



Run with a friend...

www.maintackclub.com

June 2001

First Annual Portland Sea Dogs Mother's Day 5K And Kid's Run



Michael Payson
MTC of Falmouth
1st Overall Finisher



Byrne Decker
of Yarmouth
2nd Overall Finisher
1st, 30-34



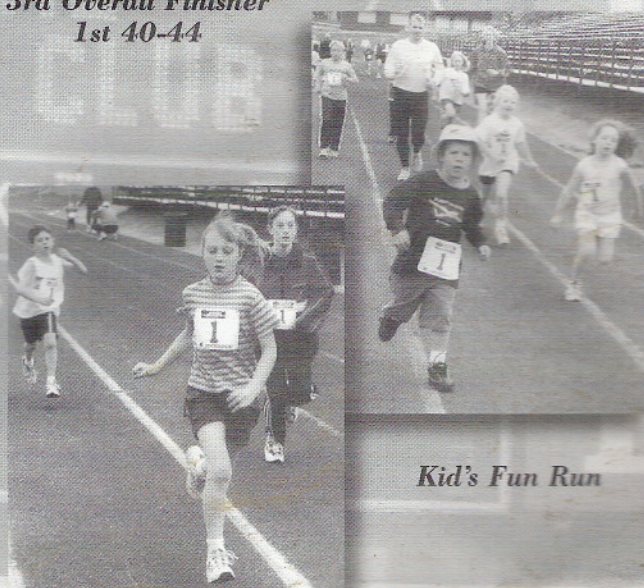
Scott Brown
of Lewiston
3rd Overall Finisher
1st 40-44



Christian Muentener
of South Portland
4th Overall Finisher
1st, 25-29



**Slugger's Mom
& Friend**



Kid's Fun Run

Presidential Message

June 2001

I've learned that life is like a roll of toilet paper...the closer it gets to the end the faster it goes. ~Andy Rooney

The spring season we had been anticipating all winter is quickly coming to an end and summer is just around the bend of the road. The spring season features department stores full of the latest bright colors, trendy fashions and more revealing clothing for the warmer weather ahead. We runners too have many new items for our shopping pleasure. New models of shoes, colorful shorts and singlets, and the latest in watches, sunglasses and hats. This is important as our pasty legs and arms that have been covered up all these months need a gradual acclimatization to Mr. Sun. If nothing else, the sunglasses help protect our eyes from the glaring whiteness of our fellow runners skin!



This spring season has also ushered in many positive MTC events. The annual RRCA convention in Albuquerque was very educational and enjoyable. We were very well represented and received considerable attention. For a medium sized club we captured the award for the outstanding newsletter for the entire East Coast. Thanks due to Colleen and Mike for putting in untold hours designing and editing the NewsRun. Donna Moulton received the RRCA award as the Outstanding State Rep. for 2001. Mike Musca was the RRCA Writer of the Year. And of course our own Everett Moulton, a giant among the elite of the RRCA, served our club with distinction as the leader of the Eastern States region and a member of the RRCA Board of Directors. Congratulations to Colleen, Mike, Donna, Everett and Mike Musca. Not bad for a small running club.

I had the honor of presenting a \$500.00 dollar scholarship to Pat Halpin at the SMTC Student Recognition Day on Thursday, May 10th. It is our plan to award a scholarship to a deserving senior annually. This Recognition Day highlighted our goal of giving back to the community.

I wish everyone could come and watch the kid's train for the MTC Fleet Feet Children's Running Program every Saturday morning at the South Portland Community Center. Donna Moulton and her dedicated group of volunteers do a great job putting the thirty plus group of active kids through their paces. These kids are our future members. Please contact Donna to volunteer. The Officer Friendly One Mile Youth Run will be held on Sunday, June 3, 2001 at 9:30 am in South Portland. Volunteers are needed.

On Thursday, May 16 the Special Events committee hosted a very successful fun run on the Eastern Prom Trail. Over 20 members had a great time running and getting together after for pizza. Thanks to Sue Davenny, Cathy Burnie, Maryanne Champeon, Ruth Hefflefinger, and Phil Meech for doing a super job. They plan to organize several other fun runs this season...stay tuned.

The maiden voyage of the Sea Dogs Slugger's Mom 5K was a huge success and beat our expectations by a wide margin. Please read Pat Buckley's fine article on this race on page 7.

One of the many things I gathered from the workshop sessions is that we have one of the finest, most dedicated groups of volunteers that one can wish for. However, They are overburdened with working too many races and events for us. Why is that? It is simply because too many of our

members do not volunteer for club events. If you say let the other guy do the work, and then the other guy is us. If every member volunteered for two events per year we would all benefit as a club. Think about it and then act. I hope that everyone that runs one of our races, attends a club function, or takes part in our coaching will feel an obligation to come forward and help out. The race directors and those heading up events are busy enough organizing the event without the burden of begging people to volunteer.

We are off to a great season. Thank to everyone for making it possible.

Enjoy each day,

Mel Fineberg

Mainer's Who
Attended The



RRCA
NATIONAL
CONVENTION

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



L-R MaryAnne Champeon, Mel Fineberg, Donna and Everett Moulton, Kathleen and Michael Musca



Please cut this out and save:

MTC Membership Meeting

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

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

Jewett Auditorium

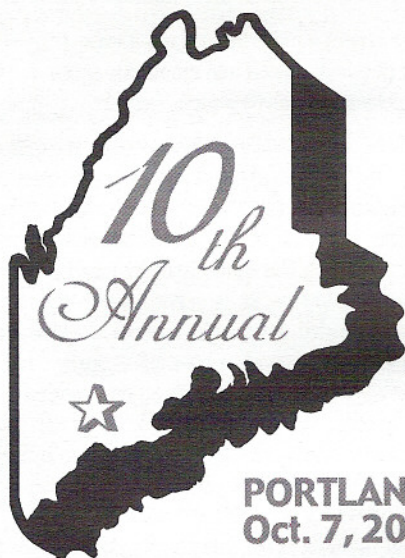
Please plan to join us

Andy Palmer is coming up from his new home in North Carolina to be with us. Many of you know him from his long association with Maine running. He is a world class runner and competed in the Olympic trials in 1984 and 1988. He is the long time director and owner of the Maine Running Camp in Bar Harbor. His topic will be sport psych.

