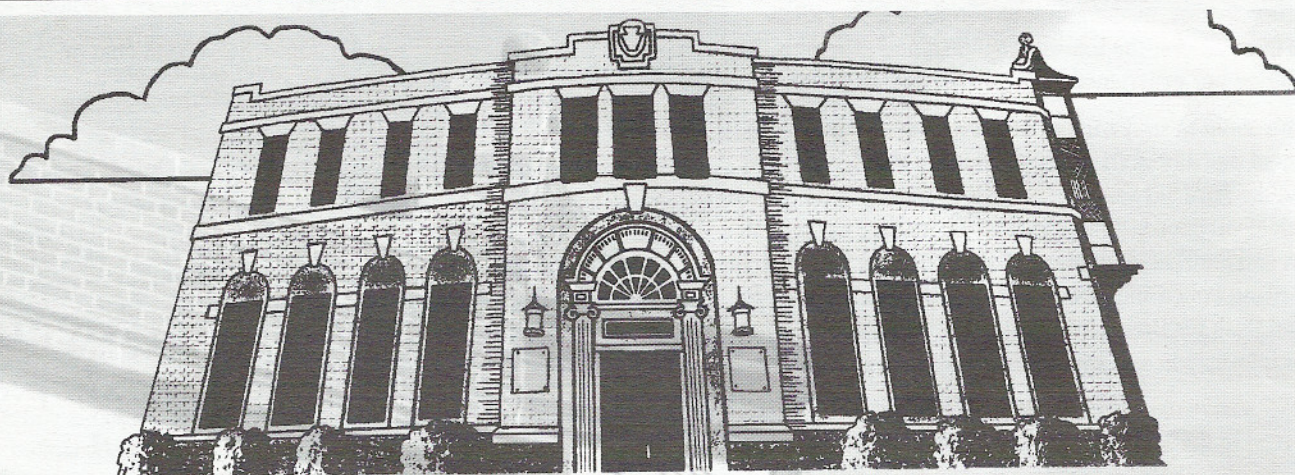


*Run with a friend...*

[www.mainetrackclub.com](http://www.mainetrackclub.com)

*May 2001*



## 2001 PORTLAND BOYS & GIRLS CLUB

Patriots Day 5 Miler and One Mile Fun Run



*Start of the 1 Mile Fun Run*



*The Cannon Has Sounded*



*1 Mile Fun Run*



*First Place  
Todd Coffin  
(173)*

*Second Place  
Larry Sayers*





# Presidential Message

May 2001

## Dear MTC Members

As this edition of News Run goes to press, I shall be in Albuquerque, New Mexico attending the RRCA National Convention along with a delegation of MTC members. We are anticipating having an enjoyable time seeing the sights of New Mexico, meeting with hundreds of fellow RRCA members from all over the U.S. sharing ideas and programs. We will be sharing our experiences with you at a future meeting.

As we are about to start another busy running season, please keep in mind our new 2001 races. On Sunday May 13<sup>th</sup> the first running of the Portland Sea Dogs Slugger's Moms 5K and Kid's run at Hadlock Field. Sunday, June 3<sup>rd</sup> is the Officer Friendly One Mile Youth run and the Flatfoot 4Miler in South Portland. Saturday, June 9<sup>th</sup> the Portland Police and Fire Department present the Walk for Wishes and Dash for Dreams 5K in Portland. Call the MTC (741-2084) for information and applications. Volunteers are always needed.

As you read in the April edition, we will be having our first special event of the year on Wednesday, May 16, at 6:00 p.m. Call Sue Davenny (829-6475) or Cathy Burnie(829-5208) cburnie@maine.rr.com for more information.

Our next membership meeting will be on Wednesday, June 13<sup>th</sup> at SMTC (Machine Tool Building- Jewett Auditorium) at 6:30p.m. I am very encouraged by the number of people attending our meetings and especially by the large numbers of newer members. Now, if only more of our "Veteran" members would make a real effort to attend, if only.

I would like to use this forum to thank the club members who took their time and talents to submit creative, funny and informative articles for the News Run. Your efforts have played a big part in making this an award-winning newsletter one of the top three in the country. Thank you and keep up the good work.

Congratulation to Allison Kish and Bob Boothe on the birth of their daughter Carina. Both mother and daughter are doing well.

Enjoy the day,

**Mel Finberg**

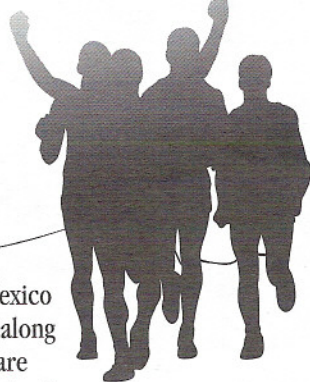
## THANK YOU

*Patriot's Day 5-Miler Volunteers*

## Volunteers Needed

*for upcoming races*

please call the contact phone numbers on page 3



## DON'T FORGET

### Eastern Prom Trail Fun Run

**Wednesday, May 16th, 6:00 PM**

- The start is near the corner of India and Commercial St., go to the start of the Eastern Prom Trail.
- Pizza after at Bill's Pizza on Commercial St. (bring money).
- Wear M.T.C. clothing if possible. Phil Meech will have clothing for sale at the start.

For more information contact:

Phil at 839-4946 or Philip.d.meech@verizon.com or

Cathy Burnie at 829-5208 or cburnie@maine.rr.com



*Please cut this out and save:*

## MTC Membership Meeting

**Wednesday, June 13, 6:30 p.m.**

**SMTC, So. Portland –  
Machine Tool Building**

**Jewett Auditorium**

Please plan to join us

For more information call Mel Fineberg at 774-8868  
or email mortecaimel@aol.com



## Thanks

I would like to thank the following people for their support of the Leukemia and Lymphoma Society: Marcey McHatten, Eileen Dunfey, Sindee Gozansky, Mel Fineberg, Bob Aube, Don Penta, and Cathy & Chuck Burnie. Also, congratulations to Don Penta for being my largest contributor!!!

Thanks,

**Cathy Kilburn**



## Kayakers Needed:

If you have a seaworthy kayak, Peaks to Portland entries could use your help. Myself, along with several other swimmers need kayakers for this year's race. We could use people for race day and/or training swims.

