

Run with a friend ...

www.mainetrackclub.com

July/August 2002

Just Like Starting Over

by Will Lund

After avoiding running for the past 18 months, I decided to jumpstart my comeback with an appearance at the Boys Club 5-miler. The race provided a great opportunity to meet most of the other runners in the race . . . as they went by me.

The 2002 Red Sox will wait until late in the season before they tank. I, in contrast, tanked early in the race.

When I reached a fellow with a stopwatch, I was running fairly well. Unfortunately, he was the timekeeper at the one-mile mark, and there were 4 miles left to go.

The first runners to pass me were thin, fast men. Then came the thin, fast women. Next were chubby fellows in Bermuda shorts and Keds sneakers, followed closely by grandmothers in bathrobes and slippers. The final group to go by consisted of a pack of 4th grade Cub Scouts, on a speed hike to protest the threatened closing of Jack Elementary School.

Steve Fluet sprinted ahead, pushing 3 baby carriages simultaneously. Later in the race, his wife went by, pushing the same 3 carriages. It seems Steve had finished the race, and his wife was simply running the course for exercise.

At this point, I considered removing my number and pretending that I just happened to be taking a walk along Baxter Boulevard. This is known in technical running circles as being a "reverse bandit."

By the time I got to the street corner at the 4.2 mile point where my former "Run to Win" coach always stands, he was nowhere to be seen. In response to my subsequent inquiry, his attorney issued a carefully-worded statement, claiming that Brian "had stayed long enough to cheer on all the *real* runners."

Brewer, Maine is home to the famous running team known as "Sub-5." In the aftermath of my re-entry into the competitive world of running, I am considering establishing an alternate club, tentatively named "Around-8."

Next Membership Meeting

Join us at the next Membership Meeting on Wednesday, September 11 at 6:30 pm on the SMTC campus in South Portland. For directions please call Phil at 839-4946, email at pmeech@pivot.net or Mel at 774-8868, email at mordecaimel@aol.com.

MTC Volunteer Appreciation Barbecue

If you have volunteered in any capacity this year or if you plan to volunteer please come to our annual barbecue. Our Board of Directors will serve as hosts.

Wednesday, August 21

Two Lights State Park
Cape Elizabeth
Sheltered area
5:00 p.m.

Food and drinks provided by the Board. Volleyball and horseshoes will be available. Children welcome.

RSVP to Susan Davenny,
799-5781

Bethany Hanley, 829-4568

(there is an entry fee at the gate)

TABLE OF CONTENTS

Volunteer Appreciation Barbecue.....	1
Just Like Starting Over.....	1
Presidents Corner.....	2
MTC Race Schedule.....	3
Maine Marathon Update.....	4
Flatfoot 4-Miler.....	5

MTC All-Star Team.....	6
Race Results.....	8
John Fyalka Scholarship Award Application..	9
Club News.....	10
Other Area Races.....	11
Upcoming Events.....	12

Maine Track Club Officers & Committee Chairs



MTC Officers

Mel Fineberg, PRESIDENT.....	774-8868
Phil Meech, VICE PRESIDENT.....	839-4946
Carlton Mendell, TREASURER.....	797-7806
Gayle Desjardins, SECRETARY.....	871-0132
Lorraine Paradis, CO-SECRETARY.....	878-4465
Cathy Burnie, AT-LARGE.....	829-5208
Mike Brooks, AT-LARGE.....	783-3414
Janice Drinan, AT-LARGE.....	883-7039
Sandy Utterstrom, PAST PRESIDENT..	797-4710

Committee Chairs

Sue Davenny, MEMBERSHIP.....	799-5781
Everett Moulton, RACE COMMITTEE....	799-2894
Bob Aube, WEB SITE.....	829-5079
Don Penta, STATISTICIAN.....	892-4526
Don Penta, PHOTOGRAPHY.....	892-4526
Chuck Burnie, EQUIPMENT.....	829-5208
Bonnie Beach, NEWSLETTER.....	772-7983
Jason Hill, NEWSLETTER.....	632-0931
Phil Meech, CLOTHING.....	839-4946
Bethany Hanley, PROMOTION.....	829-4568
Sandy Utterstrom, TECHNOLOGY.....	797-4710
Janice Drinan, SPECIAL EVENTS.....	883-7039
Maggie Soule, ARCHIVIST.....	846-3631

Contact us at:

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www.mainetrackclub.com

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

The **DEADLINE** for submitting articles and material to the newsletter is the **15th of the month prior to the next publication**.

(e.g. if the next publication is March/April, the deadline is February 15th)

Presidents Corner

Where are You??

As I write, summer will arrive in just 10 days. Although the weather has not given us a hint of summer, I'm sure it can't be too far away. Just because it's summertime does not mean we take a vacation from the club. Our volunteers have been doing a great job. We have had some excellent races and special events and we plan to have more events this summer. All we need is you.

We have a wonderful group of MTC volunteers. The problem is that they give more of themselves to the club than can be expected. It has been gratifying to see new members at our events and volunteering at our races. We need to see a lot more "new" members and "old" members come forward.

Did you know that less than 25% of our members volunteer for a race and that less than 10% volunteer for three races? This is not good. It means that our core group of volunteers need to work just about every one of our races, plus volunteer for special events. At this rate we will not be able to maintain our current level of offerings.

