



Run with a friend...

www.mainetrackclub.com

July / August 2004

President's Corner

By Phil Meech

In May, Bob Aube and I had the honor of representing the Maine Track Club at the 2004 RRCA Convention in South Lake Tahoe. This was a very scenic place to hold the convention. It is a long trip. I think I had jet lag for about two weeks.

We flew non-stop from Boston to San Francisco and drove to Lake Tahoe. San Francisco is the most hilly city I have ever seen. If you haven't visited this part of the country, try to do so. You will be in for a real treat.



Phil Meech

At the convention, things were not quite as controversial as they have been over the past few years. As a matter of fact, perhaps influenced by the western USA culture, it was almost a love-fest. The highlight this year centered around the AARC (American Association of Running Clubs) and the RRCA kissing and making up. The AARC was a kind of "splinter" group of running clubs that, in response to some poor management of the RRCA, decided to form their own organization to take care of the needs formerly attended to by the RRCA (principally, liability insurance). Now that the RRCA has worked their way back to financial health, the AARC bunch has considered coming home to the RRCA. No small matter here. Presently,

See President on page 2.

Two Maine USATF Certified Officials Selected for 2004 Olympic Trials

Out of numerous applications that the USATF Officials Selection Committee received from around the country, only two certified officials from our fine state of Maine have been selected to officiate at this year's Olympic Trials in Sacramento, CA.

Valaree Foss, from Canaan, ME has been involved with the sport of track and field for many years. She is now the acting President of Maine Association Of USATF Executive Board. Over the years she has participated in Master Championship meets, both as a USATF Certified Official as well as an athlete. She also has been the head coach of a summer youth team (past coaching involvement at both middle and high school teams), in her area and still is involved with coaching. Valaree has traveled all over the United States as well as to Australia to officiate at international track and field meets. She is now in the process of developing a 15-18-age track and field program under Maine USATF. Plans are being finalized for the start of this program with meets geared just for these athletes in the month of July. For more information regarding these meets, you should contact her at Maine USATF, her e-mail address is: metrkfld@kynd.net

Paul Morency of Clinton, Maine has also been selected to officiate at these years Olympic trials in Sacramento, Ca. Paul has been involved with the sport of track and field for many years and he is a past elected President of Maine

USATF. Athletes of all ages may recognize Paul for his outstanding and fairness to all athletes as both a starter and head field judge. Paul also has traveled all over the United States as well as to Australia to officiate meets of all levels: youth, high school, college and international meets. He also is

See Olympic Trials, page 3.

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Maine Track Club Officers And Committee Chairs



Phil Meech, <i>President</i>	839-4946
Mark Grandonico, <i>Vice President</i> ..	773-2576
Mel Fineberg, <i>Past President</i>	774-8868
Ward Grossman, <i>Treasurer</i>	985-4966
Cathy Burnie, <i>Secretary</i>	829-5208
Sandy Walton, <i>Membership</i>	846-6577
Chuck Burnie, <i>Race Committee</i>	829-5208
Charlie Scribner, <i>At-Large</i>	781-5585
Mike Brooks, <i>At-Large</i>	783-3414
Hazel Wightman, <i>At-Large</i>	784-8517
<i>Equipment</i>	Vacant - Help!
Don Penta, <i>Statistician</i>	892-4526
Mike Doyle and Colleen Redmond <i>Clothing</i>	mdoyle@mainecul.org
David Colby Young, <i>Newsletter</i>	DavidColbyYoung@aol.com
Bob Aube, <i>Webmaster</i>	829-5079

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The newsletter is published bimonthly.

*The deadline for submitting articles and material to the newsletter is usually the
2nd Friday of the month
prior to the next publication.*

*The next deadline is
Friday, August 13, 2004*

Virginia Wilder Cross, *News•Run* layout

By - Law Changes

Listed below are the high points of the recommended changes to the Maine Track Club's By - Laws

- ADD the following position to the Board of Directors;
WEB MASTER
- CHANGE the position of CLUB STATISTICIAN to read HISTORICAL COMMITTEE, which would include (Photographer, Statistician and Historian)
- CHANGE the requirement for membership approval for expenditure over \$500 to approval of the majority vote of the Board of Directors. This would not include the membership's approval of the Club's bi-annual budget
- CHANGE the election of Club Officers to a two-year term from a one-year term
- CHANGE the budget approval process from one-year to two-year

The remaining changes are house keeping items. The complete purposed By - Laws can be found on the Clubs web site. The membership will be asked to vote on the new By - Laws at the July membership meeting. Any questions or comments reference the By-Law changes should be addressed to Chuck Burnie at cburnie@maine.rr.com

President, from page one.

the AARC consists of 67 member clubs.

A "Letter of Agreement" was prepared to merge the two organizations. A vote by the RRCA member clubs to accept this "Letter" was held and unanimously approved. No big surprise. A vote would then be held a week or so later among the AARC members. I wasn't so sure that it would be as warmly received due to the fact that the AARC has been very successful and kept insurance premiums low. However, the vote took place and, to my surprise, it was also unanimously accepted by the members of the AARC. So, it looks like the AARC will no longer exist and will blend back into the RRCA over the next year or so. It makes me glad we decided to sit tight and stay with the RRCA. More information regarding this subject can be found on the RRCA website www.rrca.org.

Maybe it is because it is finally getting warm on a consistent basis, but I am really feeling a lot of energy in the club. Participation in races so far this year is way up. The coaching sessions have been very helpful for those members taking advantage. And the Saturday morning social run in Falmouth has been a treat. Information about these last two events can be found on the MTC website. I would like to encourage you to participate if you can. Our Special Events Committee has also been cooking up some things to do this summer. Look for announcements in this issue.

The year is about halfway through. Soon it will be time to think about who will lead our club in 2005. Let me know if you would like a seat on the MTC Board of Directors. This is your opportunity to make a difference in the club.

