



Run with a friend...

www.mainetrackclub.com

March 2000

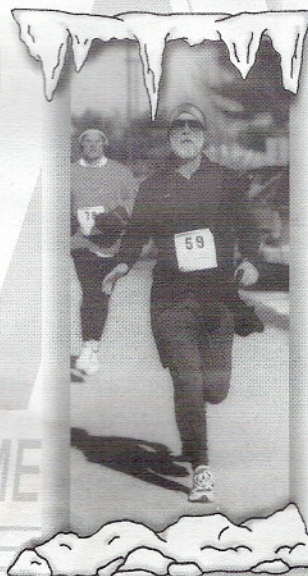
19th Annual Mid-Winter 10-Mile Classic RRCA Maine State Championship 10 Miler



Paul Aceto
MTC, of Scarborough



Diane Daley
MTC, of Casco



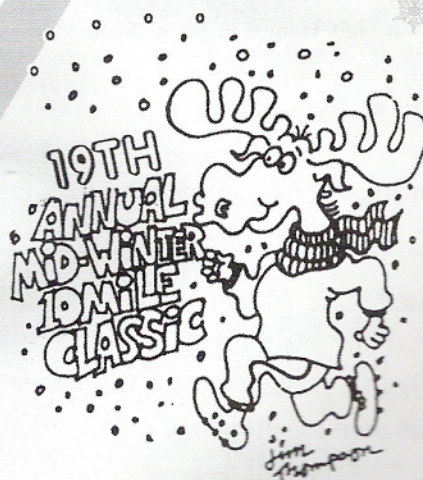
Neil Chivington
MTC, of Hollis



Leah Edwards
MTC, of Portland



Suzanne Umland
MTC, of Freeport



Presidential Message

March 2000

Dear MTC Members

Another very good turn out for the Mid-Winter 10 Miler with 447 finishers. Congratulations to all five runners who set records. (See Don Penta's results in the newsletter). They didn't let the cold, wind, or change in start time bother them! A big "THANK YOU" to all the volunteers. It was not an easy day to work a water stop, be a flag person, work the finish area or do results when very cold fingers pulled tabs, but you all did a great job.

Congratulations to Ron Deprez and The Women's Distance Festival for donating \$1,000.00 to the Family Crisis Center. It's donations like this that make you feel good about keeping these races going. Thanks Ron.

A special "THANK YOU" to the twelve MTC people in attendance at the February Membership Meeting. Thanks for taking the time out of your evening to come to this meeting.

Dana Thurston of Yarmouth, did a wonderful slide show for the February Membership Meeting. He took us from Springer Mountain, Georgia, the start of the Appalachian Trail, to the finish on top of Mount Katahdin in Maine. His pictures were great! He even brought his backpack, walking stick and maps for us to see.

The next membership meeting (March 21st, at 6:30 P.M. at the Falmouth Library) we will have an Irish theme for the program. Our speaker is a long time MTC member, Dave Paul, so please join us as he shares his trip to Ireland with us.

It's time for us to get our Coaching Committee together. Everyone I've talked to wants coaching. If you would like to be on this committee, please call me (797-4710) or anyone on the board. Join this committee and have a say in what the coaching will be and who will do it.

You will find a questionnaire in this newsletter. Please take the time to fill it out and send it back to P.O. Box 8008, Portland, ME. 04104.. Please put your name and phone number on it, we will have a random drawing from the questionnaires returned by March 23rd.

The next Board Meeting is on March 7th at 6pm at the Utterstrom house.

It's your club, enjoy it by participating in it!

Sandy Utterstrom

The Maine Women's Hall of Fame's Annual Induction Ceremony and Gala Celebration will be held March 18th at Bennet D. Katz Library, University of Maine, Augusta. John Benoit Samuelson will be inducted. For more information, call 453-6004, 474-2631 or 582-7745.

Group Runs

In my years as a member of the Track Club, I have often heard the comment from fellow runners that they would like to have someone to run with on a regular basis. However, it has often been hard to find other runners who they were compatible with be it the location, time, or pace and distance of the run. I offer a solution to this dilemma.

The Maine Track Club, with the assistance of Bob Aube, is now offering a new service to help runners communicate with each other for group runs of two or more individuals. So now, under www.mainetrackclub.com, if you go to the group run section there is a hot link bobaube@mainetrackclub.com - where you can leave a message for Bob and he will enter it on the group run section. That way, if another runner sees your listing they may call you, or you, by visiting the site, may call them. It is my hope that runners will avail themselves of this new opportunity to make connections with other runners.

Please keep your messages simple.

Days/time/place when you like to run.

Pace and distance that you run.

Your name and number so that other runners can contact you.

Eric Ortman



Your Maine Marathon

Last year, the Maine Marathon had the largest number of entrants since it began. This year, we expect to exceed last year's number. Work to prepare for the weekend event has already begun. The amount of work that takes place behind the scenes often goes unnoticed. It is equal to the amount of time that is put in on race day only it is spread out for nine months.

The Maine Marathon Race Committee, in heeding the comments of many runners is investigating changing the course for next year. The proposed change would be a more scenic somewhat flatter course, and would likely increase the number of entrants. The "crusher" or "cement hill" and several other hills would be eliminated and the last several miles (9 I think) would be pretty flat. In order to make this year the success it was last year, we need a few of you to step forward and become either a coordinator or co-coordinator for either traffic control, traffic cones and the relay teams, overall volunteer coordinator, or sponsor coordinator.