Contact me, Cathy Kilburn @854-9441 or Celia Grand @767-0750.



# April 11<sup>th</sup> Membership Meeting

The MTC monthly membership meetings are back at their old home! – the Jewett Auditorium at Southern Maine Technical College, at the end of Broadway in South Portland. At the April meeting it was good to see some of the same faces I'd seen 16 years ago when I attended my first MTC meeting – and to see a number of new faces. Welcome! Former MTC (and Road Runners Club of America) president Jane Dolley was there, visiting from her new home in North Carolina. Also, Pat and Clyde ("here come the judge") Coolidge had made the trip over from their home in New Hampshire. And it was great to see Russ Bradley walk in the door.

On new business, President Mel introduced the new Volunteer of the Month award, with four given out this time "to make up for lost time". The recipients were Howard Spear, Don Penta, Chuck Burnie and Gail Desjardins. In the future, one volunteer award a month will be given at the membership meeting – maybe to you!

The inauguration of a new MTC scholarship was announced, \$500 to be given yearly to a male or female Southern Maine Technical College graduate who has excelled both academically and in athletics. This award represents the club's appreciation of SMTC's willingness over a number of years to allow us to use the auditorium for our monthly meetings without charge.

Mel went over several new MTC races, the Seadogs 5K on May 13th, Mother's Day, and the Dash for Dreams 5k on June 9th. Also new this year is the Flatfoot Four Miler and Kid's Race on June 3rd. On the latter, Donna Moulton spoke about the four training sessions (with assistance from MTC members), 55 slots for kids 5 to 15 that will take place on four Saturdays in May to prepare them for their half-mile race on June 3rd.

The MTC summer coaching program this year, will again be under the direction of Dave Dowling, track coach at Greeley High School. Dave spoke about the great race results last year's participants enjoyed and reminded us of the tremendous bargain this coaching program is, ten weeks for only \$30 (open only to MTC members, joining by June 1, 2001, see page 4 for more details). I heard more than once last year that those taking part had very good race times after completing the sessions.

The evening's speaker was Greg Knapton, runner and physical therapist specializing in sports medicine, of HealthSouth in Portland. It was good to be reminded of the need to replace running shoes after, at the most, 500 miles of wear, and to have reinforced the benefits of stretching. After working very hard at the gym this winter, it was gratifying to me to hear Greg stress the great importance to runners of strengthening the upper body, the abs and back for injury prevention, endurance and speed. Greg also emphasized the principal reason runners – beginners and otherwise – get injured: Increasing too quickly.

MAKE PLANS TO BE AT THE EASTERN PROM FUN RUN ON MAY 16 AT 6:00 PM., at the corner of Commercial and India Streets, Portland, at the beginning of the Eastern Prom Trail. This will be in place of the May membership meeting. To Bill's Pizza afterward!

**Pat Buckley**



**Greg Knapton**  
*The evening's speaker*

2001

## MTC RACE SCHEDULE

**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: John and Betsy Morse 443-3948 or 443-4112

**June 3** - Flatfoot 4-Miler and Kid's 1-Miler; South Portland Rec Center, Kid's Race 9:30 AM, Adult's 10:00 AM, Contact: Maine Track Club 741-2084

**June 9** - 5K Walk for Wishes & 5K Dash for Dreams; Payson Park, Portland, 9:00AM (Walk) & 10:30 AM (Run), contact: Tom Peaco 800-491-3171 or Sgt. Jon Goodman 874-8555

**June 13** - Commute Another Way Week 5K; Backcove Path, Portland, Contact: Greater Portland Council of Governments 774-9891

**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** - Anthem Women's Distance 5K and Walk; Eastland Park Hotel, Portland, 9:00 AM, Contact: Ron Deprez 772-4312 or rdeprez@phrg.com

**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

**October 20** - M.T.C. 50 Miler, Brunswick, 6:30AM, Contact: Al & Sandy Utterstrom 797-4710

**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



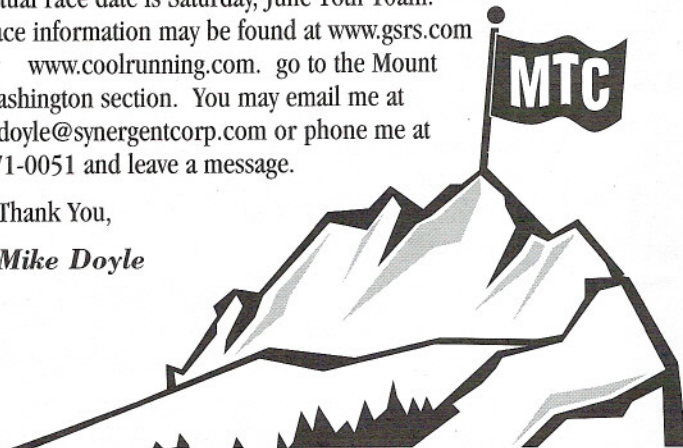
# Mt. Washington Road Race

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

The MTC MWRR lottery will take place on MAY 12th, please call or email me if you would like to be considered, BY MAY 11TH. Also let me know if you plan to bring a volunteer or volunteer yourself next year. [in order to receive a MTC lottery spot a volunteer commitment must be met].

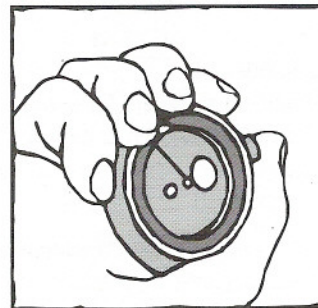
If you would like to Volunteer Only, please contact me. The actual race date is Saturday, June 16th 10am. Race information may be found at [www.gsrs.com](http://www.gsrs.com) or [www.coolrunning.com](http://www.coolrunning.com). go to the Mount Washington section. You may email me at [mdoyle@synergentcorp.com](mailto:mdoyle@synergentcorp.com) or phone me at 871-0051 and leave a message.

Thank You,  
**Mike Doyle**



## COACHING SESSIONS FOR THE UPCOMING SEASON

### **Coached Weekly, Track Workouts June 6th through August 8th**



The Maine Track Club is pleased to be able to provide quality coaching to ALL members wishing to take advantage of the opportunity. Coach Dave Dowling will be back this year. The ten-week session will be on Wednesday evenings starting at 6:00am. (June 6th - August 8th) They will be held at the Greeley High School Track in Cumberland.

