

Run with a friend...

www.mainetrackclub.com

April 2000

Last Chance to Amble through Evergreen

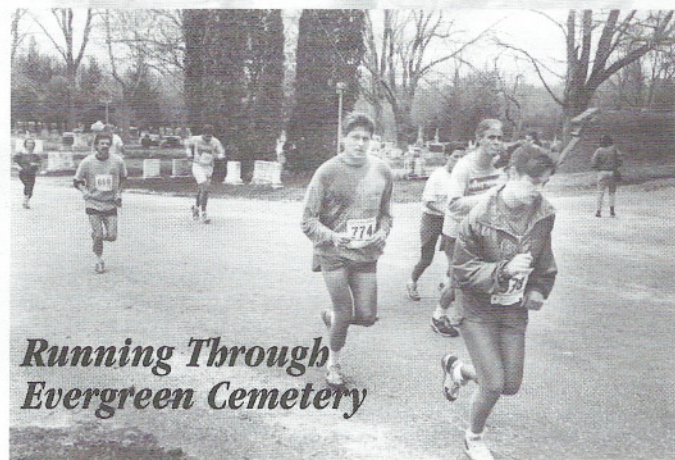
Saturday, April 22, 2000 is the 24th and Final April Amble 4 Mile Run



The Starting Line 1980



*They're off
The 1990 Start*



*Running Through
Evergreen Cemetery*

It's your last chance to run this unique and enjoyable race
(Race application enclosed)

Presidential Message

April 2000

Dear MTC Members

The Irish Road Rover 5K was another interesting race. The first three runners followed the police car (who cut the course short!), while the rest followed the runners who knew the course. It was a good day for running in the rain, but wet and cold for those of us in the chute. Thank you to the great crew we had.

Thank you to all who took the time to fill out and return the questionnaire. We got 25 questionnaires back by the 23rd of March. If you haven't sent yours in, we would still like to hear from you. The winner of the drawing was Kathy Dydowicz. She won a \$50.00 gift certificate to Road Runner Sports. See the results in next month's newsletter. A special thanks to Michael Gordon and Alton Libby for their letters, and some really good suggestions.

I really like the new Maine Marathon/Relay/Half Marathon Logo for this year. Hats off to the Marathon Committee for the great job they're doing! The Web site is awesome! Howard Spear was presented with a Certificate of Appreciation from the City of Portland to the Maine Track Club to acknowledge our donation towards the purchase of a new water fountain for the pathway along the Eastern Prom.

A special THANK YOU to David Paul for sharing his trip to Ireland at the March 21st membership meeting. It was very nice except for the guy who showed up wearing the orange shirt and dark glasses! We passed the amendment to the By-laws by a unanimous vote. We are still in need of an equipment manager. I'm looking for a volunteer to work with John Gale this year on the Beach to Beacon. John represents the Maine Track Club at this event. His duties are coordinating the finish line, having volunteers to get runners across the finish line, getting the lead runners to the press box, go to planning meetings, and meeting really great people at the Lobster Bake! John may have to be out of town the weekend of the Beach to Beacon, he is willing to work with who ever volunteers until he leaves town. If he doesn't have to be away, he'll help race day. We still need help for The Boys Club Race, if you can help, please call Bob Aube at 829-5079.

At the next membership meeting (April 18, at 6:30 p.m. in the Falmouth Library) Portland Trails will be our speaker. On September 24th, they will have a race to celebrate the connection of the Boulevard to the rest of their trail. I hope a lot of our members will turn out for the race and run to show our support since we probably use this trail more than most people.

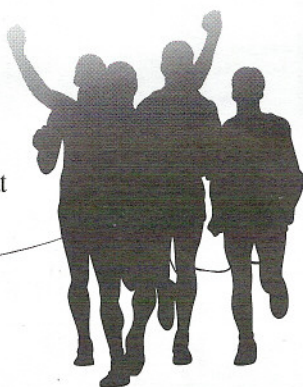
Our Coaching Committee is Eric Ortman, Britt Wolfe, Kathy Dydowicz, Ellie Turner, Donna Moulton, and Patty Medina. Thank you all for volunteering. They will be getting together soon to decide the schedule for coaching this year.

Congratulations again to Ron Deprez on the \$1,000.00 donation to The Family Crisis Center from The Harvard Pilgrim Women's Fitness 5K. (Last month I said it was the Women's Distance Festival, sorry Ron)

The next board meeting is May 2nd at 6pm at the Utterstroms.