Myself, I have been the co-coordinator for the race registration for the last five years. It's a fun time even if it's a little hectic at times. We have a good group of people who help with the registration which makes everything go much easier. It is fun to see and chat with all the runners, some who are from away and make the trek to Maine just to run the race. I feel much richer and well rewarded for lending my help to putting on a great event. It is also a good time to socialize.

Please seriously consider becoming involved with the Maine Marathon event. A bit of work but a lot more fun and you will have helped to make the event even better. Please contact either Howard Spear, our tireless co-race director, at marathon@maine.rr.com, or Bob Aube at BobAube@mainetrackclub.com.

Eric Ortman



By the way, the Women's Olympic Marathon Trials took place.....

I would like to start this article on a positive note. Congratulations to all the women who qualified for the Olympic qualifier and accolades to all who finished the Olympic qualifying trial in Columbia, S.C. on Saturday, February 26th. Christine Clarke of Anchorage, Alaska will represent the United States in the 2000 Olympics in Sydney, Australia. Clarke won the race in an amazing time of two hours, thirty-three minutes and thirty-one seconds.



The State of Maine and especially Maine runners should be extremely proud of the 4th place finisher Susannah Beck, who grew up in Yarmouth and is currently running in Eugene, Oregon, 9th place finisher Joan Benoit Samuelson of Freeport, Maine and 23rd place finisher Julia Kirtland of Harpswell, Maine. All finishers overcame high heat and humidity along the 26.2-mile course. Way to go ladies!

Thanks to Runner's World Online and Mike Lowe, staff reporter for the Portland Press Herald for covering this event. Now, time to vent. Firstly, who are the people in the International Amateur Athletic Federation that passed new rules in June stating that the top three finishers under 2 hours thirty three minutes would qualify for the Olympics and if no one finished under 2:33:00, only the winner would go? Secondly, why was there no TV coverage of this historic event? At this point I must briefly rant about the Television programmers and IAAF decisions interchangeably. Why did they locally televise 29 sporting events and omit any marathon coverage? Why are we sending one female marathoner to represent the US when we should send at least three? Why did we get national updates on over 85 sporting events throughout the day, and never get a marathon mention? Why were the rules changed in June without changing the location, course or start time? Why don't I stop now, because surely the people still reading get my point.

Hooray for sports. Hooray for runners. Hooray for marathoners and especially hooray for those tough Olympic contenders that competed under adverse conditions, under questionable rules in an under appreciated sporting event.

Mike Doyle

We Need Your Input

NEWS•RUN features news of interest about fellow MTC members. If you have some news to share about yourself or someone else in the club, please pass along the information by calling Mike Doyle at 871-0051, sending e-mail to mdoyle@mainecul.org, or by mail to:

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

Notice About Race Fliers

Anyone who wishes to have their race fliers included in the Maine Track Club newsletter must provide the fliers and a payment of \$40. Fliers will not be included in any mailing if not accompanied by the \$40 service fee. The fee applies only to races not run by the MTC, so if the race fee is already being paid to the club, there is no charge for race fliers. Please call or e-mail Mike Doyle to arrange for flier inclusion.

2000 MTC RACE SCHEDULE

April 17 - Patriots Day 5-Miler, Portland, noon. Contact: Portland Boys & Girls Club 874-1069.

May 26 - YMCA Back Bay 5K, Portland, 6 p.m. Contact: Greater Portland YMCA 874-1111.

July 15 - Pat's Pizza Clam Festival Classic 5-Miler, Yarmouth, 8 a.m. Contact: Maine Track Club 741-2084.

July 29 - Peaks Island 5-Miler. Contact: Maine Track Club 741-2084.

August 11 - St. Peter's Church 4 Miler, Portland, 7 p.m. (Kid's fun run at 6:30 p.m.) Contact: Maine Track Club 741-2084

September 1 - Maine Running Hall of Fame 5K, Portland, 6:45 p.m. Contact: Maine Track Club 741-2084.

September 17 - Harvard Pilgrim Women's Fitness 5K, Portland, 9 a.m. Contact: Maine Track Club 741-2084.

October 1 - Sportshoe Center Maine Marathon & Casco Bay Half Marathon, Portland, 8 a.m. Contact: Maine Track Club 741-2084 or marathon@maine.rr.com.

October 14 - MTC 50-Miler, Brunswick, 6:30 a.m. Contact: Al or Sandy Utterstrom 797-4710

November 23 - Thanksgiving Day 4-Miler, Portland, 9 a.m. Contact: George Towle 780-5595.

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

Maine Track Club Mount Washington Road Race Slots

The Maine Track Club has 10 reserved entries for the Mount Washington Road Race on June 17th at 10 am. MWRR field size is limited and accepted runners are chosen by a random lottery drawing. In order to be considered for one of our reserved entries, you must meet the following criteria:

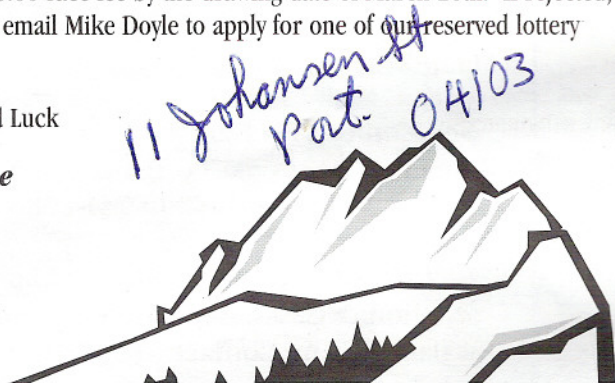
1. MTC membership must be renewed on time (by January 1st)
2. You must have applied and been rejected by the MWRR race committee
3. You must bring a volunteer to the MWRR or agree to be, or supply a volunteer the following year

To apply for the Mount Washington Road Race lottery~

Call (207-871-0051) or email (mdoyle@mainecul.org) MTC coordinator Mike Doyle to get an application or send a self-addressed stamped envelope to: Granite State Race Services, PO Box 990, Newport, NH 03773-0990. Submit your application and the \$30.00 race fee by the drawing date of March 20th. If rejected, call or email Mike Doyle to apply for one of our reserved lottery spots.