Take a minute to do a self-inventory. How many races do you run a year? How many races do you volunteer for? Please don't think that by being a member and paying your dues that you are contributing your fair share. To be blunt, you are not. Most of your dues money goes toward printing and mailing the newsletter, paying insurance and dues to the national association. You need to give time and energy to the club. We stopped requiring member to volunteer for 3 races a year some time ago because it simply was not working and could not be enforced. I was hoping that by appealing to our member's sense of fairness that more members would come forward. I was overly optimistic. I want to thank those that did and also say that we can still use many more.

Sandy Utterstrom is working hard to get more volunteers. She is in the process of training three people to help on the computers. That means that our small core of hard working computer people (Bob, Sandy, Maryanne, Everett, Sue & Jean) can now work less races and enjoy running some.

We are hard at work planning a volunteer thank you cookout at Two Lights State Park. If you have volunteered in any capacity this year or plan to volunteer, please plan to attend. Information is elsewhere in this issue.

I hope everyone can take advantage of the upcoming good weather and please don't forget to become more involved in your club.

Enjoy the day,

Mel

Condolences to Terry Morris on the loss of her sister Blanch Mack.

MTC Race Schedule 2002

- July 20 **Pat's Pizza Clam Festival Classic 5-Miler**
Yarmouth, 8:00 am Contact: Ron Pelton
741-2084 or rspelton12@oal.com
- July 27 **Peaks Island Road Race (5 miles)**
Peaks Island Lions Club, 10:30 am
Contact: Larry Dyer 725-6962 or
lldyer@gwi.net
- Aug 9 **St. Peter's Road Race (4 miles)**
St. Peter's Church, Portland, 7:00 pm
Contact: Maine Track Club 741-2084
- Aug 17 **Breakaway 5K**
Beach Square, Old Orchard Beach
Contact: 934-2500 or
info@oldorchardbeachmaine.com
- Aug 30 **Maine Running Hall of Fame 5K**
Back Cove path, Portland
Contact: Maine Track Club 741-2084
- Oct 6 **Sportshoe Center Maine Marathon/Half
Marathon/Relay**
Portland, 8:00 am
Contact: Maine Track Club 741-2084 or
marathon@maine.rr.com
- Oct 19 **MTC 50-Miler and 50K**
Brunswick, 6:30 am
Contact: Maine Track Club 741-2084
- Oct 20 **Physical Therapy 8K**
Brunswick High School, 9:00 am
Contact: Scott Miller 373-2293 (days),
729-3299 (evenings) sklmiller@hotmail.com
- Nov 16 **Hannaford Turkey Trot 5K**
Cape Elizabeth Middle School
Contact: Maine Track Club 741-2084

Finish Line Volunteers Needed for Beach to Beacon Race

**Contact Bethany Hanley
at 829-4568**

WANTED

***Still need a few good people to learn
RunScore!***

*Learn how to use RunScore to generate
race results. This involves setting up the
program, data input before race day and
data input/race results day of the race.*

***If interested,
contact Sandy Utterstrom
at 797-4710***

Make a Wish Race

The MTC extends a big thank you to Sandy Utterstrom for all of her work as the club coordinator for the race. Sandy attended many meetings and was the race consultant for the race. Thank you Sandy and all of your volunteers. A special thanks to Bob Aube for the great job on the results!

Jean Thomas
Will Davis
Mel Fineberg
Ruth Hefflefinger
Al Utterstrom
Howard Spear
Isaac Desvergnes

Mary Anne Champeon
Phil Meech
Denise Locke
Colleen Redmond
David Paul
Bob Aube
Sandy Utterstrom

Portland Sea Dogs Mother's Day 5K

On a beautiful, sunny Mother's Day, a great group of runners took part in this second annual race. This race has grown from 350 runners last year (it's first year) to over 500 this year. It was a special treat to be able to finish the race on the Hadlock Park in-field. Thank you to a very large group of volunteers.

Sandy Utterstrom
Mike Brooks
Gale Desjardins
Lisa Despres
Jason Hill
L. Dennis Morrill
Don Cross
Douglas Couper
Carlos Philbrook
Scott Dalrymple
Will Davis
Donna Moulton
Dan Hogan
Bob Aube
Mike Doyle
Bill Davenny

Alice Schultz
Jean Thomas
Don Penta
Chuck Burnie
Eric Ortman
Ron Pelton
Ray Hefflefinger
Joe O'Donnell
Linear Olsen
Eric Boucher
Howard Spear
Mel Fineberg
Charlie Scribner
Floyd Lavery
Colleen Redmond

Andy Palmer Memorial Run

by Bob Aube

In cooperation with several other running clubs and groups, a couple dozen MTC members participated in the Andy Palmer Memorial Run from Kittery to Madawaska on June 14-16. The run was organized in memory of the late Andy Palmer, the Madawaska native who twice qualified for Olympic marathon trials, and who later became nationally known as a coach and sports psychologist.

At the time of his death, Andy and his wife Zika were in the process of opening a new training facility called ZapFitness in Blowing Rock, N.C. The project is still going forward under Zika's guidance, and the memorial run served as a vehicle to raise money for ZapFitness.

MTC ultradistance stalwart Craig Wilson headed up the group that started the relay out of Kittery at 8 a.m. Friday, June 14. Craig was joined by, among others, Joan Benoit Samuelson and Andy's sisters, Martha and Jane. The first group ran about 20 miles to North Berwick before handing off to a group headed by Tom Littlefield, which covered 22 miles to South Hollis.

The MTC took over at that point and went all the way to Manchester before handing off to the Central Maine Striders. We were asked to maintain an average pace of 7:30 per mile so that the entire relay distance of 532 miles could be completed by Sunday evening, and with the help of some fast runners and a few bike legs, we were able to exceed this goal. We reached Manchester about an hour ahead of schedule, at about 9:45 p.m.