MARK THE DATE ON YOUR CALENDAR.

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

MARATHON/RELAY/ HALF MARATHON



The Sport
in You!

**SPORTSHOE
CENTER**®

10th Anniversary Sportshoe Center Maine Marathon/Relay/Half Marathon update.

Things are in full swing now and there is lots going on. We have a couple of new sponsors BodyWISE Center for Health & Fitness at the University of New England in Biddeford, Poland Spring Water and Wells Fargo Home Mortgage. We certainly can use someone to volunteer as coordinator in seeking additional sponsors for our 2002 event. Marathon expenses are increasing, we are trying very hard not to increase entry fees.

The new course is all finalized and should be certified very soon. Check our web site for the course map.

The marathon this year is the RRCA Eastern Regional Marathon Championship.

Entries are booming. As of Saturday May 18th entries for the marathon are at 113 and 41 for the half. At this time last year they were at 37 & 9. These totals do not include the 80 runners/walkers signed up so far by The Leukemia & Lymphoma Society Team in Training.

Please remember, the Maine Marathon Race Committee can always use new members. Anyone wishing to join the committee email us at marathon@maine.rr.com.

Howard & Bob

Co-Directors

THANK YOU

Portland Sea Dogs Mother's Day 5K
and Fun Run Volunteers

Your help made this race a great success, thanks again.

2001 MTC RACE SCHEDULE

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



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

COACH'S CORNER

Wednesday track sessions begin on June 6th, at 6:00 PM, at the Greeley High Track. A warmup run will begin at this time that usually consists of about two miles of running and some strides to prepare for the actual workout. If you have a watch please bring it to help with timing. The whole workout will take approximately 60 minutes with time for questions, etc. after. We will run rain or shine, so dress appropriately. Bring water bottles for convenience. There is water available at the site.

I hope to have individualized training schedules prepared for all runners at this time.

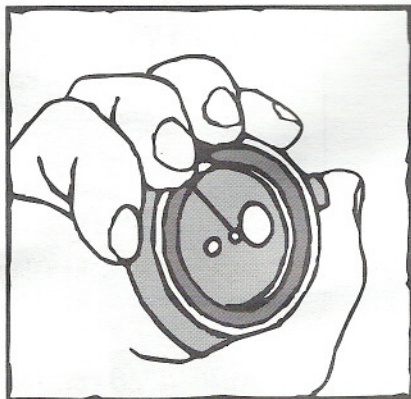
Completed applications/questionnaires and a check for \$30 should be sent to Mel Fineberg. He can be reached at mordecaimel@aol.com or contact me at ddowlin1@maine.rr.co. Tel. 829-3186.

Make checks out to the Maine Track Club.

Directions from the south are: Take 295 N to Falmouth (Blanchard Rd.) Exit, take a right off highway, a right at the intersection and bear left at the fork in the road to take Route 9 into Cumberland, (about 5 miles). At intersection in the middle of town take a right onto Tuttle Rd., take first left into parking lot, and the track is straight ahead.

I look forward to seeing you on Wednesdays.

Coach David Dowling



Walls and Chariots

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

There comes a point in time when every runner enters THE VOID. In this unique physical, mental and emotional space one feels that s/he is floating in a timeless and gravitationless expanse.

THE VOID is not to be confused with THE WALL which is a physical phenom that is to be avoided and can be trained to overcome. THE VOID is extraordinarily desirable yet highly elusive. One never knows when or, for that matter if, it will strike. I briefly entered THE VOID at mile 17 of the 1992 Long Beach Marathon. I vividly recall rounding a street corner to pass a cluster of fellow packrats, leaving me detached for the first time in the race. As I headed down a slight incline towards an underpass, I noticed an elderly gentleman standing on a street corner, holding a boom box trumpeting the musical theme from the wonderful film "Chariots of Fire". On this warm morning, he was wearing an overcoat and slacks with a fedora on his head. Strikingly, there was no one else within a few miles of his post. The last seen crowds had been gathered at mile 15 and the next aid station wasn't planned until mile 19. My mind began to reel. Why was this man standing here? Was he paying tribute to an athletic son or daughter lost long ago to some disaster? Had he been a runner himself one day? Had he encountered THE VOID at this particular juncture in a race some years ago? Moreover, I had the feeling that he was there just for me. As I looked in his direction, he winked and slowly nodded his head in recognition of my passing.

Now I don't believe in ghosts or guardian angels or any of the hocus pocus I read in the back pages of magazines. Hey, I'm a regular 9 to 5 guy who votes and pays his taxes most of the time. But sure as I sit here in my den with a beer and bag of Doritos, I tell you this: when I looked back to return the gentleman's nod of recognition, he was gone. Being in the latter portion of the marathon, I thought little of this strange occurrence. After all, there were 9 miles of road remaining between my feet and the finish chute. There was no time to reflect. However, upon return home that evening I couldn't help but remember the gentleman in the overcoat and his recognition of me as I passed.

The next day my father called and wanted to know everything about the marathon. He told me that he "felt like he was with me the entire race".

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.

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 hknrun@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 Ledgelawn 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

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, 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.

Saint Anthony's Triathlon – Two Thumbs Up!

