ray Shevenell
George Conly	Russ Bradley
Heather Maynard	Russell Boisvert
Helen Cheney	Sandy Utterstrom
Jake Shuit	Scott Badger
Janet Letalian	Steve Richards
Janice Drinan	Steve Turner
Jeff Rand	Sue Davenny
Jim Tyrrell	Tom Mazza
Joan Tremberth	Warren Heaps
John Gregory	Wendy Hunter
Josh Chase	Wyndee Grosso

### *Ray-Key to Energy*

Reiki II Practitioner      People  
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Sandy Utterstrom RP, IARP  
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Traditional Usui System of Reiki  
Releases Stress   Balances Energy  
Relieves Pain   Promotes Whole Healing  
Treatments by Appointment Only



**Running Encyclopedia** by Richard Benyo & Joe Henderson, 440pp.

(available through [www.humankinetics.com](http://www.humankinetics.com))

I'm busted! For years, I've been called a "running encyclopedia" by friends and detractors alike. This not-so-coveted moniker was bestowed to me in response to my habit of telling running stories of long ago during any number of long runs. As with most storytellers, whenever I was unsure of the facts I fabricated them on the spot. No use in leaving your buddies high and dry at the climax of a good running tale. The authors of the Running Encyclopedia, Benyo and Henderson, both tale-tellers and long-time runners in their own right, have managed to assemble every known road-running tale and notable character into one awesome tome. I remember when co-author Joe Henderson mentioned this daunting task a few years back. I told myself, "No way. This is too encompassing. Besides, if they write the book it will have to be huge." Well, they have accomplished both tasks wonderfully - it's all encompassing and quite a hefty volume at 440 pages. Buy it and keep it handy for the next time one of your long run buddies tells you a story that begins with, "This really happened"

**Swim, Bike, Run** by Wesley Hobson, Clark Campbell, Michael Vickers, 264pp

(available through [www.humankinetics.com](http://www.humankinetics.com))

If ever the category of "triathlete by force - not by choice" were instituted, I'd be the first in line to sign up. Sure, if there were 39 hours in the day and I was single with no kids, the triathlon would be my sport of choice. Nope, I'm stuck with this running jones and a family, job, etc. So, how would Swim, Bike, Run pertain to runners like you and me? One word: injury. Yup, we all become injured and are forced to ride the two-wheeler or dive into the local swim tank. Since I spent most of the summer on the injured list, this book came in handy when I needed to ride and swim. I learned how to size a bike and keep pedal cadence so that I didn't resemble Pee Wee Herman on the local roads and trails. This book also instructs on key workouts, how to choose from the latest equipment, and lessons on refining your technique.

**Fitness & Health** by Brian J. Sharkey, PhD, 448pp.

(available through [www.humankinetics.com](http://www.humankinetics.com))

This book is as useful for beginning athletes as it is for those veterans who've finally decided to better understand their bodies. Written in a well-structured format (individual chapters discuss Aerobic Fitness, Muscular Fitness, and Work Performance), "Fitness & Health" is more of a handy reference than a sit-by-the-fireplace thriller. My favorite chapters were "Age, Activity, and Vitality", (habits that work against the effects of aging), and "Activity and the Quality of Life" (how physical activity adds to your quality of life).

## Club News

### Introducing Our News-Run Editors by Mel Fineberg

It is with pleasure that we introduce our News-Run editors. We are extremely fortunate to have Bonnie Beach and Jason Hill come forward to assume this important position. Jason and Bonnie are talented with experience in this field. As you can see some changes have been made in the newsletter. Most of the changes have been made as cost savings measures. Our newsletter is now published bi-monthly, in line with many running club newsletters.

Please be supportive of Bonnie and Jason. They have been dedicating many hours to this getting started on the first issue. If you would like to get club news in the newsletter or write an article, please contact Bonnie at 772-7983 or [bbeach@maine.rr.com](mailto:bbeach@maine.rr.com).

### Sebago Brew Pub Social March 13

Come join us for a relaxed and informal social at the Sebago Brew Pub located at the Maine Mall on Wednesday, March 13, starting at 5:30 PM. For more information please contact Janice Drinan at 883-7039.