To be eligible you must be a member as of June 1, 2001. **Please send back the registration form and questionnaire, included with this newsletter, with the \$30 fee by June 1st.**

For additional information, contact Dave Dowling at 829-3186 or [ddowlin1@maine.rr.com](mailto:ddowlin1@maine.rr.com) or Mel Fineberg at 774 8869 or [mortecaimel@aol.com](mailto:mortecaimel@aol.com).

## We Need Your Input

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

## 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.

**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 19, 2001 - National Theatre Workshop of the Handicapped 5K Challenge for runners, walkers, persons with disabilities and Wheelchairs; Belfast, 10:00 AM, Contact: Martha Ames 338-6894 or ntwhcrby@mint.net**  
 – Bone Density Dash 5K; Back Cove Path, Portland, 10:00AM, Contact: 828-1133

**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**

**June 2, 2001 - YMCA Back Bay 5K; Back Cove Path, Portland 10:00 AM, Contact: Portland YMCA 874-1111**  
 – YMCA World Largest 5K Run and Fun Walk; Auburn, 10:00 AM, Contact Doug McFarland 795-4095  
 – Bath YMCA 5K; 10:00AM, Contact: John & Betsey Morse 443-3948 or 443-4112

**June 3, 2001 - Flatfoot 4-Miler and Kids 1 Miler; South Portland, Kids start 9:30AM, Adults 10:00AM, Contact: M.T.C. 741-2084**

**June 9, 2001 - 5K Walk for Wishes & 5K Dash for Dreams; Payson Park, Portland, 9:00AM (Walk) 10:30AM (Run), Contact: Tom Peaco 800-491-3171 or Sgt. Jon Goodman 874-8555**

**June 10, 2001 - Deering Ram Run 4 Miler; Deering High School, Portland, 8:00AM, Contact: John Cole 575-9089**

**June 13, 2001 - Commute Another Way Week 5K; Back Cove Path, Portland, Contact: Portland YMCA 874-111**

**June 16, 2001 - Close To The Coast 10K/5K; Winslow State Park, Freeport, 9:00AM, Contact: Nelson Larkins 865-1412**

**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**  
 – 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  
 – Raymond Founders' Day Kids 1K, 5K, or 10K Run; Sheri Gagnon Park, Raymond, 7:30AM, Contact: Bob Payne 655-2165/534-8814 or Louise Lester 655-4224/655-4742

**June 24, 2001 - Literacy Volunteers 5K; Portland Athletic Club, Falmouth, 9:00AM, Contact: 878-3907**

**June 30, 2001 - Strawberry Festival 5-Miler; Marshwood Jr. High, So. Berwick, 8:00AM, Contact: 439-1033 or hiknrun@aol.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) – L.L. Bean 10K; Town Park, Freeport, 7:30AM, Contact: Lili Hall 552-2356**

**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 18, 2001 - Breakaway 5K; O.O.B., 9:00AM, Contact: 934-2500**

**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 9, 2001 - L/A 5K Bridge Run; Lewiston/Auburn Boys and Girls Club, Auburn, 8:30AM, Contact: Mike Lacompte**

**September 16, 2001 - Anthem Women's Distance 5K & Walk, Eastland Park Hotel, Portland, 9:00 AM, Contact: Ron Deprez 772-4312 or rdeprez@phrg.com**

**September 23, 2001 Portland Trails Tukey Trot 10K, Portland, 8:30AM, Contact: 775-2411 or Laura@trails.org**

**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**



**October 20, 2001 - M.T.C. 50 Miler, Brunswick,**  
6:30AM, Contact: Maine Track Club 741-2084

**November 17, 2001 - Turkey 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



## Maine Track Club Fleet Feet Children's Running Program and Flatfoot One Mile & Four Mile Road Races

*The Maine Track Club has decided to  
start a children's running program.*

The purpose of the program is to get children started in a fitness  
program to enhance their lifestyle for the future, running is one way  
to accomplish this.

We are targeting youngsters in grades K-5. For four consecutive  
Saturdays, the Maine Track Club will work with them, teaching  
proper stretching, running form, nutrition, and racing strategies.

The So. Portland Parks and Recreation Department are involved.  
They are using this program in the place of the summer rec.  
running program. Registration can be done through their office on  
Nelson Road and the training will be on the South Portland track  
next door.

Please contact Donna Moulton at 799-2894 for additional  
information.

### TRAINING SCHEDULE

Saturday – May 12th, May 19th, May 26th, June 2nd

9:00 AM – 10:00 AM

Sunday, June 3rd is The Officer Friendly One Mile Youth Run,

9:30AM

Kids are free, there will be refreshments following the race and  
finishers medals for all children.

## 3rd ANNUAL 4 MILE DEERING RAM RUN

On June 10th, the 3rd Annual 4 mile Deering Ram Run starts at  
8:00AM. The run begins at the Ludlow Street parking lot of Deering  
High School. The purpose of the run is to raise funds to send  
Deering Wrestlers to camp over the summer. But it's really much  
more than a fund raiser. Wrestling by nature requires good  
cardiovascular conditioning and running has always been a key  
component to any varsity program at the high school, college, club  
basis or Olympic levels. This race helps encourage wrestlers and any  
athlete to keep in top shape not only during their school years, but  
through their lives.

Often students, parents, and coaches desire some event outside  
the wrestling season that allows them to gather. Since Deering  
Wrestling has seen over 700 young adults work their programs over  
the past 24 years, this provides an opportunity to spark the light for  
those Alumni to gather and participate in an event that is fun,  
competitive as it fits one's needs, and mostly encourages  
reconnection of  
friends. Oh and let's  
not forget parents:  
they can run, walk or  
volunteer. We  
encourage that. We  
also encourage any  
parent that has a child  
who wants to know  
more about wrestling,  
running or the  
Deering program to  
join us and see how it  
all fits together. Ah but  
there is more.



Wrestling families are a close group and for that we strive to  
celebrate our role by encouraging our neighbors to run or walk  
with us. As you can see from the map on our web site, the race  
traverses the streets of the Deering center. So mark your calendar for  
June 10<sup>th</sup> at 8:00AM and enjoy the race.