By Cathy Kilburn

After months of fund raising and training, I arrived in St. Petersburg on April 27th. While on my flight, I was seated next to a woman who was currently being treated for Leukemia. As she described what kind of treatment she had to endure, I was reminded of how lucky I am to be healthy enough to complete a triathlon and raise all this money for such a worthy cause. I arrived in Florida with one more good reason to be participating in the race. 375 triathletes competed from the Leukemia Society and raised \$1.2 million. This event was limited to a field of 1,600 individuals and 100 relay teams, and is the first triathlon of the year in the U.S.A.

The day before the race there were quite a few events going on. Ironman Dave Scott was available in the morning to speak of his triathlon experience and offer encouragement to all of us. With this being my third triathlon, I knew what to expect. In fact, somebody asked me Saturday how I thought I would do in the race. I told them that I thought I would be strong in the swimming and running categories, but the long winter in Maine left me without a lot of outdoor biking experience. Another event was the multi-sport exposition. The sports expo sold every conceivable item that a triathlete could need (and we need a lot of equipment). The most impressive of these was a quick-release wetsuit that comes off in six seconds just by pulling a cord. After going to these two events, I settled back to watch the pros race. As I watched the pros easily run out of the water and jump onto their bikes, I knew that I would look nowhere near as good as that, but with a tri, the person who is in the lead after the swim and bike isn't always the one that wins. The action never stops during the race.

Race day finally arrived with the wind stirring up the ocean. I biked down to the transition area with all the gear I would need to complete the race: bike shoes, running shoes, sunglasses, swim goggles, bathing cap, wet suit, towel, sunblock, anti-chafing lubricant, bathing cap, helmet, race chip, race bib, gatorade and gel packs. While setting up my transition area, I saw someone spraying their ankles and wrists with non-stick cooking spray. They handed the can to me explaining that it would make my wet suit slide off easier during the transition. Since every second counts, I applied it liberally. After setting up my transition area, I walked down to the beach with my swim gear. There were 10 waves of people scheduled to go into the water every 5 minutes, from 7:30 to 8:15. I was in wave #7 going in at 8:00. We were the largest wave with 317 people. With that many people going into the ocean at the same time, I knew one thing - a jackrabbit start was in order. I had to break away from the mob of people going into the sea in order to avoid getting stuck in the back of the pack with everybody pushing and kicking to get ahead. Those of you that have seen me race, know that I'm very good at starting off too fast, but this time it was intentional. When the gun went off, I ran as fast as I could into the ocean, and swam hard toward the pier. While this left me a little tired after reaching the first buoy, I managed to get through the swim with only one kick to the head. Suffering from sea legs, and a little groggy from that kick to the head, I crawled out of the ocean 31 minutes later and made my way to the transition area. After a sloppy transition (I made the change to clipless pedals this year) I was in the bike race . . . my weakest link. The bike race lead me down some beautiful streets with lots of cobblestones and hairpin turns. Most people enjoy the bike the most, but I find it the hardest. Trying to observe all the drafting rules is nerve-wracking enough, but with people passing me (though I did pass my fair share of people), and water bottles flying off



bikes on the cobblestone streets, the excitement level was pretty high. I managed to refuel my body with two bottles of gatorade and two cliff shots during the bike race (this got a little tricky with all the hairpin turns on that course). After an hour and 25 minutes on the bike, I breathed a sigh of relief that the bike race was over, and all that was left was the 10k run. I slowly started the run course, noting that my watch read that I had been racing for 2 hours. If I could do the 10k in less than an hour, I could make my 3-hour goal. Taking the first 3 miles at a comfortable 9-minute mile, I got to the halfway mark of the run. The crowd support was excellent during this race, and there were kids at the three-mile mark handing out leis and playing the theme to Rocky. At this point, I still felt surprisingly good, and none of my leg muscles had cramped up, so I felt comfortable picking up the pace. In the past, I have experienced a lot of leg cramps while making the transition from biking to running, but in this race, I felt pretty good. The only hard part during this transition was that I was resisting the urge to yell "on your left" whenever I passed someone since I had been on the bike for so long. I finished the 10k in 51:58, just a few minutes behind my last year's Beach to Beacon time . . . not too shabby.

I placed 211 out of 553 women with a time of 2:53:51, but the scores are broken out even further. Here they are: 1.5k swim time 31:07, place - 178 (pretty much what I expected) transition #1 time - 3:29, place 366 (yikes! that must have been some party I went to in the transition area, I don't even remember it - need to improve here) 40k bike time 1:24:56, place 309 (I know what I need to train on this summer) transition #2 time - 2:23, place 352 (I know it doesn't take me this long to change my shoes - lots of room for improvement here) 10k run time 51:58, place 163 . . . what do you know, out of all three sports, I was strongest in the run, I guess that's why I'm in the Maine Track Club. When going out of town for events, it is hard to know what to expect, but this race was extremely well organized, not too mention the public support was really great. When I left for this race, I swore I'd never train for another triathlon during the winter in Maine. After competing in this race, I enjoyed it so much; I already reserved my room for next year.

25th Annual April Amble Four Miler



Ron Chase
MTC of Durham



Ed Doughty
MTC of Gray



Janice Drinan
MTC of Scarborough



Meredith Greenlaw
MTC of Portland



Gregory Welch
MTC of S. Portland

A GRAND-SLAM SUCCESS: THE SEADOGS SLUGGER'S MOM 5K

Was it some kind of wild tryout out on the diamond for would-be sluggers to prove they would be the fastest-ever to run the bases? Nope, it was Mike Payson and Byrne Decker dueling to the finish of the First Annual Slugger's Mom Seadogs 5k on May 13th. Months earlier, the Seadogs had approached the Maine Track Club for a racing event on Mother's Day, now almost as popular a race day as the 4th of July or Thanksgiving. Under the direction of The Master, Howard Spear, the idea took off and on the 13th so did 332 runners and I'd say about four stroller passengers and one dog. Some of the racers looked frozen in place a second or two at the start by the sudden cannon blast, but then the pack hurtled onto a course very similar to the popular "old" Thanksgiving Day Four-Miler route. The day was cool and a little breezy. The only hill to speak of awaited the runner after turning from Congress Street onto Stevens Avenue. Otherwise there were just a few of what a friend of mine would call "undulations".

