

Run with a friend...

www.mainetrackclub.com

June 2000

MAY 7th, 2000



Start of the 2nd Annual YWCA Race Against Racism 5K and Kid's Fun Run



***Start of the Pittsburgh
Men's Marathon 2000
U.S. Olympic Team Trials***

Presidential Message

June 2000

Dear MTC Members

Congratulations to the MTC Members who ran Sugarloaf Marathon & 15K. I know some of you went injured but did well anyway!

Thank you to all the volunteers who helped with the Race Against Racism 5K on May 7th. Thanks for being there when we needed you!

The RRCA Convention (May 10th thru May 14th) in Peachtree City, Georgia was fun and gave us a lot of good information. It was hard getting information from all of the meetings as there were three meetings going on at the same time, but we did our best to cover as many as we could. Everett Moulton (MTC Membership Chairperson) was re-elected as the Eastern Region Director for The RRCA. Also attending from MTC were Donna Moulton (RRCA Maine State Rep) and Charlie Scribner (Member at Large).

If you have never been to an RRCA Convention, you should plan to go sometime. You meet a lot of really nice people, learn a lot and have fun too! Every day at 7am and 5pm is a group run. The meetings start at 9am most mornings. Wednesday night was a "meet the board" reception. Thursday for lunch was Outdoor Adventure with Bart Yasso, on different races he's been to all over the world, including Dare to be Bare, Antarctic Marathon and Egypt Marathon to name a few. It was very interesting and very funny! Thursday night was a fun run (you had to guess how many feet you ran and it was an odd distance – the person with the closest guess won the run), then it was a BBQ next to the pool and the RRCA auction (this year they also did a silent auction). The auction raised \$3,000.00 for the RRCA. Friday at noon was the State Rep awards luncheon and that night was a free night for us to do whatever we wanted to. Saturday morning was an 8K Road Race, and meetings didn't start until 11am. Saturday was also the day for general meetings and elections, along with the Regional meeting and Banquet featuring Kathrine Switzer as speaker. At the banquet they raffled off a Steve Prefontaine jacket, selling just 100 tickets at \$20 per ticket. Needless to say, we didn't win, but the right person did. Jim Stasaitis of the Utica Roadrunners Club won, and announced he would place the jacket in the Running Distance Hall of Fame in Utica, NY. It all works out perfect as Steve Prefontaine is being inducted into the Hall this year!

These are the meetings I attended: Running in the 21st Century Club and Race Technology, Miss Road Manners Meets the Penguin (I hope to have more on this one in a future newsletter), Promote & Merchandise your Club/Race, Over the Hill and Miles to Go (Masters/Seniors), Newsletter Writing and Editing, Women's Running Issues, Regional Meeting, Race and Club Management, RRCA Annual Business Meeting (MTC has 6.5 votes), and Men's Health & Running (this one should have been called Healthy Feet! It was excellent, all about runners). They even gave us all a book (Sure Footing by Perry Julien, DPM, he was one of the panelist) as we came in. The RRCA doctor was also one of the panelist. She's really good! I'll share more about the meetings at our next Membership Meeting.

Laura Newman of Portland Trails was our speaker at the May 16th Membership meeting. She told us about her project of building a trail with the students at Lyseth School and went over some details of the connection of the Blvd. to the Eastern Promenade Trail. We all got newsletters and a map of their trails. Did you know there's a little park off Allen Avenue extension between Ray St. and Vingia St. (on the left if going toward Falmouth). It's a small one, but I must run by and check it out some day. Also the Maine Track Club now has a group membership to Portland Trails. So you are now also a member of Portland Trails through the Maine Track Club. You will be seeing information on their activities in our newsletter. Also you can look on-line at www.trail.org.

The next membership meeting is June 20th at 6:30pm, in the Falmouth Library. Dave Darling (who will be our coach this year) will be speaking about coaching.

The next board meeting in June 6th at 6pm at the Utterstrom House.

Racing Season is here. Good luck in your races!

Sandy Utterstrom



City of Pittsburgh Marathon

Training log
January 15, 2000:

"Set out to run 14, took a shortcut and survived 8 Miles. 5°, freakin freezing, camelback tube froze, bodyparts froze, minus one million with wind. Wore old shoes – bogus run but....."

Training log

May 7, 2000:

"Pittsburgh Marathon 87° and 84% humidity = 120 degrees +/- On

PR pace first 10 miles, started to melt around mile 12. By mile 16, running in and feeling like hell. Began walking through all water stops, stood in all open fire hydrants, packed my singlet with handouts of ice and finished....Very hot, ran cautious, slowest one yet, test of survival.

Looking back on my Pittsburgh experience, it was great. It was nice to go home. We stayed at my parents house, had dinner with my brother, sister-in-law and wonderful Pittsburgh niece and nephew. Colleen came along and my sister Lynda drove down from Virginia.