Good Luck

Mike



The Maine Track Club Handicap Race

January 30th, 2000



Before The Handicap Run in the Aubes' Driveway. L to R: Carlton Mendell, Margaret Reimann, Judy Kane, Phil Pierce, David Paul, Dennis Morrill, Sandy Utterstrom, Mike Brooks, Marge and Bob Aube



The Handicap Race is an annual event, weather permitting, directed by the outgoing MTC President. Race rules require all runners to estimate their finish time for the 3.2 mile measured, uncertified course. The clock begins countdown at the longest estimated runners time and participants start when their estimated finish time is displayed. The idea is that everyone will finish at the same time.

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 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.

2000 RACE SCHEDULE Race dates and times may be subject to change. Please check with Race Director for accuracy

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

March 26 - Eastern States 20M/10M, Kittery, 11:00 a.m. Contact: Don Allison 781-340-0616

April 1 - Championship 25K, Rockland, 11 a.m. Contact: Leo Smith 596-2010.

April 2 - Presidential 5-Miler, Kennbunkport, 11 a.m. (kids' 1K at 10:15 a.m.). Contact: Bill Smyth 985-3561 or 967-1203.

April 8 - Bert 'n I 5 miler, Vassalboro, 9 a.m. Contact: Mert Dearnley 923-3301.

April 15 - Unity Spring 5K, 9:30 a.m. Contact: Gary Zane 948-3131. Earth Day 5K Fun Run, Brewer, 10:45 a.m. Contact: Peter Millard 866-3503.

April 17 - Patriots Day 5-Miler, Portland, noon. Contact: Portland Boys & Girls Club 874-1069.

April 22 - April Amble 4-Miler, Portland, 10 a.m. Contact: Brian Gillespie 828-3818.

April 23 - Animal Orphanage 5K Pet Run, Old Town-Orono YMCA, 10:30 a.m. Contact: Roberta Fowler 827-2658.

May 7 - YWCA 2nd Annual Race Against Racism 5K Run/Walk, Portland 9 a.m. Contact: Suzy Brewer 874-1130 x3009. Saucony Classic 5K, Bangor, 11 a.m. Contact: 942-7644. MSSM Race for the Mind 5K, Limestone, 9:30 a.m. (1-mile fun run at 9 a.m.). Contact: Robert Gomez 325-3322 x7038.

May 10 - MMC Hospital Week 5K, Waterville, 6 p.m. Contact: Jane Wherren 872-4490.

May 13 - 9th Annual Covered Bridges Half Marathon, Quechee and Woodstock, Vermont. Contact: www.cbhm.com

May 14 - Mother's Day Road Race 5K, Rockland, 8:30 a.m. Contact: Nate Peasley 596-0361 or Sarah 594-7721.

Sugarloaf Marathon, Eustis, 7 a.m. Contact: Sue Foster 237-2000. Sugarloaf 15K, Kingfield, 7:30 a.m. Contact: Sue Foster 237-2000.

May 21 - YMCA Longreach 5M, Bath, 10:00 a.m. Contact: John or Betsey Morse 443-3948

May 26 - YMCA Back Bay 5K, Portland, 6 p.m. Contact: Greater Portland YMCA 874-1111.

May 28 - Rangley Moose Run Race 5.2 Miler. 3:30 p.m., Contact Rangley Chamber of Commerce 864-5364

May 29 - Apple Blossom 15K and 4.7 Little Bud, Monmouth, 8 a.m. Contact: Doug Ludewig 933-4677.

June 3 - 21st York Hospital 5K Road and XC, York, 9:00 a.m. Contact: Robin Cogger 363-1040

June 4 - 8th Cobscook Bay 5K, 10K & 1-mile Fun Run, Pembroke, 10 a.m. Contact: Jonathan Aretakis 726-5858.

Camden/Maine Sport 10K, Camden Kids FR, 9 a.m. Contact: Sarah Andrus 236-7120.

June 10 - Close to the Coast 5K & 10K, Winslow Park, Freeport, 9 a.m. Contact: Nelson Larkins 791-3222.

MDI YMCA Spring 5K(10 a.m.) & 1 mile fun run (9:15 a.m.), Bar Harbor. Contact: ebart@mdiyymca.org.

Joseph's 5K, Bruce Bickford Open Mile & Bruce Ellis Masters Mile, Fairfield, 8 a.m. Contact: David Benn 873-0363.

June 18 - Hampden 8.5 Miler, Hampden School Complex, 8:30 a.m. Contact: Skip Howard 223-4715.

June 23 - Gardiner 5 Miler, 8 a.m. Contact: John Schwerdel 623-8086.

June 30 - Tour Du Lac 10 Miler, Bucksport, 8:30 a.m. Contact: Fred or Joan Merriam 469-2019.

Pottle Hill 10K/5K and 1M ,F.R., Mechanic Falls, 8:30 a.m. Contact: Gina Valeriani 345-3511

July 4 - Walter Hunt Memorial 4th of July 3K, Brewer, 10:45 a.m. Contact: Dave Torrey 942-1988.

