

Run with a friend ...

www.mainetrackclub.com

May/June 2002

73rd Annual Patriots Day 5-Miler

by Phil Meech

The annual Patriots Day 5-Miler in Portland was successfully held for its 73rd time since its original running in 1930. The day started out with a driving rain but seemed to dry up just in time for the kid's 1-mile race that started at 10:00 AM. Temperatures and weather conditions made for very favorable running conditions.

There were 439 runners who completed the five mile course around Back Cove with the start and finish in front of the Boy's & Girl's Club on Cumberland Avenue. Portland's Police Chief Mike Chitwood was the honorary starter of the 5-mile race. The camera crews from assorted local television stations were there with channels 6 and 13 attempting to coordinate a "live" televised start of the race at 12:00 noon. Chuck Burnie fired the starting cannon before jumping into the race.

The overall male winner was 29 year old Ethan Hemphill with a time of 25:50. The overall female winner was 28 year old Kristen Pierce-Barry. Other results can be viewed on Maine Track Club's website.

Working with the Boy's & Girl's Club was great. Our track club has a very good relationship with this group that should continue for a long time. This year, the Boy's & Girl's Club chose to express a special thank you to those who protect us by donating \$1.00 from every application fee to Portland Fire Department's efforts to purchase a thermal imaging camera.

A special thank you, especially from myself, goes to all Maine Track Club members, members of the Boy's & Girl's Club, and others that spent a large part of their day-off to help with this race. Your assistance allowed for a virtually flawless event. This race requires lots of hands and you came through wonderfully.

Behind the scenes were Bob Aube and Howard Spear who helped, with their prior experience, with the setting up the computers ahead of time. Chuck and Cathy Burnie were there bright and early on Monday with the equipment trailer and helped set up the finish chute. One of my new heroes is Harry Fullerton who did an admirable job as Volunteer Coordinator. And thank you, Dan Hogan, for jumping right into the job as Chute Coordinator. The crew up in the "Command Center" did a great job of compiling the finish results. This crew included Sandy Utterstrom, MaryAnne Champeon, Jean Thomas, and Everett Moulton. And probably most important are the "Flaggers" who station themselves at those busy intersections keeping the runners safe.

See Patriots Day 5-Miler Page 5

Andy Palmer Memorial Relay

by Bob Aube

The MTC is looking for runners interested in participating in a memorial relay in mid-June to honor the late Andy Palmer. For those of you who didn't have the pleasure of knowing Andy, he was a nationally known coach and sports psychologist from Madawaska who died during a run in February. He was a two-time Olympic marathon trails qualifier, and he founded the Maine Running Camp in Bar Harbor. His last project before his death was the development of a new training facility, called ZapFitness, in Blowing Rock, N.C. The project is going forward under the guidance of Andy's wife, Zika, and this relay run is intended to raise money for the facility. Relay participants are being asked to make a donation to ZapFitness.

**See Relay
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Maine Track Club Officers & Committee Chairs



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Phil Meech, VICE PRESIDENT.....	839-4946
Carlton Mendell, TREASURER.....	797-7806
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Mike Brooks, AT-LARGE.....	783-3414
Janice Drinan, AT-LARGE.....	883-7039
Sandy Utterstrom, PAST PRESIDENT..	797-4710

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Everett Moulton, RACE COMMITTEE....	799-2894
Bob Aube, WEB SITE.....	829-5079
Don Penta, STATISTICIAN.....	892-4526
Don Penta, PHOTOGRAPHY.....	892-4526
Chuck Burnie, EQUIPMENT.....	829-5208
Bonnie Beach, NEWSLETTER.....	772-7983
Jason Hill, NEWSLETTER.....	632-0931
Phil Meech, CLOTHING.....	839-4946
Bethany Hanley, PROMOTION.....	829-4568
Sandy Utterstrom, TECHNOLOGY.....	797-4710
Janice Drinan, SPECIAL EVENTS.....	883-7039
Maggie Soule, ARCHIVIST.....	846-3631

Contact us at:

MAINE TRACK CLUB
P.O. BOX 8008
PORTLAND, MAINE 04104
207-741-2084
www.mainetrackclub.com

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

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

Presidents Corner

This Year Resolve To Run, Race, and Volunteer

As we bid farewell to a mild winter and head into a so far mild spring, resolve to run, race, and volunteer. Read the newsletter and then mark your calendar to enjoy some excellent upcoming races and special events that our volunteers have planned for you.

The News-Run committee has two new sections reserved for you. The first new one is entitled, "The PR Corner." This is the place to publicize your racing achievements. Don't be shy about reporting your progress! Just remember to identify your race, your time, and the date of the race. Contact Bonnie Beach at bbeach@maine.rr.com or phone her at (207) 772-7983.

The other new section is called Member Milestones. Have something to celebrate? Tell your entire club friends by contacting Bonnie at the above address.

Sue Davenny reports that we have a lot of new members this year. We will be having a "New Member Pot Luck" reception on May 25. Please support our new members. They will appreciate your friendship.

I hope that we never underestimate the value of the personal time, support, and encouragement that we all receive from our fellow members.

Enjoy the day,

Mel

Letters to the Editor

"Thank you for your donation of \$250. Your thoughtful support is appreciated.