Despite rainy weather the rest of the weekend, the remainder of the relay route was also covered well ahead of schedule. The last group of runners reached Madawaska at about 7:30 p.m. Sunday evening, and a plaque was dedicated there in Andy's honor.

Thanks to all club members who participated in the run. Special thanks to George Towle, who helped organize the section between Auburn and Manchester; Ed Doughty, who hasn't been running much due to an injury but helped us stay ahead of schedule by biking through Gray and New Gloucester; and David Paul and Nate Parsons, who drove support vehicles.

Here's the list of runners/cyclists who participated in the Waterboro-to-Manchester portion of the route:

Tom Dann	Roland Thibault
Karen Connolly	Jason Hill
Marge Aube	Bev Doughty
Pat Buckley	Ed Doughty
Jay Wilson	Rhonda Benner
Bob Payne	Sue Foster
Robbie Blair	Joel Titcomb
Roger Dionne	Danny Paul
Sandy Utterstrom	Jorma Kurry
Mel Fineberg	George Towle
Terry Morris	Susannah Beck

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MAINE MARATHON UPDATE

by Howard Spear & Bob Aube, Co-Race Directors

Plans are well underway for the 11th running of the Sportshoe Center Maine Marathon, Marathon Relay and Maine Half Marathon to be held on Sunday October 6th.

With almost 2,000 combined entries last year (a record), entries this year are coming in at the same rate. We expect to exceed 2,000 runners this year. It is believed that the Maine Half Marathon will become one of the largest in New England. This year, the second year of the new course, the half marathon can be touted as one of the nicest and fastest in New England. Word is spreading!

We are extremely happy to report that The Leukemia & Lymphoma Society, Team in Training, Massachusetts Chapter has well over 100 committed to either the marathon or half (86 last year). The Maine Marathon has now become this chapter's largest event. Diane Smith has done a great job, and she is on a roll.

Our new charity this year, The Jason Program (support for critically ill children in Maine) has come on strong. They have shown great enthusiasm and support. I can't tell you in words just how excited they are to be part of this event. They have recruited many runners, and also a relay team from Bates & Princeton Colleges. Sure would be nice to have Colby, Bowdoin, USM and others in a "friendly competition".

We also have a couple new sponsors this year, one being Anthem Blue Cross & Blue Shield, has been very generous. Sunset, Inc. (California) has agreed to furnish some runners' bag goodies. Also sponsors are the Portland Eagles Casco Aerie 565, and the Civil Air Patrol, Portland Squadron. Wells Fargo Home Mortgage has increased their sponsorship this year. We need all the sponsors we can get to put on a quality event and to attract runners to Maine. Competition in New England in the fall with regard to marathons and half marathons is increasing.....we need to "get an edge" over the larger races.

As always, we are looking for many many volunteers. Recruitment will be more difficult this year due to the fact that the newsletter is now bi-monthly. One very important position that still needs to be filled is the Traffic Coordinator for Falmouth. So, please start signing up now to volunteer on race weekend. Email our volunteer coordinator Mike Musca at mmmarathon@yahoo.com, call Howard at 856-6496, Bob at 829-4079 or leave a message on the MTC answering machine, 741-2084. Howard or Bob can also be reached by email at racedirector@mainemarathon.com.



Flatfoot 4-Miler & Fleetfeet 1 Mile Runs

by Donna & Everett Moulton, Race Directors

The Maine track Club once again held the South Portland Police Flatfoot 4-Miler on June 2, 2002. The history of this event goes back to the late 1980's when Officer Everett Moulton had a Dream to hold a Police Chase Event to raise money for the newly orchestrated D.A.R.E. program. The program taught sixth graders about the dangers of Drugs and Alcohol in the prime of their learning span, and how they should handle these situations. The event was called the DARE 4-Miler and was successful for eight years. A loss of commitment and the major sponsor saw the event come to an end.

In mid-August of 2000, Donna Moulton got the idea of starting a youth running program to get our youngsters activated in fitness again, as by all reports, the youth of today are not as fit as those of 10 years ago. Donna wrote a grant proposal and received \$500 toward her venture. She talked to the South Portland Recreation Department that was dropping it's youth running program because of Budget Cutbacks and the Maine Track Club and South Portland Rec Department joined forces by putting together a 4 week program with a 1 mile fun run at the end. Donna worked on her husband and he agreed to try to make the adult race a comeback event.

Both events were put into the planning stages in late December of 2000 and run in May - June of 2001. The youth program was completely funded and the adult event almost broke even. The events were once again scheduled for 2002 and even without the previous years grant funds both events were successful.

Bodge's Broadway Market returned as the Major Sponsor and the South Portland Police Patrolman's Association not only contributed \$250 in sponsorship money, they also donated \$100 to the first Male & Female Finishers, \$50 to the Second Place and \$25 to the Third Place Winners. There were trophies for First & Second Place Male and Female in each Age Division and Pizza Certificates donated by the South Portland House of Pizza for all Third Place Finishers. Fruit was donated by A J Kennedy Fruit & Produce and beverages from Broadway Getty Mart / Precision Lube. This was truly a COMMUNITY EVENT and only promises to get better each year. The number of participants better than doubled over last year, and where else can you "Run with a Cop" and legally out run one of them ???