By the way our wrestlers will be running in preparation for the  
J. Robinson Intensive Camp in Erie, PA soon after the race.  
Currently six are planning on attending and the last event they do in  
that two week camp is to run a half-marathon. It's an intense period  
of conditioning and of knowledge transfer.

See ya June 10th, at 8am.

See our web site and enroll: [www.ramrun.jumpsports.com](http://www.ramrun.jumpsports.com)

We encourage good cross-training between wrestling, running and  
weight training balanced with healthy nutrition.

NEW THIS YEAR - There will be prize money and awards for mens  
and womens place winners.

*Regards - Deering Wrestling Boosters*

*Race Flyers are enclosed*



# How They Train – New England Style

## Britt Wolfe

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

Britt Wolfe wasn't the first person to correct my grammar. He was, however, the only person to instruct me while cranking the pace through the Middle Road hills. It must be in his nature. By day, our running friend Britt is "Mr. Wolfe, history teacher" to the tenth and eleventh grade students of Old Orchard Beach High School.

Britt has a history lesson of his own: "When I was in tenth grade, track was cut from our athletic program due to lack of participation in my school of 140 students; something I've grown to regret more and more. I remember our track from freshman year, powdered lime lines lain around the outside of our soccer field, except the low part at the 200m corner which was under water until mid-May. Wicked accurate. Not. I also remember transportation to meets: upperclassmen (3) in the front of coach's pick-up, frosh and sophs (4) in the back with the javelins and shots. We didn't have any starting blocks. This was Buckfield HS, spring of '80."

Britt is blessed with long legs, a keen sense of pace and the patience of a saint. Case in point: while many of us trained throughout the summer for the October 2000 Maine Marathon, Britt bided his time and earned his first sub-three-hour marathon at Ocean State Marathon in November of that year. As we toed the line together in Providence, RI, on that cool, clear morning I could see the sense of purpose in his eyes and thought, "Yup, he's got this one in the bag." 2 hours and 59 minutes later he crossed the finish line. Nice job, Britt!

**Name:** Britt Wolfe      **Age:** 35  
**College:** Bowdoin '87      **Club Affiliation:** Maine Track Club  
**Best Marks:**

Marathon- 2:59:05 (Ocean State '00)  
10 Miles – 63:52 (Mid Winter Classic)  
10K - 35:51 (Beach to Beacon '00)  
4 Miles - 22:54 (St. Peter's '00)  
5K – 17:25.

### Personal Statistics:

**DOB:** 8/1/65      **Height:** 6'2"      **Weight:** 170

Started running in middle school ('79), ran XC in HS.

**My family:** Ellen, Katrin (7), Jake (2). Katy is involved in USATF summer age group track/field.

**Pre-Training Warm-up:** Getting out of bed, fumbling for running clothes in dark, trying to touch toes, usually unsuccessfully.

**Stretching:** Not before running. I try to do it 2-3 times/week in the evening while watching TV.

**Log Book:** Over the years has gotten more basic, more shorthand. I record distance, time only if it was a speed/tempo run, weather if it was abnormal, running partners. If I don't run and it was a scheduled day, I usually write the reason I didn't: meeting, family activity, no motivation, sore, etc. I think this is a good thing to keep track of.

**Daily workouts:** I'm a pretty firm believer in taking it easy during the winter months. Body needs that time to recover, rebuild. Over the past few



years I've averaged 30-35 miles a week Dec-Feb, 40-45 March-May, 45-55 June-Oct, 40-45 Nov.

I do hill repeats 1x/week for 6 weeks or so in March/April, then speedwork 1x/week between April and end of June. I only do speedwork during the summer if there's a dry spell between races.

### Weekly schedule:

Sun: long run w/ Rat Pack; 12-23 miles depending on season.

Mon: day off (usually)

Tues: moderate/easy run, generally 5-7 miles if marathon training, otherwise hill reps or speedwork.

Wed: midweek long run of 10-14 miles at marathon pace if marathon training, otherwise easy recovery run. Thurs: easy recovery run if marathon training otherwise 5-7 mile tempo or interval run.

Fri: easy 6-9 miles if marathon training otherwise easy 4-6 miles.

Sat: easy to moderate run; depends on how I feel. With son Jake in jogging stroller if no snow/ice.

**Favorite/best race(s):** Saint Peter's 4 Miler: I'm good on hills, get a rush from out and back courses, a lot of MTC friends work the race so I get support at every turn. Also the postrace festivities.

I also really like the Great Pumpkin 10K. Flat and fast, beautiful time of year, know lots of people who run it, Dunkin Donuts and hot coffee after the race.

**Favorite race course:** Beach to Beacon: challenging but fast; you can't say its an easy course but times are good. Cape residents love the race and make it a blast.

**Favorite workout:** On the track, my HARDEST workout is an interval workout as follows: x number (8 up to 16, adding 2 per week) x 400 m starting every 2 min; goal is to keep each under (say) 85, meaning 35 secs to jog in place, walk in circles between repeats. (Near end, suck wind w/ head between knees).

Done at or just above AT (threshold) pace. It helps to have a partner to do this with.

My FAVORITE track workout is a series (4-6) of 300 m repeats, all-out, w/ full recovery in between. (One lap jogging, then walking, jumping, etc.) No hurry in between. This helps to build leg strength and kick. Generally I jog easily to the track (1.5 miles, then 1 mile on track, then stretch, then do some pick-ups to acclimate the muscles to speed, then the workout, then warm down by jogging back home.

**Favorite running route:** Since moving to Saco recently I've discovered some great ones. I like running on the Boom Road, which is a 10 mile loop w/rolling hills past farms in North Saco. I also like running on the road around Camp Ellis, in and around Ferry Beach State Park, trails in Ocean Park. Also the beach at low tide is nice as part of an easy run.

**Running Heroes:** Billy Mills, Haile Gebreselassie, Lasse Viren, Joan Benoit-Samuelson.

**Who inspired you to run?** There was a guy in my neighborhood when I was growing up, stepfather of one of my friends, who was a journalist and author. He'd often take breaks from work in the evenings and run laps around our block with a hand-held stopwatch. Sometime around the time I was 11 years old, I just sort of fell in beside him once when he went by my house and found I could keep going.