22nd Four on the Fourth 4M, York, 8:00 a.m., Contact: Robin Cogger 363-1040

July 15 - Pat's Pizza Clam Festival Classic 5-Miler, Yarmouth, 8 a.m. Contact: Maine Track Club 741-2084.

Hermon Fun Days 10K, 8 a.m. Contact: Steve Tuckerman 848-3485 (w) or 848-5447 (h).

July 23 - Fort Knox Bay Festival 3rd Annual Family 5K, Bucksport, 9 a.m. Contact: Bucksport Bay Area Chamber of Commerce 469-6818.

July 26 - Roland Dyer Memorial 5K, Winslow, 6:30 p.m. Contact: Gene Roy 465-7296.

July 29 - Peaks Island 5-Miler. Contact: Maine Track Club 741-2084.

23rd Annual Hancock Lobster Classic 10-Miler, 5K & Kid's 2.5K, 9 a.m. Contact: Andrew Beardsley 667-7128.

August 6 - Lobster Festival 10K, Rockland, 8:30 a.m. Contact: www.maine lobster festival.com.

19th York Days 5K, York, 9:00 a.m., Contact: Robin Cogger 363-1040

August 11 - St. Peter's Church 4-Miler, Portland, 7 p.m. (kids' fun run at 6:30 p.m.). Contact: Maine Track Club 741-2084.

August 12 - Schoodic Point 15K, Winter Harbor, 8:30 a.m. Contact: Angela Summers 963-5534 ext. 293.

August 13 - Alvin Sproul Samoset 10K Road Race & 1-mile fun run, Bristol, 9:15 a.m. Contact: Carlene Sproul 677-2586.

August 19 - Machias Blueberry Run 5-Miler, 9 a.m. Contact: Sunrise Opportunity 255-8596.

August 20 - 3rd Annual Maine Wild Blueberry Run 5K & 1-mile Fun Run, Union, 8:30 a.m. Contact: Al Robbins 785-4990.

August 26 - Northeast Harbor Road Race (5 miles), 9:30 a.m. Contact: Albert Hamor 276-3646.

NCTS Cutler CO's 5K, Cutler Naval Station, 8:30 a.m. (fun run at 8 a.m.). Contact: 259-8306.

6th Annual Robbinston Firefighter 5K, 9:00 a.m., Contact: Tom Brennan, P.O. Box 152, Calais, ME 04619

September 1 - Maine Running Hall of Fame 5K, Portland, 6:45 p.m. Contact: Maine Track Club 741-2084.

September 3 - 19th Annual Maine Sport Triathlon, Camden, 9 a.m. Contact: Sarah Andrus 236-8779 or Sue Chace 236-3549.

September 4 - 38th Bangor Labor Day Road Race (5 miles), 9 a.m. Contact: Bangor Parks & Recreation 947-1018.

September 10 - 17th Terry Fox 5K, Bangor, 11:30 a.m. Contact: 862-3737.

September 16 - 22nd Bar Harbor Half-Marathon, 8:30 a.m. Contact: ebart@mdiyymca.org.

September 17 - Harvard Pilgrim Women's Fitness 5K, Portland, 9 a.m. Contact: Maine Track Club 741-2084.
Race for the Cure 5K, Bangor. Contact: Rosemary Baldacci 947-2582.

September 24 - Common Ground Fair 5K, Unity, 8 a.m. Contact: Chris Bovie 622-1267 or Skip Howard 223-4715.
Portland Trails 5K Race, Contact Laura Newman 775-2411

October 1 - Sportshoe Center Maine Marathon & Casco Bay Half Marathon, Portland, 8 a.m. Contact: Maine Track Club 741-2084 or marathon@maine.rr.com.
4th Annual Womancare 5K, Guilford, 9 a.m. Contact: 564-8165.

October 8 - Belfast Pancake 5K, 9 a.m. Contact: Sandra Gordon or Hugh McLean 338-1724.

October 14 - MTC 50-Miler, Brunswick, 6:30 a.m. Contact: Al and Sandy Utterstrom 797-4710.

October 15 - 11th Hannah Jackson Harvest Fest 5K, York, 1:00 p.m., Contact: Robin Cogger 363-1040

October 22 - Father Mac 5K, Old Town-Orono YMCA, 9 a.m. Contact: John Milligan 827-9622.

October 28 - Halloween 5K Run and Kids Fun Run, Bar Harbor, 9:30 a.m. (fun run at 9 a.m.). Contact: Bruce Weir 288-8369 or Beth Lawson 244-7251 (day), 244-9041 (evening).

October 29 - CISV 5K, Orono, 1 p.m. Contact: Peter Millard 973-8386.

November 11 - Capital City 5K, Augusta, 9:30 a.m. Contact: Tom Wells 685-3332.

November 18 - Turkey Trot 5K, Cape Elizabeth, 9 a.m. Contact: Maine Track Club 741-2084.

November 19 - Brewer Turkey Trot 5K, 1 p.m. Contact: Dave Jeffrey 825-3403.

November 23 - Thanksgiving Day 4-Miler, Portland, 9 a.m. Contact: George Towle 780-5595.
Gasping Gobbler 10K and Turkey Two-Miler, Augusta, 10 a.m. Contact: John Schwerdel 623-8086.

November 25 - Turkey Trot 5K, York, 11:00 a.m., Contact: Robin Cogger 363-1040

December 2 - Season's Greetings 5.5-Miler, Madison, 11 a.m. Contact: Ron Paquette 437-9237.

Marine Corps Marathon
"The People's Marathon"
October 22, 2000

HAS CLOSED COMPLETELY

The marathon was closed on February 18th in a record-breaking 96 hours.