A real added bonus this year was when Russell Wogan not only set a course record while winning the 4-Miler but he asked to have his \$100 winnings donated to the races selected charity. This years proceeds after expenses went to the South Portland Youth Program which is a joint venture between the South Portland Police Department and the South Portland Recreation Department.

THANKS to all the supporters and volunteers that helped make this event what it is. Our list of volunteers is long.

Jim Fahey, Marjorie Graff, Pat Buckley, Lisa Despres, Sandy Utterstrom, Mark Grandonico, Erik Boucher, Chuck Bernie, Cathy Burnie, Debbie Smith, Mel Fineberg, Terri Morris, Kathleen Reid, Lauren Lathrop, Nancy Kneeland, Sue Davenny, Lloyd Slocum, Gayle Desjardins, Kelly Fernald, Terri Gallupe, Glen Gallupe, Mary Anne Champeon, Rick Ackerman, Phil Meech, Dennis Morrill, Russell Bradley, Scott Dalrymple, Joseph Wagnis, Willie Sproul, Maureen Sproul, Michael Doyle, Diane Kazalionis, Gerald Kazilionis, James Kazilionis, Sue Gorham, Lisa Dacar, Ken Cronin, Edward Knutson, Matt Cyr, Steve Connors, Sgt Gary Cummings. I'm sorry if we missed anyone else, however we do THANK YOU !!!

42nd Mt. Washington Road Race

by Mike Brooks

The weather was lousy, the course had to be shortened because of icing on mountain, but the volunteers were great. Once again the M.T.C. volunteers showed up in bad weather conditions for a long day working at Mt. Washington and still managed to have a good time. Nate Parsons came right from work to help which made for a very long day.

Bob Aube ended up with the worst job working the finish line in the pouring rain. He looked very wet and cold when I saw him. Bob get some rain gear!

Thanks to everyone for showing up and doing such a great job!!

Bob Aube
Ruth and Ray Hefflefinger
Norma and Jim Parkinson
Nate Parsons

Don Penta
Bill Rice
Ann Stevens

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Low - going volunteers
for Mt. Washington

Position: SECRETARY
Drafted: 1999
Batting Avg:
High - Beach to Beacon 10K
Low - keeping Portland's finest
in line

Position: PAST-PRESID
Drafted: 1979
Batting Avg:
High - Presidential 5-
Low - getting comput
running at race



Cathy Burnie
Position: AT-LARGE
Drafted: 1998
Batting Avg:
High - Maine Marathon
Low - beating Chuck & Phil in
the Elizabeth River Run

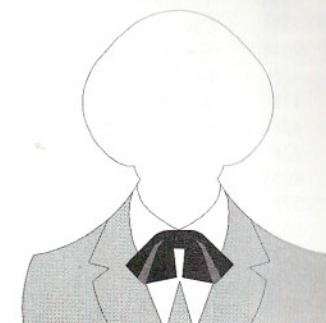
Bethany Hanley
Position: PROMOTION CHAIR
Drafted: 2001
Batting Avg:
High - Marine Corps Marathon
Low - trying to run with a
stroller



Janice Drinan
Position: AT-LARGE
Drafted: 1999
Batting Avg:
High - Rye by the Sea 10K
Low - trying to beat Cathy B.
in a race



Bonnie Beach
Position: NEWSLETTER EDITOR
Drafted: 2000
Batting Avg:
High - 10 mile race
Low - reminding everyone of
the newsletter deadline



Phil Meech
Position: VICE-PRESIDENT
Drafted: 1999
Batting Avg:
High - Elizabeth River 10K
Low - running over to the
Bungalow



Mel Fineberg
Position: PRESIDENT
Drafted: 1984
Batting Avg:
High - Elizabeth River 10K
Low - trying to get the meetings
under control

Sue Davenny
Position: MEMBERSHIP CHAIR
Drafted: 1983
Batting Avg:
High - Mid-Winter Classic 10K
Low - collecting dues



MTC All-Star Team

2001-2002

Mike Brooks

Position: AT-LARGE

Drafted: 1996

Batting Avg:

High - doing a marathon
in 50 states

Low - getting volunteers
for Mt. Washington

**Gayle Desjardins**

Position: SECRETARY

Drafted: 1999

Batting Avg:

High - Beach to Beacon 10K

Low - keeping Portland's finest
in line

**Sandy Utterstrom**

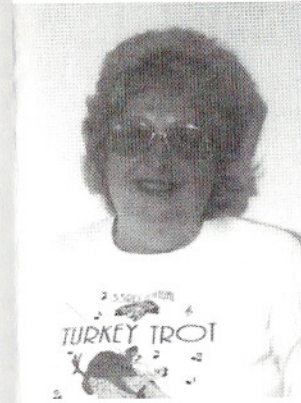
Position: PAST-PRESIDENT

Drafted: 1979

Batting Avg:

High - Presidential 5-Mile

Low - getting computers
running at races

**Bethany Hanley**

Position: PROMOTION CHAIR

Drafted: 2001

Batting Avg:

High - Marine Corps Marathon

Low - trying to run with a
stroller

**Cathy Burnie**

Position: AT-LARGE

Drafted: 1998

Batting Avg:

High - Maine Marathon

Low - beating Chuck & Phil in
the Elizabeth River Run

Janice Drinan

Position: AT-LARGE

Drafted: 1999

Batting Avg:

High - Rye by the Sea 10K

Low - trying to beat Cathy B.
in a race

**Bonnie Beach**

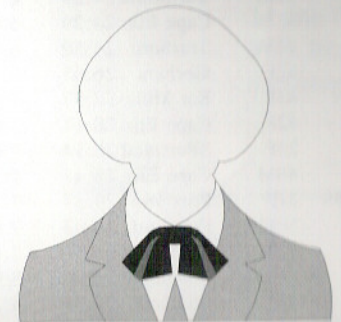
Position: NEWSLETTER EDITOR

Drafted: 2000

Batting Avg:

High - 10 mile race

Low - reminding everyone of
the newsletter deadline

**Sue Davenny**

Position: MEMBERSHIP CHAIR

Drafted: 1983

Batting Avg:

High - Mid-Winter Classic 10K

Low - collecting dues



Star Team

002



Sandy Utterstrom
Position: PAST-PRESIDENT
Drafted: 1979
Batting Avg:
High - Presidential 5-Miler
Low - getting computers running at races

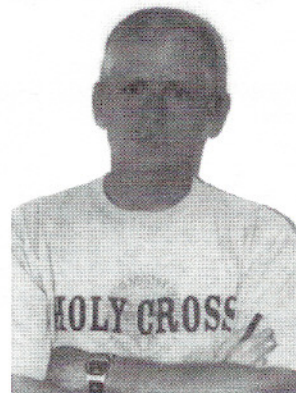


Carlton Mendell
Position: TREASURER
Drafted: 1895
Batting Avg:
High - marathon (take your pick)
Low - running to McDonalds for breakfast

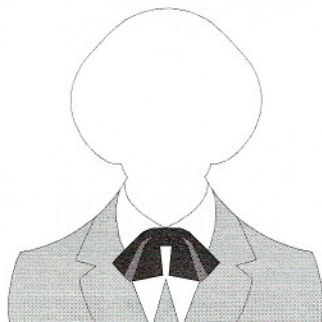
Bonnie Beach
Position: NEWSLETTER EDITOR
Drafted: 2000
Batting Avg:
High - 10 mile race
Low - reminding everyone of the newsletter deadline



Don Penta
Position: STATISTICIAN & PHOTOGRAPHER
Drafted: 1979
Batting Avg:
High - Elizabeth River 10K
Low - sitting at the finish line with camera in hand



Chuck Burnie
Position: EQUIPMENT MANAGER
Drafted: 1998
Batting Avg:
High - Vermont City Marathon
Low - firing the cannon



IP CHAIR

Classic 10K
es



Everett Moulton
Position: RACE COMMITTEE
Drafted: 1990
Batting Avg:
High - Elizabeth River 10K
Low - chasing after race directors



Bob Aube
Position: WEBSITE WEBMASTER
Drafted: 1993
Batting Avg:
High - 7.1 mile race
Low - riding in the back of the sports writers truck

Race Results

The Maine Track Club and the Portland Sea Dogs Present
The 2nd Annual Portland Sea Dogs Mother's Day 5K
 442 Record Finishers (222 Female & 220 Male)
 10:00 a.m., Mother's Day, Sunday, May 12th, 2002

Maine Track Club Finishers

Place/Name	Age/Sx	Town	Time	Pace
7 Pete Bottomley 3,40-44	40M	Cape Eliz	16:07	5:12
21 Charlie Humphries	41M	N Yarm	17:15	5:34
22 Evan Embrey 1,14&under	14M	Buxton	17:21	5:36
24 Dave Howard 3,35-39	35M	Portland	17:27	5:38
25 Steve Reed 1,50-54	54M	Wiscasset	17:40	5:42
27 Mike Grant	44M	Scarboro	17:45	5:44
33 Bill Reilly 2,50-54	54M	Brownfld	18:12	5:52
35 Stephen Ham	44M	Scarboro	18:22	5:56
36 Dennis Smith 3,50-54	52M	Yarm	18:30	5:58
37 Paul Toohey	44M	Scarboro	18:31	5:59
39 Jeff Rand	42M	Cape Eliz	18:36	6:00
40 Tom Menendez 1,45-49	48M	Lewiston	18:40	6:01
44 Joseph Wagnis	28M	S Port	18:53	6:06
46 Kate Meyers 1,40-44	41F	Yarmouth	19:00	6:08
48 Joe Lembo	38M	Portland	19:07	6:10
57 Kathy Hepner	41F	Gorham	19:41	6:21
68 Mike Lecompte	41M	Lewiston	20:06	6:29
69 Richard Bissonnette	54M	Auburn	20:13	6:32
70 Kristi Marie Knights 1,20-24	23F	S Port	20:14	6:32
72 Mark Foley	37M	Portland	20:18	6:33
77 Keith Holland 3,45-49	47M	Old Town	20:36	6:39
78 Beth Rand	42F	Cape Eliz	20:36	6:39
79 Lloyd Slocum 1,65-69	69M	S Port	20:43	6:41
80 Bob Coughlin 2,60-64	63M	Cape Eliz	20:44	6:42
81 Harry White 1,55-59	59M	Scarboro	20:46	6:42
92 Don Bessey 2,55-59	56M	Kenbkt	21:02	6:48
104 Dina Potter	38F	Yarmouth	21:25	6:55
108 Colleen Redmond	37F	Portland	21:27	6:55
111 Michael Doyle	37M	Portland	21:29	6:56
116 Tony Salamone	52M	S Port	21:35	6:58
122 Scott Treadwell	21M	Lyman	21:45	7:01
127 Dale Rines	49M	Gorham	21:52	7:04
130 John Keeley	50M	Portland	21:54	7:04
135 Louisa Wickard	38F	Portland	22:02	7:07
151 Kitty Kelley 2,55-59	55F	Portland	22:22	7:13
152 Laurie Bowring	39F	Gorham	22:23	7:13
154 Erin Moore	25F	Saco	22:29	7:16
160 Mallory Brouwer	28F	Portland	22:43	7:20
166 Stacy Cimino	27F	Cape Eliz	22:53	7:23
168 Karla Stockmeyer	14F	Portland	23:00	7:25
170 Mike Brooks 3,55-59	56M	Danville	23:08	7:28
180 Kelly Fernald	40F	Cape Eliz	23:27	7:34
182 Betsy Barrett 2,50-54	51F	Scarboro	23:30	7:35
186 Helen Cheney 3,45-49	47F	Cumberld	23:36	7:37
195 Larry Kinner	52M	OOB	23:45	7:40
202 Joan Lee	48F	Yarmouth	23:55	7:43
221 Robert Jolicoeur 3,65-69	65M	Cape Eliz	24:37	7:57
223 Chief Neil Williams	48M	Cape Eliz	24:54	8:02
228 Janeka Embrey 1,15-19	16F	Buxton	25:01	8:05
233 Cathy Burnie	53F	Cumberld	25:08	8:07
237 Mark Grandonico	42M	Portland	25:16	8:09
238 Mathew Grandonico	38M	Kenswrth	25:17	8:10
241 Joan Tremberth	57F	Scarboro	25:27	8:13
248 Michele Flynn	53F	Cape Eliz	25:48	8:20
259 David Boyer	61M	Marietta	25:59	8:23
261 Bethany Hanley	31F	Cumberld	26:01	8:24
262 Chuck Burnie	48M	Cumberld	26:02	8:24
271 Robert DeWitt	58M	Lisbon	26:21	8:30
273 Adam Perron	27M	SPortland	26:23	8:31
281 Susan Davenny	53F	SPortland	26:41	8:37