Race day was sunny, hot and humid. Driving to the city I couldn't get the encouraging words out of my head spoken by my fathers doctor the day before, "A couple people die every year while running that race." We parked and walked to the start. The US Men's Olympic Marathon Trials started first and viewing it was exciting and inspirational. Next to go were the 5K runners and walkers. Left for last were the other marathoners. We all stood around happy and excited listening to a live band that played till it was time to line up. The line up approximately 20 minutes prior to the start was emceed by a dreadful voice. Perhaps it was my father's doctor. The voice repeated over and over "Drink plenty of fluids, once you become thirsty it's too late." "The race has been yellow flagged due to conditions." "We are one flag away from a black flag, which signifies race cancellation." My happy excited inspiration was gone. I was already melting in the sun with real and imagined words in my head like Two Die, Black Flag and Too Late.

I felt great until mile 10. I was drinking plenty of fluids, enjoying the live bands along the way and encouraged by Colleen and Lynda's mobile enthusiastic spectating. Mile 11-16 can best be described by hills, heat, humidity and humility. Around mile 17 my survival instincts took over. I shifted to the humor, hydrate, be happy and just finish mode. Mile 17 to the finished I chatted with my fellow runners and walked through all the water stops, hoses and open hydrants.

When I finished I felt great and must say a little guilty. I started out strong thinking possible PR. I ended smiling, slow and if possible, over hydrated.

Congratulations to Rod DeHaven, winner of the Olympic Team Trials and the only male to represent the U.S. on our Olympic Marathon Team. I consider myself fortunate to be in Pittsburgh during this event and able to watch the rebroadcast of the race on local TV. Perhaps if I had trained in Spain like Rod, I wouldn't have finished like Mike who trained in Maine.

Mike Doyle



Rod DeHaven, Winner of the U.S. Olympic Team Trials Just past mile 25



Mike after finishing

Coaching Sessions for the Upcoming Season

COACHED WEEKLY TRACK WORKOUTS

The Maine Track Club is providing coached track sessions one night a week from late June through the middle of September. These sessions are for runners of ALL abilities and are for Club members ONLY. The Club has taken steps to ensure that equal and appropriate attention will be given to each runner or group of runners. Runners will be grouped according to their ability. If you are not a Club member and wish to participate we ask that you join M.T.C. Once you have joined you can begin to participate immediately.

Runners interested in coming to these sessions are asked to fill out the fitness and goal survey that is included as an insert in this month's newsletter. These sessions are structured to allow runners to prepare for races of their own choosing.

Dave Dowling will be the coach. Dave has been coaching since 1982 and has himself been a runner for 20 years. Dave has been the Greely High School track coach for the last five years and prior to Greely was the track coach at Deering High School for 13 years. **Dave will also be the guest speaker at our next membership meeting on Tuesday, June 20th at 6:30 PM at the Falmouth Library.**

When and Where

Due to some scheduling difficulties the exact days still have to be confirmed. This should be resolved before you receive your newsletter. Please see the Maine Track Club website under the coaching link for the exact time, day and location of sessions.

Sessions will be one night a week starting at 6 PM and ending at 8-8:30 PM. Runners are asked to come "ready to run." Sessions will start with a warm up followed by the workout and ending with a question and answer period. Sessions will start the week of June 26th and will end the week of September 11th. Sessions will be rain or shine and will only be canceled if there is a thunder and lightning forecast for that evening.

Sessions will be held at either the Chevrus High School track on Wednesdays (June 28th - September 13th) or at Fitzpatrick Stadium on Tuesdays (June 27th - September 12th). There will be no session the second week of August.

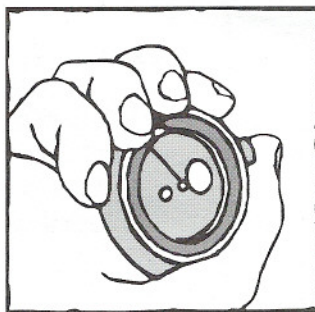
Cost

Runners will be asked to help offset the cost of the coaching by contributing \$3 per session or \$20 for the whole 10-week period. There will be one pro-rated schedule of \$10 for anyone who is only able to make the first or last half of the sessions. The Club wishes these sessions to be available to all Club members who wish to participate. If individual financial circumstances preclude the ability to pay for these sessions please contact a Board member and other arrangements can be made.

Administrative

A Club member will be present at the start of each session to have runners sign in, collect fees and waivers, and also to solicit any feedback that you may have. This feedback can be anonymous if so desired. The feedback will be discussed by the Board and the coach and appropriate action taken.

Eric Ortman



2000 MTC RACE SCHEDULE

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"*

9th Annual Covered Bridges Half Marathon, Queechee and Woodstock, VT, May 13th

Mike Payson

Covered Bridges was a terrific event as always. Well organized, great course and a great family weekend.

I woke up Saturday morning to torrential thunderstorms, heavy legs and a terrible stomachache, complete with nausea (which I attributed to a cold/sore throat that had been plaguing me all week). So needless to say I arrived at the start a bit unenthused.

But the weather cleared sufficiently. It was cool, cloudy and humid with a 10-mph headwind the first 3 miles. I ran a very mellow race pacing along with Morgan Laidlaw from Camden, Maine at several points telling him to go ahead since I was sure I was sick and would collapse any moment. But I never did - in fact I felt strong the whole way. At mile 10 I realized I was on PR pace but still feared the worst so never dared pick it up. At mile 12 it finally occurred to me that it was only a mile to the finish and I felt absolutely great, so I picked it up and cruised to a 1:12:03; well over a minute faster than last year and 11 seconds better than my prior PR!!