Have a happy and safe race season. See you on the road.

Running Pain

Prevent Pain - Increase the Benefits

by Lou Jacobs, D.C.

Running

Running is one of the most beneficial exercises that one can do. Running is one of the most popular and least expensive forms of cardiovascular exercise. In the U.S. alone there are between 30 and 50 million runners. Keeping your heart healthy, bones strong and weight under control are a few of the primary benefits of this sport.

Heart disease and obesity are major factors in the decline of health in this country. Osteoporosis, often preventable with proper diet and compressive exercise remains a significant problem for many. Running, jogging and walking help decrease all of these risks.

The outdoor running season will shortly be in bloom, and like many we will hit the Back Bay or other favorite trails and roads in the name of our health and happiness. In my practice it is common to see an influx of injured runners at the onset of spring. A few simple preventive measures will make this season pain and injury free.

Pain

Unfortunately for some, pain prevents them from running. For others pain decreases the ability to give their workouts 100%. Many find out that

their pain is the sign of a chronic musculo-skeletal problem. For every 1000 hours of running the average incidence of injury is between 2.5 and 5.8 injuries. In some populations of runners these incidence are much higher.

Pain manifests itself in many ways in runners of all levels. Some of the most common types of pain and injury involve these areas:

- Knees 25%
- Lower legs 20%
- Feet 16%
- Ankles 15%
- Upper legs 10%
- Hips 7%
- Back 7%

Most of the time these injuries do not require surgery, although in some cases they do. Surgery often leads to temporary or permanent cessation of running.

There are two categories of factors that potentially affect our running: Extrinsic Factors and Intrinsic Factors. Extrinsic Factors include running surfaces, shoes, training errors and others. Intrinsic Factors include flexibility, previous injuries as well as musculo-skeletal imbalances and misalignments.

When these factors are addressed in a comprehensive manner prior to beginning a new workout regimen it greatly reduces running related risks.

The use of foot orthoses, often called orthotics, help many reduce the risk of foot pain, plantar fasciitis and other problems.

Orthoses may also help compensate for a less than ideal running surface. While some need custom orthoses, many can benefit from less expensive versions that correct more common foot problems.

Training errors are common and are often the result of misinformation or lack of education on how best to train.

Flexibility issues are often easily addressed under the direction of a doctor, other healthcare professional, trainer or fitness expert.

Previous injuries or surgeries often leave scar tissue, adhesions or other imbalances in the musculo-skeletal system that may be lessened in severity with specialized techniques that address these issues.

Running is a wonderful sport, but pain and injury early on that remains is not addressed can spell trouble in the future. An ounce of prevention is truly worth a pound of cure. If running causes you harm one must ask at what cost. Run Safe.

Dr. Lou Jacobs is the director of Jacobs Chiropractic Acupuncture Clinic in Portland and focuses the sports medicine component of his practice on running injuries. A regular runner himself, he understands both the benefits and risks of the sport first hand.

Olympic Trials from page 1.

involved with coaching athletes in throws and the Race Walk events.

Both Valaree and Paul hold the level of Masters' USATF Certified Official. When called upon, they have coached athletes of all ages in the Race Walk clinics within the state. They continually strive to ensure that all athletes have fair competition in the sport of Track & Field.

Address Corrections

Please let us know if your address changes. The newsletter is usually mailed by bulk mail and will not be forwarded to you or returned to us. Thank you.

23rd Annual

Clam Festival Classic Five Mile Run

Saturday, July 17, 2004

8:00 a.m.

Main Street
Yarmouth, Maine

Sponsored by



—FOOD, SPIRITS & SPORTS—



Managed by the
Maine Track Club



T-shirts for the first 700 runners registered by 7-10-04

- \$150 Cash Prize for 1st Male and 1st Female
- \$75 Cash Prize for 1st Male and Female Masters
- Awards for Age Group Winners
- \$3.00 Pat's Pizza Gift Certificates for the first 700 runners registered by 7-12-04
- Certified Course (ME-86009-GN)
- www.mainetrackclub.com
- \$15.00 entry fee for registrations postmarked by 7-10-04
- \$17.00 entry fee on Race Day
- Register on at www.active.com
- Chip timing by Bay State Race Services
- For more information: Send an email to: ronaldpelton@hotmail.com

Entry Form

Name _____ Age on race day _____
 Street _____ Birthday ____/____/____
 Town _____ State _____ Zip _____
 Phone _____ T-shirt size Sml Med Lrg XL
 Sex Male _____ Female _____

Mail your check payable to: **CLAM FESTIVAL CLASSIC**

Mail to: **PO BOX 406
FREEPORT, ME 04032-0406**

NO REFUNDS * NO STROLLERS, PETS OR HEADPHONES

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, its contractors, all sponsors, the Town of Yarmouth, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature _____

Date _____ Parent's Signature if under 18 years

“When Lilacs Last in the Dooryard Bloomed” or Where is the Blooming Finish?

(W. Whitman)

By Pat Buckley

McLaughlin Garden in South Paris was the scene Memorial Day of the first Lilac Lap 5K, part of the weekend-long Lilac Festival. Arriving with buddies Lisa and Dennis at the beautiful old house and barn on the Garden grounds, we picked up our numbers and very nice purple t-shirts and looked around to see who was there. Gathering were the serious runners and also folks wearing lilacs in their hair, around their necks, on their straw hats, all part of a walking contingent. Also in the spirit of things, a couple of dogs were racing with lilac-colored ribbons around their collars.