**Why do you run?** Like most who run, I have a fairly intense, goal oriented personality. The mountain is there to be climbed. It's my stress-relief, thinking time, alone time, social time with "da guys". I feel too much like a hamster on the wheel when I work out in fitness clubs. There's a Zen to running that comes from evacuating the mind that some find rewarding and others find excruciatingly boring.



## The Portland Boys & Girls Club And The Maine Track Club Present

### The Seventy-Second Annual Patriots Day 5 Miler

507 Finishers (121 Female & 386 Male)  
Scenic Certified (#ME91003) Loop Course  
From The Portland Boys & Girls Club & Back Cove  
12 Noon, Monday, April 16th, 2001  
Complete Results Courtesy of the Maine Track Club

#### Top Overall Finishers

Place/Name	Age	Town	Time	Pace
1 Todd Coffin 1,overall	39	Freeport	25:09	5:02
2 Larry Sayers 2,overall	41	Bellows Falls, VT	25:11	5:02
3 Michael Payson (MTC) 3,overall	37	Falmouth	25:25	5:05
4 Andy Spaulding 1,30-39	30		25:38	5:08
5 Christian Muentener 1,20-29	27	South Portland	26:13	5:15
16 Christine Snow-Reaser 1,overall	35	Dayton	29:17*	5:51
20 Samantha Pelletier 2,overall	18	Wells	29:33*	5:55
56 Lorna Humphries (MTC) 3,overall	35	North Yarmouth	32:57*	6:35
60 Carrie McCusker (MTC) 1,30-39	31	South Portland	33:08*	6:38
68 Cheryl Van Wie 1,40-49	40	New Gloucester	33:46*	6:45

#### Other Top Divisional Finishers

8 Danny Paul 40-49	47	Yarmouth	27:53	5:35
9 Pat Tarpy 19&under	18	Yarmouth	28:09	5:38
13 Guy Berthiaume 50-59	55	Chelsea	28:58	5:48
122 Teresa McDonald 20-29	24	South Portland	35:47*	7:09
129 Nellie Beaudry 19&under	16	Portland	36:09*	7:14
162 Ernie Tracy 60-69	65		37:16	7:27
305 Polly Kenniston (MTC) 60-6	64	Scarborough	40:52*	8:10
340 Michele Flynn (MTC) 50-59	52	Cape Elizabeth	42:43*	8:33
441 Mel Uchenick (MTC) 70&over	70	Kennebunk	47:55	9:35
507 Ruth Hefflinger (MTC) 70&over	72	Portland	68:15*	13:39

#### Other Maine Track Club Finishers

7 Dan Dearing 3,30-39	39	Lisbon Falls	26:56	5:23
18 Dave Howard	34	Portland	29:26	5:53
19 Richard Flagg	32	Wells	29:33	5:55
25 Russell Boisvert 2,50-59	50	Portland	30:17	6:03
46 Michael Bosse	30	Portland	32:01	6:24
49 Curt Moulton	38	Sanford	32:15	6:27
55 Brian Cliffe	40	Cape Elizabeth	32:38	6:32
58 Will Lund	45	Portland	33:02	6:36
64 Jay Wilson, Sr.	42	Portland	33:34	6:43
73 Jay Wilson, Jr.	15	Portland	33:58	6:48
79 Alison Kisch 2,30-39	35	Portland	34:19*	6:51
80 Kevin Butterfield	30	Portland	34:23	6:53
81 Kathy Hepner 2,40-49	40	Gorham	34:24*	6:53
86 Paul Toohey	43	Scarborough	34:35	6:55
88 Nancy Kneeland 3,40-49	46	Bar Mills	34:38*	6:56
96 Scott Hamilton	50	North Waterboro	34:59	7:00
111 Dennis Smith	51	Yarmouth	35:32	7:06
127 Harry White	58	Scarborough	36:01	7:12
134 Robert McGowan	40	Portland	36:20	7:16
141 Ed Doughty	46	Gray	36:38	7:20
144 Les Berry	53	Gorham	36:48	7:22
145 Loren Lathrop	52	South Portland	36:48	7:22
155 Colleen Redmond	36	Portland	37:07*	7:25
156 Julia Drinker	40	Arlington, MA	37:08*	7:26
163 Dale Rines	48	Gorham	37:17	7:27
165 John Keeley	49	Portland	37:21	7:28
168 Ned Ayers	51	Falmouth	37:23	7:29
177 Terry Clark	56	Windham	37:35	7:31
187 Patty Medina	43	Cape Elizabeth	38:06*	7:37
210 Dick Lajoie 2,60-69	60	Durham	38:34	7:43

213 Merle Hartford	53	Scarborough	38:38	7:44
217 Cathleen Kilburn	34	Westbrook	38:44*	7:45
221 Jim Estes	51	Portland	38:54	7:47
227 Bob Green	52	Gorham	39:05	7:49
230 Mick McCall	47	Cumberland	39:17	7:51
231 John Howe 3,60-69	66	Waterford	39:19	7:52
239 Drew Cheney	47	Cumberland	39:27	7:53
244 James Robbins	39	Cape Elizabeth	39:37	7:55
245 Tom Mundhenk	51	Portland	39:37	7:55
260 Andrea Gordon	37	Brunswick	39:53*	7:59
268 Karla Stockmeyer	13	Portland	40:01*	8:00
271 Neil Chivington	53	Hollis Center	40:10	8:02
272 Marla Keefe	48	Casco	40:11*	8:02
282 Gregory Welch	49	South Portland	40:18	8:04
285 Larry Kinner	51	Old Orchard Bch	40:20	8:04
287 Diane Daley	45	Casco	40:25*	8:05
304 Mike Brooks	55	Danville	40:50	8:10
310 Dan Hogan	50	Portland	41:03	8:13
316 Jack Reagan	48	Portland	41:20	8:16
318 Mark Grandonico	41	Portland	41:24	8:17
337 Dennis Morrill	61	Portland	42:32	8:30
357 Cathy Burnie 2,50-59	52	Cumberland	43:19*	8:40
394 Rebecca Sargent	22	Yarmouth	44:51*	8:58
399 Jim Tyrrell	53	Cape Elizabeth	45:18	9:04
404 John Littlefield	45	Scarborough	45:27	9:05
405 Katy Littlefield	37	Scarborough	45:27*	9:05
426 Phillips Sargent	54	Yarmouth	46:28	9:18
459 Sherry Grandonico	47	Portland	49:08*	9:50
465 Sally Paterson	59	Portland	49:33*	9:55
479 Philip Bartlett	53	Gorham	51:02	10:12
482 Cheryl McCall	44	Cumberland	51:22*	10:16
494 Shelley LePage	46	South Portland	52:46*	10:33

Many thanks to Bob Aube and the computer team for complete results!