Spring is here, enjoy your running!

Sandy Utterstrom



April Pre-Amble

Saturday, April 22nd will be the 24th and final time the April Amble 4-mile race will be run through Evergreen Cemetery. The city has placed a ban on all future athletic events held in the cemetery.

The April Amble is 23 years rich in tradition. Much of the history is good and muddy, similar to the last part of the race. Over time, the course and course records have changed. In 1977, recent Boston Marathon Winner Joan Benoit of Cape Elizabeth ran a course mark of 22:10. Two years later, Mike Buckley of Lawrence, MA decimated the field by running an 18:51. Christine Reaser's 1977 22:41 time and Rob Pierce's 1995 time of 19:29 hold the present day course and corresponding records.

In the late 1980's I was new to the Maine Running Scene and started running the April Amble. I enjoyed the race because it was 4 miles and brought back memories of slugging through the mud during my cross-country days. As I aged, the Patriot's Day 5 miler and the April Amble 4 miler were a gauge to just how out of shape I had become over the winter months, vowing each year to not let it happen again. Alas, the following spring the cycle would start over again. Huffing, puffing and wheezing while I shuffled around the Boulevard in my lame duck trot.

Eureka, this year is going to be different. I have been running all winter, the lame duck trot has been retired and I am in shape for the April Amble. Unfortunately, I won't be able to run the Patriot's Day Race. I will be in Boston cheering on my wife, Colleen and fellow MTC Marathoners. Unworthy of Boston, I decided to run the Pittsburgh Marathon on May 7th, experiencing first hand winter training in Maine for a spring marathon.

I will save my winter training stories for another time. Let's just say I may take up bowling this winter! Next spring, with the April Amble retired, the early one-two road race punch will be half as severe. Besides, I may look good sporting my new bowling shoes, lame duck trotting the Patriot's Day 5 miler.

Mike Doyle



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

Asics 100% Coolmax

M.T.C. logo silkscreened front and back

- Mens Victory Singlet Med./Lrg./X-Lrg.
- Womens Diamond Mesh Singlet Small/Lrg./X-Lrg. (Med. available in June)



Being sold at cost \$15.00
Contact Colleen Redmond or
Mike Doyle 871-0051

M.T.C. Launches Online Registration

The Maine Track Club Web site (www.mainetrackclub.com) is now about eight months old and is getting more and more visitors every week. We've listened to your suggestions about how to improve the site, and we're in the process of implementing one of those ideas -- online race registration.

Through a partnership with Active.com (www.active.com), both members and non-members will soon be able to register online for most Maine Track Club events. This can be done by visiting the MTC Web site and following the links to Active.com, or by going directly to Active.com and searching for Maine races.

Here's how it works: Visit the MTC Web site, and you'll see a list of races that are currently set up for online registration. Click on any of the races, and you'll be directed to the corresponding page on Active.com. Before registering for a race, you'll first have to register with Active.com (membership is free) if you're not already a member. Once you've registered, Active.com keeps a record of your name, address, age, and all of the other basic information included on a typical race entry form. That means you don't have to re-type all this information every time you register for a race. All you have to do is choose a race to enter, provide your credit card information, and Active.com takes care of the rest.

By the time you read this article, online registration will be available for at least five MTC events: the Patriots' Day 5-Miler, the YMCA Back Bay 5K, the Clam Festival Classic, the Peaks Island Road Race and the Sportshoe Center Maine Marathon/Relay/Half Marathon. More races will be added in the next few weeks.

We should note that there's no cost to the club for providing this service, but runners who register online will be assessed a 5% surcharge for each event. That works out to 60 cents for the Patriots' Day race (\$12 entry fee), and \$1.50 for the Maine Marathon (\$30 entry fee). Remember, though, that you're also saving the cost of a stamp and an envelope. We believe that once you try this service, you'll like the convenience of being able to register online.

We also invite you to visit our new Maine Marathon Web site -- www.mainemarathon.com. This site is still a work in progress, but for now you can find basic information about the race, last year's results and a downloadable entry form if you don't want to register online. Check back often, because we'll be adding more features in the coming months.

Finally, I'd like to talk about two upcoming events -- the Patriots' Day 5-Miler on April 17 and the Race Directors Clinic on April 29. We still need lots of volunteers for the Patriots' Day race, so if you're not planning to run, please consider volunteering. We need help with traffic control and the finish line, in particular. Call me at 829-5079 if you'd like to lend a hand.

