

Run with a friend...

www.mainetrackclub.com

March 2001

20th Annual Mid-Winter 10-Mile Classic

RRCA State Championship

February 4th, 2001

9:45 a.m., 15°



The Start

~539 Record Finishers~



Carol Hogan
MTC of Portland
1st, 50-54
Age Group Record
1:10:37



Ellie Tucker
MTC of No. Yarmouth
4th Overall Women
45-49 Age Group Record
1:06:42



Polly Kenniston
MTC of Scarborough
1st, 60-69
Age Group Record
1:28:46

Presidential Message

March 2001

Dear MTC Members

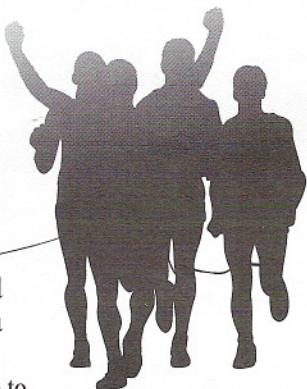
"Few things are harder to put up with than the annoyance of a good example" - Mark Twain

Samuel Clemmens (AKA Mark Twain) might have had the luxury of saying that during his era but we, as a club, can use all the good examples we can gather. Do I sound pessimistic? Not at all. After two months in office, I'm starting to feel that I never left the office. I am also fortunate to have a strong executive board and a group of dedicated hard working members. Can we use more? Sure we can.

In the February issue I listed the first three goals that I intend to emphasis during my tenure. Today, I wish to stress goal number four:

To provide members with BI-monthly general meetings that are stimulating, interesting, and worthwhile for members to want to attend.

A story from a past issue of the Readers Digest might give us something to think about. The story goes; whenever I'm disappointed with my lot in life, I stop and think about Jamie Scott. Jamie was trying out for a part in his school play. His mother told me that he'd set his heart on it, though she feared he would not be chosen. On the day the parts were to be awarded, I went with her to collect him after school. Jamie rushed up to her. Eyes shining with pride and excitement. I've been chosen to clap and cheer.



Now, fellow members, that's a part everyone can play. Clap and cheer! Come to a meeting, attend a special event we have planned, volunteer at a MTC race or sign up to help on a committee.

Please note...

The next general meeting will be held on Wednesday, April 11 at 6:30 p.m. at SMTC.

Check article in this newsletter for additional information.

Some committees still need more members. Please read the Volunteer Committee check sheet on page 10.

Congratulations to the Mid Winter Classic race directors and the volunteers for a very successful race. It was a great winter day, a huge turnout, and everyone had a good time.

Enjoy the day,

Mel Finberg

MTC Meeting

Wednesday, April 11, 2001

SMTC So. Portland

6:30 p.m. - Machine Tool Building

Greg Knapton PT, ATC will be giving a presentation on common injuries and prevention for runners. Greg is a physical therapist and athletic trainer currently employed at Healthsouth Rehabilitation and Sports Medicine Clinic on Sewall St. in Portland. He specializes in the evaluation and treatment of orthopedic and sports related injuries.

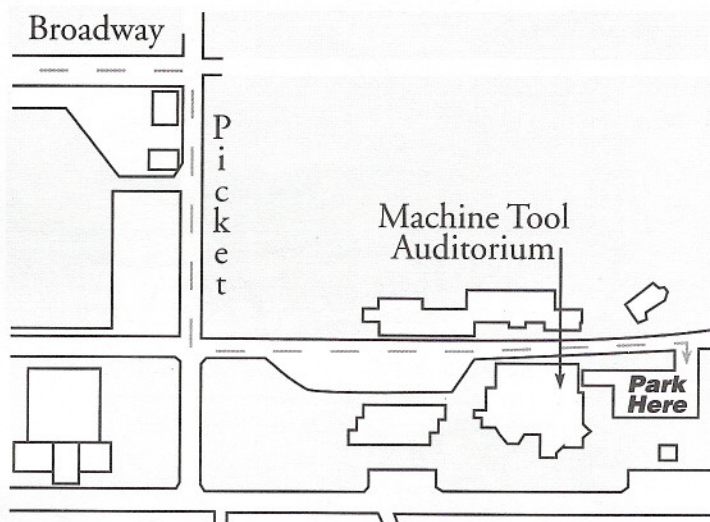
Being a runner himself, Greg has special interest in the area of running injuries. He has been involved in running for the past 18 years including competing at high school and collegiate levels, as well as local road racing.

Please make plans to attend. Call me at (207) 774-8868 or e-mail mordecaimel@aol.com for information or directions

Thanks,

Mel

Wednesday, April 11th SMTC So. Portland Machine Tool Building
6:30 p.m.