So I guess you never know. It was great watching Tom Getchell, one of our lunchtime group members, shatter his PR and then see Jerry Conley run a great race just missing a PR. Naturally Jerry and his brothers brought plenty of post-race beer, after which my family had a great weekend of hiking, miniature golfing, shopping and ice cream. Something for everyone! Once again, reinforcing the Covered Bridges as one of my absolute favorite running events.

Jerry Conley

The race was run under perfect conditions - 50 degrees with a light mist and lighter headwind. Lots of people to work with during the race. Great crowd support and lots of water stations. The course has a net drop of 400 ft. and it seems like most of that is in the last mile. In sum, there is nothing to complain about in this race.

M. Payson did PR at 1:12:03 and I missed mine by 8 seconds at 1:26:26.

Lots of Guinness following the race and no injuries noted in Monday's run after taking Sunday off.

40th Mount Washington Road Race Saturday, June 17th, 10:00 AM 7.6 Miles Base to Summit TEAM MTC

MTC Members chosen in MWRR lottery

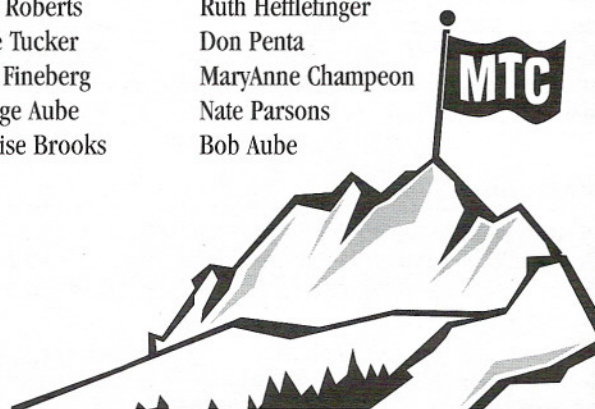
Ron Cedrone	Thomas Clemence
Karen Connolly	Michael Doyle
Carlton Mendell	Richard Mulhern
Colleen Redmond	Alburn Butler

MTC 10 Reserved Entries

Mike Brooks	Howard Spear
Rich Robinov	Dave Roberts
Britt Wolfe	MaryAnne Dunfey
Jeff Prebble	Matt Flynn
Jim Toulouse	David Chamberlain

MTC Provided Volunteers

Kim Roberts	Ruth Hefflefinger
Ellie Tucker	Don Penta
Mel Fineberg	MaryAnne Champeon
Marge Aube	Nate Parsons
Denise Brooks	Bob Aube



Race starts at the base of the Auto Road in Pinkham Notch on Rte. 16 between Jackson and Gorham, NH.

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 Real (829-2014).

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

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

South Portland

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

Biddeford, Saco

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

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

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

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 ,E.R., Mechanic Falls, 8:30 a.m. Contact: Gina Valeriani 345-3511.

June 11 - Deering Ram Run 4M, Portland, 8:00 a.m. Contact: John Cole 575-2723.

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.

June 25 - 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.

- 24th Annual Bridgton 4 on the Fourth, Bridgton, 8:00 a.m. Contact: Jay or Lorraine Spenciner 647-3347.

- L.L. Bean 10K, Freeport, 7:30 a.m., Contact: Lili Hall 552-2356

July 8 - Oxford Hills 4-Miler, 9:00 a.m. Fun Run 1M, 8:30 a.m. Contact: Chris Easton 583-6603.

July 15 - Hermon Fun Days 10K, 8 a.m. Contact: Steve Tuckerman 848-3485 (w) or 848-5447 (h).

July 16 - April Amble 4M, 9:00 a.m. Contact: Brian Gillespie 828-3818.

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 9 - 17th Terry Fox 5K, Bangor, 11:30 a.m. Contact: 862-3737.

- L.A. Bridge 5K, Auburn, 9:00 a.m. (Kid's Run 8:30 a.m.), Contact: Mike Lecompte 777-3724

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

September 17 - Harvard Pilgrim Women's Fitness 5K, Portland, 9 a.m. Contact: Maine Track Club 741-2084.
 - Race for the Cure 5K, Bangor. Contact: Rosemary Baldacci 947-2582.
 - 1st Annual Waterford Fall 5K and 1 Mile Fun Run; 11:00 a.m., Contact: Martha Eaton 583-4611

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 7 - St. Peter's School 5K Trail Run/Walk 10:00 a.m. Contact: Mike Lecompte 777-3724.

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.
 - Great Pumpkin 10K, Camp Ellis, Saco, 9:30 a.m. Contact: Bob LaNigra 883-8662.

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.