Your contribution will help the memories and dreams of Andy Palmer continue through the support of the athletes here at ZAPfitness. Thank you for helping to make this possible.

Andy was a special man who will be missed by all who knew him. Again thank you and I hope you will monitor our success."

Sincerely,
Zika Palmer

"103 Miles To Go! This mileage has been certified by the Arthur Anderson Company."

- A sign near mile 3 of the recent Boston Marathon as reported by MTC Member and past President Bill Stewart.

MTC Race Schedule 2002

- May 12 **Portland Sea Dogs Mother's Day 5K**
Hadlock Field, 10:00 am (kid's run 9:30)
Contact: Kelli Hoffstellar
kellih@portlandseadogs.com
- June 2 **Flatfoot 4-Miler & Kids 1-Miler**
South Portland High School
Contact: Donna Moulton 799-2894 or
rrcarep4me@juno.com
- June 8 **Make a Wish Walk & Dash for Dreams 5K**
Baxter Boulevard, 9:00 am
Contact: Make a Wish Foundation
800-491-3171 or wish@mint.net
- July 20 **Pat's Pizza Clam Festival Classic 5-Miler**
Yarmouth, 8:00 am Contact: Ron Pelton
741-2084 or rspelton12@oal.com
- July 27 **Peaks Island Road Race (5 miles)**
Peaks Island Lions Club, 10:30 am
Contact: Larry Dyer 725-6962 or
dldyer@gwi.net
- Aug 9 **St. Peter's Road Race (4 miles)**
St. Peter's Church, Portland, 7:00 pm
Contact: Maine Track Club 741-2084
- Aug 17 **Breakaway 5K**
Beach Square, Old Orchard Beach
Contact: Louis Ladakakos 934-2500 or
lladakakos@lms.oob.k12.me.us
- Aug 30 **Maine Running Hall of Fame 5K**
Back Cove path, Portland
Contact: Maine Track Club 741-2084
- Sept 15 **RRCA Women's Distance Festival 5K**
Eastland Hotel, Portland, 9:00 am
Contact: Maine Track Club 741-2084
- Sept 15 **Mt. Agamenticus Challenge (7.3 miles)**
York Beach, 9:00 am Contact: Joe Hardy
676-9460 or joealice@cybertours.com
- Oct 6 **Sportshoe Center Maine Marathon/Half
Marathon/Relay**
Portland, 8:00 am
Contact: Maine Track Club 741-2084 or
marathon@maine.rr.com
- Oct 19 **MTC 50-Miler and 50K**
Brunswick, 6:30 am
Contact: Maine Track Club 741-2084
- Oct 20 **Physical Therapy 8K**
Brunswick High School, 9:00 am
Contact: Scott Miller 373-2293 or
sklmiller@hotmail.com
- Nov 16 **Hannaford Turkey Trot 5K**
Cape Elizabeth Middle School
Contact: Maine Track Club 741-2084

Mt. Washington Road Race Slots Available

MTC members who were rejected in the lottery for the Mt. Washington Road Race have a second chance to get into the race via one of the 10 slots allotted to the MTC. If your entry was rejected but you still wish to run, please contact Mike Brooks by to let him know of your interest. If more than 10 runners apply, a drawing will be held to determine who gets the 10 slots. Contact Mike at mjbruns@adelphia.net or 783-3414. If fewer than 10 runners with rejection letters apply, the remaining spots will be made available to other MTC members.

Keep in mind that one of the requirements to receive an entry through the club's allotment is that runners agree to provide a volunteer for this year's race or volunteer themselves for next year's race. This is because the club must bring at least 10 volunteers in order to receive entries into the race.

Mt. Washington Road Race June 15th

**Interested in
volunteering or
running the race?**

**Contact Mike Brooks
at 783-3414
as soon as possible**

Additional donations from non-participants are also welcome, of course. If you're interested in participating, please send a message to Bob Aube at bobaube@mainetrackclub.com indicating where you'd like to run, approximately how far you want to run, and what time of day you're available to run. A support vehicle will be available along the entire route.

For more information about ZapFitness, visit www.zapfitness.com.



Maine Corporate Track Seeks Runners

The Maine Corporate Track Association (MECTA) is looking for individuals interested in competing in corporate track and field events this summer. Due to a policy instituted last year, you no longer need to be affiliated with a company that sponsors a corporate track team in order to participate. Individuals who would like to take part can join a team and be eligible to participate in six meets for a fee of \$50. Individuals are attached to a corporate team via a lottery.

Corporate meets include seven individual running events (ranging from 100 meters to 5K), six relays and four field events. Each event has five age groups for men and women. If you're interested in competing or would like more information, contact Tom Blake at 799-5723 or Teblake@aol.com or visit the MECTA Web site at home.maine.rr.com/pjs/mecta.

WANTED

A few good people needed immediately to learn RunScore!

Work with me on the Flatfoot 4-Miler to learn how to use RunScore to generate race results.

This involves setting up the program, data input before race day and data input/race results day of the race.

If interested, contact Sandy Utterstrom at 797-4710

"Runners Math"

by Jason Hill

The morning was cold, wet and breezy as the runners milled around at the starting line for the Irish Road Rover, March 3rd. It was a perfect day to run, yet for a change I wasn't among my peers and I'll tell you why.