A Message from our RRCA Maine State Representative



Hi all, this is a short note to let you know that I just got back from Peachtree City Georgia, the place for the 43rd RRCA Convention. It would be nice to see alot of folks from Maine attend this wonderful Convention. It is alot of fun with many things to do, not just attend work shops. They are having plenty of fun runs that take place on paved jogging / golf cart trails and there are miles of these trails going through tunnels, over bridges and along beautiful lakes. The Peachtree Running Club has donated funding for two water fountains on the trails that we ran on. The weather will be nice and warm the hotel has an indoor pool with a hot tub and two beautiful pools outside, along with golf courses right next to it. I would love to see alot of people attend and this is election year for Everett as Eastern Director, so we could use your vote.

There is also an 8k road race Saturday followed by the Annual Banquet that night. Lets pack our bags and go have some fun in the sun.

Donna Moulton

More Information below



43rd Annual RRCA National Convention

Peachtree City, Georgia * May 11-14, 2000

Join us in scenic Peachtree City, Georgia for an exciting and informative 43rd Annual RRCA National Convention, May 11 - 14, 2000. Hosted by the RRCA and Peachtree City Running Club with the cooperation of the Atlanta Track Club, the first convention of the new millennium will be packed full of workshops, luncheons, meetings, runs, as well as an auction, awards banquet, and tradeshow.

Join the national community of runners for illuminating discussions on the latest trends and issues in the sport of running. If you are a runner, club leader, volunteer, race director, newsletter editor, health and fitness enthusiast, or work in the sports and fitness industry, this convention is for you. Experts will cover issues such as legal and financial issues for clubs, web site and newsletter development, race sponsorship and promotion, and men's and women's health, training, and much, much more!

Peachtree City is a runner's paradise with over seventy miles of tree shaded running paths. Atlanta's world-class museums, restaurants and shops are just 30 minutes away from the hotel.

Keynote Speaker

Author and world-class masters runner Kathrine Switzer will be the keynote speaker at the 2000 RRCA Awards Banquet in Peachtree City.

A long time leader in the women's sport movement, Switzer successfully lobbied the Olympic Games to include the women's marathon and broke the gender barrier of the formerly all-male Boston Marathon in 1967. In 1974, she was the winner of the New York Marathon and was later inducted into the National Distance Running Hall on Fame in 1998.

Convention Headquarters

Wyndham Peachtree Conference Center

2443 Highway 54 West

Peachtree, Georgia 30269

Call 1-800-732-2411 for reservations.

Mention the group code "Road Runners Club of America" for the discounted room rate of \$95 per night, single or double, exclusively for convention attendees.

8K Race

The Atlanta Track Club will host the convention's 8K road race on Saturday, May 13th. The race will take place on portions of Peachtree City's beautiful running paths.

RRCA Expo

The RRCA Expo will be conveniently located inside the Wyndham Peachtree Conference Center Thursday and Friday, May 11th - 12th.

Official Airlines

Delta Airlines is offering a 10% discount off the unrestricted mid-week coach fares or 5% discount off the lowest applicable fare, including First Class, to all 2000 RRCA convention attendees. An additional 5% discount will apply when tickets are purchased at least 60 days in advance of the attendee's travel. Call or have your travel agent call the number for you.

Delta Airlines' Meeting Network for reservations at 1-800-241-6760. File Number 133582A.

Current Sponsors

Runners World, Running Times, Electric City Printing Co.

Atlanta Track Club, ActiveUSA.com, New Balance, Leslie Jordan

Shooting Star Media

Additional Information

RRCA: (703) 836-0558 or <http://www.rrca.org>

Atlanta Convention and Visitors Bureau:

(404) 521-6600 (press #2) ;<http://www.acvb.com>

Peachtree City Running Club: <http://www.ptcrc.com>

Atlanta Track Club: <http://www.atlantatrackclub.org>

RRCA Convention Director:

Peter Casals (703) 836-0558 ext. 14, convention@rrca.org

Above information was downloaded with permission from the RRCA Website at <http://www.rrca.org>

NEW MEMBERS

The Maine Track Club has reached some very impressive numbers already this year as there are now 307 registered households with a total of 486 members. GREAT JOB !!!

Our newest members are:

Helen Cheney.....	Cumberland Ctr
Nancy & Alton Libby Family	Brooks
Mike O'Brien.....	Topsham
James Robbins	Portland
Michael Pasternak	Somerset, MA.
<i>(Micheal weekends in Scarborough, Me.)</i>	
Jonathan & Amy Ives	Hallowell
Karen Curtis.....	Bethel
Mark Woodbury	Portland
<i>(Mark joined to keep updated on races)</i>	
Linnea Olsen	Yarmouth
Marjorie Tennyson Family.....	Harpwell
<i>(Marjorie says been planning to join for 3 years)</i>	
Robert & Michele Dorsey Brooks	Portland

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

The 19th Annual Mid-Winter 10 Mile Classic and RRCA State Championship 10 Miler

447 Finishers (176 Female & 271 Male)/ 531 Entrants
Certified (ME95001WN), scenic, modified loop course
from the C.E.H.S. Campus, Cape Elizabeth, Maine
9:45 a.m., Sunday, February 6th, 2000
Weather: 15 Degrees F, Sunny, Wind Gusts