As for the Race Directors Clinic, this will be our second attempt at offering a refresher course for current race directors and people who are interested in learning what is involved with being a race director. Our first session had to be canceled because only two people responded, but we're hoping for a better response this time. This clinic is not only for race directors, but also for people who are interested in learning how to use the club's timing and computer equipment so that you can be added to our shrinking list of technical volunteers. The clinic will be held at the Portland Boys & Girls Club from 10:30-3 p.m. on Saturday, April 29. Lunch will be provided. We'd like to know how many people will be attending, so please call ahead to either me or Sandy Utterstrom (797-4710), or send me an e-mail (bobaube@mainetrackclub.com).

Bob Aube



Did you receive your Year 2000 membership card? If you did not, contact Everett Moulton 799-2894.

2000 MTC RACE SCHEDULE

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

**VOLUNTEERS
STILL NEEDED**

May 7 - YMCA Race Against Racism 5K
Run/Walk, Portland, 9:30 a.m. Contact: Suzy Brewer 874-1130 ext. 3009.

**VOLUNTEERS
STILL NEEDED**

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

July 22 - Pat's Pizza Clam Festival Classic 5-Miler, Yarmouth, 8 a.m. Contact: Maine Track Club 741-2084.

July 29 - Peaks Island 5-Miler, 10:30 a.m. 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/Relay/Half Marathon, Portland, 8 a.m. Contact: Maine Track Club 741-2084 or www.mainemarathon.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"

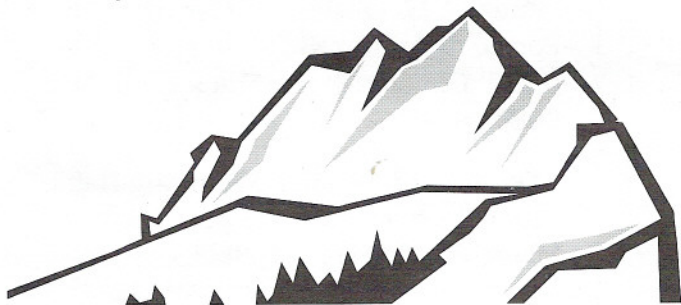
Maine Track Club Mount Washington Road Race Slots

The Maine Track Club has **10 reserved entries for the Mount Washington Road Race on June 17th at 10 a.m.** MWRR field size is limited and accepted runners were 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**

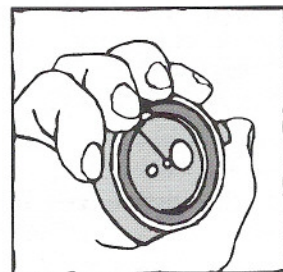
If you were rejected, call (207-871-0051) or email (mdoyle@mainecul.org) MTC coordinator Mike Doyle to apply for one of our reserved lottery spots.

Call or e-mail by May 1st.
The M.T.C. drawing will take place on May 2nd.



Coaching Sessions for the Upcoming Season

Your Maine Track Club has put together a coaching committee and is in the process of developing a schedule for coached track sessions. These sessions will be open to all club members. All club members regardless of race times are encouraged to come. Coaching will be available one or two weekday evenings during the period between May and September depending on the arrangements that the club makes with the coaches and the interest expressed by runners. A nominal fee may be charged. This fee will not cover the cost of the coaches but may be used because in the past the club has found that a nominal fee increased weekly attendance. The Maine Track Club would also like to extend the invitation to attend the track sessions to non-club members. A larger fee will likely be charged for non-club members, which only seems fair.



Having runners grouped into different categories according to their ability will make things easier for the coach and allow runners to run with people of similar pace. Doing track sessions with comparable runners will also make the sessions more fun and productive. In an effort to further accommodate all runners, the focus this year may not be on a single race.

As you can see, the slate for the coaching sessions is still clean and wide open. We may approach this as a "field of dreams," build it and they will come. We hope that if coaching is offered on say Tuesday evenings at 6 PM from June through August that many runners will come. We would love to accommodate the desires and needs of as many runners as possible, but to do so we need to hear from you as soon as possible. If you would like to come to these sessions, think that you might, or have any questions, please call me at home 727-3762, at work 774-9891, or E-mail me at eortman@gpcog.eddmaine.org. Please let me know what days and months would be good for you, and what you would like the track sessions to consist of.

Eric Ortman

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.