About a week before similar weather had me sitting at my desk trying to find the motivation to get outside and run. As I often do, I looked at my race numbers on the walls and thought about the miles I had run to prepare for them. I remembered the fun each race was, all of the satisfaction at completing the race, the competition with myself to achieve a new personal record and how my fitness level had improved. And then my mind began to wander and I ended up doing a little of what I now call, "Runners Math."

Other runners may use "Runners Math" to convert kilometers to miles or determine their pace. Mine involved the ratio between miles run and miles of volunteered races. I figured out that I had literally *thousands* of running miles under my belt yet I had not volunteered for a single race since I started running them. Not one single race.

My ratio was *thousands to none*.

So I decided to start correcting that at the next race I wasn't going to run in. Since I am a 10K and Half-Marathon kind of guy and Portland is a 5K town, I figured I'd have all kinds of opportunities and sure enough, here was my first. I met a whole new group of club members. The ones who made the race happen and got things done.

I was assigned to the finish line and saw many new things. I saw the winners (okay, I'm sure I'd seen a winner of a race at the front of the group at the start of a race but never as they finished), I saw "Bandits" and I quit counting the people I saw who realized I was there to help them enjoy their day and thanked me for my time.

In the end I feel better (not amazingly since my ratio is still only *thousands to 3.1*) I was able to do something useful to my fellow runners on a day where I would have normally slept in.

The Maine Track Club asks its members to help out with at least 3 races a year. Please consider the races on the back cover of this newsletter or visit the web page at www.mainetrackclub.com and select your next opportunity to support your peers.



Patriots Day 5-Miler

From Page 1

My memory of this race will always include hearing Donna Moulton at the head of the finish chute hollering to all the runners to "tear off your tag". I think her mouth was very tired at the end of the day. This obviously very experienced finish chute crew did a wonderful job using a "double-chute method" to keep runners moving steadily. You could hear Dan Hogan yell "Change!" every time one chute would fill up. Carlos Philbrick would then close off that chute, open the other one, and then redirect the runners. The chute crew worked very well together and made this a flawless operation.

Thank you to all the following helpers (Please forgive me if I failed to include anyone):

Mary Anne Champeon

Sandy Utterstrom

Jean Thomas

Bob Aube

Howard Spear

Don Penta

Harry Fullerton

Pat Buckley

Maggie Soule

Dan Hogan

Scott Dalrymple

Terri Gallupe

Evie Strom

Herb Strom

Donna Moulton

Everett Moulton

Carlos Philbrick

Mel Fineberg

Sara Gibbs

Mike Reali

Amadeo Reali

John Teverada

John Martis

John Watson

Lisa Deprez

Jim Parkinson

Kelly Veccia

James Veccia

Tom Keating

Ellen Labbe

Peter Bottomley

Brenda Webster

Mike Detschen

Bob Payne

Roger Connolly

Larry Dyer

John Watson

Dennis Morrill

Mike Brooks

Ray Hefflefinger

Tom Keating

Michelle Durgin

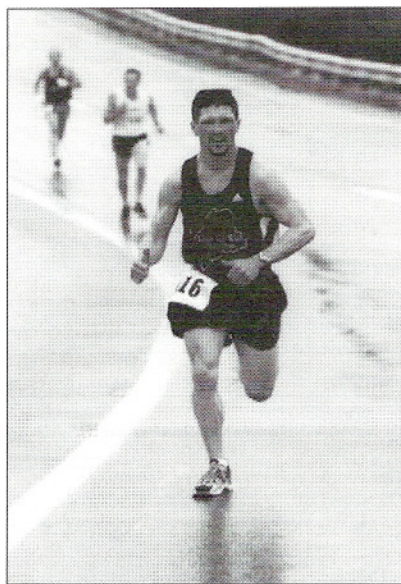
Christine Wirth

Kristen Millar

Bethany Hanley

.....And 12 members
of the Cumberland
County Work Release
Program!

Thank you all!!!!



(Above) Maine Track Club volunteers (from left) Dennis Morrell, Lisa Despres, Pat Buckley, Joan Tremberth and Donna Moulton share a few laughs as they wrap up the 73rd Annual Patriots Day 5-Miler. (Left) Maine Track Club member Dave Howard of Portland on the way to his 28:53 finish in the Patriots Day 5-Miler. Photos by Don Penta

Summer Coaching 2002

We are happy to offer quality coaching again this year. If you participated in this MTC program last year, or wish to sign up for the first time, please complete the form, enclose a check for \$35 and send to

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

Wednesday evening coaching will begin in June. The location will be either the stadium track in Portland or the Greely High School track in Cumberland. A minimum number of members will be needed to make it viable. We are fortunate to have Dave Dowling back as our coach.