At the starting line the race director announced that although only about 25 or so were expected for this first-time race, over 100 had shown up. Then we were off! Ah, the mystery of the yet unknown race course. Well, it turned out that the charm of the Garden, reminiscent of another, gentler time, was in some contrast to the kick-butt course! Out from the start an eighth of a mile on Main Street, you hooked a left and yowza!, the first hill loomed...and loomed and.... Well, the first 2 miles of the race were for the most part steadily uphill with a few downward dips, but when you finally got to the crest you could look down and see 3 states (no, just kidding) -- what you actually could see was an apparently never-ending downhill. Redemption! Wheee!! Three-quarters of a mile downhill later was a short, flat sprint back to the Garden and the finish line.

As in many first-time races the



Start of Lilac Lap - courtesy of Betty Young

wait for awards was a bit lengthy, but sitting in the sunshine in that lovely setting was a pleasure. The awards were small potted lilac bushes donated by a friend of the Garden. As the ceremony advanced into the upper age reaches, after the 40-49 category it was simply announced, “And the first finisher in the next age group is...,” skipping over what may have been presumed to be a sensitive matter (naah). This was a very nice event, a kind of garden party with a lot of sweaty guests. If you had wished to stay till later in the morning, in the garden would be a recitation of the poem noted in the title above.

Most I talked to were very pleased with their finish times on this ying-and-yang course. Dennis said he fared well on both sides of the hills and Lisa was happy to have a good race coming back from an injury. Our own editor, David Colby-Young, turned in an 22:09 to win the male 50-59 category. As for me, well, I need some hill work. I hope this race continues and recommend it as a very good way to spend a morning, exploring the gardens, barn, gift shop, and of course the course. But do your wind sprints.

Portrait Of A Potty

By Lisa Despres

You have to know John... But, in case you don't... John Keeley is a fairly “seasoned” member of the Maine Track Club. He's seen his share of races. Given a marathon in his midst, however, things can go awry.

He has the 5K gig down. “So, let's see. A marathon is roughly 8.4516129 5K's. So anything I do for a 5k, just do 8.4516129 times that much for “the Big One.” He knows how much to drink before a 5k. He goes to Wally World the day before the Maine Marathon, and buys 10 gallons of the clear stuff. He drinks it all before the gun goes off. You know where this is going. It's green, it's rectangular, and it has his name on it. (and still does, apparently, according to Pat Buckley).

Mile 16. John enters the Porta-Potty. The sound of dozens of marathoners zipping by is amplified by the walls of Blow Brothers. It builds, until soon, it is all he can hear. Then it gets to be this “thing”, so he can't GO, but he can't LEAVE because he has to GO! If you ran the Maine Marathon this year, you may have noticed a particularly lively Porta-Potty. That was John's.

He finally does get back on the course....but he is tortured for the next 10.2 miles by an incessant pounding in his head—the quick little feet passing

his Porta-Potty-ticking like that runner's watch on his wrist!



Group Runs

Kennebunk

The Kennebunk Thursday Night group runs every Thursday night year round, rain or shine. The group size ranges from 7 or 8 to over 20 depending on the weather and time of year. Pace ranges from 7-minute miles 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 Kennebunkport for libations and dinner, which always wraps up by 9 p.m. Several members of the group also run Sunday mornings in Kennebunk or in North Berwick. Contact Steve Jacobsen at 985-4107 (nights) or 985-3244 (days).

Biddeford-Saco

Anyone interested in weekly morning runs or weekend early-afternoon runs can contact Gene Roy (284-8036).

Scarborough

A women's only long run on Saturdays, 11-13 miles, meet at Congregational Church parking lot on Black Point Rd. If interested please call 883-1105.

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 begin from the YMCA on Forest Ave. Contact Mike Pratico (874-1111).

The Maine Front Runners, a gay and lesbian running club, meets at Back Cove across from Hannaford every Saturday morning at 9:05 a.m. Everybody welcome. Contact Jim Estes at Jim Estes (671-7733).

South Portland

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

A group of 4-6 runners meet weekdays at 1 p.m. in the area of Darling Ave. and Foden Rd. near the Maine Mall. The group usually runs 4-6 miles at 8- to 9-minute pace. Contact Marla Keefe at 773-8854.

MTC Roasters Runs

The Maine Track Club hosts a weekly "Roasters Run" on Saturdays at 7 a.m., starting from the parking lot of Maine Roasters Coffee on Route 1 in Falmouth. Runners can group themselves based on pace and then go out for runs ranging from 5-20 miles through Falmouth and Portland. The runners congregate back at Maine Roasters Coffee after

finishing to continue discussions or to get a cup of Joe to go. The runs are very informal, with the only formality being that they always start at exactly 7 a.m. all year long. Please note that the courses are on public streets or trails, and thus caution should be exercised; the Maine Track Club assumes no liability for runners making use of the group runs. For more information about the Roasters Runs and/or to sign up to put out water, contact Sandy Walton. 207-846-6577

If you know of a group run that isn't listed above, please contact Bob Aube (829-5079).



Sea Dogs Mother's Day 5K

The 4th running of the Portland Sea Dogs Mother's Day 5K & Kids Fun run again proved to be a great time for all, great running weather, great spectator seats, the best kids fun run course around and as usual another record turnout with 856 registered runners (300+ in 01, 500+ in 02 & 700+ in 03) Incredible numbers in such a short period of time. Just wait until next year 1,000+ for sure.

None of this would be possible

without the Portland Sea Dogs great staff and 52 MTC volunteers: Valerie Abradi, Donna Bisbee, Erik Boucher, Mike "Forest Gump" Brooks, Julie Brown, Nora & Richard Bryant, Pat Buckley, Cathy & Chuckie Burnie, Robin Carlson, Don Cross, Bill Davenny, Patty Dionne, Mike "me man" Doyle, Pam Dutremble, Mel Fineberg, Becky Foner, Ward Grossman, Charlie Grundin, Ruth & Ray Heflefinger, Dan Hogan, Dave Horne,

Mary Kay Kasper, Martha Lippa, Al Mack, Kim McLaughlin, Phil "Mr. President" Meech, Dennis Morrill, Terri Morris, Deb Moulton, Donna Moulton, Tony & Frank Myatt, Doug Noble, Ron Pelton, Don "smile for me" Penta, Dave Petell, Colleen Redmond, John & Trishan Rolfe, Howard & Grandson Isaac, Ken Spirer, Jean "back to running" Thomas, Paul Tukey, Sandy & "Big Al" Utterstrom, Casey, Sandy & "Kids" Walton, Jerome Watt, Christine Wright.