NEW MEMBERS

Please Welcome NEW MEMBERS:

Jodi Benvie	So. Portland, ME
Richard Bryant	Cape Elizabeth, ME
Gregg Frame Family.....	So. Portland, ME
Carrie McCusker	So. Portland, ME
Jay P. Wilson	Portland, ME
Paul Tully.....	So. Portland, ME
Keith J. Sheehan.....	Arundel, ME
Dan Tucker	Portland, ME
Stacei Skowron	St Portland, ME
Joe O'Donnell Family.....	Falmouth, ME
Maryanne Dunfey.....	So. Portland, ME
Matt Flynn	Cape Elizabeth, ME



Race Against Racism 5K



Ogden Williams
MTC
of Cape Elizabeth



Greg Kesich,
MTC #213
of Portland

Paul Drinan,
#321
of Portland

How They Train New England Style

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

In our latest edition of How They Train, we discover that a lifetime romance with our sport needn't begin at an early age. Ken Cotton of Bristol, ME ran his first race in 1994 at the youthful age of 45. Since entering the senior athlete category, Ken has seen nothing but improvement in his times. When will the improvement peak? Ken hopes it never ends – at least until he cracks the 3:00 hour barrier for the marathon. He came oh-so-close at the 1999 Maine Marathon with a 3:01:42 PR. Ken is a marathon machine, describing his favorite race as "almost any marathon". He's certainly not intimidated by the distance and has completed a few out-of-state marathons as training runs. Let's wish him the best of luck for a continued meteoric rise in his running.



Ken Cotton, MTC

Name: Ken Cotton **Age:** 50
Affiliation: Maine Track Club

Best Marks:

Time:	Distance: (miles)
0:17:50	3.10
0:30:52	5.00
0:38:05	6.20
1:05:10	10.00
1:25:27	13.10
3:01:42	1999 Maine Marathon

Birth date: 6/28/49

Birth place: Quantanamo Naval Base, Cuba

Height: 5' 7" **Weight:** 147 lbs

Started running: (on a treadmill) early 1994.

First Race: 7/9/94

Family: Wife Judy, daughters Laura (22) & Sarah (20) and we all run.

Pre-Training Warm-up:

I start out with 10-20 min. of easy running

Stretching:

Not much after running and occasionally during the day. Instead - Yoga class 1-2 times/week

Logbook:

The Athlete's Diary (computer program)

Date - Distance - Time - Route or Workout - Comments

Daily workouts:

Mon. – Weights, cross training (elliptical trainer, bike), yoga class

Tuesday – Intervals 1 hour+

Wed. – EZ run 45 - 1:15 min.

Thurs. – Tempo run 1 hour+, weights, yoga?

Friday – day off or bike ride

Saturday – 1 hour run, some intervals

Sunday – long run or race

Mileage and/or intensity increases when training for a key race.

Judy and I ride our tandem for fun.

Favorite/best race:

Boston Marathon

Bar Harbor 1/2

Alvin Sproul Samoset 10K (OK – I'm prejudiced)

Marathon Des Duex Rives (Quebec City marathon)

Vermont City marathon

Almost any marathon

Favorite race course:

Boston – Boston is THE marathon not because of qualifying times, but because of it's history, the incredible community support, the crowds throughout. and it was so important to Al.

Vermont City marathon – nice course and the entire town of Burlington seems to love it.

Marathon Des Duex Rives – wonderful setting, nice way to end the summer (end of August), and I've ran all of them (OK – there has only been two)

Favorite workout: Sunday long run.

Favorite running route: Any long run with good company.

Running Hero(es): Al Sproul – my mentor. The perfect running partner, a little bit faster with infinite patience. Loved introducing people to our sport, loved improving his race. After eighty marathons and who knows how many races he had lots of interesting stories.

Who inspired you to run?

I started on my own (a long story). Ran 4 races in 1994. Got hooked and meet Al Sproul early in 95. Ran 26 races (including 3 marathons) in 95. Thought all runners did this. Found out later most runners didn't run like Al.

Three marathons so far this year (24 total). Second fastest marathon and 5M so far this year. Still having lots of fun.

Why do I run?

Started out to lose weight. Lost 30 pounds. Gained a new life. Runners are great, most really seem to enjoy life. I love going to new places a getting to know the area by running 26.2 miles. I run to help maximize my joy on this earth.



We Need Your Input

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

Maine Track Club

Newsletter

P.O. Box 8008

Portland, Maine 04104

Notice About Race Fliers

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

The Greater Portland YWCA and Split-Time Race Management Present

The Second Annual Race Against Racism 5K Road Race

273 Finishers (147 Female & 126 Male)

Challenging Loop Course On the Portland Peninsula

9:30 a.m., Sunday, May 7th, 2000

Weather: Fifty Degrees, Sunny & Windy

Results Courtesy of **SPLIT-TIME RACE MANAGEMENT**

Top Overall Finishers:

Place/Name	Age	Time	Pace
1 Russell Wogan 1,overall	44	17:19	5:34
2 Dave Howard (MTC) 2,overall	33	17:39	5:41
3 Lance Guliani 3,overall	41	17:57	5:47
4 Scott Richards 1,30-39	38	18:03	5:49
5 Michael Gordon (MTC) 2,30-39	38	18:20	5:54
9 Libby Christensen 1,overall	37	19:12*	6:11
16 Julie Lagin-Nasse 2,overall	20	20:01*	6:27
21 Christine Braceras 3,overall	37	20:19*	6:32
22 Denise Jewell 1,30-39	34	20:22*	6:33
27 Kimberly Moody (MTC) 1,40-49	44	20:34*	6:37