### Membership Meeting, April 10

Do you want to do some cross training but don't have the time? Try the "stability ball" for developing the balanced stability and coordination necessary for all sports. Our own Patty Medina will provide a hands-on demonstration of the Stability Ball at our next Membership meeting. Patty is a health fitness instructor at Lifeline and she is also a triathlon coach. Wednesday, April 10, 6:30 pm at SMTC in South Portland (Jewett Auditorium, Machine Tool Building). For more information call Phil Meech at 839-4946.

### New Member Pot Luck Reception

We are in the planning stage of a New Member Pot Luck Reception welcoming our new members. The affair will be held on May 25. Please mark your calendars. More information will be available shortly.

### Are You Interested?

The Special Events Committee would like to have your input. Would you be interested in forming a car pool to travel to Dedham, MA to run (or watch) the James Joyce Ramble 10K on Sunday, April 28 at 11:00 AM?

*If interested or have suggestions for car pooling to other races, please contact Mel at [mortecaimel@aol.com](mailto:mortecaimel@aol.com) or 774-8868. Your response will be appreciated.*



### MTC Web site gets facelift

by Bob Aube

If you've visited the MTC Web site lately, you may have noticed some changes. The site is undergoing a redesign, a process that will take quite a while given all of the pages that have to be updated. Some of the changes are cosmetic, intended to make the site look sharper, while other changes should make it easier for club members to find the information they're looking for.

The site will continue to have features that prove to be most popular, e.g. race results, a comprehensive race schedule and links to online registration. Some of the content is being rearranged to make it more accessible. As an example, upcoming MTC events will be prominently displayed on the home page, rather than on a page of their own. The home page also will include news of interest to runners on a local, national and international scale. It's my intent to update the site often (at least 2-3 times per week) so that the content is fresh.

Perhaps the biggest change on the site will be the inclusion of downloadable registration forms for all MTC races. Due in part to our new newsletter format and rising costs for printing and mailing the newsletter, the MTC board voted recently to stop including race flyers in the newsletter. To compensate, we intend to make these entry forms available on the Web site so that club members (and non-club members) can print off the forms themselves. For a small fee, we'll also include entry forms for non-MTC races as a service to our club members and as a way to defray some of the costs associated with the Web site.

The redesign will still be in progress when you receive this newsletter, but I invite everyone to check it out. While you're at it, please pay a visit to the Sportshoe Center Maine Marathon site, which also has been redesigned. And if you have any comments or suggestions about either site, please send me an e-mail ([bobaube@mainetrackclub.com](mailto:bobaube@mainetrackclub.com)).

### MTC Clothing Report

We currently have a very good supply of sweatshirts, singlets and hats. A new order for MTC t-shirts with the lighthouse background has been placed. These attractive shirts are 100% cotton and very comfortable. Items for sale are always available at our membership meetings. The Clothing Director is looking for new items that we can make available to MTC members. If you have items, such as MTC gym bags, shorts, etc. you would like to suggest, please contact Phil Meech at 839-4946 or [pmeech@uinc.com](mailto:pmeech@uinc.com).

### Equipment Corner

by Chuck Burnie

The first race of the new season is behind us and congratulations are in order to the race directors of the 10 Mile Mid Winter Classic! All of our equipment has been serviced and is ready to go. Looking forward on new equipment purchases, we are currently looking into a wireless PA system. It would be used for pre-race instructions at the beginning and the award presentation. This PA system will make it easier for the race directors to get the word out to everyone. If anyone has any ideas of new equipment that the MTC should have in order to make our races better please e-mail Chuck Burnie, Equipment Manager at [cburnie@maine.rr.com](mailto:cburnie@maine.rr.com) with suggestions.

### Technical Committee

by Sandy Utterstrom

The Maine Track Club Technical Committee purchased two used laptop computers in December 2001. We are trying to upgrade the computers for faster results. We are now in need of people who would like to do results on these laptops. If you are interested, please call Mel Fineberg at 774-8868 and he will set up a training session for you. Also, please remember we are a non-profit club, so any equipment donated can be used as a tax write-off. We are always in need of newer equipment such as PC's, printers, and scanners (we don't have a scanner, but could use one!).