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

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. *LAST YEAR TO RUN THIS RACE*

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 9:30 a.m., Kid's Fun Run 9 a.m. Portland, 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, Queechee 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 - 11th Annual YMCA Back Bay 5K, Portland, 6 p.m. Free Kids 1/2 Mile Fun Run 5:30 p.m. Contact: Greater Portland YMCA 874-1111.

May 28 - Rangle Moose Run Race 5.2 Miler. 3:30 p.m., Contact Rangle 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

- Falmouth ParkFest 4 Miler & Kids Fun Run, Falmouth, 8:00 a.m., Contact: Kim White 781-3646

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.

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

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

June 24 - Tour Du Lac 10 Miler, Bucksport, 8:30 a.m. Contact: Fred or Joan Merriam 469-2019.

- LA Kermesse Franco-Américaine 5K Road Race, Biddeford, 8:30 a.m., Contact: Roger Hurtubise 284-6480

- Gardiner 5 Miler, 8:00 a.m., Contact: Ormond Irish 724-3812

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

July 22 - Pat's Pizza Clam Festival Classic 5-Miler, Yarmouth, 8 a.m. Contact: Maine Track Club 741-2084.

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. 10:30 a.m. 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 5 - People's Beach to Beacon 10K, Cape Elizabeth, 8:00 a.m., Contact: 828-7084 or 1-888-480-6940

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@mdymca.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 5/10K Race, Portland, 8:00 a.m., Contact Laura Newman 775-2411

October 1 - Sportshoe Center Maine Marathon/Relay/Half Marathon, Portland, 8 a.m. Contact: Maine Track Club 741-2084 or www.mainemarathon.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.



Back of the Pack, 1990 April Amble 4 Mile Race

How They Train New England Style

Back in the Dark Ages of American distance running (anytime before Frank Shorter's 1972 Olympic marathon gold medal) there existed a dearth of written training knowledge about our sport.

The single light in the darkness was a series of training paperbacks, "How They Train", authored by Fred Wilt. Employed as an FBI agent by day, Wilt served as coach to running author Hal Higdon, ex-patriot Buddy Edelen (former marathon world record holder), as well as de facto coach to all runners who read his books.

In the introduction to "How They Train: Middle Distances" (Track & Field News Books, June 1959), Fred writes: "As a 14 year old freshman in a small Indiana high school, I was the only miler on the track team. Track knowledge was unknown to my coach and others in the area. ... I consulted what literature I could find on the subject of training, but found nothing specific which I could actually use."

The first edition of Wilt's book listed more than 150 distance runners and their training patterns. Runners of that era eagerly sought – and followed – the 'secrets' of Emil Zatopek, Vladimir Kuts and Roger Bannister who were surprisingly candid in revealing their training methods. If you're lucky enough to find one Fred Wilt's manuals in a used book store, snatch it up.

Today, runners are buried in volumes of training terms (VO2max, threshold runs), ideal training sites (high altitude, oxygen tents), shoe construction (slip lasts, mild pronators) and nutrition recommendations (Gel, GU, carbo-loading). Just visit Barnes & Noble's and you'll find an entire rack of running books or try an internet search on 'running' and watch your screen fill with hundreds of hits.

I say, let's get back to basics and talk about proven training methods that work for real New England folks – not Ethiopian endurance machines, Moroccan mileage mavens or Mexican mountaineers. There are local runners among us who are pursuing professional careers and raising families as well as racing at a high level. Let's explore their secrets in the first edition of "How They Train: New England Style."

Name: Mike Payson **Age:** 36
Home: Falmouth, Maine
College: Yale **Club:** CMS-Maine
Profession: Financial Officer

Best times on roads (not track):
5k: 15:20; **10k:** 32:14; **10M:** 54:00
1/2 marathon: 1:12:14;
Marathon: 2:35:58

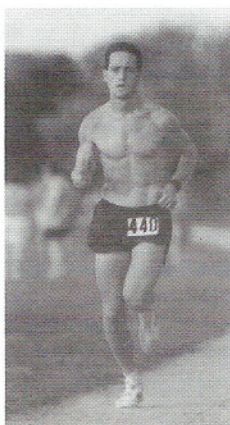
Birth date: 5/19/63
Birth place: Togo, West Africa
Height: 5' 9" **Weight:** 145 lbs

Started racing: 1995

Family: wife and two kids (Maxwell 6 yrs, Abbie 4 yrs)

Pre-Training Warm-up:
2-5 miles easy pre-race
6-10 "strides" immediately before race

Stretching:
15 minutes on race day and 3 other days per week



Logbook:
workout distances, times & total mileage

Daily workouts:

October – February 30-40 easy miles/week with 2-4 weeks off entirely.