Put a Smile on a Child's Face

By Mel Brooks

On July 12th at 8:00 am I will start the 135 mile Badwater Ultramarathon in Death Valley, California hoping to finish on July 14th around 8:00 am. I will not be doing this race unassisted. I will have a crew looking after me, pacers running with me most of the way and the "Badwater Team." The Badwater Team consists of everyone who has helped me towards my goal of raising funds for Camp Sunshine. This race for me has two goals, to finish the race and raise money for Camp Sunshine.

The website www.runningonthesun.org has two links that will be updated during the race. The "Badwater" link will show where the last

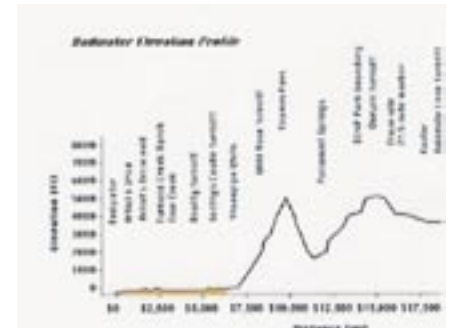
checkpoint a runner has gone through. Example being, Furnace Creek mile 17 or Stovepipe Wells mile 42. The other link "sponsors" has a list of everyone who has made a donation and at the bottom of the page an elevation chart of the course that also shows total donations that coincides with miles on course. If you make a donation during the race your name will be listed and you will see the total contribution line move forward.

Camp Sunshine is located on Sebago Lake, Maine and is a retreat for children with life threatening illnesses and their families. Whenever someone makes a donation to Camp Sunshine I think of that person as helping to put a smile on some criti-

cally ill child's face when he or she arrives at Camp Sunshine.

Please be a part of the "Badwater Team" and at the same time help put that smile on some child's face by making a contribution to Camp Sunshine at www.runningonthesun.org or mail to Camp Sunshine, 35 Acadia Road, Casco, ME 04015. Please note that this is for the Badwater fundraiser.

Thank you for your support,



New MTC Members

Paul & Connie Amnott of Auburn
Linda Bernier of Lewiston
Brenda & Donald Buteau of Auburn
Al Butler of Portland
Mark & Mike Cabelin and Florence Synn of Lewiston
Lisa, Brent, Allison, and Nicole Cary of Mechanic Falls
Steve Colucci of Portland
Zachary Cost of Waterboro
Thom Courtney of Gorham
Debbie and Kelsey Danforth of Auburn
Tammy, Alexandra, and Andrew Davis of Sabattus
William Dow of Falmouth
Richelle, Diane, and Ryan Dube of Lewiston
Timothy French of North Waterboro
Erin Fuller of Portland
Melissa Gagnier of South Portland
Kimberly Gibbs of Portland
Kim Humphrey of Auburn
David Kutcha of Portland
David LaClair and Shelly Millette of Westbrook

Marty Lawrence and Bob McArthur of Auburn
Corie Learned of Poland
Dan LeGage of Portland
Chris Lyford and Cari Sherburne of Scarborough
Beth McCallum of Portland
Patricia Middleton of Brunswick
Norman and Cindy Morgan of Lisbon Falls
Chuck Radis of Peaks Island
Kevin Robinson, Jr. of Yarmouth
Maria Somerset of Auburn
Dana & Jon Staples of Auburn
Amy Stevenson of South Portland
Peter & Hilary Terhune of Windham
Brenda & Tom Trytek of Lewiston
Brook Pinkerton & James Trytek of Turner

New member, Norman Morgan of Lisbon falls writes:

"I've been running for about a year. I ran eight races last year from a 2-mile trail race to some 10K's including Beach to Beacon. I was a sprinter of average ability in high school, but in the last year, I have come to enjoy running the pavement. I trained during the winter, and in three races this year have bested my time for a 5K by 2 1/2 - 3 minutes. Still not 'winning,' but I feel healthy and am having a blast. I'm not real outgoing, but I have met some great people at each event. By joining the Maine Track Club, I hope to become a better runner physically and mentally. Thank you for this opportunity."

Susan Wiemer & Devon Ertha of Freeport
Julie Williams of Lewiston
Mike Younkman of Gorham

Thanks to all the volunteers who braved the rain at the YMCA Back Bay 5k 2004

Sherry Grandonico
Phil Meech
Don Penta - *Took Photos*
Sandy Utterstrom
Terry Young
Dan Hogan
Linda Bernier
Charlie Scribner
Mike Tracy
Harry White
Kathleen Reid
Dora Rex
Lisa Despres
Stephanie Atkinson
Pat Buckley
Jean Thomas
Hazel Wightman
Don Cross

2004 Patriots Day Boys & Girls Club 5-Miler

By Phil Meech

The 75th annual Patriots Day Boys & Girls Club 5-Miler was held on April 19, 2004. As has been the case over the past few years, we were blessed with dry weather, although perhaps a little too warm. With Howard Spear heading up the finish line operations and Charles Scribner managing the results, we had a winning team managing the race for the Maine Track Club.

Ethan Hemphill of Freeport, 31 years old, is making a habit of winning this race. He did just that for the third straight win with a time of 26:07. Amy

Kretz, 33, of Westbrook took a long lunch break from work to win the women's division in 32:06. She seemed surprised. I'll bet we see her at more races.