Coaching - Summer 2002

Name: _____

Phone: _____

Email: _____

Enclosed \$35



Send form and check to:

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

Race Results

The Maine Track Club & Brian Boru Irish Pub
Present

McKeon's Irish Road Rover 5K Race

329 Record Finishers (120 Female & 209 Male)
Scenic Out And Back Course From Portland's Gorham's Corner

The Cradle Of Portland's Irish American Community

Sunday, March 3rd, 2002

Complete Results Courtesy Of The Maine Track Club

Top Overall Finishers

Place/Name	Age/Sex	Town	Time	Pace
1 Todd Coffin 1,overall	40M	Freeport	15:43*	5:04
2 Paul Johnson 2,overall	24M	Gorham	15:50	5:06
3 Christian Muentener 3,overall	28M	Yarmouth	15:53	5:07
4 Scott Brown 1,40-49	43M	Lewiston	15:54	5:07
5 Tim Cox 1,20-29	28M	Northwood	17:04	5:30
17 Christine Snow-Reaser 1,overall	36F	Dayton	18:37	6:00
24 Kelly Rodrigue 2,overall	37F	Lewiston	19:19	6:13
25 Jeanne Hackett (MTC) 3,overall	43F	Peaks Island	19:28	6:16
33 Rosalea Kimball 1,30-39	30F	Winthrop	20:13	6:30
53 Krista Poissant 1,20-29	28F	Arundel	21:17	6:51

“*” Following Time: Under USAT&F Age Group Standard For
National Recognition

Other Top Divisional Finishers

8 Gary Thomson 30-39	38M		17:23	5:36
12 Chris Brannon 14&under	14M	New Maryland	17:57	5:47
38 John Morey 50-59	51M		20:30	6:36
41 Thatcher Newkirk 15-19	17M		20:33	6:37
43 Lawson Noyes 60&over	60M	Kennebunk	20:42	6:40
63 Amanda LaBelle 15-19	18F	Windham	21:35	6:57
81 Mandy Ivey 14&under	14F	Oxford	22:16	7:10
174 Cathy Burnie (MTC) 50-59	53F	Cumberland	25:18	8:09
306 Beth Branson 60&over	60F	Scarborough	33:04	10:39

Other Maine Track Club Finishers

6 Dan Dearing 2,40-49	40M	Lisbon Falls	17:04	5:30
7 Peter Bottomley 3,40-49	40M	Cape Eliz	17:14	5:33
14 Dave Howard	35M	Portland	18:07	5:50
22 Mike Grant	44M	Scarborough	19:05	6:09
23 David Chamberlain	40M	Falmouth	19:06	6:09
26 Floyd Lavery	44M	Gorham	19:33	6:18
30 Stephen Ham	44M	Scarborough	20:05	6:28
35 David Young	49M	Danville	20:20	6:33
47 Scott Badger	41M	Portland	20:50	6:42
58 Kathy Hepner 2,40-49	41F	Gorham	21:24	6:53
61 Keith Holland	46M	Old Town	21:29	6:55
69 Kim White 3,40-49	40F	Falmouth	21:51	7:02
70 Harry White	59M	Scarborough	21:55	7:02
76 Neil Williams	48M	Cape Eliz	22:08	7:07
89 Scott Hilton	39M	Dayton	22:23	7:12
99 Stephanie McLarty	26F	Portland	22:41	7:18
101 Mallory Brouwer	28F	Portland	22:51	7:21
105 John Morse	56M	Phippsburg	22:59	7:24
117 Merle Hartford	54M	Scarborough	23:31	7:34
119 Mike Brooks	56M	Danville	23:38	7:36
134 John Keeley	50M	Portland	23:54	7:42
140 Eric Lagios	42M	S Portland	24:09	7:46
154 Gail Saldanha	45F	Scarborough	24:43	7:57
191 Cindy Hilton	38F	Dayton	26:05	8:24
201 Michele Flynn 3,50-59	53F	Cape Eliz	26:26	8:30
210 Janice Drinan	57F	Scarborough	26:43	8:38
221 Michael Chadbourne	48M	S Portland	27:20	8:48
229 Nicholas Lagios	11M	S Portland	27:38	8:54
231 Loren Lathrop	53M	S Portland	27:38	8:54
251 Janet Letalien	38F	Portland	28:40	9:14
262 Brenda Webster	43F	Portland	29:31	9:30
263 James Pedersen	32M	Portland	29:33	9:31
267 Phillips Sargent	55M	Yarmouth	29:44	9:34
273 Donna Bisbee	45F	Portland	29:56	9:38
286 Jack Nyhan	70M	Portland	31:03	10:00
290 Kathleen Reid	32F	S Portland	31:23	10:06
293 Karen Connolly	43F	Hollis	31:30	10:08
299 Carlene Anderson	52F	S Portland	32:19	10:24
311 Bethany Hanley	31F	Cumberland	33:27	10:46
312 Chuck Burnie	47M	Cumberland	33:29	10:47
321 Beth Quinlan	43F	Portland	37:26	12:03
322 Denise Locke	49F	Biddeford	37:57	12:13
326 Julius Marzul	75M	Gorham	40:49	13:08
327 Don Penta	55M	Windham	40:58	13:11
329 Robert Connolly	47M	Hollis	45:32	14:39

On Hydration; Sports Drinks

If undiluted, sports drinks can cause stomach distress (or worse), switch to a half sports drink/half water solution during long training runs. At race aid stations grab a cup of sports drink and a cup of water and drink both. Less-concentrated sports drink supplies the nutrients you need during long runs with a reduced threat of nasty side effects.