March – September 50-80 miles/week (60 average) with hard long run Sunday (15 miles at 6:00-6:15/mile pace) & either 2 track workouts or 1 track workout and race. Remaining days easy 7-8 miles with 1 day off every 2 weeks.

Favorite/best race:

Peoples Beach to Beacon 10K because: 1) it's the only race that attracts all the good Maine runners and everybody, fast or slow, "gears up" for it, 2) it's great to line up with world class runners, 3) it's a beautiful course, 4) in it's first two years it's been blessed with ideal weather, 5) it's well organized

Favorite race course:

Covered Bridges 1/2 Marathon in Woodstock, VT. It's a beautiful, fast, point-to-point course with varied terrain and an easy last couple miles.

Favorite workout:

Track ladder workout; 4 quarters 65-70 sec, 2 halves 2:20-2:25, mile 4:50-5:00, 2 halves 2:25-2:30, 4 quarters @ whatever I've got left

Favorite running route:

A 15-20 mile section of the Maine Marathon course because it's close to home, reasonably tough and the miles are measured

Running Hero(es): Alberto Salazar, Bill Rodgers, Joan Benoit Samuelson & Khalid Khannouchi

Who inspired you to run?

Nobody, really, just tried it and loved it.

Why do I run?

The thrill of competition, the focused intensity relative to other sports, the effortless, meditative rhythm of a good long run, the camaraderie both training and racing, the relentless and highly personal pursuit of improved times, stress reduction, middle-aged weight control - and it's a great excuse for family vacations.

Michael A. Musca



43rd Annual RRCA National Convention

*Peachtree City, Georgia
May 11-14, 2000*

Contact for 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



RACE RESULTS

Brian Boru And The Maine Track Club With Help From:
Sam's Club, Canadian Splashes Lobster Co.,
MVP Sports, Black Bear Graphics, Sportshoe Center
And The Wayside Evening Soup Kitchen Present

The Fourth Annual Irish Road Rover 5K

174 Finishers (52 Female & 122 Male)
Scenic Loop Course Along Portland's Fore River Front
And Eastern Promenade
11:00 A.M., Sunday, March 12th, 2000

Top Overall Finishers:

Place/Name	Age	Time	Pace
1 David Drew 1,overall	35	17:51	5:45
2 Dave Howard (MTC) 2,overall	33	17:53	5:45
3 Tom Hathaway 3,overall	40	18:05	5:49
4 David Nevitt 4,overall	40	18:11	5:51
5 Ray Williams 5,overall	45	18:20	5:54
19 Carol Hogan (MTC) 1,over. USAT&F	49	19:56*	6:25
38 Amy Nason 2,overall	34	21:33*	6:56
40 Sheila Fabrizio 3,overall	29	21:43*	6:59
47 Kimberley Bonsey (MTC) 4,overall	38	22:00*	7:05
49 Lauren Lohmeyer 5,overall	18	22:05*	7:06

Other Top Divisional Finishers

6 Steve Reed (MTC) 50-59	52	18:25	5:56
7 Tim Forcella 15-19	18	18:39	6:00
8 Donald Hebert 30-39	35	18:39	6:00
10 Brandon Bonsey (MTC) 14&under	13	19:10	6:10
18 Joseph Wagnis 20-29	26	19:34	6:18
58 Emily Broadhead 30-39	30	22:34	7:16
60 Joan Lavin (MTC) 50-59	52	22:42*	7:18
71 Linnea Olsen (MTC) 40-49	44	23:30*	7:34
102 Richard Cavanaugh 60&over	67	25:44	8:17
117 Ewa Tomecka 15-19	19	26:34*	8:33
171 Pat Buckley (MTC) 60&over	62	34:31*	11:07

Other Maine Track Club Finishers

15 David Chamberlain	38	19:24	6:15
16 Mark Woodbury	35	19:26	6:15
30 Jim Harmon	40	20:56	6:44
31 Philip Pierce 3,50-59	58	20:57	6:45
67 Will White 3,14&under	9	23:15	7:29
82 Ned Ayers	50	24:11	7:47
87 Mike Brooks	54	24:46	7:58
90 Matt Thayer	35	24:52	8:00
92 Harry White	57	25:05	8:04
96 Jill Shinnick	37	25:25*	8:11
97 Joseph Shinnick	37	25:26	8:11
101 Margaret Hazlett	33	25:40*	8:16
121 Richard Scribner	48	26:40	8:35
122 Robert DeWitt	56	26:46	8:37
131 Harry Fullerton	51	27:25	8:49
136 Jeff Flynn	43	27:41	8:55
139 Jim Tyrrell	52	27:52	8:58
143 Phillips Sargent	53	27:56	8:59