**GOOD LUCK
TO ALL
MEMBERS
RUNNING THE
BOSTON MARATHON**





RRCA NATIONAL CONVENTION

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

Join us for news your club can use and networking opportunities at the 44th Annual RRCA National Convention, May 2-6, 2001, co-hosted by the Albuquerque Road Runners. This year's location features the southwestern scenic beauty of New Mexico. This event is a unique and valuable experience for all RRCA club members. Learn what programs and strategies are working for other clubs across the nation. Hundreds of club officers, volunteers, program coordinators, newsletter and website editors, race directors, and running enthusiasts believe this convention is the "must attend" event of the year. We hope to see you there.

Hotel & Headquarters - Sheraton Old Town
800 Rio Grande NW
Albuquerque, New Mexico 87104
(800) 237-2133

Mention the RRCA for the discounted rate of \$99.00/night

Official Airlines - Southwest Airlines
Call 1-800-433-5368 and

Use meeting code #J1954 for 10% discount

Sponsors

Active.com	Running Times
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New Balance	SportBrain

Preliminary Schedule

Wednesday, May 2nd	Executive Board Meeting
Thursday, May 3rd	Executive Board Meeting - State Rep Meetings Local Tours - Meet the Board Reception
Friday, May 4th	Welcome/Opening Session - Regional Meetings State Rep Lunch - Workshops Coaching Certification - Fun Run, Picnic, Auction Local Tours - Expo & Silent Auction
Saturday, May 5th	Workshops - Adventure Lunch Annual Business Meeting - Coaching Certification Awards Reception and Banquet - Expo
Sunday, May 6th	Run for the Zoo 5K and 10K

For Additional Information:

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

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

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

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

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

2001 MTC RACE SCHEDULE

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

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

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

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

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

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

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

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

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

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

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

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



VOLUNTEERS NEEDED

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

Mt. Washington Road Race

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

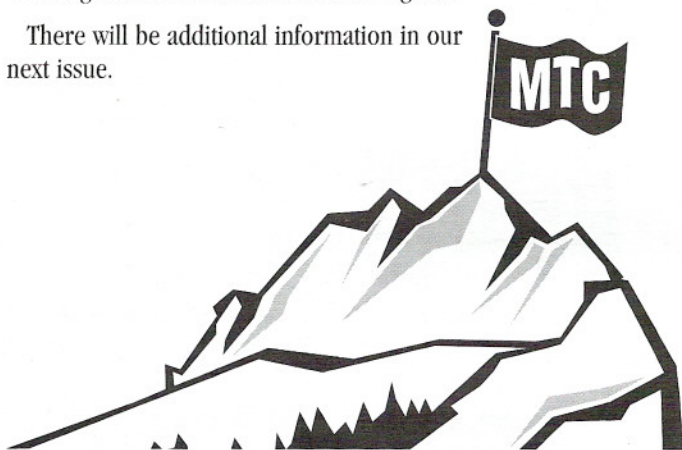
The Maine Track Club has 10 reserved entries for the Mount Washington Road Race. In order to be considered for one of our reserved entries, you must meet the following criteria:

1. MTC membership must be renewed.
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~

This year all applications will be accepted "online" via computers, the Internet, and E-mail. Between March 1 and March 15, go either to the Granite State Race Services web site: www.gsr.com, or to Cool Runnings at www.coolrunning.com. Go to the Mount Washington section on these sites to register.

There will be additional information in our next issue.



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

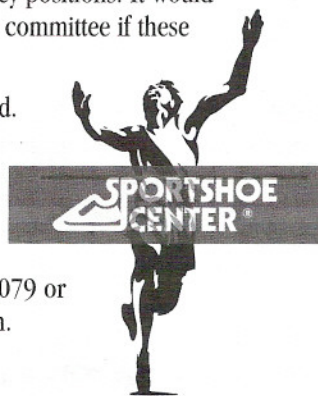
Maine Marathon Race Committee Members needed

The Committee is looking for two Traffic Control Coordinators. One coordinator for the Town of Falmouth and one for the Town of Yarmouth. The coordinator for each town would need to make sure certain intersections and areas of the course are covered by a volunteer. They would work with the police department on race day, making sure all areas required are covered on race morning. Approximate number of volunteers required for Falmouth would be 20-25 and approximately 15 for Yarmouth. In previous years volunteer listings would be available to the coordinator for contacts, course maps and a "drive through" detailing all of the spots where traffic volunteers should be and a description of their duties, will be available.

These are two very important and key positions. It would certainly take a lot of pressure off the committee if these could be filled soon.

Again, a Relay Coordinator is needed. A brief description was in the last newsletter, this position is still open.

Anyone interested, please call Howard at 856-6496 or Bob at 829-4079 or e-mail us at: marathon@maine.rr.com.