What is Reiki? *by Sandy Utterstrom*

Reiki (a Japanese word, pronounced ray-key): **Rei** means "universal" and refers to the spiritual dimension of the soul; **Ki** means "the vital life force energy that flow through all living things". When combined, it's meaning is, "universal life force energy". Reiki is a healing system that is a safe natural and holistic way of healing.

It is the space around us. The universe is filled with endless energy. It is this energy that is Reiki. Through a laying-on of hands, (a healing technique that is thousands of years old) Reiki flows through the hands of a Reiki practitioner, in a powerful concentrated form and into the body of the receiver. It is a channeled healing, therefore the Reiki practitioner's energies are not depleted. In fact, because the Reiki energy is flowing through the practitioner during a treatment, both client and practitioner receive the benefits. For this reason, giving a treatment always increases one's energy and leaves one surrounded with loving feelings of well being. When having a Reiki treatment, it is the receiver who determines the amount of Reiki they wish to receive. Reiki brings the body and mind into an even balance. Reiki works on all levels: the physical, spiritual, emotional and soul.

I would like to point out here that Reiki is not meant to be substitute for medical or psychological diagnosis and/or treatment. Reiki practitioners do not diagnose conditions, perform medical treatments, prescribe medications or interfere with any treatment prescribed by a licensed medical professional. Reiki is a natural holistic method of energy balancing for the purpose of stress reduction and relaxation, and will compliment and enhance medical treatments. It is strongly recommended that you see a licensed physician or health care professional for any physical or psychological ailments you may have. Reiki is great for relaxing before surgery and or after surgery as it promotes healing. It also works well with chemotherapy and radiation treatments, massages, reflexology, acupressure, acupuncture, chiropractic treatments, etc. Physicians are always amazed at how fast a person receiving Reiki heals.

Reiki belongs to anyone who is ready to receive the gift of Reiki. We all have the ability to use this energy around us, but we need to go through an initiation process of attunements (done only by a Reiki Master) in order to do that. The attunements simply open up the blocked energy channels in our bodies. (it's like having electricity in your house, you need to turn on the light switch to have it work) Once we have received the attunements the ability to channel this life energy is always with us. After that you simply place your hands on yourself or another person and the energy will channel though you to where ever it is needed most. Because it's not your energy it doesn't drain you, it makes you feel energized! Today many initiation workshops are filling up with doctors and nurses. Here in Maine, York Hospital is already using Reiki for it's patients.

Among the benefits of Reiki: it balances the body's energies, re-establishes spiritual equilibrium and mental well being, loosens up blocked energy, promotes a state of total relaxation, relieves pain, cleanses the body of toxins, strengthens the immune systems, enhances personal awareness, strengthens intuition, and enhances meditation.

Pain Relief Machine Eases Foot Ache

Nerve-Soothing Shock Waves

A newly approved procedure call orthotripsy promises to make plantar fasciitis, a condition that causes chronic heel pain, a thing of the past. Using a machine called the OssaTron, doctors deliver 1,500 to 2,000 shock waves into the foot. The procedure takes just 10 to 15 minutes, and you can be back to your normal routine in a week to 10 days. The procedure boasted a 75% success rate in clinical trials. Most folks need just one treatment, and 96% of those who have success are still pain-free a year later. "This procedure breaks up thick, stiff scar tissue and helps stimulate new blood vessels to increase circulation," explains John Ogden, MD, director of orthopaedics at Atlanta Medical Center. "It also stimulates new tissue growth." To find a surgeon, go to www.prenticehall.com/links. (Prevention, May 2002)



Ray-Key to Energy

Reiki II Practitioner People
Energy Therapy & Pets
Sandy Utterstrom RP, IARP
Tel: (207) 797-4710

Traditional Usui System of Reiki
Releases Stress Balances Energy
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Attention Youth Runners – Summer is almost here!!!

The

Maine Track Club

is now accepting applications for the

Bruce Ellis

Memorial

Scholarship Awards

Encouraging and supporting young runners with Running Camp Scholarships

- Available to Youth Runners 13-17 years of age
- Selection will be based on the following criteria;
 - Enthusiasm for running
 - Character
 - Financial need
- Applicants must be Maine residents
- Entries must be postmarked by June 3, 2002
- Previous recipients are ineligible
- Preference will be given to Maine Track Club family members

Running Camps offered are:

Bates College Track and Field Camp, June 23-28, 2002

Colby College Cross Country Camp, July 28-August 2, 2002

UMO Black Bear Track & Field Camp, June 30-July 4, 2002

Ziggy's Running Camp, August 4-7, 2002

Roy Benson Camp in Vermont *

Running camp of your choice *

* The camp must be suitable for 13-17 years of age. The Maine Track Club would pay an amount equal to the cost of a Maine running camp and you would be responsible for the balance of the cost.

To apply for a scholarship, write a short essay on why you would like to go to a Running Camp this summer and mail to:

Summer Running Camp Scholarships

Maine Track Club

P.O. Box 8008

Portland, ME 04104

Name _____ Phone _____

Address _____ Age on 7-1-2002 _____

City _____ Zip Code _____

Parent(s) Signature _____

Name of High School attended 2001-02 school year _____

April 10th Membership Meeting Minutes

- A motion was made by Mike Brooks and seconded to accept Bethany Hanley and Bob Aube as Board members. It was unanimously accepted.