Other Top Divisional Finishers

7 Sean Keough 40-49	44	18:50	6:04
11 Trey Gadbois 15-19	15	19:31	6:17
14 Brandon Bonsey (MTC) 14&under	13	19:49	6:23
28 Sarah Randall 20-29	25	20:39*	6:39
54 Joan Lavin (MTC) 50-59	52	22:31*	7:15
55 Ned Ayers (MTC) 50-59	50	22:37	7:17
90 Laura Blanchard 14&under	12	24:04*	7:45
170 Carlton Mendell (MTC) 70&over USAT&F	78	29:06	9:22
183 Angel Som 15-19	15	30:32*	9:50
203 Dottie Gray 70&over USAT&F	74	33:29*	10:47
219 Lennie Stack 60-69 fitness walker	64	41:03	13:13

Other Maine Track Club Finishers

8 Russell Boisvert 2,40-49	49	18:56	6:06
12 Mark Woodbury	35	19:41	6:20
13 Paul Toohey 3,40-49	42	19:47	6:22
19 Clay Whiting	30	20:15	6:31
20 Ogden Williams	44	20:16	6:31
29 Jim Harmon	40	20:50	6:42
31 Kim White 3,30-39	38	21:06*	6:47
35 Sindee Gozanski	34	21:25*	6:54
42 Jennifer DeSena 2,40-49	45	21:50*	7:02
43 John Rolfe	45	21:53	7:03
44 Kim Bonsey	38	21:55*	7:03
45 Kevin Hubley 3,15-19	17	21:57	7:04
46 Helen Cheney 3,40-49	45	21:58*	7:04
60 Leah Edwards	30	22:50*	7:21
62 Greg Kesich	37	22:53	7:22
67 Harry White 3,50-59	57	23:06	7:26
69 Linnea Olsen	44	23:06*	7:26
71 Judy Kane	41	23:13*	7:28

77 Joseph Grandonico	15	23:31	7:34
78 Sumner Weeks	51	23:33	7:35
83 Rob Boudewijn	53	23:41	7:37
91 Kelly Fernald	38	24:04*	7:45
94 Jim Estes	50	24:23	7:51
99 Mike Brooks	54	24:51	8:00
103 Ronald Chase	59	25:00	8:03
110 Mark Grandonico	40	25:14	8:07
129 Lisa Kelley	35	26:31*	8:32
130 Katey Dydowicz	33	26:33*	8:33
133 Robert DeWitt	56	26:38	8:34
136 Jill Reed 2,14&under	13	26:58*	8:41
140 Karen Connolly	41	27:16*	8:47
146 Beth Shorr	47	27:45*	8:56
150 Jim Tyrrell	52	27:58	9:00
167 Janice Drinan	56	28:54*	9:18
178 Kenneth Spierer	57	30:02	9:40
182 Donna DeWitt	57	30:29*	9:49
188 Rebakah Smith	28	31:34*	10:10
208 Katy MacColl	8	34:41*	11:10
210 Sarah MacColl	44	35:42*	11:29
224 Robert Connolly	45	44:14	14:21

Special thanks to Charles Scribner's Split-Time Race Management and Bob Aube for complete Results!

The Twentieth Annual Boothbay Region YMCA Rocky Coast 10K

106 Finishers (32 Female & 74 Male)

Fairly Challenging Loop Course From The Boothbay Region YMCA
Saturday, May 6th, 2000, Boothbay Harbor, Maine

Place/Name	Age	Time
1 George Luke 1,overall	34	32:45
2 Paul Johnson 2,overall	22	33:54
3 Matthew Carter 3,overall	27	34:51
4 Guy Segars 4,overall	40	34:59
5 David Drew 5,overall	35	36:36
6 Len Sparks 1,30-34	30	36:38
7 Steve Reed (MTC) 1,50-54	52	37:06
8 Jason Tuck 1,20-29	21	37:52
9 Michael Hachey 1,35-39	36	38:27
10 Randy Bartlett 1,40-44	44	38:40
14 Ken Cotton (MTC) 3,50-54	50	40:28
18 Matthew Conrad 1,19&under	19	41:18
19 Lawson Noyes 1,55-59	58	41:36
24 Melinda Browne 1,overall	38	43:01*
28 Eric Ortman (MTC)	41	43:54
32 Laura Mullin 2,overall	39	45:51*
34 Kate Brooks 3,overall	33	46:02*
35 Marie Sperl 4,overall	46	46:10*
36 Terry Clark (MTC) 2,55-59	55	46:23
38 Julianne Daley 5,overall	37	46:47*
39 Holly Decker 1,40-44	42	46:50*

RACE RESULTS (continued)

42 Lorraine Mohan 1,20-29	25	47:12*
43 Jennifer Snow 1,30-34	31	47:13*
48 Hannah Hall 1,19&under	18	48:19*
49 Nancy Duffy 1,45-49	47	48:43*
51 Richard Scribner (MTC)	49	48:57
57 Becky Pitkin 1,35-39	37	50:06*
66 Ed Atlee 1,60-69	60	51:11
81 Carlene Sproul (MTC) 1,60-69	61	54:03*
86 Denny Morrill (MTC) 3,60-69	60	56:15
92 Carlton Mendell (MTC) 1,70&over	78	58:51
96 Georgette Lewis 1,50-54	54	59:49*
99 Judy Cotton (MTC) 2,50-54	51	61:22*
105 Gail Richter 1,55-59	57	73:23*
106 Julius Marzul (MTC) 2,70&over	73	81:59