### New Exciting Committee

by Bethany Hanley

In January, the Board of Directors unanimously voted to establish a new committee devoted to adding extra spice to each of the MTC races. The newly established "Promotion Committee" will be responsible for brainstorming and implementing creative additions to races to make them even more fun, festive and memorable for all the runners and spectators. The committee will establish new traditions such as making special music or fabulous food the highlight of the race, inviting a special VIP to announce the start, organizing the residents on the race course to get out and support the runners, or decorating the course route — just to name a few of the many possibilities. The committee will strive to strengthen public awareness of races to increase attendance and will maintain a record of volunteers to ensure they are recognized for their service. All interested people, who love to add good cheer and creativity to events should contact Mel Fineberg for more information or to join this great new committee.

### Dr Philbin Speaks at Membership Meeting

by Phil Meech

Dr. Terry Philbin of the Portland Orthopaedic Foot & Ankle Center treated those in attendance at the February 13th Membership Meeting to an excellent presentation. The subject of discussion was athletic injuries in the foot and ankle. Points of discussion included the symptoms and treatment of injuries that commonly afflict runners, including:

- Plantar Fasciitis
- Stress Fracture of the Calcaneus
- Central Heel Pain Syndrome
- Posterior Heel Pain (including Achilles Tendonitis and Bursitis)
- Ankle Sprain

Dr. Philbin is a Doctor of Osteopathy with medical training at Midwestern University in his hometown of Chicago. His residency requirements were met at Ohio University with a Foot & Ankle Fellowship at the Cleveland Clinic. Dr. Philbin can be reached at his office at 774-3338.

The meeting also included a discussion and vot to donate \$250 to ZAP Fitness, founded by the late Andy Palmer who recently passed away. Andy was noted as perhaps the greatest distance runner from the State of Maine. Also discussed, voted upon and approved was the 2002 Maine Track Club Budget.

### Andy Palmer

The MTC members voted to donate \$250 to Andy and Zika's ZAPfitness Foundation in memory of Andy. If you would like to make a donation, please send your check to ZAPfitness, P.O. Box 192, Blowing Rock, NC 28605.

### By-Law Amendments

The Board of Directors approved amendments to the club by-laws. They are as follows: The Chairperson of the Website and the Chairperson of the Promotional Committee shall serve as members of the board. A vote on these amendments by the membership will be held at the April membership meeting. The amendments must be approved by two-thirds of the membership at a regular club meeting.



## Welcome New Members!

The following are new members since August of 2001. Please welcome them at races and meetings.

Rick Ackerman, Sarah Adams, Scott Badger, Roberta Bass, Bonnie Beach, Aaron Bishop, Richard Bissonnette, Erik Boucher, Dave Boyer, Mallory Brouwer, Michael Chadbourne Family, D. Peter Child Family, Don Price & Chris Corbin-Price, Catherine Clark, Anne Cooke, Susan Cottle, Carol Coughlin Family, Douglas Couper Family, Brooke Cox, Karen Curtis, Scott Dalrymple, Brenda Day, Nicole Dennen, Lisa Despres, Robert DeWitt Family, William Dexter, Betty Disanza, Alex Dobrowolski, Janice Drinan, Jacquelyn Drummey, Virginia Eddy, Joseph Edwards, Evan Embrey, Jeff Fecko, Damien Ferrara, Michele Flynn Family, Gregg Frame Family, Larry Giddings, Celila Grand, Mike Grant Family, Stephen Ham, Keith Hamilton, Lisa Hardman, Mark Herald, Bethany & James Hanley Family, Nancy Hewett, Jason Hill, Breanna Hodgkins, Keith Holland, Dave Howard Family, Wendy Hunter, Susan Kolakowski, Eric Lagios Family, Floyd Lavery, Erin Lehan, Gary Lemons Family, Paul Letalien, Sarah Mahoney, Neil Martin, Michael Matheson, Stephanie McLarty, Connie McLellan, Stephen Moody, Erin Moore, Caroline Neylon, Payson Oberg, Pam Pinkowski, Heather Pola, Kathy Provencher, Bobby & Diane Purkey, Tony Salamone, Tamara Savage Family, Jeffery Scott, Dick Stevens Family, Janet Sturgis Hodgdon, Courtney Thompson, Kelly Veccia, Joseph Wagnis, Kim Williams & Warren Heaps, Gary Weber, Brenda Webster, Siegfried Wevering, John Whitman, Louisa & Brett Wickard Family, and David C. Young Family, Kathy Zeve



## Membership Renewals

Individual.....\$25

Family.....\$25

Student.....\$17

Send check or money order to the Maine Track Club, PO Box 8008, Portland, ME 04104. Membership form can be found on our website [www.mainetrackclub.com](http://www.mainetrackclub.com)

## Membership News

Thank you to 209 members who have renewed for 2002 and welcome to 89 new members who have joined since last August. Membership cards are being mailed separately with a checklist of MTC race and committee volunteer opportunities. Please review this and return as soon as possible.