GROUP RUNS

The **Maine Track Club** includes all kinds of runners doing many different distances and paces ... from the weekend jogger to the daily 20-minute runner to the serious road racer. Whatever your pleasure may be (social, speed, long distance), we probably have a running/training group near your area. For more information, contact any of the following:

Kennebunk

The Kennebunk Thursday Night group runs every Thursday night year-round, rain or shine. Welcome to MTC members and fellow runners. Our group size ranges from 7 or 8 to over 20 depending on the weather and time of year. Pace ranges from some running 7s to several running 8s to 9s and sometimes slower. Distance is up to 6.5 miles. Following the run, tradition insists on a trip to Federal Jack's Brew Pub in K'port for libations and dinner and we are always home by 9. Several of the group also run Sunday mornings in Kennebunk or in No. Berwick. Please try to join us, we would love the company. For more info call Steve Jacobsen, 985-4107 PM or 985-3244 Days.

Portland

The **Rat Pack** runs Sunday mornings at 7 a.m. from Payson Park. Contact Ron Deprez (772-4312) or Mike Reali (829-2014).

YMCA Noon Runs from the YMCA on Forest Ave. Contact Marla Keefe (775-9620) or Mike Pratico (874-1111).

The **Maine Front Runners**, a gay and lesbian running club, runs from Back Cove across from Shop & Save on Saturday mornings at 9 a.m. Contact Jim Estes (761-2059).

South Portland

South Portland Road Runners run Thursday nights at 5:30 p.m. from the high school. Contact Russ Bradley (799-3864) or Donna Moulton (799-2894).

Biddeford, Saco

Anyone interested in weekly morning runs and weekend early afternoon runs, contact Guy Roy (284-8036). If you know of a group run that isn't listed above, please contact either Colleen Redmond or Mike Doyle (871-0051) to let us know where, when and a contact person for inclusion in the monthly newsletter.

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

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

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

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

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

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

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

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

May 25, 2001 - YMCA Back Bay 5K; Back Cove Path, Portland 6:00 PM, Contact: Portland YMCA 874-1111

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

Long May She Run

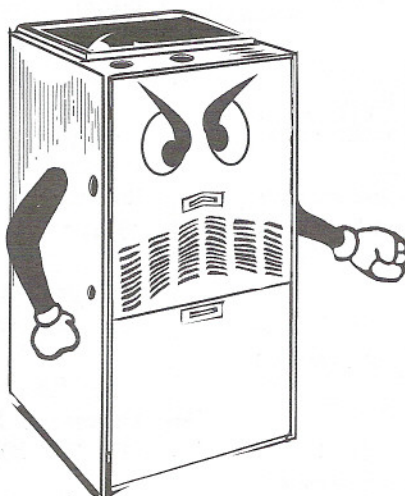
Mike Doyle

You know you're in trouble when your oil delivery arrives and on the receipt it says truck ran empty. It happened to me Friday, January 19th and that is when my story begins. It was a night like any other night. We had just completed dinner and Colleen headed down to the basement to put in some laundry. She called upstairs saying the furnace was making odd noises and I should come check. I meandered down convinced it was a false alarm. I turned the corner and knew something was wrong. The furnace was rocking back and forth, wheezing, groaning and making deep sucking noises. I watched in amazement as it made one long low groan, shuttered, swayed and stopped dead. My first thought went back to my CPR training: no pulse, not breathing, call 911. Colleen witnessed the old girl's final gasp, the stillness that ensued and looked nervously over at me. I countered her concerned look with the proclamation "Don't worry, I can fix it." She headed back upstairs and I went in search of my toolbox, Friday night fun, oh boy!!

Three seasons ago I met a personable furnace repairman named Gary. I watched him as he replaced the furnace filter, blew out the oil line, and did some other stuff to the burner's innards. Right before leaving he commented on the overall condition of the 30 plus year old heating system, wished me luck and gave me the number of a trusted friend and furnace installer named Rocky, suggesting I call in the spring.

Toolbox in hand, I rolled up my sleeves and began playing furnace repairman. I removed the oil filter, which was a congeled mass of black goo, disconnected the line to the burner and tried to breathe through the line. Flat-line...quadruple bypass...working towards my McGyver merit badge I found some old stiff wire in the basement and snaked it through the oil line. One mighty blow and I succeeded in sending the remaining goo across the basement and all over the wall. After reconnecting everything (minus the filter) I hit the red reset button starting the old girl with a mighty whoosh.

Saturday night at the track club banquet I relived my success in detail to anyone that would listen. Monday morning I was the one with a weekend workplace story. I drove everyone nuts!