Top Overall Finishers

Place/Name	Age	Time	Pace
1 Larry Sayers Over.MasterCR USAT&F	40	53:18	5:20
2 Byrne Decker 2,overall	32	53:23	5:20
2 Richard Bolt 3,overall	29	53:38	5:22
4 Robert Ashby 4,overall	31	55:07	5:31
5 Scott Brown 5,overall USAT&F	41	55:38	5:34
34 Kelly Rodrigue 1,overall USAT&F	35	1:04:49*	6:29
36 G.Underkoffler(MTC) USATF 35-39CR	38	1:04:58*	6:30
37 Susan Barber 3,overall USAT&F	43	1:05:15*	6:32
38 Mya Mangawang 4,overall	26	1:05:27*	6:33
43 Veronica Haskell 5,over. 1,Filly	32	1:06:45*	6:41

Other Top Divisional Finishers

6 Steve Podgajny 45-49CR USAT&F	49	57:00	5:42
9 Guy Segars 35-39	39	59:36	5:58
19 Judson Esty-Kendall 50-54 USAT&F	50	1:01:28	6:09
23 Lance Guliani 40-44	40	1:01:58	6:12
44 Ellie Tucker (MTC) 45-49CR USATF	45	1:06:55*	6:42
47 John Cooper 1,Clydesdale	29	1:07:04	6:42
56 Nancy Corsaro 40-44 USAT&F	41	1:08:00*	6:48
59 Carol Hogan (MTC) 2,45-49 USAT&F	49	1:08:25*	6:51
73 Kim White (MTC) 35-39	37	1:09:42*	6:58
101 Sondra Lieder 18&underCR	17	1:12:07*	7:13
107 Ted Ridout 55-59	57	1:12:31	7:15
113 Bobby Dunfey 18&under	14	1:13:03	7:18
157 Jane Rau 50-54 USAT&F	50	1:16:41*	7:40
172 Joan Lavin (MTC) 2,50-54 USAT&F	52	1:17:54*	7:47
276 Jane Levesque 55-59 USAT&F	58	1:25:10*	8:31
279 Ed Atlee 60-69	60	1:25:15	8:32
336 Polly Kenniston (MTC) 60-69 USATF	63	1:29:38*	8:58
410 Carlton Mendell (MTC) 70&+ USAT&F	78	1:38:38	9:52

Other Maine Track Club Finishers

17 Michael Payson	36	1:01:20	6:08
24 John Mollica, Jr. 2,45-49	47	1:02:49	6:17
26 Barry Fifield 2,40-44	42	1:03:18	6:20
27 Jim Toulouse 2,50-54	51	1:03:24	6:20
29 Paul Aceto	33	1:03:35	6:22
32 Dick Graves 3,40-44	44	1:04:38	6:28
40 Tom Shorty	37	1:05:42	6:34
45 Ken Norton	47	1:06:58	6:42
46 Gerard Conley	46	1:07:02	6:42

52 Britt Wolfe	34	1:07:44	6:46
60 Ken Cotton	50	1:08:27	6:51
67 Michael Musca	42	1:09:30	6:57
71 Michael Gordon	37	1:09:37	6:58
81 Rex Holtan	47	1:10:46	7:05
87 Alison Kisch	34	1:11:08*	7:07
108 Ron Cedrone 3,Clydesdale	51	1:12:35	7:16
109 Phil Pierce 2,55-59	58	1:12:37	7:16
117 Rich Robinov	39	1:13:20	7:20
126 Les Berry	52	1:14:35	7:28
133 Ann Boisvert	35	1:15:23*	7:32
139 Sheila Donahue	33	1:15:44*	7:34
140 Curtis Moulton	36	1:15:45	7:35
144 Brian Cliffe	39	1:16:04	7:36
152 Michael Doyle	35	1:16:19	7:38
153 James Corbett	35	1:16:25	7:39
154 Eileen Dunfey	43	1:16:28*	7:39
166 Jennifer DeSena	45	1:17:24*	7:44
173 Neil Martin	57	1:18:00	7:48
174 Bob Boudewijn	53	1:18:03	7:48
177 Ed Doughty	51	1:18:14	7:49
187 John Morse	54	1:18:53	7:53
194 Greg Kesich	37	1:19:36	7:58
195 Eve Harrison	34	1:19:38*	7:58
202 James Boisvert	43	1:20:30	8:03
215 Kevin Conley	30	1:21:33	8:09
221 Robert Daly	45	1:22:00	8:12
225 Terry Clark	55	1:22:25	8:15
226 Leah Edwards	30	1:22:37*	8:16
234 John Tragert	42	1:22:58	8:18
239 Mick McCall	45	1:23:30	8:21
241 Patty Medina	43	1:23:35*	8:22
247 Loren Lathrop	51	1:23:46	8:23
250 Mary Brandes	41	1:23:49*	8:23
259 George Campbell	53	1:24:29	8:27
272 Joseph Shinnick	37	1:25:01	8:30
284 David Everest	34	1:25:40	8:34
289 Gail Kolbe	46	1:26:03*	8:36
292 Neil Chivington	52	1:26:20	8:38
302 Betty Rines	43	1:27:04*	8:42
318 Diane Daley	43	1:28:16*	8:50
331 Marla Keefe	46	1:29:22*	8:56
360 Donald Derby	55	1:32:17	9:14
368 Bill Rice	46	1:33:28	9:21
369 Rodger Smith	54	1:33:28	9:21
373 Shelley Lathrop	23	1:33:35*	9:22
382 Bill Davenney	55	1:34:45	9:29
384 Tully Derby	36	1:34:54*	9:29
386 Suzanne Umland	51	1:35:28*	9:33
389 Mark Grandonico	40	1:35:53	9:35
413 Deborah Dameron	32	1:39:22*	9:56
420 Judy Cotton	50	1:42:02*	10:12
421 Michael Sinclair	26	1:42:09	10:13
424 Karen Connolly	40	1:43:11*	10:19
429 Tom O'Connor	48	1:44:30	10:27
433 Denny Morrill	60	1:48:25	10:51
441 Robb Cotiaux	44	1:52:49	11:17
443 Beth Quinlan	40	1:53:43*	11:22
445 Donna Moulton	51	1:59:17*	11:56
447 Julius Marzul 2,70&over	73	2:25:05	14:31

Many thanks to the hard work of the MTC computer team, headed by Susan Davenney with MaryAnne Champeon and Maureen Sproul, for complete results!