If your mailing label has an expiration date of 12-01 and wish to renew, copy the membership form and return this month. This will be the last newsletter for memberships with 12-01 expiration dates.

## Board Meeting Highlights

Saturday, January 26, 2002

**Attendees:** Cathy Burnie, Chuck Burnie, Carlton Mendell, Donna Moulton, Everett Moulton, Sue Davenny, Sandy Utterstrom, Don Penta, Gayle Desjardins, Mary Anne Champeon, Phil Meech, Bonnie Beach, Janice Drinan, Bob Aube and Mel Fineberg.

Janice Drinan was introduced as a new At-Large member and Bonnie Beach as the new News-Run newsletter editor. A motion was made and approved to make the News-Run a bi-monthly newsletter. The committee chairpeople gave a summary of their committee's goals for the coming year. Work began on preparation of the 2002 budget. The board approved two new board positions: the Promotional Committee chairperson and the Website chairperson. The Promotional Committee is a new committee this year (see article in this newsletter). The by-laws change will be advertised in the next issue of News-Run. Don Penta, the club photographer, would like to have pictures put on disk for e-mailing purposes. A great deal of effort was put into the planning of races and events for 2002.

## Upcoming MTC Birthdays

### 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
- 15: Donald Cross, Kathleen Shorey
- 16: Arabella Eldredge
- 17: Shannon Banks, Joseph Grandonico, Linda Metzger, Andrew Pfeiffer
- 18: Danny Dearing, Scott Harris, Jr., Jack Heath
- 19: Betsy Barrett, Brady Foshay, Evelyn King, Eric Ortman, Bill Vanderburg
- 20: Deborah Cassidy
- 21: Mary Brandes, Dick Hallstein
- 22: Kelsey Barrett, Lauri Dugas
- 23: Ann Stevens
- 25: Sarah MacColl, Mick McCall
- 26: Joan Lee
- 27: Richard Robinov, Joan Tremberth
- 28: Sherry Carll, Joe King, Tom O'Connor
- 29: Ellen Cedrone, Lynn Shorty, Mark Steege
- 30: Joel Maynes
- 31: Gayle Desjardins, Kelly Fernald, Ruth Hefflefinger

### APRIL

- 2: Pam Kinner
- 3: Eileen Brandes, Timothy Clement
- 4: Dolores Billings, Tully Derby, Sue LeCompte
- 5: Donald Derby, Michael Sinclair, Jamie Stewart
- 6: Roger Conover, Carlene Sproul
- 7: Emily Stuart
- 8: Janice Drinan, Charles Scribner
- 9: Kourtney Bonsey, Mariah Brady
- 10: Margaret Hazlett
- 11: David Penta, Joshua Penta, Maureen Sproul
- 12: Mike LeCompte, Allison Lunt, Al Mack, Curtis Moulton
- 13: Jonathan Clement, George Conly
- 14: Cynthia Smith
- 16: Michael Gordon
- 17: Kate Menendez, Larry Dyer
- 18: Esme Deprez, Jennifer Sarah
- 19: Marco Cedrone, Jonathan Ives, Chet Matthews, Ed Reagan, Daniel Salvo
- 20: Philip Meech, Phillips Sargent
- 21: Allison Lunt
- 22: Chuck Burnie
- 23: Katherine Brady, Lauren Parkinson
- 24: Virginia Wilder Cross, Emily Crowe, Paul Stulgaitis
- 25: Don Russell
- 26: Patrick Connolly, Suzanne Umland, Craig Wilson
- 27: Deborah Dameron
- 28: Rachael Blanchard, Eileen Dunfey, Rachel Landry