144 Janice Drinan 2,50-59	55	28:03*	9:02
152 Donna Gillis	29	28:50*	9:17
157 Carlene Anderson 3,50-59	50	30:25*	9:47
162 Donna DeWitt	57	31:43*	10:13
166 Beth Quinlan	41	32:30*	10:28
173 Donald Penta	53	44:00	14:10

Many thanks to Maine Track Club computer operator
Bob Aube for complete results!

The 2000 Mary's Walk/ Kerryman Pub Four Miler

131 Finishers (44 Female & 87 Male)
Flat Fast Loop Course From Kerryman Pub In Saco
Sunday, March 12th, 2000

Top Overall Finishers

Place/Name	Age	Time	Pace
1 Barry Logan 1,30-34	31	20:39	5:10
2 Steve Podgajny (MTC) 1,45-49	49	21:14	5:19
3 Michael Grigware 1,35-39	35	21:39	5:25
4 Russell Wogan 1,40-44	44	22:07	5:32
5 Kevin Doyle 1,18&under	18	22:20	5:35
10 Mya Mangawang 1,25-29	26	23:22*	5:51
11 Gayla Underkoffler (MTC) 1,35-39	38	23:35*	5:54
15 Christine Snow-Reaser (Hon.MTC)	34	23:55*	5:59
31 Kristy Wecther 1,18&under	17	27:16*	6:49
36 Holly Decker 1,40-44	42	27:48*	6:57

Other Top Divisional Finishers

9 Bill Wallace 19-24	24	23:21	5:51
32 Steve Murphy 55-59	56	27:23	6:51
35 Steve Jacobsen (MTC) 50-54	50	27:37	6:55
41 Kitty Kelley (MTC) 50-54	53	28:07*	7:02
42 Carol Legere 45-49	48	28:14*	7:04
57 Amanda Brewer 19-24	22	29:28*	7:22
98 Mike Healy 25-29	28	32:42	8:11
103 Mary Susan Leahy 55-59	55	33:13*	8:19
131 Richard Cahill 65-69	68	46:28	11:37

Other Maine Track Club Finishers

13 Russell Boisvert 2,45-49	49	23:39	5:55
20 Robert Brooks	34	25:16	6:19
24 Erich Reitenbach	49	25:46	6:27
38 Don Bessey	54	27:54	6:59
40 Scott Hinckley	42	28:07	7:02
45 Loren Lathrop	51	28:25	7:07
53 Michael Doyle	35	29:06	7:17
73 Marla Keefe 2,45-49	46	30:33*	7:39
80 Diane Daley 2,40-44	44	30:51*	7:43
82 Neil Chivington	52	31:11	7:48
83 Shelley Lathrop	23	31:19*	7:50
94 Patti Hinckley	41	32:06*	8:02

Results courtesy of Granite State Race Services
via COOLRUNNING.COM.

RACE RESULTS (continued)

The Central Maine Striders Present *The 2000 Boston Primer Fifteen Miler*

Challenging Loop Course Around Lake Maranacook
From Readfield
Sunday, March 12th, 2000

Place/Name	Age	Time
1 Mike Payson (MTC)	36	1:29:16
2 Rick Miller	46	1:33:10
3 Derek Veilleux	21	1:36:00
4 Judson Cake	22	1:39:00
5 Eugene Holm	46	1:48:29
6 Erik Seastead	43	1:50:07
7 Melinda Browne	38	1:56:23*
8 Beth Allen	41	2:06:53*
9 David Benn	54	2:14:54
10 Penny Duncan	49	2:20:04*
11 Celia Leber	35	2:20:42*

Many thanks to Linda Benn, Editor of the Central Maine Striders' INTERVAL, for complete results!



Ken Flanders; April Amble 1983



Peter Bottomly
April Amble 1996

UPCOMING MTC BIRTHDAYS

HAPPY BIRTHDAY MTC MEMBERS!!