As always, this race takes a lot of volunteers. I want to say thanks to you all and I hope I haven't overlooked anyone.

Charles Scribner
Jean Thomas
Janet Nelligan
Warren Meech
Howard Spear
Mel Fineberg
Matt Flynn
May Anne Champeon
Harry Fullerton
Dan Hogan
Maggie Soule
Chuck Burnie
Barbara Hintze

Robert Hintze
Bob Connolly
John Watson
Evie Strom
Herb Strom
Sandy Utterstrom
Joan Tremberth
Terry Young
David C. Young
Don Penta
Mike Brooks
Donna Moulton
Pat Buckley
Lisa Despres
Ray Hefflefinger
Amadeo Reali
Morgan Carlson
David Paul
Larry Dyer
Dottie Michaud
Ron Chase
John Morse
David Roberts
Terri Morris
George Towle

Volunteers Rock!

Happy Birthday to MTC Members...

July 20 04

3 William Dexter
Ward Grossman
Tike MacColl
Bob Payne
Dale Rines
Brenda Trytek
4 Moriah Lorom
5 Thomas McLaughlin
7 Alison Crowe
Abigail Iselborn
Dennis Kelley
8 Helen Cheney
9 Erik Boucher
Judy Tammaro
10 Bill Reilly
12 Debbie Danforth
Gregory Welch
13 Brian Gillespie
Jon Staples
14 Doughty
15 Carolyn Court
Patricia Dionne

17 Paul Amnott
Nan Cumming
18 Carol Blakeney-Watts
Lisa Despres
Sally Paterson
19 John Eldredge
Shelly Millette
21 Lois Martin
Ogden Williams
22 Harry Center
Bob LaNigra
Tom Menendez
Getty Payson
Debbie Tefft
23 Peggy Bensinger
Evan Embrey
Larry Kinner
24 Lauren Hapgood
27 Cynthia Barnard
Tom Brady
28 Laura Tyrell
29 Roger Borduas
31 Michael Mills

August 2004

2 Stephen Lauritsen
Margaret Soule
3 Lisa Joyce Gale
4 Matt Rand
5 Jen Noonan
6 Neil Williams
7 Samantha Paterson
Tony Salamone
8 Donna Bisbee
Patty Kenney
9 Walter Fletcher
Nian Lajoie
10 Joseph Edwards
11 Sheila Donahue
Donald Smith
Terry Sutton
12 Mike Pugh
14 Beth Birch
Julie Garber
15 Sean Keough
16 Kristen Grandonico



20 Mike Doyle
Maria Somerset
Herb Strom
21 Diane Dube
Liza Iselborn
Ben Maynard
22 Susan Slocum
23 Pam Dutremble
24 Ryan Abradi
Hannah Dexter
Marla Keefe
25 Phil Pierce
26 Rebecca Conry
David LaClair
Cathy McKenney
27 Michele Flynn
Nathan Graham
John Keeley
31 Victoria Lemieux

The Muddy Moose 14 Mile Trail Run 4/25/04

Place	Bib	Age	Name	Time
38	697	F-29	Emma Barclay Freeport ME	2:06:43
39	698	M-28	Ian Parlin Freeport ME	2:06:58
52	544	M-36	Jim Dunn Falmouth ME	2:10:28
63	579	M-44	Mark Grandonico Portland ME	2:18:16

75th Annual Boys and Girls Club Portland Patriots Day 5 miler - April 19th, 2004

Maine Track Club Finishers:

Place/ Name	Age/Sex	Town	Time	Pace
11 Marc Dugas	40 M	Scarborough	29:44	5:57
13 David Chamberlain	42 M	Falmouth	29:53	5:59
31 Paul Toohey	46 M	Scarborough	32:20	6:28
40 Tom Menendez	50 M	Lewiston	33:32	6:43
44 Alison Kisch	38 F	Portland	33:53	6:47
50 James Corbett	40 M	Cape Elizabeth	34:02	6:49
52 David Colby Young	51 M	Danville	34:14	6:51
63 David Smith	54 M	Yarmouth	34:40	6:56
72 Harry White 2,60-69	61 M	Scarborough	35:13	7:03
73 John Keeley	52 M	Portland	35:14	7:03
98 Robin Carlson	32 F	Gorham	37:01	7:25
100 Gregory Welch	52 M	South Portland	37:03	7:25
103 Mark Grandonico	44 M	Portland	37:09	7:26
106 Loren Lathrop	55 M	South Portland	37:19	7:28
111 Nancy Kneeland	49 F	Bar Mills	37:30	7:30
117 Colleen Redmond	39 F	Portland	37:45	7:33
118 Chuck Radis	51 M	Peaks Island	37:46	7:34
122 Edward Charbonneau	42 M	Yarmouth	37:51	7:35
129 Michael Doyle	39 M	Portland	38:02	7:37
145 Terry Clark	59 M	Windham	38:44	7:45
148 Dale Rines	51 M	Gorham	38:56	7:48
149 Martha Lipa	42 F	Cape Elizabeth	38:57	7:48
160 Dick Lajoie	63 M	Durham	39:13	7:51
168 Mallory Vaccaro	30 F	Yarmouth	39:22	7:53
180 David Cannons	36 M	Portland	39:43	7:57
185 Robert Randall	67 M	Springvale	39:57	8:00
223 Kristin Cook-Center	32 F	Freeport	41:53	8:23
228 Jim Tyrrell	56 M	Cape Elizabeth	42:08	8:26
236 Bob Branson	63 M	Scarborough	42:47	8:34
239 Diane Daley	48 F	Casco	42:56	8:36
244 Cathy Burnie	55 F	Cumberland	43:17	8:40
245 Harry Center	41 M	Freeport	43:24	8:41
246 Marla Keefe	50 F	Casco	43:32	8:43
249 Walter Bull	46 M	Topsham	43:33	8:43
270 Nan Cumming	42 F	Portland	44:49	8:58
279 Sherry Grandonico	50 F	Portland	45:19	9:04
281 Laura Tyrrell	56 F	Cape Elizabeth	45:23	9:23
285 Mile Brooks	58 M	Danville	45:37	8:08
286 Tom Mundhenk	54 M	Portland	45:41	9:09
290 David Barnard	61 M	Yarmouth	45:54	9:11
299 Thomas McLaughlin	39 M	Old Orchard Beach	47:06	9:26
301 Kathleen Reid	35 F	South Portland	47:11	9:27
306 Dennis Kelley	38 M	Casco	47:22	9:29
307 Hugh MacMahon	66 M	Falmouth	47:38	9:32
312 Joan Tremberth	59 F	Scarborough	47:54	9:35
316 Donna Bisbee	47 F	Portland	48:04	9:37
327 Cynthia Barnard	59 F	Yarmouth	49:04	9:49
346 George Goodwin	65 M	Trevett	51:35	10:19
347 Beth Branson 1,60-69	63 F	Scarborough	51:55	10:23
349 Mel Uchenick 1,70&+	73 M	Kennebunk	52:03	10:25
356 Dennis Morrill	64 M	Portland	53:28	10:42
357 Phillips Sargent	58 M	Yarmouth	53:29	10:42
365 Sandra Walton	39 F	Yarmouth	55:10	11:02
368 Sandy Utterstrom 3,60-6960	F	Falmouth	56:26	11:18
369 Karen Connolly	45 F	Hollis	56:48	11:22
378 Dale Lincoln	67 M	Falmouth	61:19	12:16
388 Catherine Saltz	40 F	Westbrook	77:27	15:30
393 Ruth Heffelfinger 1,70&+	75 F	Portland	93:01	18:37
394 Julius Marzul	77 M	Gorham	94:02	18:49