RACE RESULTS (continued)

The Central Maine Striders Present The January Thaw 4.5 Mile Road Race

Sunday, January 23rd, 1999

Belgrade, Maine

Place/Name	Age	Time
1 Randy Hastings	46	26:37
2 Gary LaFreniere	39	27:55
3 Luc Roy	19	29:45
4 Kelly Cullenburg	38	31:28*
5 Paul Yates	49	31:28
6 Ben Milster	46	32:37
7 John Morse (MTC)	54	33:21
8 Jim Moore	56	34:26
9 Jeffrey Preble	46	34:46
10 Gene Roy	53	36:02
11 David Benn	53	37:16
12 Kevin Rousseau	27	37:46
13 Ormond Irish	66	40:04
14 Jon Rogers		40:08
15 Megan Hosea	18	40:17*
16 Jerry Saint Amand	56	40:18
17 Ken Baker	46	40:31
18 Mary Ann Robinson	45	41:29*
19 Dennis Morrill (MTC)	60	43:40
20 Maggie Soule (MTC)	58	51:26*
21 Shirley Fenlason	64	64:32*

*Many thanks to Linda Benn, Central Maine Strider
INTERVAL Editor, for complete results!*

UPCOMING MTC BIRTHDAYS

HAPPY BIRTHDAY MTC MEMBERS!!

MARCH:

- 15: Donald Cross, Sean McAfee
- 16: Arabella Eldredge
- 17: Shannon Banks, Linda Metzger, Mark Grandonico, Andrew Pfeiffer
- 18: 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
- 23: Ann Stevens
- 25: Sarah MacColl, Mick McCall
- 26: Joan Lee
- 27: Richard Robinov, Joan Tremberth
- 28: Sherry Carll, Tom O'Connor, Alexis Schroeder
- 29: Ellen Cedrone, Lynn Shorty, Mark Steege
- 30: Jennifer Jacobs
- 31: Gayle Desjardins, Kelly Fernald, Ruth Hefflefinger

APRIL:

- 1: Theresa A. Brown
- 2: Pamela Kinner
- 3: Eileen Brandes, Timothy Clement
- 4: Dolores Billings, Tully Derby
- 5: Donald Derby, Michael Sinclair
- 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: Al Mack, Curtis Moulton
- 13: Jonathan Clement, George Conly
- 14: Roger Hall, Cynthia Smith



The Mid-Winter Classic



Beth Quinlan
MTC, of Portland



George Campbell
MTC, of Portland



Bary Fifield
MTC, 2, 40-44, of Gray



<i>Rodger Smith</i>	<i>Mary Deckers</i>	<i>Bill Rice</i>
MTC # 218	#392	MTC #16
Scarborough	Newburgh	New Gloucester

(more photos on page 10)

Good Luck To All The Runners Entered In The Boston Marathon 2000 on April 17th

(Below is a list of Maine Runners who have been accepted)