Moving along, anyone familiar with Portland topography would know that as you ended your work on Stevens Avenue, past course monitor Dennis Morrill's lime green jacket, past the purple "Udder House" (no, you can't stop for coffee), you'd zip around the corner and have a great downhill sweep on Brighton Avenue. You'd then soon hook a right near the Expo toward the Hadlock Field finish. The sudden change of terrain on the dirt path around the Expo periphery felt to me like Velcro underfoot. "Pick up your feet?" I think I heard a course monitor call out to me. Gee, if I could I would. But then I heard the sound that can always turn this wilted jogger into a sprinter. Applause around a corner, the sighting of the crowd, the clock. The finish line was three-quarters around the warning track inside Hadlock. For just a moment we could, if we wished, fantasize that the large Legg-Mason, Oakhurst, Amato's, etc., signs lining the field were just for us.

Over the line, the finishers followed a path to the refreshment table and what seemed a larger than usual following of family and friends. From my observations working the registration table pre-race, a lot of family groups were participating. In the post-race "Howja do?" session, Kitty Kelley, always her own severest running critic, just had to admit that she had done all right as the first female age 50-54, at 21:57. Her son, Jason, only an occasional runner, cruised in at 19:48. Ah, the genes. As you readers of John Rolfe in the Sunday Telegram should know, Lloyd Slocum turned in a phenomenal 5K time in the male 65-69 category at 20:55. Just ahead of him, at the other end of the age spectrum was 10-year old Will White of Falmouth with a time of 20:51. We'll be watching Will! Well, while he's still on his feet we'll have to watch Lloyd, too. A sign of spring was the appearance of Roz Randall, back from her winter work in Florida, getting ready for the Triathlon Circuit. Joan Tremberth, long sidelined with an injury, decided while working the registration table to jump in and make this her comeback race, turning in a 25:20 time. It was good to see Ed and Bev Doughty back and both finishing the race. Maybe the proudest runner in the crowd was Ellianna Kisch Boothe, still running full-speed, medal flying, after the earlier kid's race. It had been planned that the race winner would stay and throw out the first ball at the Seadog's 1:30 PM game against the Reading Phillies. As overall winner Mike Payson was unable to stay, women's winner Jeanne Hackett did the job. I heard she wound up and delivered a very good pitch....maybe the Seadogs are considering an offer.

So, look forward to next year and the second annual event. You could make a day of it. By working the race, you'd be entitled to sit in a Skybox set aside for the volunteers, receive some VIP treatment, say hello to Slugger and his Mom, and enjoy the afternoon game. If you were to participate as a runner, you'd have a well-organized event and a good course. If you were one of the fastest in your age category – or if your age

group is well, sparse, you could win a really neat trophy, a Seadogs baseball encased in plastic on one side of the base and a runner figure on the other. So plan to be there – it's only a year away.

Pat Buckley



Marby Payson
MTC of Falmouth
1st, 60-64

Jonathan Gilbert
MTC of Saco
1st, 20-24



Cool Trophies



Diane LaVangie
MTC
of South Portland

Beth Shorr
MTC of Portland
3rd, 45-49

The Maine Track Club and The Portland Sea Dogs

Present

The Inaugural Mothers Day 5K Road Race

332 Finishers (160 Female & 172 Male)

Flat, Fast Certified Loop Course From Hadlock Stadium, Park Avenue And Back

Sunday, 10:00 a.m., May 13th, 2001; Weather: 60 Degrees, Sunny

Complete Results Courtesy Of The Maine Track Club

Top Overall Finishers

Place/Name	Age	Town	Time	Pace
1 Michael Payson (MTC) overall USAT&F	37	Falmouth	15:20	4:57
2 Byrne Decker 1,30-34	34	Yarmouth	15:24	4:59
3 Scott Brown 1,40-44	42	Lewiston	16:05	5:12
4 Christian Muentener 1,25-29	27	South Portland	16:11	5:14
5 David Weatherbie 2,30-34	33	Cape Elizabeth	16:14	5:15
31 Jeanne Hackett (MTC) overall	42	Peaks Island	18:59*	6:08
34 Michele Tagliati 1,40-44	40	New York, NY	19:12*	6:12
44 Marjorie Graff 1,30-34	33	South Portland	19:53*	6:25
47 Kim White (MTC) 1,35-39	39	Falmouth	20:07*	6:30
51 Jill Storey 2,30-34	33	Cumberland	20:10*	6:31

Other Top Divisional Finishers

6 Dan Dearing (MTC) 35-39	39	Lisbon Falls	16:20	5:17
10 Devin Shaw 15-19	18	South Portland	17:13	5:34
15 Steve Reed (MTC) 50-54	53	Wiscasset	17:44	5:44
21 Jonathan Gilbert (MTC) 20-24	20	Saco	18:07	5:51
25 Tom Menendez (MTC) 45-49	47	Lewiston	18:32	5:59
27 Philip Gadbois 14&under	14	Portland	18:54	6:06
57 Bob Coughlin (MTC) 60-64	62	Cape Elizabeth	20:40	6:40
58 Mandy Ivey 14&under	13	Oxford	20:43*	6:41
65 Will White (MTC) USAT&F	10	Falmouth	20:51	6:44
67 Lloyd Slocum (MTC) 65-69 USAT&F	68	South Portland	20:55	6:45
75 Michael Beaudoin 55-59	58	Portland	21:14	6:51
79 Lori Brown 25-29	26	Ellsworth	21:24*	6:55
96 Kitty Kelley (MTC) 50-54	54	Portland	21:57*	7:05
116 Helen Cheney (MTC) 45-49	46	Cumberland Ctr	22:26*	7:15
150 Jessica Maheux 20-24	23	Saco	23:55*	7:43
184 Joan Tremberth (MTC) 55-59	56	Scarborough	25:20*	8:11
251 Jack Nyhan 70&over	70	Peaks Island	29:07	9:24
290 Annie Shank 15-19	19	South Portland	31:14*	10:05
292 Dottie Gray 70&over USAT&F	75	Kirkwood, MO	31:33*	10:11
295 Marby Payson (MTC) 60-64	62	Falmouth	31:56*	10:19