289 Kathleen Reid	33F	SPortland	27:07	8:45
293 Ann Embrey-Rand	39F	Buxton	27:13	8:47
294 Margaret Johnston	11F	Kennebk	27:14	8:47
303 Pam Dutremble	40F	Portland	27:54	9:00
319 Darci Foshay	34F	SPortland	28:20	9:09
327 Gayle Desjardins	38F	Portland	28:42	9:16
330 Jennifer McGowan	25F	Portland	28:47	9:17
337 Donna Bisbee	45F	Portland	29:04	9:23
341 Mel Uchenick 2,70&over	71M	Kennebk	29:12	9:25
351 Donna DeWitt	59F	Lisbon	29:44	9:36
357 Jack Nyhan 3,70&over	70M	Portland	29:52	9:39
368 Kristen Grandonico	9F	Portland	30:31	9:51
372 Sherry Grandonico	40F	Portland	30:43	9:55
382 Donald Yorkey, Jr.	64M	Falmouth	31:28	10:09
386 Cindy Green	30F	Portland	31:44	10:15
387 Todd Green	30M	Portland	31:48	10:16
395 Pamela Kinner	43F	OOB	32:03	10:21
401 Virginia Cross	59F	Gorham	32:50	10:36
406 Pat Buckley 2,60-64	64F	Portland	34:56	11:16
407 Denise Locke	49F	Biddeford	35:16	11:23
410 Virginia Eddy	43F	Cumberld	35:43	11:32
412 Nathan Couper	12M	Falmouth	36:34	11:48
413 Leslie Couper	38F	Falmouth	36:39	11:50
415 Denise Brooks	41F	Danville	36:47	11:52
420 Ruth Hefflefinger 2,70&over	73 F	Portland	39:20	12:42

The Maine Track Club and The South Portland Police Present

The 2002 Flatfoot Four Miler

71 Finishers (28 Female & 43 Male)
 10:00 a.m., Sunday, June 2nd, 2002

Maine Track Club Finishers

Place/Name	Age/Sx	Town	Time	Pace
4 Dennis Smith 1,50-59	52M	Yarmouth	24:23	6:02
6 Jeff Rand 1,40-49	42M	Cape Eliz	24:29	6:07
7 Stephen Ham 2,40-49	44M	Scarboro	24:50	6:13
13 Kathy Hepner 1,40-49	42F	Gorham	26:05	6:32
17 Nancy Kneeland 2,40-49	47F	Bar Mills	27:57	7:00
18 Beth Rand 3,40-49	42F	Cape Eliz	28:11	7:03
20 Kristi Knights 2,20-29	23F	SPortland	28:14	7:04
24 Mike Flynn	40M	Cape Eliz	28:42	7:11
28 Colleen Redmond 3,30-39	37F	Portland	29:37	7:25
29 John Keeley 3,50-59	50M	Portland	30:02	7:31
32 Tony Salamone	52M	SPortland	30:51	7:43
38 Mallory Brouwer	28F	Portland	32:01	8:01
48 Chuck Burnie	48M	Cumberld	33:18	8:20
51 Michele Flynn 1,50-59	53F	Cape Eliz	34:15	8:34
52 Polly Kenniston 1,60&over	65F	Scarboro	34:20	8:35
55 Susan Davenny 2,50-59	53F	SPortland	35:02	8:46
56 Lloyd Slocum 1,60&over	69M	SPortland	35:03	8:46
57 Robert Smith	52M	Portland	35:48	8:57
61 Keith Hamilton	55M	Falmouth	37:00	9:15
65 Larry Barker	53M	SPortland	38:06	9:32

Race Results

Due to the lack of space available in NEWS*RUN we will now limit race results to Maine Track Club Members. There will be exceptions, of course, most obviously, in cases like the Maine Marathon and Half Marathon. If you are searching for more information than is available in the newsletter, please consider browsing our outstanding Maine Track Club website (www.mainetrackclub.com) or the Coolrunning website (www.coolrunning.com).