Monday night, Tuesday morning...confessions of a sleep deprived furnace hero wannabe...After dinner I popped the filter holder thingy open, inserted a new filter and went back upstairs to enjoy my evening. Still riding the furnace fixin' high, I didn't realize until around 10pm that the house was getting mighty cold. With a renewed purpose, I boldly went to check on the old girl and triumphantly pressed the reset button...zzzz...nothin'.

I spent the next three hours disassembling and reassembling everything that I could take apart trying to get the old bitch to fire up. Nothin', nothin' and more nothin'.

1:00 a.m. - I decided to start a fire in the basement woodstove.

1:15 a.m. - Colleen awoke to the shrieking of the smoke detector inside our frigid house. From 1:15 until 4:30 a.m. I made countless roundtrips from the couch to the woodstove to the monstrous furnace. I tried to sleep but I kept thinking about the cold, the problem, and how much I smelled like oil. 4:45 a.m. - buzzing on lack of sleep and oil fumes I ventured once more to the dungeon and in my foggy haze remembered a co-worker days ago talking about a bleeder valve on the blower. Anyway, I found something, turned it, unscrewed it, took another bath in shooting oil (by now I looked and smelled like one of those poor creatures caught in the Galapagos oil spill), put the damn thing back together and wearily hit the reset button. Whoosh...

Half an hour later, convinced the furnace would continue to work, I decided to go for my morning run. My groggy dog and I made it around Back Bay just as the sun was coming up. Looking over my shoulder as we made the final turn towards home I saw the outlines of the dark ducks bobbing on the dark water and all I could think of was oil....

8:15 a.m., I picked up the phone and placed a two year long overdue call...Hello Rocky, this is Mike Doyle.



Notice About Race Fliers

Anyone who wishes to have their race fliers included in the Maine Track Club newsletter must provide 500 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.

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 midoyle@mainecul.org, or by mail to:

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

How They Train – New England Style

Jim Toulouse

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

In Maine running circles, Cape Elizabeth's Jim Toulouse is commonly known as 'Gentleman Jim'. However, among the small cadre of Sunday rat packers he's more aptly titled 'he who runs sub three-hour marathons under any weather or terrain conditions'. Now you can append the title of 'European sub three-hour marathoner' in the wake of Jim's 2:59:45 at October's Dublin Marathon.

JT's easy lanky stride belies his speed and powerful hill climbing abilities. Take it from me. Last summer I drew even with Jim mid-race at both LL Bean 10K and Pat's Pizza 5 miler. In both races I glanced down at the macadam for what seemed like an instant only to refocus and find JT pulling away in the distance. No small coincidence that both mid-race encounters began and ended on the uphill.

Jim's training is old school – high mileage sprinkled with generous portions of speedwork and the occasional double-day workout. On most days, South Portland residents can find Jim running at noontime from the UNUM campus all around town. He warns me to "Watch out for those mad mall shoppers racing to noontime sales."

I must confess that many of us share a love-hate relationship for JT. On Sunday group long runs I tell myself to resist the overwhelming urge to run alongside Jim. After all, I know he'll draw a bunch of us into his pace with his easy stride and engaging banter. Sure enough, a few of us suckers (who know better) join JT for the 21-mile long run from Portland to Yarmouth and back. Week after week we find ourselves in the no-man's land of Yarmouth's West Elm Street, exhausted from the effort. Then on the return trip, Jim puts the hammer down as we hit Middle Road's hills in Cumberland and Falmouth. Remember Charlie Brown's annual failed field goal kick attempt as the holder yanked the ball off the tee? Aargh!! Honestly, Jim we love you. We just wish you'd have mercy on us mere mortals.



Name: Jim Toulouse

Affiliation: Maine Track Club

Age: 52

Best Marks:	Yester-year	Age 50 +
Marathon	2:31:10	2:57:56
10 Mile	55:20	60:57
10K	32:58	35:54
5 Mile	26:23	29:00
5K	16:07	17:06
Mile	4:35	5:01

Personal Statistics:

Birthdate: 5/29/48

Birthplace: Melrose, Mass (but a Mainer since age 6 months!)

Height: 6'2" **Weight:** 165

Family: Married with 2 college age daughters.

Started Racing: I had a brief and undistinguished high school X-Country career. Scientific training was almost non-existent in the mid-1960's and our workouts consisted of runs no longer than 3 miles. We did minimal speed work and no training in the off-season. No one could have accused me of over training, back then. The common race strategy was simple: Get out fast and try to hang on as long as possible. Racing really hurt a lot. I thought briefly about running at the University of Maine, but on recalling the pain HS X-Country had produced I said "no way", and took a break from running. In May 1980, after a 14-year hiatus, I began running again at age 32 to lose weight and to feel better physically and mentally. My 1st race was in June 1980, the 2 _ mile Westbrook Together Road Race. I have been hooked on running and racing since then.