- Mel announced that a \$500 scholarship would be given to SMTC. The scholarships will be awarded to a student who would be pursuing their education.

- Phil gave an update on the Patriots Day race to be held on Monday, 4-15

- Deadline for the newsletter is April 15

- 5 MTC members will attend the RRCA convention in Norfolk, VA. Registration will be paid by MTC.

- Mike Brooks reported on the upcoming Mt. Washington race on June 15th. There are 10 spots available. Contact Mike once you are rejected to obtain one of the 10 spots.

- Bob Aube reported that the website will be used to get out news since the newsletter is now bi-monthly. Bob updates the site 2 to 3 times per week. A calendar for MTC and non-MTC races is available. The MTC will charge \$25 to provide links to other race websites.

- Bob Aube will obtain more information on the relay race from Kittery.

- Phil has a new supply of MTC t-shirts available for \$8.00

- Patty Medina presented information to the group with recommendations for use of the stability ball. She provided a demonstration and the group had a chance to use the ball. Much appreciation to Patty for a very informative presentation!

John Fyalka Memorial Scholarship Applications Available

The MTC will begin accepting applications for the John Fyalka Memorial Scholarships. Send requests to Scholarship, MTC, PO Box 8008, Portland, ME 04104 or check the MTC website. These are college scholarships in the amount of \$300 each to a high school senior male and female. The deadline for applications will be August 15, 2002.

Hike Trails, Relax, Eat at Bradbury Mountain

A fun day is planned for Saturday, June 15th at Bradbury Mountain. This is a perfect spot for the entire family. You can hike easy to moderate trails, relax, play volleyball, or just sit and read or talk. We will be meeting at the mountain at 11:00 am. Bring food to grill. The club will provide hot dogs and drinks. There is a \$2 fee to enter the park. Kids are welcome. Reminder: alcohol is not allowed at state parks. For more information or directions please call Mel at 774-8868 or mordecaimel@aol.com.

Patty Medina Guest Speaker at April Meeting

Our own Patty Medina was the featured speaker at our April membership meeting. Patty did a great job in the correct use of the "stability ball". This was a hands-on demonstration. We thank Patty for her very enthusiastic presentation.

Maine Corporate Track Seeks Runners

The Maine Corporate Track Association (MECTA) is looking for individuals interested in competing in corporate track and field events this summer. Due to a policy instituted last year, you no longer need to be affiliated with a company that sponsors a corporate track team in order to participate. Individuals who would like to take part can join a team and be eligible to participate in six meets for a fee of \$50. Individuals are attached to a corporate team via a lottery.

Corporate meets include seven individual running events (ranging from 100 meters to 5K), six relays and four field events. Each event has five age groups for men and women.

If you're interested in competing or would like more information, contact Tom Blake at 799-5723 or Teblake@aol.com. You also can visit the MECTA Web site at <http://home.maine.rr.com/pjs/mecta>.

Children's Running Program Repeated for 2nd Year

The Children's Running Program founded last year with a \$500 grant awarded by the RRCA is back by popular demand. The program runs for four Saturdays, ending with a 1-mile fun run on Sunday June 2nd. The program for kids runs for four Saturdays, from May 11th to June 1st, starting at 9:00 am. Entry to the program and race is free. The kids will receive a race t-shirt and a medal for their great work. The goal is to sign up 50 children for this program and race. Everything takes place at the South Portland Recreation Center across from the high school.

Each Saturday, the kids will start out by stretching and instruction on running. The first Saturday, they will start with one lap, the next Saturday two laps, until they reach a mile on the final Saturday. Gatorade, water and snacks are provided after each workout. The kids are a lot of fun, especially the littlest ones and those that have never run a step. These children are our future runners. They will start off slow, receive good instruction and have a lot of fun! We would love your help the day of the fun run!

The Flatfoot 4-Miler will be run in conjunction with the Children's Running Program. The race will start at 10:00 am at the South Portland Recreation Center on Nelson Road. The fee is \$10.00. Race day registration begins at 8:00 am. For more information call or fax the MTC at 741-2084 or email eastdir@aol.com. For additional information check out our website at www.mainetrackclub.com.

SMTC Awards Program

Our club will be presenting a scholarship in the amount of \$500 to a scholar athlete graduating this year and going on to further his or her education. The awards will be presented on Wednesday, May 8th at 2:30 pm at the SMTC gymnasium. Please let me know if you would like to attend. Everyone is invited.

Welcome New Members!

Please welcome our most recent new members at meetings, races, and special events:

Anne Beressi
Patrick Cushman & Maryann Healey
Family
Will Davis
Debra Moore
James and Mary O'Brien
Margaret Rearick
Kathy Tarpo
Mark Thompson
Misty Verma
Raymond Veroneau

Next Membership Meeting

"Have your ice cream and eat it too!"

Actually our June meeting will feature *Italian sandwiches and ice cream*. Join us on the SMTC campus on the patio in back of the cafeteria on Thursday, June 13 at 6:00 pm. There will be a fun run for those interested or you can just sit around and unwind. We will eat around 6:30 or so. A short business meeting is to follow. There is no fee for this event. Please support your club. For directions please call Phil at 839-4946, email at pmeach@pivot.net or Mel at 774-8868, email at mordecaimel@aol.com.