Attention High School Senior Runners

The

Maine Track Club

is now accepting applications for the

John Fyalka

Memorial

Scholarship Awards

Encouraging and supporting young runners with College Scholarships

This is a \$300.00 Scholarship to one Male and one Female High School Senior from the State of Maine. Scholarships will be paid to the College after the winner has completed one semester.

This Scholarship is in Memory of John Fyalka Jr. (a Maine Track Club Member who died in a traffic accident in 1979). Each year John Fyalka Sr. makes a contribution in John's memory. The Maine Track Club also contributes to this fund so we can give two scholarships (Male/Female) to High School seniors who are selected from the criteria listed below.

Selection will be based on the following criteria:

Enthusiasm for running

Character

Financial need

Applicants must be Maine residents

Entries must be on-line or postmarked by August 15, 2002

To apply for a scholarship, write a short essay on why you would like to be considered for this Scholarship. Please submit your application on-line to www.mainetrackclub.com or mail to:

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

Name _____ Phone _____

Address _____ Age on 7-1-2002 _____

City _____ Zip Code _____

Parent(s) Signature _____

Name of High School attended 2001-02 school year _____

College you will be attending _____

Address _____

Welcome New Members!

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

Donald Yorkey Jr.

Todd & Cindy Green Family

Kristi Marie Knights

Ralph & Lois Duquette Family

Morgan Tribuno & Anne Martin

Tom & Zachary Prugar

Scott Treadwell

John Morey

Paul Delcourt

Lisa Camp

Michael Kimball

Kathleen & James Robinson

Kendra Emery

Special Thanks to Our Volunteers!!

To Kelli Hoffstellar of the Portland Sea Dogs for her generous hospitality in hosting all of the MTC volunteers to a day at the ballpark. We had the use of the Ganley Sky Box and all the perks that go with it. We enjoyed working with Kelli and the Sea Dogs.

To Donna and Everett Moulton for working with children to prepare them for a race preceding the Flatfoot 4-Miler. Donna put in three Saturday morning clinics for the kids.

Thanks to all the volunteers for helping out at the YMCA Back Bay Race.

Thanks to Mike Brooks for doing a great job organizing the MTC part of the Mt. Washington race. The club filled it's 10 spots and also provided 10 volunteers.

A special thanks to Bob Aube for doing an outstanding job organizing our part of the Andy Palmer Memorial Race.

A big thank you to the hard working Special Events Committee for putting on excellent fun runs and socials. The recent fun run and dinner at the SMTG Gazebo was enjoyed by all.

Membership Renewals

Individual.....\$25

Family.....\$25

Student.....\$17

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

Volunteers Still Needed to Learn RunScore

We still need more people interested in learning to use RunScore to generate computer race results for the club. A big thanks goes out to those who have already started training. Mark Grandonico and Erik Boucher have had two hours of computer training this month, and Mark did the results for the MTC Flat Foot 4-Miler. Jason Hill has also volunteered to learn how to generate race results. Scott Dalrymple, Alyce Schultz, and Erik Boucher have each learned to do select timing and have also worked a race. If we all pitch and get enough volunteers who know how to do race results, each person will only work one race a year. If you are interested, please call Sandy at 797-4710



Upcoming MTC Birthdays

JULY

- 1: Gregory Kesich
- 2: Kevin Gordon
- 3: Ward Grossman, Dave Howard, Tike MacColl, Bob Payne, Dale Rines
- 4: Katherine Williams
- 7: Alison Crowe
- 8: Helen Cheney
- 9: John Tragert
- 13: Jacob Kane
- 14: Beverly Doughty, Nate Parsons, Deb Stewart
- 17: Kathryn Harris
- 19: John Eldredge
- 21: Bob LaNigra, Ogden Williams
- 23: Larry Kinner
- 26: Cheryl McCall, Linnea R. Olsen
- 28: Laura Tyrrell
- 31: Nick Anasti

AUGUST

- 1: Brian Gillespie, Hayden Williams
- 2: Jennifer DeSena
- 3: Jeffrey Flynn
- 4: Sarah Everest
- 7: Pamela Barker, Tony Salamone
- 8: Matthew Govan
- 9: Nian Lajoie
- 10: Peggy Williams
- 11: Sheila Donahue, Terry Sutton
- 12: Mike Pugh
- 16: Kristen Grandonico
- 19: Michele Dorsey-Brooks
- 20: Diane Dusini, Michael Doyle
- 21: Patti Hinckley, Kathy Jacobsen, Carlos Philbrick
- 22: Susan Davenney
- 24: Marla Keefe
- 25: Phil Pierce
- 26: Christin Burnham, Michele Flagg
- 29: Lisa Joyce Gale

SEPTEMBER

- 3: Dennis Morrill, David Skelton
- 6: Paul Toohey
- 8: Janet Crowe, Wendy Williams
- 12: Erich Reitenbach