APRIL:

- 16: Michael Gordon
- 18: Chet Matthews, Esme Deprez
- 19: Marco Cedrone, Ed Reagan, Daniel Salvo, Jonathan Ives
- 20: Philip Meech, Phillips Sargent, Emily Crowe
- 22: Chuck Burnie
- 23: Lauren Parkinson
- 24: Virginia Wilder-Cross, Paul Stulgaitus, Katherine Brady
- 25: Don Russell
- 26: Suzanne Umland, Craig Wilson
- 27: Deborah Dameron
- 28: Rachel Landry, Rachael Blanchard



MAY:

- 1: Dick Graves
- 2: Kevin, Callahan, Travis Beaudoin, Edmond Zuis
- 3: Shirley Chamberlain, John Desarro, Liz O'Connor, Larry Wold
- 4: David Paul
- 6: George Towle, Chris Reed
- 7: Marjorie Tennyson, Stacey Huntley, Michael Pasternak, Lincoln Skelton
- 8: Bob Poirer, Ryan Snow
- 11: Harry Fullerton, Kathleen Tragert
- 12: Don Burnham, Carol Perry
- 13: Dick Lajoie, Larry Barker
- 15: Joan Samuelson



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 mduoye@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.

The Road Runners Club of America's FIFTEEN TIPS FOR RUNNING SAFETY

1. **DON'T WEAR HEADSETS.** Use your ears to be aware of your surroundings.
2. Carry a quarter for a phone call.
3. Run with a partner.
4. Write down or leave word of the direction of your run. Tell friends and family of your favorite running routes.
5. Run in familiar areas. In unfamiliar areas contact a local RRCA club or running store. Know where telephones are, or open businesses or stores. Alter your route pattern.
6. Always stay alert. The more aware you are, the less vulnerable you are.
7. Avoid unpopulated areas, deserted streets, and overgrown trails. Especially avoid unlit areas at night. Run clear of parked cars or bushes.
8. Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe. Include any medical information. Don't wear jewelry.
9. Ignore verbal harassment. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
10. Run against traffic so you can observe approaching automobiles.
11. Wear reflective material if you must run before dawn or after dark.
12. Use your intuition about a person or an area. React on your intuitions and avoid if you're unsure.
13. Practice memorizing license tags or identifying characteristics of strangers.
14. Carry a noisemaker or pepper spray (get trained in use of the latter).
15. **CALL POLICE IMMEDIATELY** if something happens to you or someone else, or you notice anyone out of the ordinary.

The Road Runners Club of America is a national organization of over 600 clubs in 47 states. For more information write

RRCA, 1150

S. Washington Street, Suite 250

Alexandria 22314.

Office@rrca.org • (703) 836-0558.



OPEN-MIKE NIGHT – BOSTON MARATHON

The topic of this month's track club meeting will be the Boston Marathon. The meeting will be an open-mike night for anyone who ran, worked, or supported a fellow runner to share their experiences. Members and non-members are both invited to come and share their triumphs, tribulations, or other Boston Marathon stories. We look forward to seeing you and having you share your experiences.

The meeting is Tuesday, 18 April 2000, 6:30 PM at the Falmouth Library.

Thank you, Thank you, and Thank you Again!!

*Volunteers for the Mid-Winter Classic 10 Miler,
Cape Elizabeth, February 6, 2000*

Bob Aube	Jim Harnden
Betsy Barrett	Todd Hermann
Kelsey Barrett	Alex Hodges
Anne Boisvert	Dan Hogan
Jim Boisvert	Nancy Kneeland
Chuck Bonetti	Jane Lathrop
Barbara Bonetti	John Lavin
Russ Bradley	Lois Martin
Julie Brannon	Linda Metzger
Pat Buckley	Kate Meyers
Deb Cassidy	Rich Meyers
Mary Anne Champeon	Dick Moran
Helen Cheney	Aaron Norton
Libby Christensen	Marge Parsons
John Cole	Norm Proulx
George Conley	David Register
Ed Daranyi	Steve Register
Sue Davenny	Margaret Reimann
Michael Doyle	Stephanie Rice
Peter Drivas	Jake Schuit
George Entwistle	Steve Schuit
Kelly Fernald	Charlie Scribner
Mel Fineberg	Dick Scribner
Jeff Flynn	Maureen Sproul
Don Foshay	Jim Tyrrell
John Gale	Al Utterstrom
Brian Gillespie	Sandy Utterstrom
Sindee Gozansky	Malcolm Washburn
Ward Grossman	John Watson
Peter Grosso	Harry White
Wyndee Grosso	Ogden Williams



MTC Volunteer List

Irish Road Rover 5K March 12, 2000:

Thank you to the following people who worked this race in the rain. You were a great crew! If we missed anyone, please let us know.