## Other Area Races

As a service to our members, the following non-MTC races are listed

- March 17** Kerryman's Pub 4-Miler, Saco. Contact: Mel Uchenick ([meldawn@adelphia.net](mailto:meldawn@adelphia.net)).
- March 24** Eastern States 20-Miler, Traip Academy, Kittery, 11 a.m. Contact: Don Allison 781-340-0616 or [don-allison@mediaone.net](mailto:don-allison@mediaone.net).
- April 6** Portland Gift of Life 5K, Back Cove path, 9:45 a.m. Contact: Tammy Atwood 772-7270 or [tmankfin@maine.rr.com](mailto:tmankfin@maine.rr.com).
- April 7** Presidential Road Race (5 miles), Dock Square, Kennebunkport, 11 a.m. (1K kids' run at 10:15 a.m.). Contact: Mark Mickeriz 985-3305 or [racedirector@presidentialroadrace.com](mailto:racedirector@presidentialroadrace.com).
- April 28** La Kermesse Franco-Americaine 10K, University of New England, Biddeford, 10 a.m. Contact: Raymond Vire 883-9311 or [rbvbp302@aol.com](mailto:rbvbp302@aol.com).
- April 28** Ian Williams 5K, Greely High School, Cumberland, 9 a.m. Contact: Mandy Bowden 829-31-76
- April 28** Blackfly Road Race (5K), Downeast Family YMCA, Ellsworth, 9:30 a.m. (2K kids' run at 9 a.m.). Contact: 667-3086.
- May 4** April Amble (4 miles), UNE Westbrook College campus, Portland, noon. Contact: Brian Gillespie 828-3818.
- May 4** Rocky Coast Road Race, 10 a.m. Contact: Boothbay Region YMCA 633-2855.
- May 5** YWCA Race Against Racism 5K, Portland, 9 a.m. Contact: PJ Mottram 874-1130 or [pjmottram@ywcaptldme.org](mailto:pjmottram@ywcaptldme.org).
- May 19** Sugarloaf Marathon/Relay/15K, Carrabasset Valley 7 a.m. (15K starts at 7:30 a.m.) Contact: Sue Foster 237-2000.
- May 26** Live Your Dreams 5K, Senior Center at Lower Village, Kennebunk, 8:15 a.m. Contact: Senior Center at Lower Village 967-8514 or [bo@seniorcenterkennebunk.org](mailto:bo@seniorcenterkennebunk.org).
- June 2** Peter Ott's Camden 10K, Peter Ott's Restaurant, Camden, 9 a.m. Contact: Sarah Andrus 230-0221 or [sarah@mainesport.com](mailto:sarah@mainesport.com).
- June 22** Falmouth ParkFest 2002 4 Miler and Kidz 1K Fun Run, Winn Road, Falmouth, 8:30 a.m. Contact: Kim White 781-8083 or [tmblekdz@maine.rr.com](mailto:tmblekdz@maine.rr.com).
- June 22** La Kermesse Franco-Americaine 5K, West Street, Biddeford, 8:30 a.m. Contact: Raymond Vire 883-9311 or [rbvbp302@aol.com](mailto:rbvbp302@aol.com).
- June 22** Founders Day 10K/5K, Sheri Gagnon Park, Raymond, 7:30 a.m. Contact: Louise Lester 655-4742 or [louise.lester@raymondmaine.org](mailto:louise.lester@raymondmaine.org).
- June 23** Gardiner Common 8K, Gardiner Hospital, 8 a.m. Contact: Ormond Irish 724-3812
- June 30** Literacy Volunteers 5K, Portland Athletics Club, Falmouth, 9 a.m. Contact: Jodi Moore 780-1352

- July 6** Beech Mountain 15K/5K Trail Runs, Camp Beech Cliff, Mt. Desert, 9 a.m. Contact: Peter Keeney 288-8381 or [keeney@midmaine.com](mailto:keeney@midmaine.com).
- August 11** Alvin Sproul Samoset 10K, Bristol Consolidated School, Bristol, 9:15 a.m. Contact: Carlene Sproul 677-2586 or [nannyc@midcoast.com](mailto:nannyc@midcoast.com).
- August 11** Mountain to the Sea Triathlon, Blue Hills Fair grounds. Contact: Daryl Dejoy 326-0779
- September 8** L/A 5K Bridge Run, Boys & Girls Club of Auburn/Lewiston, Auburn, 8 a.m. Contact: Mike Lecompte 777-3724 or [mjlecompt@aol.com](mailto:mjlecompt@aol.com).
- September 22** Portland Trails 10K, Eastern Prom path, Portland, 8:30 a.m. Contact: Sarah McNair 775-2411 or [sarah@trails.org](mailto:sarah@trails.org).
- September 28** Gift of Life 5K, Androscoggin River Pathway, 9 a.m. Contact: Tammy Atwood 772-7270
- September 28** Roger Willey Memorial Road Race, Downeast Family YMCA, Ellsworth, 9 am Contact: 667-3086
- October 20** Mount Desert Island Marathon, Bar Harbor, 8 am Contact: Gary Allen or [dimarathon@aol.com](mailto:dimarathon@aol.com).
- November 9** Great Osprey Ocean Run 10K, Wolfe's Neck State Park, Freeport, 10 a.m. Contact: Beth Taylor 865-6171 or [bat5ny@hotmail.com](mailto:bat5ny@hotmail.com).