Race Results / Photo Clips

Muddy Moose Team



Patriot's Day 5-miler -

Photos by Don Penta



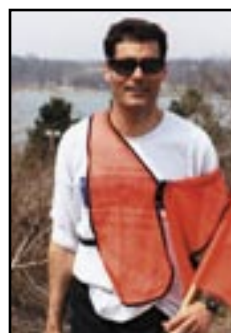
**Nancy Kneeland
and Richard
Scribner of Gorham**



**Dale Lincoln of
Flamouth**



**Marla Keefe
of Casco**



**Volunteer, David Roberts
of Cape Elizabeth**



**Phillips Sargent
of Yarmouth**



Race Results

Portland Sea Dogs Mother's Day 5K - May 9th, 2004

Maine Track Club Finishers:

Place/Name	AGP/Sex	Town	Time	Pace
2 Michael Payson 1,4044	4044 M	Falmouth	15:17	4:56
18 Hans Brandes 2,4549	4549 M	Falmouth	17:49	5:44
28 Floyd Lavery 3,4549	4549 M	Gorham	18:21	5:55
35 Bill Hansen	3539 M	Cumberland	18:46	6:03
39 Paul Toohey	4549 M	Scarborough	19:11	6:11
41 Dottie Michaud 1,4549	4549 F	Scarborough	19:17	6:13
42 Will Lund	4044 M	Portland	19:18	6:13
48 Tom Menendez 2,5054	5054 M	Lewiston	19:31	6:17
51 Joseph Wagnis	3034 M	Steep Falls	19:33	6:18
53 Kaitlynn Saldanha	1519 F	Scarborough	19:38	6:20
58 Dennis Smith 3,5054	5054 M	Yarmouth	19:58	6:26
59 David Young	5054 M	Danville	20:01	6:27
73 Richard Bryant	4549 M	Cape Elizabeth	20:27	6:35
78 Pete Peters	3539 M	South Portland	20:36	6:38
90 Stephanie Atkinson 3,3034	3034 F	Hollis	20:44	6:41
93 Bob Coughlin 1,6569	6569 M	Cape Elizabeth	20:51	6:43
96 Kathy Hepner 3,4044	4044 F	Gorham	20:55	6:44
98 Matt Flynn	4044 M	Cape Elizabeth	21:01	6:46
100 Zachary Cost 4,0114	0114 M	Waterboro Me	21:01	6:46
102 Harry White 3,6064	6064 M	Scarborough	21:03	6:47
113 John Keeley	5054 M	Portland	21:16	6:51
115 Carol Weeks 1,5559	5559 F	Kennebunk	21:21	6:53
118 Stephen Lauritsen	4044 M	Saco	21:24	6:54
131 Lauri Dugas	35329 F	Scarborough	21:38	6:58
143 Richard Abradi	4549 M	Lisbon	21:45	7:00
148 Rachel Landry	3539 F	Cumberland	21:50	7:02
154 Bonnie Hoag 2,5054	5054 F	Portland	21:57	7:04
160 Mark Grandonico	4044 M	Portland	22:04	7:06
162 Gretchen Read 1,6064	6064 F	Portland	22:05	7:07
165 Gail Saldanha 2,4549	4549 F	Scarborough	22:11	7:09
167 Connie McLellan 3,5054	5054 F	Sinclair	22:13	7:09
172 Abby Iselborn 2,14&-	0114 F	Portland	22:15	7:10
174 Charles Iselborn	4549 M	Portland	22:16	7:10
177 Loren Lathrop 3,5559	5559 M	South Portland	22:22	7:12
188 Dale Rines	5054 M	Gorham	22:40	7:18
200 Mallory Vaccaro	3034 F	Yarmouth	22:54	7:22
201 Katie Harris	3539 F	Cumberland	22:56	7:23
211 Charles Garber	3539 M	Portland	23:09	7:27
212 Kelsey Rex	0114 F	Gorham	23:10	7:28
222 Norman Morgan	4549 M	Lisbon Falls	23:24	7:32
228 Kristin Cook-Center	3034 F	Freeport	23:32	7:35
231 Richard Bouthillette	5559 M	Gorham	23:34	7:35
236 Getty Payson	4044 F	Falmouth	23:42	7:38
249 Bruce Fithian	5559 M	Gorham	23:56	7:43
255 Joe Atkins	0114 M	Cape Elizabeth	24:09	7:47
258 Dana Staples	2024 M	Auburn	24:15	7:49
265 Steve Rex	4044 M	Gorham	24:22	7:51
269 Caleb Kenney	0114 M	Portland	24:25	7:52
272 Lisa Despres	4044 F	South Portland	24:26	7:52
273 Patty Kenney	4044 F	Portland	24:27	7:52
275 Brenda Day	4044 F	Brunswick	24:29	7:53
280 Steve Colucci	4044 M	Portland	24:33	7:54
284 Harry Center	4044 M	Freeport	24:36	7:56
285 Mike Brooks	5559 M	Danville	24:38	7:56
288 Cathy Burnie 2,5559	5559 F	Cumberland	24:39	7:56
314 Bob Jolicoeur 2,6569	6569 M	Cape Elizabeth	24:53	8:01
327 Carol Blakeney Watts	4044 F	Cumberland	25:02	8:04
331 Bob Whitney	5054 M	Brunswick	25:04	8:04
334 Helen Cheney	4549 F	Cumberland	25:06	8:05
338 Roger Borduas	5054 M	Biddeford	25:12	8:07
347 Jim Tyrrell	5559 M	Cape Elizabeth	25:25	8:11
372 Bob Branson	6064 M	Scarborough	25:52	8:20
376 Polly Kenniston 1,6569	6569 F	Scarborough	25:57	8:22
377 William Dow	3034 M	Falmouth	25:59	8:22
386 Kathleen Reid	3539 F	South Portland	26:09	8:25
389 Robert DeWitt	6064 M	Lisbon	26:19	8:29