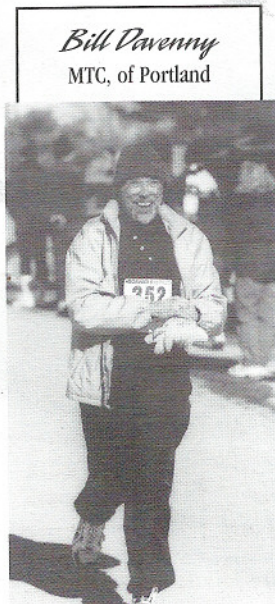
Donahue, Sheila	Andover, ME	Toulouse, James	Cape Elizabeth, ME	Shagoury, Juliet	Hallowell, ME	Redmond, Colleen	Portland, ME
Boyman, Betsy	Augusta, ME	Kelleher, Francis	Cape Neddick, ME	Hodges, Sheila	Hampden, ME	Sacco, Daniel	Portland, ME
Fenske, Christine	Augusta, ME	Mullin, Jerry	Cape Porpoise, ME	Hughes, Tracey	Hampden, ME	Davee, Anne-Marie	Pownal, ME
Butterfield, Jeanne	Bangor, ME	Welch, Merrily	Caribou, ME	Lyons, Richard	Hampden, ME	Payne, Bob	Raymond, ME
Huber, Roger	Bangor, ME	Foster, Susan	Carrabassett Valley, ME	O'Brien, Susan	Hampden, ME	Brown, Donna	Rockland, ME
McEwen, Mary Louise	Bangor, ME	Poulin, Mary	Carrabassett Valley, ME	Fimiani, Victoria	Hanover, ME	McGurn, Joe	Rockland, ME
Johnson, Kevin	Bar Harbor, ME	Fitzpatrick, Maryellen	Cumberland, ME	Gagnon, Diane	Kennebunkport, ME	Rowland, Erika	Salisbury Cove, ME
Kingma, Sharyn	Bar Harbor, ME	Stevens-Kane, Susanne	Damariscotta, ME	Grant, Mary Jane	Kennebunkport, ME	L'Heureux, Richard	Sanford, ME
Painter, David	Bar Harbor, ME	Adams, James	Deer Isle, ME	Gray, Kevin	Kittery, ME	Aceto, Paul	Scarborough, ME
Phillips, William	Bath, ME	Mageles, Michael	Denmark, ME	McTernan, Douglas	Kittery, ME	Grant, Mike	Scarborough, ME
Dunlap, Louisa	Belfast, ME	Perez, Ruben	East Orland, ME	Brainerd, Robert	Lewiston, ME	Hendrix, Anne	Scarborough, ME
Croteau, Joel	Biddeford, ME	Dow, Kevin	Eddington, ME	Hebert, Donald	Lewiston, ME	Golding, Pete	Sidney, ME
Grigware, Michael	Biddeford, ME	Bartlett, Randy	Eliot, ME	Trytek, Tom	Lewiston, ME	Smith, Clifton	So China, ME
Roy, Guy	Biddeford, ME	Goransson, Paul	Eliot, ME	Stockley, Bernice	Lincoln, ME	Hurley, Donna	Spruce Head, ME
Tidd, Jeffrey	Biddeford, ME	Pickford, Cynthia	Eliot, ME	Ketterer, Drew	Madison, ME	Steege, Mark	Standish, ME
Burnett, James	Blue Hill, ME	Wanamaker, Robert	Eliot, ME	Poirier, Bob	Minot, ME	Hesler, T. J.	Steeple Falls, ME
Collins, Rene	Brewer, ME	Benjamin, Michael	Ellsworth, ME	Sproul, Maureen	New Gloucester, ME	Spring, Ellen	Thomaston, ME
Hayes, Allen	Bridgton, ME	Newett, James	Ellsworth, ME	Sproul, William	New Gloucester, ME	Faber, Chad	Topsham, ME
Cotton, Ken	Bristol, ME	Brandes, Hans	Falmouth, ME	Richardson, Charles	Nobleboro, ME	Payson, Matthew	Union, ME
Snow, Jennifer	Brunswick, ME	Musca, Michael	Falmouth, ME	Boisvert, Ann	Old Orchard Beach, ME	Lavertu, Dana	Veazie, ME
Merriam, Joan	Bucksport, ME	Payson, Michael	Falmouth, ME	Ross, Diane	Owls Head, ME	Gould, Christopher	Waldoboro, ME
Skorpen, Beret	Bucksport, ME	Pierce, Philip	Falmouth, ME	Hackett, Jeanne	Peaks Island, ME	Schmidt, William	Waterville, ME
Ames, Donna	Camden, ME	White, Kim	Falmouth, ME	Bertie, Michael	Portland, ME	Seastead, Erik	Waterville, ME
Dishner, Daniel	Camden, ME	Allen, Beth	Farmington, ME	Brooks, Robert	Portland, ME	Spear, Howard	Westbrook, ME
Kangas, Eric	Camden, ME	Hastings, Randy	Farmington, ME	Conley, Gerard	Portland, ME	Bertolaccini, Joseph	Winslow, ME
Miller, Richard	Camden, ME	Britton, Mary Jo	Fryeburg, ME	Cote, Kurt	Portland, ME	LeVan, Emily	Wiscasset, ME
Dunfey, Eileen	Cape Elizabeth, ME	Cormier, Donna	Fryeburg, ME	Graves, Dick	Portland, ME	Reed, Christopher	Wiscasset, ME
Kelley, Raymond	Cape Elizabeth, ME	Esty-Kendall, Judson	Glenburn, ME	Hoag, Bonnie	Portland, ME	Reed, Stephen	Wiscasset, ME
Kessler, Skip	Cape Elizabeth, ME	LeBlanc, Andrea	Gorham, ME	Hogan, Carol	Portland, ME	Dunfey, Bob	York, ME
Newcomb, Caroline	Cape Elizabeth, ME	Shorty, Tom	Gorham, ME	Mendell, Carlton	Portland, ME	Lister, Jeanne	York, ME
Ortolani, Philip	Cape Elizabeth, ME	Olson, Clifford	Hallowell, ME	Murphy, Kristen	Portland, ME	Pride, William	York, ME
Takach, Mary	Cape Elizabeth, ME						



The Mid-Winter Classic



Betty Rines
MTC, of Gorham



Bill Davenney
MTC, of Portland



Jane Rau
MTC, 1, 50-54, of Augusta



(rt.) *James Boisvert*
MTC, of Old Orchard Beach
(lt.) *Thomas O'Shea*
of Brighton, MA



Polly Kenniston
MTC, 1, 60-69,
of Scarborough

"The Boston Marathon – What It Means To Me"

At noon on Patriots Day, runners of most every shape, size, color, speed, and nationality find their way to Hopkinton, MA for the start of the Boston Marathon. Each runner has their own reasons for running this race and each has their own personal saga to tell. I'll spare you the personal saga and tell you the reasons I run the Boston Marathon.

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Michael A. Musca
Back of the Pack
bakofpak@gte.net
Falmouth, ME

REMINDER

Next Membership Meeting

March 21st, 2000

Falmouth Memorial Library 6:30 PM

5 Lunt Rd, Falmouth

Speaker and MTC Member Dave Paul will share his trip to Ireland with us.

MAINE TRACK CLUB OFFICERS & COMMITTEE CHAIRS



USA Track & Field



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Carlton MendellTREASURER	797-7806
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Colleen RedmondNEWSLETTER & CLOTHING	871-0051

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Bob Aube

If you would like to become an individual News•Run sponsor, please send \$10 to: Maine Track Club, P.O. Box 8008, Portland, ME 04104. Or, if you would like to have your business card included in News•Run, you can do so for just \$5 per month. Please send card and check to the above address.

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