### Boston Marathon -- Maine Track Club Finishers:

Complete Maine Results Courtesy of the Portland Press Herald

Place/Name	Town	S	Chip_T	Gun_T
440 Barry Fifield	Gray	M	2:52:31	2:52:35
771 Stephen Reed, M.D.	Wiscasset	M	2:58:26	2:58:31
906 Mike Grant	Scarborough	M	2:59:47	3:00:29
1461 Jim Toulouse	Cape Elizabeth	M	3:07:15	3:07:58
1912 Kenneth Norton	Bath	M	3:11:11	3:12:38
2067 David Chamberlain	Falmouth	M	3:13:53	3:14:13
2340 Michael Gordon	Portland	M	3:15:14	3:16:21
2955 Tom Shorty	Gorham	M	3:19:20	3:21:14
3245 Ken Cotton	Bristol	M	3:23:08	3:23:26
3782 Kimberly Moody	Cape Elizabeth	F	3:21:54	3:27:28
4540 Ron Paquette	Biddeford	M	3:28:11	3:32:42
4564 Philip Pierce	Falmouth	M	3:32:32	3:32:51
4907 Jennifer DeSena	Cape Elizabeth	F	3:29:42	3:35:18
4929 Ron Cedrone	Falmouth	M	3:30:54	3:35:29
5240 William Sproul	New Gloucester	M	3:37:04	3:37:46
5413 John Rolfe	Portland	M	3:34:50	3:39:00
5473 Richard Robinov	Cumberland	M	3:35:22	3:39:27
5909 Gerard Conley, Jr.	Portland	M	3:38:36	3:42:20
5927 Eileen Dunfee	Cape Elizabeth	F	3:38:26	3:42:28
6108 Rob Boudewijn	Portland	M	3:38:53	3:43:40
6968 Paul Aceto	Scarborough	M	3:43:57	3:49:28
7992 Sarah MacColl	Cape Elizabeth	F	3:49:17	3:56:23
8400 Rosalyn Randall	Portland	F	3:51:59	3:59:22
9049 Bob Coughlin	Cape Elizabeth	M	4:00:28	4:05:04
9265 Beth Rand	Cape Elizabeth	F	3:55:58	4:07:06



9339 Mary Brandes	Falmouth	F	3:59:35	4:07:51
9462 Doug McTernan	Kittery	M	4:05:53	4:09:05
11408 Donna Cormier	Fryeburg	F	4:27:12	4:35:28
12422 Carlton Mendell	Portland	M	4:58:05	4:59:17
12786 Sarah Mahoney	Kennebunk	F	4:58:43	5:13:07
Julius Marzul	Gorham	M		6:32:

## The Kennebunk Rotary Presents

### The Tenth Annual

### Five Mile Presidential Road Race

198 Finishers (80 Female & 118 Male)

Certified Modified Loop Course From Dock Square, Kennebunkport

11:00 a.m., Sunday, April 1st, 2001

Complete Results Courtesy of Granite State Race Services

#### Top Overall Finishers

Place/Name	Age	Town	Time	Pace
1 Dan Dearing (MTC) overall	39	Lisbon Falls	27:22	5:29
2 Andy St.Amour 1,20-29	23	Bloomfield, VT	28:17	5:40
3 David Scott 1,19&under	17	Lyman	28:55	5:47
4 Lance Guliani 1,40-49	42	Bath	28:58	5:48
5 Mark Swan 2,19&under	17	Bowdoin	28:59	5:48
8 Christine Snow-Reaser overall USAT&F	35	Dayton	29:37*	5:56
30 Leslie Mourmouras 1,30-39	32	Biddeford	33:08*	6:38
32 Sandy Noble 1,40-49	41	Kennebunkport	33:22*	6:41
35 Laurie Gaudreau 2,30-39	32	Stratham, NH	34:49*	6:58
37 Nancy Kneeland (MTC) 2,40-49	46	Bar Mills	34:56*	7:00

#### Other Top Divisional Finishers

10 Bill Reilly (MTC) 50-59	53	Brownfield	29:57	6:00
38 Krista Poissant 20-29	27	Arundel	35:11*	7:03
46 Mary Rhoades 19&under	16	Denmark	36:00*	7:12
73 Bill Engle 60&over	69	Peterborough, NH	38:49	7:46
105 Betty Disanza 50-59	52	Limington	42:23*	8:29
189 Jane Rasmussen 60&over	64	Tenants Harbor	54:41*	10:57

#### Other Maine Track Club Finishers

18 Russell Boisvert 2,50-59	50	Portland	31:19	6:16
26 Curt Moulton	37	Sanford	32:33	6:31
37 Gregory Welch	49	South Portland	35:18	7:04
40 Ronald Paquette	49	Biddeford	35:23	7:05
54 Chuck Massie	46	Saco	37:19	7:28
57 Harry White	58	Scarborough	37:40	7:32
70 Malcolm Washburn, Jr.	47	Buxton	38:25	7:41
86 Mike Brooks	55	Danville	40:29	8:06
91 Gail Saldanha	44	Scarborough	40:46*	8:10
107 John Keeley	49	Portland	42:32	8:31
113 John Stevens	58	Wells	43:15	8:39
114 Robert DeWitt	57	Lisbon	43:21	8:41
133 Don Burnham	59	Kennebunk	45:15	9:03
139 Denny Morrill 2,60-69	61	Portland	45:54	9:11
161 Donna Bisbiee	44	Portland	48:09*	9:38
168 Carlton Mendell USAT&F	79	Portland	48:19	9:40
170 Mel Uchenick	70	Kennebunk	48:31	9:43
177 Celine Frueh	29	Portland	51:06*	10:14
187 Kathleen Reid	31	South Portland	53:24*	10:41
198 Julius Marzul	74	Gorham	64:52	12:59

## Portland Trails 2nd Annual "Tukey Trot" 10K

**Sunday September 23 1t 8:30 AM**

Run this scenic route along the Eastern Prom. and Back Cove Trails and help PT raise trail-building money. 100% organic cotton t-shirts to the first 200 applicants.