## Maine Track Club Discounts

The following area sporting goods stores have agreed to give MTC member discounts on running shoes and cloths. Your club ID must be presented when requesting discounts.

<b>Peak Performance Sports</b>	<b>15% on all purchases</b>
59 Middle St., Portland	

<b>Olympia Sporting Goods</b>	<b>10% on shoes only</b>
Maine Mall, S.Portland	

<b>Coastal Athletics</b>	<b>Aasics shoes exclusively</b>
84 Cove St., Portland	
Call Ron Kelley 772-4530	

<b>George &amp; Phillips, Inc.</b>	<b>Shoes 20% off</b>
Rt. 1 Kittery ~ 295 Water St, Exeter, NH	

<b>Lamey Wellehan</b>	<b>10% on running shoes</b>
Maine Mall ~ Falmouth Shopping Center ~ Cook's Corner ~ Auburn Mall	

<b>MVP Sports</b>	<b>10% on non-sale running shoes &amp; clothing</b>
333 Clarks Pond, S.Portland	

<b>Famous Footware</b>	<b>10% on running shoes</b>
330 Clarks Pond, S.Portland ~ Auburn ~ Kittery	



Phil Pierce Family Exp 12-02  
79 Waites Landing Rd  
Falmouth Fside ME 04105

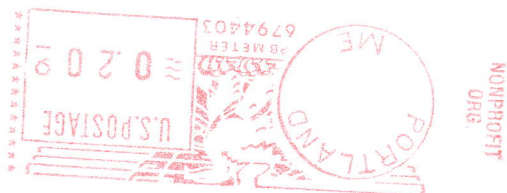
Machine Shop Building  
Jewett Auditorium  
SMTc

6:30 PM

Wednesday, April 10

Next Membership  
Meeting

Maine Track Club  
P.O. Box 8008  
Portland, ME 04104



## Upcoming Events

- |       |     |   |
|-------|-----|---|
| March | 3   | Irish Road Rover 5K, 11:00 am, Brian Boru Pub, Portland             |
|       | 5   | MTC Board Meeting, 6:00 pm, Norway Savings Bank, Falmouth           |
|       | 13  | Sebago Brew Pub Social, 5:30 pm, Maine Mall                         |
| April | 10  | MTC Membership Meeting, 6:30 pm                                     |
|       | 15  | Patriots Dy 5-Miler, 12:00 pm, Portland Boys & Girls Club, Portland |
|       | 20  | MTC Waffle Fun Run, 8:30 am, The Bungalow, Buxton                   |
| May   | 2-5 | RRCA Annual Convention, Norfolk, VA                                 |
|       | 12  | Sea Dogs Mother's Day 5K, Hadlock Field, Portland                   |
|       | 25  | New Member Pot Luck Reception                                       |

## Group Runs

The Maine Track Club includes all kinds of runners doing many different distances and paces... Whatever your pleasure may be (social, speed, long distance), we have a running/training group near you.

**Kennebunk** Every Thursday night year-round, rain or shine. Group size ranges from 7 to over 20. Pace ranges from 7's to 8-9's. Distance is up to 6.5 miles. Following the run, a trip to Federal Jack's Brew Pub in K'port for libations and dinner, and home by 9. Several of the group run Sunday mornings. Contact Steve Jacobsen (985-4107pm or 985-3244 days).

**Portland** The *Rat Pack* runs Sunday mornings at 7 am from

Payson Park. Ron Deprez (722-4312) 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 the Back Cove across from Hannafords on Saturday at 9 am. Contact Jim Estes (761-2059).

**South Portland** South Portland Road Runners run Thursday nights at 5:30 pm 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).