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

Sugarloaf USA Presents The 2000 Sugarloaf Marathon

170 Finishers (62 Female & 108 Male)

Scenic, Downhill Point-To-Point Course From Cathedral Pines

Campground, Eustis To Kingfield, Maine

May 14th, 2000

Complete Results Courtesy of **COOLRUNNING.COM**

Place/Name	Place, Age Group	Time
1 Robert Ashby	1,30-34	2:27:35
2 G. Scott Hine	2,30-34	2:49:09
3 Evan Hawkins	1,20-29	2:50:17
4 Jonathan Aretakis	1,40-49	2:54:17
5 Kempton Pierce	3,30-34	2:57:28
6 David Chamberlain (MTC)	1,35-39	2:58:13
8 Veronica Haskell	1,30-34	3:03:46*
11 Ken Norton (MTC)	1,45-49	3:08:20
15 Mary Meehan-Bates	2,30-34	3:09:24*
20 Tom Shorty (MTC)	4,35-39	3:11:29
22 Edmond Veronneau	1,55-59	3:12:16
24 Katrina Bisheimer	3,30-34	3:12:37*
41 Nancy Kneeland (MTC)	1,45-49	3:25:01*
44 Kimberly Moody (MTC)	1,40-44	3:26:51*
45 Jennifer DeSena (MTC)	2,45-49	3:26:51*
49 Kellie Ann McArdle	1,20-29	3:29:26*
52 Alton Libby (MTC)	8,40-44	3:32:15
63 Anne Gilley	1,35-39	3:36:57*
64 Stan Neumann	1,60-69	3:37:36
86 Mary Brandes (MTC)	2,40-44	3:47:35*
92 Marjorie Adams	1,50-54	3:51:02*
100 Tara DeWitt (MTC)	8,20-29	3:54:56*
104 Rex Holtan	15,45-49	3:56:09
131 Dolores Horn	1,60-69	4:17:04*
142 Joan Tremberth (MTC)	1,55-59	4:32:20*

Sugarloaf USA Presents The 2000 Sugarloaf 15K

127 Finishers (58 Female & 69 Male)

Downhill Point-To-Point Course From Eustis to Kingfield

Sunday, May 14th, 2000

Complete Results Courtesy of **COOLRUNNING.COM**

Place/Name	Place, Age Group	Time
1 Ludo Bruyere	1,30-34	53:52
2 Dave Roberts (MTC)	1,45-49	55:46
3 Russell Wogan	1,40-44	56:27
4 Guy Berthiaume	1,50-54	56:41
5 George Towle (MTC)	2,50-54	57:27
7 Mike Grant (MTC)	3,40-44	57:53
8 Andrew Pfeiffer (MTC)	1,20-29	58:23
10 Julianna Lagin-Nasse	1,20-29	58:35*
11 Chris Holt	1,35-39	59:07
16 Tina Meserve	1,30-34	59:44*
20 Ron Deprez (MTC)	1,55-59	1:00:50
21 Ellie Tucker (MTC)	1,45-49	1:00:53*
26 Alison Kisch (MTC)	2,30-34	1:02:53*
31 Laurel Valley	1,35-39	1:03:57*
41 Steve Jacobsen (MTC)	6,50-54	1:05:20
46 Ann Marie Davee	1,40-44	1:05:59*
50 Jane Rau	1,50-54	1:06:51*
76 Malcolm Washburn (MTC)	8,45-49	1:13:55
80 Dick Storch	1,60-69	1:14:34
101 Louisa Dunlap	1,55-59	1:18:59*
115 Bob Payne (MTC)	2,60-69	1:26:36

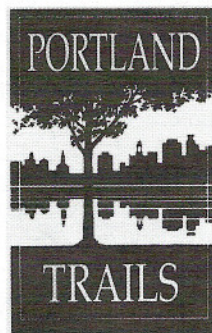


UPCOMING EVENTS

6th Annual Commute Another Way Day

Wednesday, June 14

"Make Friends, Not Traffic" Support environmentally responsible commuting - try carpooling, riding the bus, bicycling, or walking to work just for a day. Do it for cleaner air and less traffic congestion. Encourage everyone at your workplace to get involved! It's fun! Call RideShare at 1-800-280-RIDE to sign up.



"Make the connection" Celebration

Saturday, July 8, 9 a.m.-Noon

Join us for a family fun walk to celebrate the completion of the connector linking the Eastern Promenade Trail with the Back Cove Trail under Tukey's Bridge. Call us at 775-2411 to register.

Visit our website at <http://www.trails.org>

Country Roads

by Michael A. Musca

It is the runner's duty in life to transform a scenic country road into a chamber of torture.

"Are you okay, honey?" my wife inquires.

"What's wrong with you, dad?" the kids yell down the stairwell.

I am sitting slumped at the bottom of the stairs with my head hung and chest heaving the warm air of the entrance hallway of our apartment.