Pre-training warm-up/Stretching: I like to start out at an easy pace for first mile or so. My pre-race ritual is to run about 2 miles including "striders". I stretch daily after a run, especially calves, Achilles and hamstrings

Logbook: I have kept a logbook (Runner's World) since 1982, with the basics of distance, pace, type of workout and where. They have also doubled as personal diaries of sorts and are valued today more for this than the miles logged.

Daily workouts: Average 2500-2800 miles a year with 45-50 weekly, but increase to 65-70 weekly for a marathon. Most of the miles are easy to moderate effort. I do some treadmill running on snow days. When injury strikes I resort to pool running, or use the stair climber or other aerobic equipment.

A typical week begins with a Sunday long run of 12-20 + miles (favorite workout), easy 5-6 Monday, 7-8 Tuesday, speed work on Wednesday, 8-10 Thursday, 6-7 Friday and, generally, off Saturday. For marathon training I may do double workouts - one or two days a week - with an easy morning or noon run of 5-6, then a noon or afternoon run of 6-8. The second run of the day may include speed work.

Speed workouts vary greatly season-to-season and week-to-week. I try to mix it up. Some variations are: 2-6 minute intervals on the road with 1-2 minute recoveries; tempo runs of 4-5 miles, track work of 800's and 400's and longer marathon "pace" miles.

Favorite races: All the "B" races: Boston Marathon, LL Beans 10K (favorite race course, too) and Peoples Beach to Beacon 10K

Favorite running route: Sunday long run rout - begin at Portland's Payson Park to Rt. 88 and out to one of 3 loops: to Johnson Rd in Falmouth (12 miles), to Tuttle Rd in Cumberland (16), or Yarmouth (21). All double back via Rt. 9 and Middle Rd.

Running heroes: Bob Coughlin, John Noyes, Ken Flanders. They started running in the early pre-boom years and are still doing it today, after over seventy-five years of combined running experience among them.

Who inspired you to run? A fat stranger in the mirror.

Why do I run? I still like to compete, though much less frequently now because racing seems to invite injury these days. The health benefits and camaraderie (OK, and being able to eat just about anything I want) are all more important than the competition anyway. I have been very fortunate to have met, run and socialized with so many friends from the Portland area running community over the last 20 years.

Shop 'N Save & The University of Southern Maine Present

The Nineteenth Annual Thanksgiving Day

Four Miler

644 Finishers (247 Female, 396 Male & 1 Bandit)
Certified Modified Double Loop Course
On The Scenic Downtown Portland Peninsula
9:00 a.m., Thursday, November 23rd, 2000
Complete Results Courtesy Of The Maine Track Club

Top Overall Finishers

Place/Name	Age	Time	Pace
1 Matt Lane 1,overall	23	20:18	5:05
2 Byrne Decker 2,overall	33	20:29	5:07
3 Paul Johnson 1,20-24	23	20:35	5:09
4 Kyle Rhoads 1,30-34	31	20:38	5:10
5 Christian Muentener 1,25-29	26	21:16	5:19
32 Christine Snow-Reaser 1,overall	34	23:27*	5:52
33 Nicole Way 2,overall	23	23:35*	5:54
38 Penny Osborne 1,25-29	26	23:49*	5:57
40 Kate Crowley 2,25-29	28	23:55*	5:59
41 Martha Grinnell 1,30-34	34	23:57*	5:59

Other Top Divisional Finishers

7 Stan Pyle 19&under	19	21:23	5:21
9 Dan Dearing (MTC) 35-39	39	21:33	5:23
16 Guy Segars 40-44	40	22:21	5:35
42 John Mollica (MTC) 45-49	48	23:58	6:00
52 Maggie Hanson 20-24	20	24:25*	6:06
54 Bill Reilly (MTC) 50-54	53	24:30	6:08
79 Constance Barrett (MTC) 40-44	43	25:43*	6:26
82 Rebecca McGovern 35-39	38	25:48*	6:27
83 Ronald Deprez (MTC) 55-59	56	25:49	6:27
98 Andrea Giddings 19&under	15	26:38*	6:40
103 Lloyd Slocum (MTC) 60-69	67	26:46	6:42
200 Marie Sperl 45-49	47	30:05*	7:31
222 Rosalyn Randall (MTC) 50-54	50	30:27*	7:37
362 Polly Kenniston (MTC) 60-69	63	33:47*	8:27
471 Pam Rossignol 55-59	58	36:30*	9:08
539 Carlton Mendell (MTC) 70&over	79	38:21	9:35
637 Ruth Hefflefinger (MTC) 70&over	71	50:22*	12:36