Other Maine Track Club Finishers

14 Mike Grant	43	Scarborough	17:42	5:43
18 Chris Reed 3,25-29	25	Wiscasset	17:53	5:47
22 Robert Brooks	36	Portland	18:08	5:51
24 Russell Boisvert 2,50-54	50	Portland	18:26	5:57
37 Jay Wilson, Jr. 3,15-19	15	Portland	19:16	6:13
38 Jay Wilson, Sr.	42	Portland	19:19	6:14
40 Jeff Rand	41	Cape Elizabeth	19:32	6:19
45 Dennis Smith	51	Yarmouth	19:59	6:27
54 Kate Meyers 3,40-44	40	New Gloucester	20:20*	6:34
62 Mike Lecompte	40	Lewiston	20:48	6:43
63 Mike Doyle	36	Portland	20:49	6:43
69 John Keeley	49	Portland	21:03	6:48
73 Beth Rand	41	Cape Elizabeth	21:12*	6:51
77 Chuck Massie	46	Saco	21:21	6:54
78 Ed Doughty	52	Gray	21:22	6:54
81 Dale Rines	48	Gorham	21:26	6:55

92 Leslie Couper	37	Falmouth	21:49*	7:03
94 Tony Salamone	51	South Portland	21:53	7:04
95 Colleen Redmond	36	Portland	21:54*	7:04
98 Ned Ayers	51	Falmouth	22:02	7:07
108 Laurie Bowring	38	Gorham	22:13*	7:10
113 Dick Lajoie 2,60-64	61	Durham	22:24	7:14
115 Rosalyn Randall 2,50-54	51	Portland	22:25*	7:14
118 Lincoln Skelton	12	Topsham	22:28	7:15
119 Matthew Govan	31	Portland	22:31	7:16
120 Laurie Nicholas	33	Portland	22:32*	7:17
122 Betsy Barrett 3,50-54	50	Scarborough	22:39*	7:19
130 David Burnie	47	Cumberland	22:59	7:25
133 Gail Saldanha	44	Scarborough	23:06*	7:28
135 Kim Bonsey	39	Falmouth	23:10*	7:29
139 John Howe 2,65-69	66	Waterford	23:24	7:33
140 Linnea Olsen 2,45-49	45	Saco	23:27*	7:34
144 Diane LaVangie	42	South Portland	23:36*	7:37
145 Mike Brooks	55	Danville	23:39	7:38
165 Bob Boothe	38	Portland	24:42	7:59
166 Robert DeWitt	57	Lisbon	24:44	7:59
168 Lisa Despres	38	South Portland	24:48*	8:00
176 Larry Barker	52	South Portland	25:10	8:08
189 Michele Flynn	52	Cape Elizabeth	25:20*	8:11
190 Sophie Payson-Rand	32	South Portland	25:32*	8:15
191 Getty Payson	39	Falmouth	25:33*	8:15
195 Karla Stockmeyer	13	Portland	25:35*	8:16
201 Bob Jolicoeur 3,60-64	64	Cape Elizabeth	25:58	8:23
202 Jim Tyrrell	53	Cape Elizabeth	26:02	8:24
205 Sue Payson	37	Falmouth	26:11*	8:27
207 David Skelton	43	Topsham	26:13	8:28
208 Cathy Burnie	52	Cumberland	26:20*	8:30
211 Susan Snow	36	Scarborough	26:32*	8:34
216 Beth Shorr 3,45-49	48	Portland	26:53*	8:41
220 Janice Drinan 2,55-59	57	Scarborough	27:08*	8:46
223 Harry Fullerton	53	Portland	27:15	8:48
233 Pam Dutremble	39	Portland	27:55*	9:01
234 Laura Tyrrell	53	Cape Elizabeth	28:02*	9:03
237 Donna Bisbee	44	Portland	28:11*	9:06
254 Kaitlynn Saldanha	12	Scarborough	29:12*	9:26
258 Lennie Stack 3,65-69	65	Westbrook	29:33	9:32
261 Donna DeWitt	58	Lisbon	29:45*	9:36
265 Kenneth Spierer	58	Portland	29:57	9:40
269 Sara Everest	14	Portland	30:01*	9:41
270 Gayle Desjardins	37	Portland	30:05*	9:43
271 David Everest	35	Portland	30:06	9:43
283 Kristen Grandonico	8	Portland	30:35*	9:52
285 Sherry Grandonico	46	Portland	30:45*	9:56
297 Darci Foshay	34	South Portland	32:13*	10:24
299 Pat Buckley 2,60-64	63	Portland	32:37*	10:32
300 Stephanie Ross	38	Portland	32:37*	10:32
301 Virginia Cross	58	Gorham	32:59*	10:39
304 Nathan Couper	11	Falmouth	33:35	10:50
305 Douglas Couper	40	Falmouth	33:36	10:51
309 Donna Moulton	52	South Portland	34:04*	11:00
310 Julie Skelton	43	Topsham	35:00*	11:18
311 Debbie Howe race walker	55	Waterford	35:15*	11:23
314 Michele Brooks	34	Portland	36:36*	11:49
315 Ruth Hefflefinger 2,70&over	72	Portland	36:57*	11:56
316 Beverly Doughty	49	Gray	38:13*	12:20
317 Julius Marzul 2,70&over	74	Gorham	38:48	12:31

Special thanks to the Maine Track Club Computer Team of Sandy Utterstrom and Bob Aube for complete results!