DICK GRAVES	DAN HOGAN
CHARLIE SCRIBNER	BRIDGET RAMSDELL
SAMANTHA RAMSDELL	IAN RAMSDELL
SUSAN DAVENNY	BILL DAVENNY
DONNA MOULTON	GAIL KOLBE
MARK GRANDONICO	SHERRY GRANDONICO
KRISTEN GRANDONICO	BOB AUBE
RICHARD SCRIBNER	DENNIS MORRILL
KATHRYN HARRIS	SANDY UTTERSTROM

Reminders

- Next board meeting is May 2nd, 2000, 6:00 p.m. at the Utterstroms
- Next Membership meeting – April 18, 2000, 6:30pm at the Falmouth Memorial Library

Portland Trails will be speaking to us about connecting the Boulevard to the East End Beach Trail and other projects.

Race Directors Meeting and Clinic
Saturday, April 29, 2000,
10:30 a.m. to 3:00 p.m.
Portland Boys & Girls Club
227 Cumberland Avenue

OPEN TO ALL MTC MEMBERS - No Fee

Lunch will be served. Please RSVP by April 25th. (797-4710)

- We will go over problems we've had at races in the last year.

Things can go wrong on race day, but it's how we handle it that makes the difference.

- How to set-up and work the chute.
- We will go over how to do results on the computer, with computers for hands on use. How to put the results out on the Internet, and getting results to the newspapers.
- There will be a discussion on how to handle awards.
- A demo using our laptop.
- Race Directors Manuals will be given to all persons attending.



M.T.C. Clothing Available

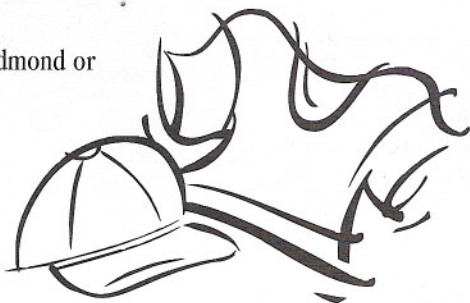
- Jerzee Heavyweight Cotton Forest Green Sweatshirts with the M.T.C. logo embroidered on the left chest.

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

- Lighthouse short sleeve T-shirts
 Hanes Beefy-T, 100% Pre-shrunk cotton
 M/L \$8.00

Contact: Colleen Redmond or
 Mike Doyle 871-0051



MAINE TRACK CLUB OFFICERS & COMMITTEE CHAIRS



USA Track & Field



Sandy Utterstrom	PRESIDENT	797-4710
Eric Ortman	VICE PRESIDENT	727-3762
Marge Aube	PAST PRESIDENT	829-5079
Carlton Mendell	TREASURER	797-7806
Lorraine Paradis	SECRETARY	878-4465
Everett Moulton	MEMBERSHIP	799-2894
Bob Aube	RACE COMMITTEE	829-5079
Charlie Scribner	AT-LARGE	781-5585
Howard Spear	AT-LARGE	856-6496
Maureen Sproul	AT-LARGE	926-4681
Don Penta	STATISTICIAN AND PHOTOGRAPHY	892-4526
Dale Rines	COURSE CERTIFICATION	854-2481
Mike Doyle	NEWSLETTER & CLOTHING	871-0051
Colleen Redmond	NEWSLETTER & CLOTHING	871-0051

NEW MEMBERS

Please Welcome NEW MEMBERS:


John Cole Family
 John Cullinane
 Dan Deering Family
 Matthew Govan
 Joe King
 Sarah Mahoney
 Chuck Massie
 Grace Murphy
 John Nichols
 Stacey Huntley
 Michael Lecompte
 Deb Stewart Family

We Welcome back RENEWED MEMBERS:

George Towle
 Dick Lajoie Family
 Loren Lathrop Family
 Harry Mellor Family
 Patrice Roy
 Alburn Butler Family


We now have 337 Households registered with a total of 527 runners !!!!

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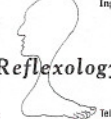
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The following area sporting goods stores have agreed to give MTC members discounts on running shoes and running clothing. It is necessary that you show your 2000 club ID card when requesting discounts.

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

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MVP Sports
333 Clarks Pond Pkwy., South Portland **10% ON NON-SALE RUNNING SHOES AND CLOTHING**

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330 Clarks Pond Pkwy., South Portland • Also Auburn & Kittery **10% ON RUNNING SHOES**

2000 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