Other Maine Track Club Finishers

20 Brandon Bonsey	14	22:58	5:45
22 Dave Howard	34	23:02	5:46
36 Mike Grant	43	23:46	5:57
39 Joe Lembo	36	23:54	5:59
46 Hans Brandes	42	24:13	6:03
53 Michael Musca	43	24:29	6:07
78 Gerard Conley, Jr.	46	25:23	6:21
86 David Hamilton	40	26:05	6:31
89 Curt Moulton	37	26:08	6:32
100 Brian Cliffe	40	26:40	6:40
109 Terry Sutton 2,35-39	39	27:15*	6:49
110 Michael Doyle	36	27:18	6:50
117 Kim White	38	27:35*	6:54
123 Sinee Gozansky	35	27:43*	6:56
124 Philip Pierce	59	27:46	6:57
125 Greg Welch	49	27:52	6:58
130 Chief Neil Williams	47	28:02	7:01

137 Dennis Smith 2,50-54	50	28:09	7:02
147 John Morse	55	28:31	7:08
149 Ned Ayers	50	28:34	7:09
152 Mike O'Brien	33	28:41	7:10
153 Tom Keating	44	28:41	7:10
155 Kevin Butterfield	30	28:45	7:11
163 Matt Flynn	38	28:55	7:14
193 Tony Salamone	51	29:53	7:28
199 Neil Martin	57	30:01	7:30
204 Brendan Flynn	12	30:07	7:32
206 Miles Noonan	13	30:09	7:32
211 Colleen Redmond	36	30:16*	7:34
216 George Campbell	54	30:19	7:35
239 Blue Butterfield	30	30:57*	7:44
252 Patty Medina	42	31:12*	7:48
262 Diane LaVangie	42	31:28*	7:52
269 Paul LaVangie	32	31:36	7:54
283 Stephen DiPalma	45	31:54	7:59
287 Jeff Flynn	44	31:57	7:59
299 Bill Spier	19	32:08	8:02
300 Katie Spier	19	32:08*	8:02
327 Richard Scribner	49	32:46	8:12
337 Jim Estes	51	33:06	8:17
355 Bill Rice	46	33:31	8:23
368 Mike Brooks	55	33:57	8:29
375 Robert DeWitt	57	34:04	8:31
401 Susan Snow	36	34:40*	8:40
415 Larry Perkins	56	35:12	8:49
417 Lisa Kelley	36	35:19*	8:50
418 Michael Kelley	34	35:20	8:50
442 Gore Flynn	53	35:45*	8:56
446 Gayle Desjardins	36	35:49*	8:57
452 Kathryn Coolidge	34	35:57*	8:59
453 Mary Beth Coolidge	32	36:00*	9:00
454 Clyde Coolidge	61	36:01	9:00
455 David Coolidge	34	36:01	9:00
467 Jim Tyrrell	53	36:21	9:05
474 Lois Martin	50	36:36*	9:09
503 Julie Bernier	34	37:21*	9:20
506 Michael Bernier	38	37:23	9:21
510 Jessica Green	24	37:32*	9:23
511 Robert Green	52	37:32	9:23
518 Skip Stewart-Dore	56	37:43	9:26
531 Sally Paterson 2,55-59	59	38:15*	9:34
542 Lennie Stack	65	38:27	9:37
544 Shelley Lathrop	24	38:34*	9:39
545 Loren Lathrop	51	38:35	9:39
549 Thomas Gordon	15	38:40	9:40
568 Beth Quinlan	41	39:52*	9:58
589 Kenneth Spier	57	40:55	10:14
612 Pat Buckley 2,60-69	63	43:39*	10:55
621 Donna Moulton	51	45:19*	11:20
631 Jim Higgins	46	48:22	12:06
638 Julius Marzul 2,70&over	74	50:33	12:38
640 Don Penta	54	51:34	12:50
641 Widge Thomas	76	55:37	13:54

Many thanks to Sandy Utterstrom and COOLRUNNING for complete results!

RACE RESULTS (CONTINUED)

418 Lisa Kelley	36	Falmouth	1:31:34*	9:09
420 Susan Snow	36	Scarborough	1:31:52*	9:11
424 Mike O'Brien	34	Topsham	1:32:11	9:13
426 Skip Stewart-Dore	56	Sanford	1:32:23	9:14
433 John Stevens	58	Wells	1:33:18	9:20
434 Michele Flynn	52	Cape Elizabeth	1:33:32*	9:21
436 Joseph King	29	Portland	1:33:38	9:22
442 Ron Pelton	47	Freeport	1:34:20	9:26
456 Bill Davenney	56	Portland	1:35:32	9:33
473 Bill Rice	47	New Gloucester	1:37:47	9:47
480 Matthew Govan	31	Portland	1:38:35	9:52
499 Karen Connolly	41	Hollis Center	1:42:53*	10:17
502 Christine Wirth	26	Portland	1:43:52*	10:23
503 James Wirth	22	Portland	1:43:53	10:23
504 Denny Morrill	61	Portland	1:43:58	10:24
507 Sherry Grandonico	47	Portland	1:44:21*	10:26
510 Sally Paterson	59	Portland	1:46:31*	10:39
511 Beth Quinlan	42	Portland	1:46:55*	10:42
518 Judy Cotton	51	Bristol	1:50:43*	11:04
529 Maggie Soule	59	Yarmouth	1:59:47*	11:59
534 Lennie Stack	65	Westbrook	2:10:44	13:04
535 Julius Marzul 3,70-79	74	Gorham	2:16:49	13:41