RACE RESULTS

The University Of New England - Westbrook College Campus And Split-Time Race Management Present

The Twenty-fifth Annual April Amble Four Miler

160 Finishers (49 Female & 111 Male)

Noon, Saturday, April 28th, 2001

Top Overall Finishers

Place/Name	Age	Town	Time	Pace
1 Todd Coffin	39	Freeport	19:59	5:00
2 Michael Payson (MTC)	37	Falmouth	20:17	5:05
3 Kevin Way	32	Hollis	20:41	5:11
4 David Weatherbie	33	Cape Elizabeth	21:19	5:20
5 Phil Johnson	23	Gorham	21:32	5:23
12 Christine Snow-Reaser	35	Dayton	23:40*	5:55
31 Julie Lugin-Nasse	21	Starks	25:54*	6:29
40 Alison Kisch (MTC)	35	Portland	26:54*	6:44
41 Mandy Ivey	13	Oxford	27:01*	6:46
46 Kathy Hepner (MTC)	40	Gorham	27:36*	6:54

Other Top Divisional Finishers

8 Bill Marski 40-44	40	Portland	22:40	5:40
16 Trey Gadbois 15-19	16	Portland	24:08	6:02
17 Dick Graves (MTC) 45-49	46	Portland	24:08	6:02
21 Tim Winton 14&under	14	Portland	24:28	6:07
22 Scott Gorneau 25-29	28	Portland	24:30	6:08
23 Russell Boisvert (MTC) 50-54	50	Portland	24:34	6:09
49 Krista Poissant 25-29	27	Arundel	27:50*	6:58
52 Michael Beaudoin 55-59	58	Portland	28:05	7:02
66 Kitty Kelley (MTC) 50-54	54	Portland	29:16*	7:19
78 Pamela Bither 30-34	30	Portland	29:59*	7:30
92 Ron Chase (MTC) 60-64	60	Durham	31:15	7:49
104 Jim McLaughlin 65-69	66	Rye, NH	32:31	8:08
112 Nancy Mills 55-59	55	Belgrade	33:33*	8:24
126 Afton Kelly 15-19	17	Westbrook	35:04*	8:46
136 Shoshana Hoose 45-49	47	Portland	37:03*	9:16
140 Jack Nyhan 70&over	70	Peaks Island	38:01	9:31

Other Maine Track Club Finishers

6 Dan Dearing 3,35-39	39	Lisbon Falls	21:37	5:25
7 Peter Bottomley	39	Cape Elizabeth	21:56	5:29
30 Will Lund 2,45-49	45	Portland	25:40	6:25
32 Jay Wilson, Jr. 3,15-19	15	Portland	26:01	6:31
33 Jay Wilson, Sr.	42	Portland	26:19	6:35
48 Gregory Welch	49	South Portland	27:44	6:56
54 Harry White 2,55-59	58	Scarborough	28:24	7:06
61 Ed Doughty	52	Gray	28:55	7:14
68 Tony Salamone	51	South Portland	29:22	7:21
70 John Keeley	49	Portland	29:29	7:23
80 Lincoln Skelton	11	Topsham	30:07	7:32
82 Gail Saldana 2,40-44	44	Scarborough	30:13*	7:34
101 Stacey Troubh 3,25-29	27	Scarborough	32:25*	8:07
102 Don Conry	47	Waterville	32:27	8:07
107 Jim Parkinson	44	Scarborough	32:47	8:12
108 Robert DeWitt	57	Lisbon	33:02	8:16
114 Denny Morrill 3,60-64	61	Portland	34:08	8:32
117 Cathy Burnie 3,50-54	52	Cumberland	34:18*	8:35
118 Meredith Greenlaw	28	Portland	34:27*	8:36
124 David Skelton	43	Topsham	34:52	8:43
133 Pam Dutremble	39	Portland	36:33*	9:09
137 Janice Drinan 2,55-59	57	Scarborough	37:20*	9:20
141 Carlton Mendell 2,70&over	79	Portland	38:07	9:32

142 Sally Paterson 3,55-59	59	Portland	38:38*	9:40
146 Kathleen Reid	32	South Portland	39:42*	9:56
151 Mark Clinch race walker	45	Gorham	43:07	10:47
152 Lennie Stack 3,65-69	65	Westbrook	46:23	11:36
157 Julius Marzul 3,70&over	74	Gorham	54:20	13:35

Many thanks to Charles Scribner of Split-Time Race Management and for complete results!

The Boothbay Region YMCA Presents

The Twenty-First Annual Rocky Coast

10K Road Race

109 Finishers (32 Female & 77 Male)

Unique Certified Loop Course In Scenic Boothbay Harbor

10:00 a.m., Saturday, May 5th, 2001

Top Overall Finishers

Place/Name	Age	Time
1 George Luke 1,overall	35	30:39
2 Andrew Spaulding 2,overall	30	31:21
3 Shale Rosen 3,overall	24	34:58
4 Matthew Carter 4,overall	28	35:01
5 Lance Guliani 5,overall	42	35:28
23 Tamara Blades 1,overall	36	41:17*
33 Nancy Kneeland (MTC) 2,overall	46	43:50*
34 Laura Mullin 3,overall	40	44:13*
40 Jaqui Drummery 4,overall	26	44:59*
44 Jennifer Snow 5,overall	32	45:31*