407 Thomas McLaughlin	3539 M	Old Orchard Beach	26:36	8:34
409 David Paul	5559 M	Portland	26:39	8:35
413 Nan Cumming	4044 F	Portland	26:45	8:37
436 Walter Fletcher	5559 M	Freeport	27:10	8:45
438 Ryan Abradi	0114 M	Lisbon	27:11	8:45
442 Kristy Johnson	4044 F	Freeport	27:15	8:47
459 Kristen Grandonico	0114 F	Portland	27:47	8:57
463 Sherry Grandonico	5054 F	Portland	27:50	8:58
493 Donna Beaulieu	4044 F	Poland Spring	28:20	9:07
498 Morgan Carlson	1519 F	Gorham	28:28	9:10
503 Terry Young	4044 F	Portland	28:36	9:13
505 Mel Uchenick 1,70&over	7099 M	Kennebunk	28:40	9:14
512 Rich Robinov	4044 M	Cumberland	28:50	9:17
513 Alec Robinov	0114 M	Cumberland	28:50	9:17
515 Beth Branson 2,6064	6064 F	Scarborough	28:51	9:17
522 Barbara Hansen	3539 F	Cumberland	28:55	9:19
528 Tyler Santoro	0114 M	Gorham	29:05	9:22
544 Philips Sargent	5559 M	Yarmouth	29:31	9:30
546 George Goodwin	6569 M	Trevett	29:34	9:31
548 Donna Bisbee	4549 F	Portland	29:37	9:32
558 Meredith Finn	3539 F	Portland	29:49	9:36
599 Susan Ryan	4044 F	Cape Elizabeth	31:26	10:07
608 Alexandra Davis	0114 F	Sabattus	31:32	10:09
617 Victoria Lemieux	3034 F	Sabattus	32:04	10:20
625 Mike Younkman	3539 M	Cape Elizabeth	32:28	10:27
663 Denise Locke	5054 F	Biddeford	34:56	10:37
669 Hazel Wightman	3539 F	Auburn	35:33	11:27
670 Carlton Mendell 3,70&+	7099 M	Portland	35:33	11:27
682 Sam Abradi	0114 M	Lisbon	36:59	11:55
683 Valerie Abradi	4044 F	Lisbon	36:59	11:55
685 Pat Buckley 3,6569	6569 F	Portland	37:14	11:59
687 Terry Morris 2,70&over	7099 F	Scarborough	37:36	12:06
690 Donna Moulton	5559 F	South Portland	38:20	12:20
693 Elianna Boothe	0114 F	Portland	38:26	12:23
694 Alison Kisch	3539 F	Portland	38:27	12:23
701 Ruth Hefflefinger 3,70&+	7099 F	Portland	40:23	13:00
702 Janice Bilodeau	7099 F	Auburn	40:23	13:00
703 Virginia Cross 3,6064	6064 F	Gorham	41:21	13:19
711 Julius Marzul	7099 M	Gorham	45:27	14:38
730 Sharon Pelton	4549 F	Freeport	50:09	16:09

23rd Annual Sugarloaf/ USA Marathon - May 16th, 2004

Maine Track Club Finishers:

Place/Name	Age/Sex	Hometown	Time	Pace
43 Tom Trytek	49 M	Lewiston	3:18:56.3	7:35
82 Dorothy Rex	41 F	Gorham	3:32:40.7	8:07
104 Rachel Landry	36 F	Cumberland	3:39:41.7	8:23
106 Gregory Welch	52 M	South Portland	3:39:59.2	8:23
148 Patty Kenney	40 F	Portland	3:51:44.8	8:50
179 David Young	51 M	Danville	4:01:44.7	9:13
181 Paul Letalien	47 M	Portland	4:02:17.3	9:14
250 Margaret Rearick	52 F	Hebron	4:39:36.6	10:40
278 Carlton Mendell	82 M	Portland	6:18:40.8	14:27