Improvements: Mid-Winter Ten Mile Classic, 2000 - 2001
Of the 49 MTC Members who ran the Mid Winter Classic in
2000 & 2001,
28 had faster Times in 2001! Congratulations!

Name	2000 Time	2001 Time	Difference	%Diff
Mark Grandonico	1:35:53	1:22:33	13:20	13.91
Gregory Welch	1:25:19	1:14:53	10:26	12.23
Cathleen Kilborn	1:35:41	1:25:41	10:00	10.45
Curtis Moulton	1:15:35	1:09:52	5:43	7.56
Michael Gordon	1:09:37	1:04:24	5:13	7.49
Michael Musca	1:09:30	1:04:45	4:45	6.83
Michael Payson	1:01:20	56:24	3:56	6.41
Brian Cliffe	1:16:04	1:11:14	4:50	6.35
George Campbell	1:24:29	1:19:10	5:19	6.29
Britton Wolfe	1:07:44	1:03:31	4:13	6.23
Beth Quinlan	1:53:43	1:46:55	6:48	5.98
Julius Marzul	2:25:05	2:16:49	8:16	5.70
Rich Robinov	1:13:20	1:10:13	3:07	4.25
Denny Morrill	1:48:25	1:43:58	4:27	4.10
Rob Boudewijn	1:18:03	1:14:57	3:06	3.97
Marla Keefe	1:29:26	1:26:22	3:04	3.43
Phil Pierce	1:12:37	1:10:16	2:21	3.24
Rodger Smith	1:33:28	1:30:27	3:01	3.23
Neil Chivington	1:26:20	1:23:49	2:31	2.92
John Mollica	1:02:49	1:01:19	1:30	2.39
Jonathan Ives	1:10:36	1:08:57	1:39	2.34
James Corbett	1:16:25	1:14:49	1:36	2.09
Barry Fifield	1:03:18	1:02:00	1:18	2.05
Karen Curtis	1:24:33	1:23:19	1:14	1.46
Joe Lembo	1:14:57	1:14:12	0:45	1.00
Polly Kenniston	1:29:38	1:28:46	0:52	0.967
Ellie Tucker	1:06:55	1:06:42	0:13	0.324
Karen Connolly	1:43:11	1:42:53	0:18	0.291

Special thanks to former first overall finishers Byrne Decker, Stu Hogan, Kelly Rodrigue, Bob Winn, and thirteen time director Bob Payne for helping us to celebrate our Twentieth Annual Mid-Winter Classic!

Also, Special thanks to our outstanding Maine Track Club computer team of Susan Davenney, Mary Anne Champeon, and Bob Aube for promptly generating accurate results of the race!

UPCOMING MTC BIRTHDAYS

HAPPY BIRTHDAY MTC MEMBERS!!

MARCH

- 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

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 mndoyle@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 500 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.



Mike O'Brien
MTC of Topsham

Lisa Kelly
MTC of Falmouth



**20TH
ANNUAL
MID-WINTER
10MILE
CLASSIC**

Jim Thompson



Bill Reilly
MTC of Brownfield
1st, 50-54



Joseph King
MTC of Portland



MTC Volunteer Checklist

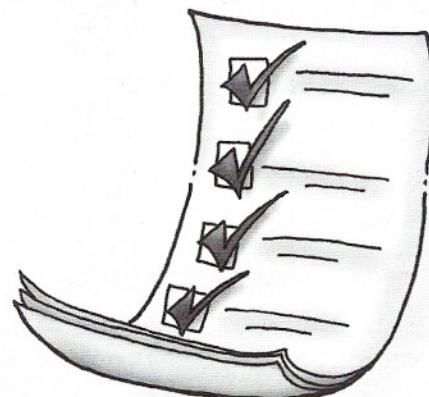
Dear Member,

The following committees could use your help. If you are not as yet signed up for a committee, please consider checking one below.