Other Area Races

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

- July 4** LLBean 10K, Freeport Town Park, 7:30 a.m.
Contact: Jill Litchfield 552-7223 or roadrace@llbean.com
- July 6** Beech Mountain 15K/5K Trail Runs, Camp Beech Cliff, Mt. Desert, 9 a.m. Contact: Peter Keeney 288-8381 or keeney@midmaine.com.
- July 7** KBIA A Day at the Beach 5K, Kennebunk Beach. Contact: Rob Spaulding 967-2180
- August 3** Peoples Beach to Beacon 10K, Fort Williams, Cape Elizabeth, 8 a.m. Contact 1-888-480-6940 or beach2beacon@banknorth.com.
- August 7** Falmouth Education Foundation 5K, Falmouth High School, 6:30 p.m. (kids fun runs at 5:45 and 6 p.m.). Contact: Michael Musca 781-8081 or mmmarathon@yahoo.com.
- August 8-11** National Masters Track & Field Championships, University of Maine, Orono. Contact: Rolland Ranson 581-1077 or mainetrack_field@yahoo.com.
- August 10** County Open Half Marathon/Relay, Houlton Community Golf Course, 8 a.m. Contact: Joe Ewings 538-9893 or jewings@fjicl.com.
- August 11** Alvin Sproul Samoset 10K, Bristol Consolidated School, Bristol, 9:15 a.m. Contact: Carlene Sproul 677-2586 or nannyc@midcoast.com.
- August 11** Mountain to the Sea Triathlon, Blue Hills Fair grounds. Contact: Daryl Dejoy 326-0779
- September 8** L/A 5K Bridge Run, Boys & Girls Club of Auburn/Lewiston, Auburn, 8 a.m. Contact: Mike Lecompte 777-3724 or milecompt@aol.com.
- September 15** RRCA Women's Distance Festival 5K, Eastland Hotel, Portland, 9 a.m. Contact: Maine Track Club 741-2084.
- September 15** Mt. Agamenticus Challenge (7.3 miles), York Beach, 9 a.m. Contact: Joe Hardy 676-9460 or joalice@cybertours.com.
- September 22** Portland Trails 10K, Eastern Prom path, Portland, 8:30 a.m. Contact: Sarah McNair 775-2411 or sarah@trails.org.
- September 28** Gift of Life 5K, Androscoggin River Pathway, 9 a.m. Contact: Tammy Atwood 772-7270
- September 28** Roger Willey Memorial Road Race, Downeast Family YMCA, Ellsworth, 9 am Contact: 667-3086
- September 28** Eliot Festival Day 5K, Fire Station, Route 103, 8:30 a.m. Contact: Randy Bartlett 439-3707 or eliot5k@fcgnetworks.net.
- October 20** Mount Desert Island Marathon, Bar Harbor, 8 am Contact: Gary Allen or dimarathon@aol.com.
- November 9** Great Osprey Ocean Run 10K, Wolfe's Neck State Park, Freeport, 10 a.m. Contact: Beth Taylor 865-6171 or bat5ny@hotmail.com.

Female Runners Wanted!!

by Doug Horn

My name is Doug Horn. I am a runner living in South Florida and the captain of a coed team that is going to participate in the Hood to Coast Relay (www.hoodtocoast.com) in Oregon, August 23-24, 2002. We have a strong competitive team that we expect to finish in the top 5 in our category, Coed Submasters (all team members 30+ years old, 6 males/6 females)

We just had 2 female runners drop off of our team and we are looking for 2 female replacements. We are a group of well established professionals in our personal life (attorneys, CPAs, medical professionals, computer engineers), all 30+ years of age, with no felony convictions (just kidding!!!). We really are a good group of people and I promise whoever may be interested will have a great time.

If you should know any females, 30+ years old that can run a 42-43 minute 10K or better, that would like to participate in the Hood to Coast Relay with a good group of people, please ask them to call me during the day at (561) 451-8442.

Also, I have a friend from South Florida who has a coed 50+ year old team looking for 1 female runner (42 min. or better for 10k). This team is expected to win their division!!!

Maine Track Club Discounts

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

Peak Performance Sports	15% on all purchases
59 Middle St., Portland	

Olympia Sporting Goods	10% on shoes only
Maine Mall, S.Portland	

Coastal Athletics	Aasics shoes exclusively
84 Cove St., Portland	Call Ron Kelley 772-4530

George & Phillips, Inc.	Shoes 20% off
Rt. 1 Kittery ~ 295 Water St, Exeter, NH	

Lamey Wellehan	10% on running shoes
Maine Mall ~ Falmouth Shopping Center ~ Cook's Comer ~ Auburn Mall	

MVP Sports	10% on non-sale running shoes & clothing
333 Clarks Pond, S.Portland	

Famous Footware	10% on running shoes
330 Clarks Pond, S.Portland ~ Auburn ~ Kittery	

Upcoming Events

- | | | |
|------|----|--|
| July | 20 | Pat's Pizza Clam Festival Classic 5-Miler, 8:00 am, Yarmouth |
| | 27 | Peaks Island Road Race (5 miles), 10:30 am, Peaks Island Lions Club |
| Aug | 9 | St. Peter's Road Race (4 miles), 7:00 pm, St. Peter's Church, Portland |
| | 17 | Breakaway 5K, Beach Square, Old Orchard Beach |
| | 21 | MTC Volunteer Appreciation Barbecue , 5 pm, Two Lights State Park |
| | 30 | Maine Running Hall of Fame 5K, Back Cove path, Portland |
| Sept | 11 | MTC Membership Meeting , 6:00 pm, <u>SMTCC</u> Campus |

Group Runs

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

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

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

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

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

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

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

NEWS RUN 12

Next Membership Meeting
 Wednesday, Sept 11
 6:00 PM
 SMTCC Campus
 Call Mell at 774-8868
 for directions

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