## UPCOMING MTC BIRTHDAYS

## HAPPY BIRTHDAY MTC MEMBERS!!

### MAY

- 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 Carll, 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, Matthew Clement
- 13: Cameron Bonsey, Ron Pelton
- 14: Steven Bremner



## "Walk for Wishes/Dash for Dreams" Needs Your Help.

**Question: Why is Make-A-Wish Foundation of Maine an organization that you should volunteer with?**

Answer: Because so many area children with life-threatening illnesses benefit from the hope, strength and joy they derive from the wishes that are granted by Make-A-Wish of Maine. In recent months, the organization has been deluged with requests for wishes in southern Maine, and this fund-raiser is an attempt to raise money to keep up with the needs of our area communities so that no eligible child is refused a wish. Won't you help?

Volunteers are needed at the First Annual Walk for "Wishes, Dash for Dreams" to be held Saturday, June 9th, at Payson Park in Portland. We need folks to help in many ways: set-up, parking, food sales, cutting up fruit for the runners, water stops, registration, clean-up, as well as a floating volunteers to be available whenever needed.

Make a difference in a child's life and come out to support this wonderful event! Please call Eileen at Make-A-Wish of Maine at 1-800-491-3171 x306 as soon as possible so that we can sign you up!!



# Race Report

## 105th Boston Marathon

*"You can't always get what you want, no you can't always get what you want, but if you try sometime, you just might find, yeah you just might find, that you get what you need."*

- The Rolling Stones

### ***This pretty much sums up my Boston effort.***

The morning started out just as everyone had hoped for, cool and cloudy. With temps predicted to be in the low 50's, it was shaping up to be ideal conditions for 105th running of the Boston Marathon. Following a trip to Starbucks for a cup of coffee and a quick glancing of the Boston Globe, it was time to head over to the buses. Before long, a contingent of Maine runners including Willie and Maureen Sproul, Gene Holm, TJ Hesler, Jim Toulouse, Ron Cedrone, Bob Coughlin, and myself, had assembled and boarded the buses for the ride to Hopkinton. During pre-race r&r, we informally exchanged game plans for the race. Most everyone seemed reluctant to pinpoint a time goal, as Boston is notorious for leaving such plans in ruin. As for myself, I had a three tier goal: An outstanding race would bring me in at the mid 2:50's; a satisfying effort would be anything under 3hrs, and last, simply play out the hand you were dealt.

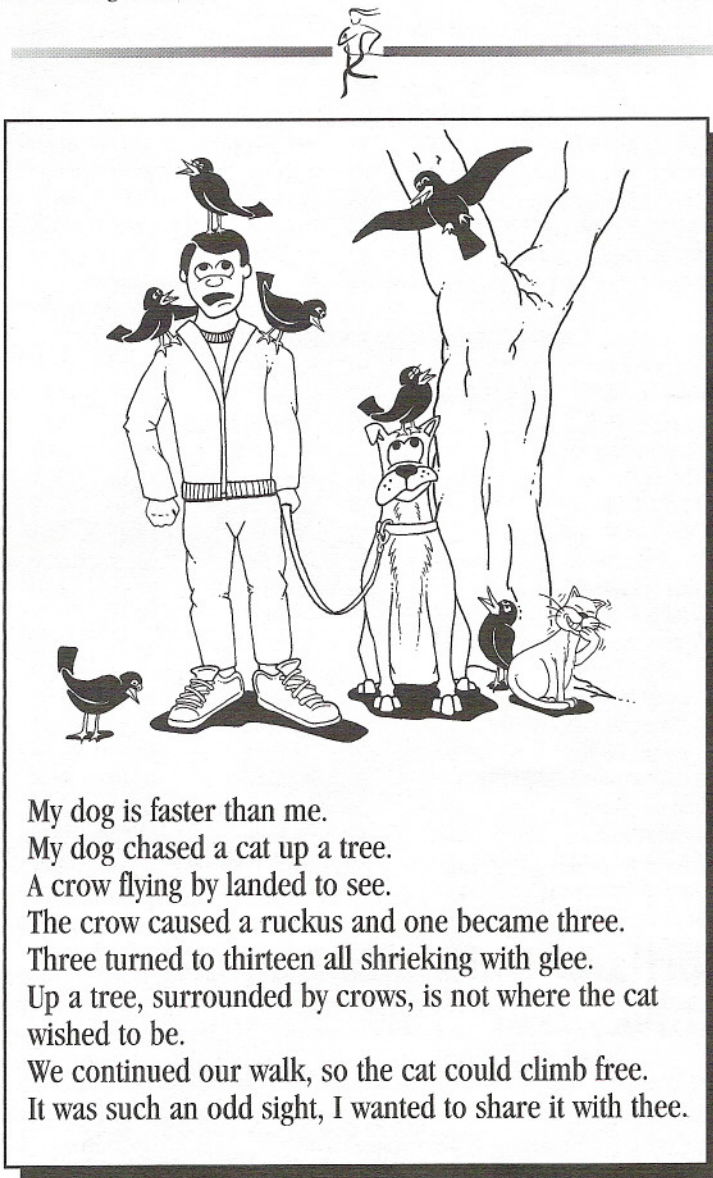
A group of four of us; TJ Hesler, Jesse Randall, Rob Fast and myself, were going to run as a group, with the goal being to set a mile pace in the mid-6:40's. The opening mile clocked in at 7:04, Mile 2- 6:11 oops! "irrational exuberance" became the theme of the first 15k of the race. Caught up in the adrenaline rush of the moment, our mid 6:40's goal pace became mid 6:30's. Slowly, the tandem of TJ and Jesse pulled away, leaving the two of us to settle in to a more reasonable pace. By Newton Falls, Rob and I had come to the realization that the pace of the first half was going to come back to haunt us. The temperature was now 10 degrees warmer than anticipated, and the cloud cover we had depended on was gone. Fluid intake had now become a top priority. With fatigue becoming a factor, we set our sights on the climb to Boston College. Somewhere between mile 18 and 19, our paths diverged. The 6:35 pace we breezed through earlier in the race was now but a faint memory, as I was having to bear down to maintain a 7 min. pace through the hills. As anticipated, Boston College brought relief as the downhill was a welcome change of pace from the hamstring punishing ascent of Heartbreak Hill. However, the quadriceps were feeling the effect of the earlier downhills, and the result was the inability to make up for time given back during the last three miles. At this point I had resorted to tier 2 of my goal plan, and focused on trying to get across the line in under 3hrs. Miles 22 through 25 were somewhat less than flattering, as the people I had worked my way past through the hills were now passing me on both sides, with the ultimate insult being a guy wearing large pink rabbit ears going by me like I was walking! By mile 25 I was keeping a close eye on the watch, as I had used up all of my sub-3 cushion. At the one mile to go marker I was able to do enough math to figure a 7 minute mile would get me to the line in exactly three hrs. chip time. Mercifully, the final left turn on to Boylston Street arrived. Not sure of my pace, I gave one final push to try and get in under the wire. The final quarter mile was reminiscent of Burt Reynolds' five yard