- | | |
|---|--|
| <input type="checkbox"/> Coaching | <input type="checkbox"/> Community Events |
| <input type="checkbox"/> Equipment | <input type="checkbox"/> Technology |
| <input type="checkbox"/> Membership | <input type="checkbox"/> Race Committee |
| <input type="checkbox"/> Special Events | <input type="checkbox"/> Volunteer and Incentive |

Please call Mel Fineberg for questions or responsibilities of these committees

Mail To: Mel Fineberg • 129 Wayside Road • Portland, ME 04102



ON THE ROAD Fourth RACE

To The Maine Track Club:

In its latest issue, New England Runner magazine has chosen the Bridgton 4 on the 4th as the race of the year 2000 in the New England/New York area. We are grateful for the support we've received from many of your members over the years. As in previous years, we'll send you some printed entries when they're ready (about six weeks). In the meantime your members can download our 2001 entries and even register on the web at www.coolrunning.com/major/01/bridgton/.

Jay Spenciner
Race Director
RR 3, Box 1002
Bridgton, ME 04009
207-647-3347



The 72nd Annual running of The Portland Boys and Girls Club Patriots' Day 5-Miler is

April 16th, at Noon

If your are not running the race, we still need volunteers.

Contact: The Portland Boys & Girls Club at

874-1069

NEW RACE

Portland Sea Dogs Sluggers' Mom

5K and Kids Run

May 13th, Mothers Day

Hadlock Field, Portland, 9:00 AM

Be part of this inaugural event. To volunteer Contact: The MTC at 741-2084. Race applications will be included in your newsletter when they are available.

MAINE TRACK CLUB OFFICERS & COMMITTEE CHAIRS



USA Track & Field



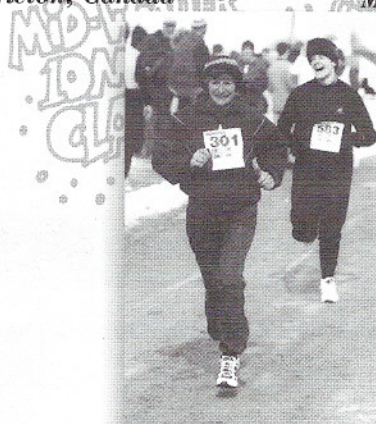
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Sandy UtterstromPAST PRESIDENT797-4710
Carlton MendellTREASURER797-7806
Gayle DesjardinsSECRETARY871-0132
Everett MoultonMEMBERSHIP799-2894
Bob AubeRACE COMMITTEE & WEB PAGE829-5079
Cathy BurnieAT-LARGE829-5208
Cathy KilburnAT-LARGE854-9441
Lorraine ParadisAT-LARGE878-4465
Don PentaSTATISTICIAN AND PHOTOGRAPHY	892-4526
Chuck BurnieEQUIPMENT829-5208
Mike DoyleNEWSLETTER871-0051
Colleen RedmondNEWSLETTER871-0051
Bill MeechCLOTHING839-4946



*Heather Brander
of Fredericton, Canada*



*Terry Clark
MTC of Windham*



*Connie McLellan
#301; 2, 50-54
MTC of Sinclair-Cross Lake*

*Lynn Mueller
#583
of Lancaster, NH*

Mid-Winter 10 Mile Classic RRCA State Championship



David Everest
MTC of Portland



Dick Graves
MTC of Portland



Amy Ives
MTC of Hallowell



Bill Rice
MTC of
New Gloucester



Linnea Olsen
MTC of Saco



Julia Drinker
MTC of
Arlington, MA

M.T.C. Clothing Available

- Jerzee Heavyweight Cotton Forest Green Sweatshirts with the M.T.C. logo embroidered on the left chest. M/L/XL/XXL \$20.00
- Caps, 6 Panel unconstructed, pigment dyed, khaki/Dark Green adjustable leather strap with brass-look buckle snap fastener, embroidered M.T.C. logo \$8.00

New M.T.C. Singlets Available To Members Only

Aasics 100% Coolmax

M.T.C. logo silkscreened front and back

- Mens Victory Singlet - Med./Lrg.
- Womens Diamond Mesh Singlet - Small/Lrg./X-Lrg.

Being sold at cost \$15.00

Contact Colleen Redmond or Mike Doyle 871-0051



MAINE TRACK CLUB DISCOUNTS

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

Peak Performance Sports

59 Middle St., Portland

15%

ON ALL PURCHASES

Olympia Sporting Goods

Maine Mall, S. Portland

10% ON SHOES ONLY

Coastal Athletics

84 Cove St, Portland

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

George & Phillips, Inc.,

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

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

SHOES 20% OFF

Lamey Wellehan

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

10% ON RUNNING SHOES

MVP Sports

333 Clarks Pond Pkwy., South Portland

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

Famous Footware

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

10% ON RUNNING SHOES

2001 Membership Information

Send check or money order to:

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

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

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

REMINDER

- Meeting, April 11th, 6:30 PM; SMTC, Machine
Tool Building. See page 2 for details.