Other Top Divisional Finishers

8 Steve Reed (MTC) 50-54	53	36:28
9 Randy Bartlett 45-49	45	37:16
10 Gary Allen 40-44	44	37:57
11 Jon McNutt 18&under	18	38:06
21 Dean Jacobs 35-39	35	41:01
31 Vern Demmons 55-59	55	43:24
47 Holly Decker 40-44	43	45:43*
53 Ronald Paquette 60-69	60	46:59
56 Erin Cooperrider 35-39	38	47:34*
58 Erin Arnold 18&under	18	47:40*
73 Ellen Spring 45-49	48	50:44*
82 Cathy Burnie (MTC) 50-54	52	53:37*
97 Carlton Mendell (MTC) 70&over	79	59:55
106 Georgette Lewis 55-59	59	64:24*

Other Maine Track Club Finishers

17 Ken Cotton 2,50-54	51	39:50
39 Doug McTiernan	48	44:48
51 Terry Clark 2,55-59	56	46:44
54 Chuck Burnie	47	47:03
59 Richard Scribner	49	47:43
70 Malcolm Washburn	47	49:44
75 Mary Anne Peck	42	51:25*
77 John Cullinane	57	52:09
105 Mark Clinch race walker	45	69:15
109 Julius Marzul 2,70&over	74	80:28

Many thanks to Neal Verge and the Race Committee for complete results!

RACE RESULTS

The Greater Portland YWCA And Split-Time Race Management Present

The Fourth Annual 5K Race Against Racism

325 Finishers (158 Female, 166 Male & 1 Bandit)

Challenging Certified Loop Course From The Greater Portland YWCA,
Spring Street and Back

9:00 a.m., Sunday, May 6th, 2001

Complete Results Courtesy Of Bay State Race Services

Top Overall Finishers

Place/Name	Age-Div	Town	Time	Pace
1 Jorma Kurry	20-29	Portland	17:20	5:36
2 Shale Rosen	20-29	Alna	17:41	5:43
3 Tom Wolff	40-49	Cape Elizabeth	17:49	5:45
4 Dave Howard (MTC)	30-39	Portland	18:12	5:52
5 Trey Gadbois	14-19	Portland	18:22	5:56
20 April Wernig	20-29	Bellingham, MA	19:58*	6:27
22 Julianna Lakin-Nasse	20-29	Starks	20:12*	6:31
26 Denise Jewell	30-39	Cumberland	20:40*	6:40
31 Melinda Harder	40-49	Auburn	20:52*	6:44
32 Kim Moody (MTC)	40-49	Cape Elizabeth	20:55*	6:45

Other Top Divisional Finishers

29 Stanis Moody-Roberts (MTC)	13&under	Cape Elizabeth	20:47	6:43
30 Larry Benoit	50-59	Cape Elizabeth	20:49	6:43
44 Ray Shevenell (MTC)	60-69	Cape Elizabeth	21:42	7:00
58 Elise Moody-Roberts (MTC)	13&under	Cape Elizabeth	22:25*	7:14
68 Joan Lavin (MTC)	50-59	Portland	23:01*	7:26
135 Polly Kenniston (MTC)	60-69	Scarborough	26:01*	8:24
147 Kate Radis	14-19	Peaks Island	26:42*	8:37
224 Jack Nyhan	70&over	Peaks Island	30:42	9:54
249 Dottie Gray	70&over	Kirkwood, MO	32:35*	10:31

Other Maine Track Club Finishers

13 Dick Graves	3,40-49	Portland	19:21	6:15
15 Michael Bosse	30-39	Portland	19:40	6:21
23 Jay Wilson, Sr.	40-49	Portland	20:19	6:34
25 Jay Wilson, Jr.	14-19	Portland	20:37	6:39
27 Ogden Williams	40-49	Cape Elizabeth	20:42	6:41
42 Betty Rines	40-49	Gorham	21:35*	6:58
50 Jim Estes	3,50-59	Portland	22:11	7:10
53 Lloyd Slocum	2,60-69	South Portland	22:18	7:12
54 Harry J. White	50-59	Scarborough	22:19	7:12
56 John Keeley	40-49	Portland	22:23	7:14
66 Tony Salamone	50-59	South Portland	22:56	7:24
71 Ned Ayers	50-59	Falmouth	23:07	7:28
83 Matthew Govan	30-39	Portland	23:43	7:39
100 Joan Lee	40-49	Yarmouth	24:26*	7:53
111 Mike Brooks	50-59	Danville	25:18	8:10
131 Robert DeWitt	50-59	Lisbon	25:59	8:23
133 Robert Flynn	50-59	Cape Elizabeth	26:01	8:24
139 Jan Conley	30-39	Portland	26:15*	8:28
142 Michelle Flynn	3,50-59	Cape Elizabeth	26:29*	8:33
151 Jill Reed	2,14-19	Wiscasset	26:45*	8:38
162 Christine Wirth	20-29	Portland	27:10*	8:46
163 Bill Jarvey	50-59	Raymond	27:13	8:47
171 Deb Cassidy	40-49	Scarborough	27:26*	8:51
180 Jim Tyrrell, Jr.	14-19	Cape Elizabeth	27:54	9:00
192 James Pedersen	30-39	Portland	28:19	9:08
205 Donna Bisbee	40-49	Portland	29:29*	9:31
226 Donna DeWitt	50-59	Lisbon	30:55*	9:59
228 Carlton Mendell	2,70&over	Portland	31:05	10:02
231 Karen Connolly	40-49	Hollis Center	31:12*	10:04

233 Janet Reed	14-19	Wiscasset	31:16*	10:05
245 Elizabeth Miller	40-49	Portland	31:59*	10:19
248 Kenneth Spirer	50-59	Portland	32:07	10:22
252 Lennie Stack	60-69	Westbrook	32:57	10:38
263 Pat Buckley	2,60-69	Portland	34:35*	11:10
274 Julius Marzul	3,70&over	Gorham	39:51	12:52
290 Robert Connolly	40-49	Hollis Center	46:22	14:58
291 Denise Brooks	40-49	Danville	47:08*	15:12
304 Shannon Murphy	20-29	Portland	52:49*	17:03

Many thanks to Charles Scribner for complete results!