"Old Joe. I listened to him. I understand." I mutter between gasping spasms.

"Sure, Dad" the kids shake their heads and return to watching cartoons.

My town's lowest point of elevation is at the bottom of two connected hills. There's a bridge at the bottom of this gully, exactly one and one-half miles from our home.

Turn east at the bridge and the road leads up the hill to a white windmill, then out to Cousin's Island for an out & back 11 mile run. This course takes the runner along a portion of the Maine marathon course. As you run east across a causeway bridge, the morning sun, reflecting on fresh snow, can temporarily blind you. Turnaround is at the Ferry landing which takes Chebeague Island dwellers to their exclusive homes.

Turn west at the bridge and the steeper of the two hills takes you past the town's old log cabin, then to the high school for an out & back 7 miler. You'll run past the Town Hall, numerous pizza parlors, the old hardware store, several old churches, and the town high school. It's as close to an urban setting as you'll find in these parts. One time I even saw the town cop eating a donut and chatting with the school bus driver - straight out of a Norman Rockwell painting.

Old Joe lives under the bridge in a dilapidated boathouse that must have washed ashore with the riprap of Lief Erickson's aborted North American exploration attempt. Gristled and near-death, always wearing his tattered pea-soup jacket, Old Joe never fails to spit out one word as I pass. "Sissy!" Then he hacks as if he's about to pass a chunk of his remaining rotted lung through his sunken lips.

I smile and wave figuring he just an old coot with nothing else to do but taunt passersby. Yet, it seems he takes special delight in tormenting me, whether it's 5:30 a.m. on a weekday or 3 p.m. on a weekend. He's always ready with the same wisecrack, "Sissy!"

As the blistering sound of his hacking and demented cackle fades behind, I continue my easterly or westerly jaunt wondering why he's chosen someone pursuing an athletic achievement as the target of his venom.

Whether I turn east and climb the hill towards the island route, or turn west and run up the hill into town I simply must pass by Old Joe's haunt. There's no way around him and he knows my dilemma - all travelers in this small town of Yarmouth, Maine simply must traverse the crossroads at Old Joe's bridge.

"Why me?" I ask myself as our priest preaches about listening to what God is telling us. "It is better to be a good listener than a great speaker," the priest exhorts. "Don't close your mind and don't block out his words. Listen to what the man says."

My mind drifted from the priest's words and I began to mentally review the past week's training regimen. Earlier in the week I'd asked some friends to review my training log and make suggestions for improvements.

The consensus seemed to be "Where's the hill training?" A glaring omission, of course. Here I was seven weeks from the Boston Marathon, a notoriously hilly course, and I wasn't including hill workouts in my weekly routine. Well, there's no time like the present, I thought.

After church services I changed into my cold-weather gear and headed outside into the 11-degree afternoon with hills on my mind. Where can I find a hilly route in this coastal town? Five minutes into the run it hit me like an avalanche - Old Joe's bridge lies at the bottom of two connecting hills!

As I ran to the top of the western hill I looked back and dead reckoned that a round trip from hilltop to hilltop measured 1.5 miles. Reaching the top of the hill, I did an about face and punched my Timex.

Hill repeats, here we go...

Each time I passed the old boathouse - huffing and sucking in the cold, moist sea air - Old Joe silently cocked his head and spat on the frozen concrete. He thumped his twisted fist on a thick dog-eared dictionary sized tome. With each passing hill repeat my frozen eyelids caught glimpses of Old Joe doing what appeared to be a half Irish jig, half Dizzy Lizzy all the while balancing on his crooked cane.

On the fourth repeat I could barely stagger to the hillcrest. Jogging down the hill, finished with the workout, I dreaded the necessary passage of the boathouse. Old Joe seemed to have worked himself into a lather and I was afraid he would need emergency care. To my surprise Old Joe waved me over to his hovel where he was stabbing a bony finger into the stained book he clutched beneath his pea coat. "Sissy! Sissy!" he whooped and opened his coat to reveal the picture it seemed he wanted me to see.

What kind of sick creature was this? "Look, Old Joe, I'm tired and just finished a tough workout. Now just leave me alone, will you?"

"Sissy!" he pleaded and snatched at my arm with his free hand. His fingers wrapped around my bony arm like the cold teeth of a bear trap. As he thrust the book towards my face I beheld a drawing of a man pushing a giant bolder up a steep hill. "Sissy-fuss!" he whispered in my ear. "You're Sissy-fuss!" Then he turned away, lumbered back into his boathouse and slammed the door.

"Sissy-fuss? Sissy-fuss?" I repeated to myself on the way home. "Sisyphus! That's it." That's what Old Joe had been trying to tell me. Sisyphus was the legendary king of Corinth condemned to roll a heavy rock up a hill in Hades only to have it roll down again as it neared the top. Old Joe was telling me I needed to do more hill work. If I'd only listen to him earlier.

Listen to what the man says.



The 5 Rules of Running

by Jack Heath

Was wondering if you knew the 5 rules of running?

1. The only car in sight for miles will be turning into the street (or driveway) the same exact time you are crossing it.
2. The urge to go to the bathroom strikes at the furthest point out in the run.
3. It will start to pour at the furthest point out in your run.
4. Five thousand people watching 9 in a sport is news; 9 people watching five thousand in a sport is not.
5. The most inattentive volunteer will be stationed at the key intersection in a race.