Pot Luck Dinner to Honor New Members

Special Guests: All new members since August 2001

Who's Invited: All MTC Members

Date: Saturday, May 25, 2002 6:00pm

Place: The Bungalow, site of the MTC Handicap Race and the Waffle Fun Run. Ask for directions if needed when you RSVP.

New members, just bring yourselves.

Other members, please bring items listed below. If your last name starts with:

A-B Appetizer
C-G Salad or Vegetable Dish
H-R Main Dish
S-Z Dessert

Coffee and soft drinks will be provided.

RSVP to Susan Davenny 799-5781 by May 22.

Upcoming MTC Birthdays

MAY

- 2: Cynthia Sargent
- 3: Shirley Chamberlain, Liz O'Connor, Larry Wold
- 4: David Paul
- 5: Real Deprez
- 6: Chris Reed, George Towle
- 7: Kevin Callahan, Kelly Ann Musca, Michael Pasternak
- 8: Bob Poirer
- 9: Lincoln Skelton
- 11: Julia Dunfey, Stephen J. Fox, Harry Fullerton, Kathleen Tragert
- 12: Don Burnham, Ruth Conly, Claton Conrad
- 13: Larry Barker
- 16: Joan Samuelson
- 17: Alyce Schultz
- 18: Brandon Bonsey
- 19: Michael Payson
- 21: Laurie Bowring, Sarah Mahoney
- 22: Lisa Barker
- 24: Jim Estes, Everett Moulton, Jill Shinnick, James Snow
- 26: Mary Anne Champeon
- 28: Tom Carl, Jane Dolley
- 29: Don Penta, Jim Toulouse

JUNE

- 1: Karen Curtis
- 3: Denise Brooks
- 4: Mark Grandinico, Kathy Hepner
- 5: Benjamin Parsons
- 7: Harry Nelson, Denise Robertson
- 8: Nelly Hall, Will Lund
- 9: Julius Marzul
- 10: Ron Deprez
- 13: Cameron Bonsey, Ron Pelton
- 14: Steven Bremner
- 15: MaryAnne Heath
- 16: Neal Chivington
- 17: Merle Hartford, Katy MacColl, Susan Snow
- 19: Daniela Daggy, Gore Flynn, Kimberly Moody, Ryan Salvo
- 21: John Lavin, George Liming
- 22: Jody King
- 23: Al Utterstrom
- 24: Alton Kane, Katie Meyers, Rebecca Sproul
- 25: Will Daly
- 26: Leslie Couper
- 27: Terry Clark, Russ Connors, Sarah Drury
- 28: Ken Cotton, Brendan Crowe
- 29: Harry White
- 30: Darci Foshay

JULY

- 1: Gregory Kesich
- 2: Kevin Gordon
- 3: Ward Grossman, Dave Howard, Tike MacColl, Bob Payne, Dale Rines
- 4: Katherine Williams
- 7: Alison Crowe
- 8: Helen Cheney
- 9: John Tragert
- 13: Jacob Kane
- 14: Beverly Doughty, Nate Parsons, Deb Stewart

Membership Renewals

Individual.....\$25

Family.....\$25

Student.....\$17

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



(Left) Patty Medina, the featured speaker at the April Membership Meeting explains the in's and out's of using a "stability ball" as a fitness tool.

Photo by Don Penta

Other Area Races

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

- May 4** April Amble (4 miles), UNE Westbrook College Portland, noon. Contact: Brian Gillespie 828-3818.
- May 4** Rocky Coast Road Race, 10 a.m. Contact: Boothbay Region YMCA 633-2855.
- May 4** Healthy Living Project 5K Race & Walk, Belfast, 9:30pm. Contact: Marissa Anderson 930-2682 ext. 4783 or manderson@wcgh.org
- May 5** YWCA Race Against Racism 5K, Portland, 9 a.m. Contact: PJ Mottram 874-1130
- May 11** Durham Dash 5K, Grondin's Gravel Pit, 9 a.m. Contact: Leigh Fisher 753-0361
- May 18** Bone Density Dash 5K, Back Cove, Portland, 10 a.m. (1-mile fun run/walk at 9 a.m.). Contact: Kelly Wood or Kathy Lakatos 828-1133.
- May 19** Sugarloaf Marathon/Relay/15K, Carrabassett Valley 7 a.m. (15K starts at 7:30 a.m.) Contact: Sue Foster 237-2000.
- May 19** Project Sunshine 5K, Biddeford High School, 10 a.m. Contact: Dale Pierson 274-7526
- May 26** Live Your Dreams 5K, Senior Center at Lower Village, Kennebunk, 8:15 a.m. Contact: Senior Center at Lower Village 967-8514
- June 1** Bath Area Family YMCA Longreach 5-Miler and Celebration 5K, 10 a.m. Contact: John & Betsey Morse 443-3948 or kevin@bathymca.org.
- June 1** Auburn-Lewiston YMCA 5K, 10 a.m. (kids run at 9:30 a.m.). Contact: Doug McFarland at 795-4095 or dmoose@cybertours.com.
- June 2** Peter Ott's Camden 10K, Peter Ott's Restaurant, Camden, 9 a.m. Contact: Sarah Andrus 230-0221 or sarah@mainesport.com.
- June 8** Close to the Coast 5K/10K, Winslow Park, Freeport, 8 a.m. Contact: Nelson Larkins 791-3222
- June 22** Falmouth ParkFest 2002 4 Miler and Kidz 1K Fun Run, Winn Road, Falmouth, 8:30 a.m. Contact: Kim White 781-8083 or tmblekdz@maine.rr.com.
- June 22** La Kermesse Franco-Americaine 5K, West Street, Biddeford, 8:30 a.m. Contact: Raymond Vire 883-9311 or rbvbp302@aol.com.
- June 22** Founders Day 10K/5K, Sheri Gagnon Park, Raymond, 7:30 a.m. Contact: Louise Lester 655-4742 or louise.lester@raymondmaine.org.
- June 23** Gardiner Common 8K, Gardiner Hospital, 8 a.m. Contact: Ormond Irish 724-3812
- June 29** Pottle Hill 5K/10K, Mechanic Falls, 9 a.m. (10K starts at 9:15 a.m.). Contact: Pottle Hill 345-3511
- June 30** Literacy Volunteers 5K, Portland Athletics Club, Falmouth, 9 a.m. Contact: Jodi Moore 780-1352
- July 6** Beech Mountain 15K/5K Trail Runs, Camp Beech Cliff, Mt. Desert, 9 a.m. Contact: Peter Keeney 288-8381 or keeneye@midmaine.com.