touchdown run at the end of "the longest yard". You remember- the scene that just wouldn't end?

Well, few things in life can match the euphoria of crossing a marathon finish line. A seat-of-the-pants calculation, along with some wishful thinking, told me I snuck in under the 3hr. mark with about 10 seconds to spare. Official time: 3:00:29 gross, 2:59:47 chip. A 9 minute Boston PR I'll take it. Considering I had tempted disaster by letting adrenalin, and not common sense, dictate my early pacing, I have to count my blessings and be pleased with my overall result. As for the other 3 in the original group, Jesse and TJ, of which neither was racing, per se, came in at a 2:54 and 2:59, respectively. Rob Fast, whose training was significantly hampered with injuries, crossed the line with a time of 3:04. Well, another Boston is in the books. A week or so, and the soreness will be gone, the blisters on the feet healed, and all the unpleasant memories of the marathon will be replaced with goals for the next one.

### ***Mike Grant***

P.S.- this was my first marathon in lightweight trainers, and maybe the last. By mile ten, I realized that there's a reason they put cushioning in shoes.



My dog is faster than me.  
My dog chased a cat up a tree.  
A crow flying by landed to see.  
The crow caused a ruckus and one became three.  
Three turned to thirteen all shrieking with glee.  
Up a tree, surrounded by crows, is not where the cat wished to be.  
We continued our walk, so the cat could climb free.  
It was such an odd sight, I wanted to share it with thee.



# Patriots' Day 5 Miler



*Kathy Littlefield  
MTC of Scarborough  
John Littlefield (behind)  
Lisa & Thomas Arnold  
of Saco*



*Carrie McCusker  
MTC of South Portland  
Brian Cliffe  
MTC of Cape Elizabeth*



*Phillips Sargent  
MTC of Yarmouth*



*Marla Keefe  
MTC of Casco*



*Dan Hogan  
MTC of Portland*

## MAINE TRACK CLUB OFFICERS & COMMITTEE CHAIRS



USA Track & Field



<b>Mel Fineberg</b>	.....PRESIDENT	.....774-8868
<b>Mike Brooks</b>	.....VICE PRESIDENT	.....783-3414
<b>Sandy Utterstrom</b>	..PAST PRESIDENT	.....797-4710
<b>Carlton Mendell</b>	...TREASURER	.....797-7806
<b>Gayle Desjardins</b>	..SECRETARY	.....871-0132
<b>Everett Moulton</b>	...MEMBERSHIP	.....799-2894
<b>Bob Aube</b>	.....RACE COMMITTEE & WEB PAGE	..829-5079
<b>Cathy Burnie</b>	.....AT-LARGE	.....829-5208
<b>Cathy Kilburn</b>	.....AT-LARGE	.....854-9441
<b>Lorraine Paradis</b>	..AT-LARGE	.....878-4465
<b>Don Penta</b>	.....STATISTICIAN AND PHOTOGRAPHY	892-4526
<b>Chuck Burnie</b>	.....EQUIPMENT	.....829-5208
<b>Mike Doyle</b>	.....NEWSLETTER	.....871-0051
<b>Colleen Redmond</b>	..NEWSLETTER	.....871-0051
<b>Phil Meech</b>	.....CLOTHING	.....839-4946

See web site for Board Members E-Mail Addresses



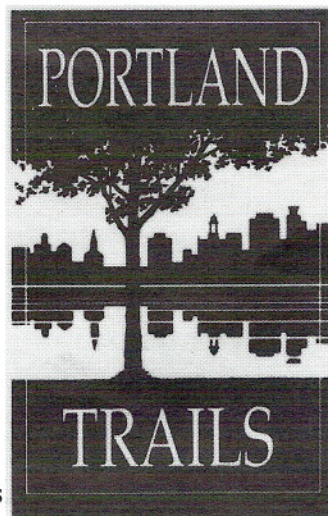
## Portland Trails 10th Birthday Bash!

*Friday, May 18th,  
6:00 - 10:00 PM*

*Eastland Park Hotel  
Ballroom*

Come celebrate 10 years of building trails with live jazz and bluegrass, hor d'oeuvres, cash bar, a trip for two raffle, and a fantastic silent auction of over 100 cool items (to help build more trails).

\$10 admission Fee. Call Portland Trails at 775-2411 or go to [www.trails.org](http://www.trails.org) for more information.





# 10th Annual Five Mile Presidential Road Race



*The START!*



**Curt Moulton**  
MTC of Sanford



**John Stevens**  
MTC of Wells



**Malcolm Washburn, Jr.**  
MTC of Buxton



## BE A PART OF HISTORY

The YMCA World's Largest Run is an unprecedented national event and you can play a part!

In celebration of the YMCA's 150th Anniversary in America, 300 YMCA's will be hosting a unified 5K run and fun walk on **June 2nd, 2001**.

That's right, one race, one synchronized start time across the country. See our race schedule on page 5 for the race nearest you.



## 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/XL.
- Womend Diamond Mesh Singlet - Small/Med./Lrg./XL.

**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

- Membership Meeting, June 13<sup>th</sup>, 6:30 PM; SMTG,  
Machine Toll Building. See page 2 for details.