Race Report

This first thing I want to do this month is thank Rita Moulen for serving as MTC race director for the YMCA Back Bay 5K. Rita did an excellent job in her first attempt at directing a race. Although I wasn't there for the race, I understand that the event ran smoothly thanks to the efforts of both Rita and Mike Johnson from the YMCA.

You could say that the month of June is the quiet before the storm as far as the MTC race schedule is concerned. We have no races this month, which is good, because we'll need to gather our energy for what's coming up. Starting with the Pat's Pizza Clam Festival Classic on July 22, we'll have three races in four weeks -- actually four races if you count our involvement with the Peoples Beach to Beacon 10K.

Needless to say, we'll need active support from a good percentage of club members in order to produce quality events. The Clam Festival Classic, our second largest event, requires a great deal of manpower, so it's not too early to think about volunteering if you aren't planning to run. Volunteers will be needed for registration, traffic, water stops, and the finish line. If you'd like to volunteer or if you know of someone who can help (they don't have to be club members), call race director Ron Pelton at 865-6919.

Volunteers also will be needed the following week at the Peaks Island Road Race. Anyone who volunteers will receive a free ticket for the ferry to and from Peaks. To sign up, contact me at 829-5079 or bobaube@mainetrackclub.com.

Finally, Mike Reali will be looking for assistance with the St. Peter's Church 4-Miler on Friday, Aug. 11. Remember that this is an evening race, starting at 7 p.m. Prospective volunteers can contact Mike at 829-2014 or mreali@juno.com.

In the meantime, good luck at the races.

Bob Aube



Thank you to Volunteers

Thanks to the following MTC members who volunteered for the Patriots Day 5-Miler and the YMCA Race Against Racism 5K:

PATRIOTS DAY VOLUNTEERS

Volunteer coordinator: Mel Fineberg

Computer crew: Sandy Utterstrom, Jean Thomas, Mary Anne Champeon

Timers: Kurt Nielsen, Ken Norton, Stewart Jordan

Finish-line crew: Mel Fineberg, George Towle, Pat Buckley, Evie Strom, Aaron Norton, Kelly Fernald, Tom Keating, Kate Meyers, Ellie Tucker, Carlos Philbrick, Herb Strom, Beth Quinlan, Michael Quinlan, Sally Paterson, Russell and Zak Boisvert, Karen Curtis, Jennifer Sarah and Amadeo Reali

One-mile split: Jim Estes

Traffic: John Peverada, Al Caseiro, Ron Chase, Al Utterstrom

Photography: Don Penta

Kids fun run: Kurt Nielsen, Dennis Morrill, Mike Brooks

RACE AGAINST RACISM VOLUNTEERS

Finish-line crew: Maureen Sproul, Eric Ortman, Rita Moulen, Michele Flagg, Jeanne Hackett, Ellie Tucker

One-mile split: Mike Grant

Bob Aube

MAINE TRACK CLUB OFFICERS & COMMITTEE CHAIRS



USA Track & Field



Sandy Utterstrom	..PRESIDENT	797-4710
Eric OrtmanVICE PRESIDENT	727-3762
Marge AubePAST PRESIDENT	829-5079
Carlton Mendell	...TREASURER	797-7806
Lorraine Paradis	...SECRETARY	878-4465
Everett Moulton	...MEMBERSHIP	799-2894
Bob AubeRACE COMMITTEE	829-5079
Charlie Scribner	...AT-LARGE	781-5585
Howard Spear	...AT-LARGE	856-6496
Maureen Sproul	...AT-LARGE	926-4681
Don PentaSTATISTICIAN AND PHOTOGRAPHY	892-4526
Dale RinesCOURSE CERTIFICATION	854-2481
Mike DoyleNEWSLETTER & CLOTHING	871-0051
Colleen Redmond	...NEWSLETTER & CLOTHING	871-0051

UPCOMING MTC BIRTHDAYS

HAPPY BIRTHDAY MTC MEMBERS!!

JUNE:

- 15: Michael Boucher, Mary Anne Heath
- 16: Neil Chivington
- 17: Katy MacColl, Susan Snow
- 19: Beryl Cole, Daniella Daggy, Gore Flynn, Kimberly Moody, Ryan Salvo
- 21: John Lavin, George Liming
- 22: Jody King
- 23: Al Utterstrom
- 24: Joseph Kane, Alton Libby, 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, Dana Peterson

JULY:

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



Race Against Racism 5K



Brandon Bonsey, MTC
1st, 14 & under
of Falmouth



Michael Gordon, MTC
5th, Overall
of Portland



Katy MacColl, MTC
#309
of Cape Elizabeth



Kimberly Moody, MTC
1st, 40-49
of Cape Elizabeth



Janice Drinan, MTC
of Scarborough

Asumani Nsenga
#315
of Portland

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

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./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



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 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**

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

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

REMINDER

The next membership meeting is June 20th,
at 6:30 p.m. at the Falmouth Library



Congratulations

Everett Moulton was re-elected to the RRCA
Executive Board as the Eastern Region Director.