- August 8-11** National Masters Track & Field Championships, University of Maine, Orono. Contact: Rolland Ranson 581-1077 or mainetrack_field@yahoo.com.
- August 11** Alvin Sproul Samoset 10K, Bristol Consolidated School, Bristol, 9:15 a.m. Contact: Carlene Sproul 677-2586 or nannyc@midcoast.com.
- August 11** Mountain to the Sea Triathlon, Blue Hills Fair grounds. Contact: Daryl Dejoy 326-0779
- September 8** L/A 5K Bridge Run, Boys & Girls Club of Auburn/Lewiston, Auburn, 8 a.m. Contact: Mike Lecompte 777-3724 or mjlecompt@aol.com.
- September 22** Portland Trails 10K, Eastern Prom path, Portland, 8:30 a.m. Contact: Sarah McNair 775-2411 or sarah@trails.org.
- September 28** Gift of Life 5K, Androscoggin River Pathway, 9 a.m. Contact: Tammy Atwood 772-7270
- September 28** Roger Willey Memorial Road Race, Downeast Family YMCA, Ellsworth, 9 am Contact: 667-3086
- October 20** Mount Desert Island Marathon, Bar Harbor, 8 am Contact: Gary Allen or dimarathon@aol.com.
- November 9** Great Osprey Ocean Run 10K, Wolfe's Neck State Park, Freeport, 10 a.m. Contact: Beth Taylor

Maine Track Club Discounts

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

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 Call Ron Kelley 772-4530
George & Phillips, Inc. Rt. 1 Kittery ~ 295 Water St, Exeter, NH	Shoes 20% off
Lamey Wellehan Maine Mall ~ Falmouth Shopping Center ~ Cook's Corner ~ Auburn Mall	10% on running shoes
MVP Sports 333 Clarks Pond, S.Portland	10% on non-sale running shoes & clothing
Famous Footware 330 Clarks Pond, S.Portland ~ Auburn ~ Kittery	10% on running shoes

Mike Brooks Family Exp 12-02
P.O. Box 95
Danville ME 04223

Next Membership
Meeting
Thursday, June 13
6:00 PM
SMTc
On the patio behind
the Cafeteria

PRSRT-STD
U.S. Postage
PAID
Portland, ME
Permit#204

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



Upcoming Events

- | | | |
|------|----|---|
| May | 12 | Portland Sea Dogs Mother's Day 5K, 10:00 am, Hadlock Field, Portland |
| | 25 | New Member Pot Luck Reception , 6:00 pm, The Bungalow, Buxton |
| June | 2 | Flatfoot 4-Miler & Kid's 1-Miler, South Portland High School |
| | 8 | Make a Wish Walk & Dash for Dreams 5K, 9:00 am, Baxter Blvd, Portland |
| | 13 | MTC Membership Meeting , 6:00 pm |
| | 14 | Andy Palmer Memorial Relay |
| | 15 | Bradbury Mountain Hike & Picnic |
| July | 20 | Pat's Pizza Clam Festival Classic (5 miles), 8:00 am, Yarmouth |
| | 27 | Peaks Island Road Race (5 miles), 10:30 am, Peaks Island Lions Club |

Group Runs

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

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

Portland The *Rat Pack* runs Sunday mornings at 7 am from Payson Park. Ron Deprez (722-4312) or Mike Reali (829-2014)

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

The Maine Front Runners, a gay and lesbian running club, runs from the Back Cove across from Hannafords on Saturday at 9 am. Contact Jim Estes (761-2059).

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

Biddeford - Saco Anyone interested in weekly morning runs and weekend early afternoon runs, contact Guy Roy (284-8036).