5K Sports Presents

The 2001 Women's Fitness Studio

All-Women's 5K Race

80 Female Finishers

9:00 a.m., Saturday, April 21st, 2001

Place/Name	Age	Time	Pace
1 Julia Kirtland	36	18:37	6:00
2 Ellie Tucker (MTC)	46	18:59	6:07
3 Libby Christensen	39	19:46	6:22
4 Tracey Thayer	30	19:56	6:25
5 Kim White (MTC)	39	20:09	6:29
6 Mandy Ivey	13	20:22	6:33
7 Donna Carberry	43	21:00	6:46
10 Christine Gewin	27	21:34	6:56
12 Kim Niederberger	19	21:50	7:02
13 Bonnie Hoag	49	22:18	7:11
16 Joan Lee (MTC)	47	22:45	7:19
19 Susan Boucher (MTC)	35	23:42	7:38
24 Linda O'Malley	50	24:40	7:56
46 Penny Davis-Dublin	55	28:17	9:06
51 Beth Quinlan (MTC)	42	29:02	9:21
61 Pat Buckley (MTC)	63	32:23	10:25

21st Annual Rocky Coast 10K

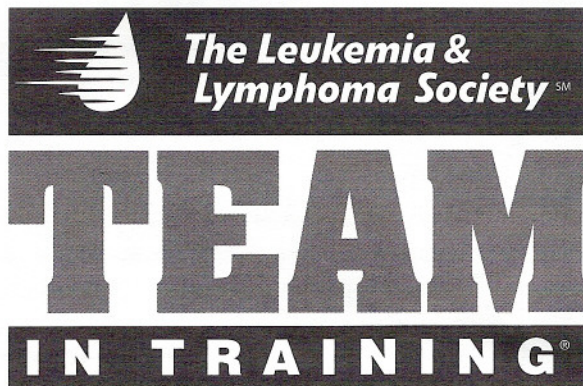


Mary Ann Peck
MTC of Arundel



Chuck Burnie
MTC of Cumberland

Team In Training Partners with Maine Marathon



I am writing to express my extreme gratitude to Howard Spear and the Maine Track Club for this wonderful opportunity for the Leukemia and Lymphoma Society to establish our partnership with the Maine Marathon.

It seems like yesterday that I had a most fortuitous lunch with Howard, bursting with enthusiasm to establish this relationship convinced that this would be a great marriage. Now into our third year, my instincts were correct! Our first year we had 5 participants who raised over \$15,000 and our second year we had 50 participants who raised over \$70,000! Now in our third year and the wonderful publicity we just received in the May issue of Runners Word (page 35), my goal is to have 75 Team in Training participants in this marathon and raise over \$100,000! I know we can do this.

For those of you who are not familiar with our program, Team in Training is the #1 endurance training program in the country accounting for 30,000 endurance athletes participating in marathons, century rides and triathlons last year. Our participants undergo personalized training for these events in honor or memory of a patient with leukemia, lymphoma, Hodgkin's disease or myeloma. They raise funds in honor of these patients affected by blood related cancers. As they begin their own personal challenge, they are constantly reminded of their "Honored Hero". Nationally, at least 75% of every dollar donated to the Leukemia Lymphoma Society supports its 5 major programs: research, patient services, professional education, public education and community service.

The fundraising goal for this event is \$1,500. This includes a two-night stay at the Portland Double Tree Hotel, a motivational pre-marathon pasta dinner at the Village Café and our victory celebration at The Double Tree Hotel. We provide you with weekly training schedules and coached workouts. We offer all kinds of fundraising ideas, and organize fundraising clinics with past participants who have successfully completed the program and have stayed part of our family to help you!

We are so lucky to have two of Maine's best coaches, George Towle, our running coach and Patty Medina, our walking coach who have both been in our program for several years. They have trained thousands of athletes and each one has crossed the finish line with a smile!

Finally, there is much pride in accomplishments made by the Society's researchers and volunteers over the past 50 years and much hope for the future. What we know is that our work will not be finished until a cure is found for leukemia and its blood related cancers. SO... please come one, come all, spread the word and help to support our mission to find a cure for leukemia, lymphoma, myeloma and Hodgkin's disease and improve the quality of life for patients and their families.

If you have any questions about the program or would like to sign up, please call me, Diane Smith 1-800-688-6572, Ext. 33.

MAINE TRACK CLUB OFFICERS & COMMITTEE CHAIRS



USA Track & Field



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

See web site for Board Members E-Mail Addresses

UPCOMING MTC BIRTHDAYS

HAPPY BIRTHDAY MTC MEMBERS!!

JUNE

- 15: Michael Boucher, MaryAnne Heath
- 16: Neal Chivington
- 17: Merle Hartford, Katy MacColl, Susan Snow
- 19: Beryl Cole, Daniela Daggy, Gore Flynn, Kimberly Moody, Ryan Salvo
- 21: John Lavin, George Liming
- 22: Jody King
- 23: Al Utterstrom
- 24: Alton Kane, Katie Meyers, Rebecca Sproul
- 25: Will Daly
- 26: Leslie Couper
- 27: Terry Clark, Russ Connors, Sarah Drury
- 28: Ken Cotton, Brendan Crowe
- 29: Harry White
- 30: Darci Foshay, Dana Peterson

JULY

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



Race Against Racism 5K

The START!



Christine Wirth
MTC of Portland



Matthew Govan
MTC of Portland



Michelle Flynn
MTC of
Cape Elizabeth



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

M.T.C. Singlets

Aasics 100% Coolmax

M.T.C. logo silkscreened front and back

- Mens Victory Singlet - Med./Lrg./XL.
- Women's Diamond Mesh Singlet - Small/Med./Lrg./XL.

sold below 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 13th, 6:30 PM; SMTCL, Machine Tool Building. See page 2 for details.