2004 Sugarloaf/USA 15K

Maine Track Club Finishers:

Place/Name	Age/Sex	Hometown	Time	Pace
9 Marc Dugas	40 M	Scarborough	55:10.9	5:56
18 Ellie Tucker	49 F	North Yarmouth	59:18.4	6:22
27 Alison Kisch	38 F	Portland	1:02:54.2	6:45
33 Dan Legage	31 M	Portland	1:04:38.5	6:57
40 David Sproul	44 M	New Gloucester	1:05:45.9	7:04
41 Phil Pierce	62 M	Falmouth	1:05:58.8	7:05
45 Maureen Sproul	48 F	New Gloucester	1:06:34.4	7:09
53 Colleen Redmond	39 F	Portland	1:08:47.8	7:23
55 William Sproul	46 M	New Gloucester	1:08:58.2	7:24
85 Michael Doyle	39 M	Portland	1:13:32.6	7:54
104 Judith Tammaro	39 F	Portland	1:18:10.5	8:24
137 Donna Beaulieu	41 F	Poland Spring	1:24:05.5	9:02
143 Brenda Trytek	46 F	Lewiston	1:25:46.7	9:13
184 Kim Humphrey	48 F	Auburn	1:55:59.0	12:28

MTC Members at the Boston Marathon

Place	Name	Town	Gun Time	Chip Time
786.	Hans Brandes	Falmouth	3:14:16	(3:14:01);
1,311.	James W. Toulouse	Cape Elizabeth	3:22:56	(3:21:50);
4,306.	Stephen D. Reed	Wiscasset	3:52:05	(3:52:01);
4,369.	Philip S. Pierce	Falmouth,	3:52:36	(3:45:55);
4,926.	Mike Grant,	Scarborough	3:56:35	(3:55:14);
6,258.	Ken Cotton	Bristol	4:04:47	(3:59:16);
8,340.	Bob C. Coughlin	Cape Elizabeth	4:19:26	(4:14:53);
9,335.	Connie L. McLellan	Sinclair	4:26:08	(4:12:17);
9,943.	Mary Brandes	Falmouth	4:30:12	(4:18:50);
10,858.	Dorothea G. Rex	Gorham	4:37:21	(4:22:56);
13,095.	Peter C. Rearick	Hebron	4:58:32	(4:48:18);
13,724.	Polly W. Kenniston	Scarborough	5:06:47	(4:51:20);

P.S. MTC Member Portland's Carlton Mendell, 82, did indeed finish the Boston Marathon, in 7:05:49. He was the event's oldest runner. It was Mendell's 26th Boston and 156th marathon overall and also "my slowest," he said afterward. Not one to exaggerate his difficulties, Mendell admitted, "I had problems with the heat, I think."

Daughter of Alison Kisch, won her age group in the kid's race! Rocky Coast Race - photo by David Colby Young



2004 Rocky Coast 10K - Boothbay Harbor May 1, 2004

Maine Track Club Finishers:

Placer/Name	Age/Sex	Hometown	Time
4 Bill Reilly	56 M	Brownfield	38:16
13 Tom Menendez	51 M	Lewiston	41:30
18 Alison Kisch	38 F	Portland	42:41
21 David Colby Young	51 M	Danville	43:28
23 Ken Cotton	54 M	Bristol	43:44
29 Maureen Sproul	48 F	New Gloucester	45:23
30 Nancy Kneeland	49 F	Bar Mills	45:41
31 Michael Doyle	39 M	Portland	45:53
34 Colleen Redmond	39 F	Portland	46:05
35 Malcolm Washburn	50 M	Bar Mills	46:05
37 Terry Clark	59 M	Windham	46:49
59 Elizabeth Rines	47 F	Gorham	50:00
60 Judy Reilly	55 F	Brownfield	54:15
90 George Goodwin	65 M	Trevett	61:31
92 Judy Cotton	55 F	Bristol	61:57
104 Carlton Mendell	82 M	Portland	78:32
105 Julius Marzul	77 M	Gorham	96:46

Sugarloaf 15K -

photos by Don Penta



Colleen Redmond of Portland



Marc Dugas of Scarboro



Maureen Sproul of New Gloucester

Race Results / Photo Clips

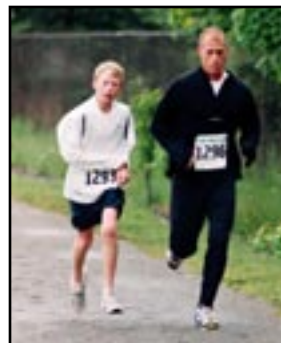
13th Annual YMCA Back Bay 5K - May 28, 2004

Maine Track Club Finishers:

Place/Name	Age/Sex	Hometown	Time	Pace
5 Marc Dugas 1,4049	40 M	Scarborough	17:35	5:40
7 Floyd Lavery 3,4049	47 M	Gorham	17:53	5:46
8 David Chamberlain	42 M	Falmouth	17:55	5:46
25 David Young 2,5059	51 M	Danville	20:25	6:35
26 Dottie Michaud 2,overall	47 F	Scarborough	20:26	6:35
30 Matt Rand 1,18&under	12 M	Cape Elizabeth	21:17	6:51
31 Jeff Rand	44 M	Cape Elizabeth	21:17	6:51
34 Robin Carlson 3,overall	33 F	Gorham	21:42	6:59
42 Stephen Lauritsen	43 M	Saco	22:02	7:06
44 Valerie Abradi 2,4049	44 F	Lisbon	22:11	7:09
69 Norman B. Morgan	35 M	Lisbon Falls	23:24	7:32
70 Dana Staples	24 M	Auburn	23:27	7:33
71 Kitty Kelley 1,5059	57 F	Portland	23:31	7:35
73 Kelsey Rex 2,18&under	11 F	Gorham	23:35	7:36
77 Caleb Kenney 2,18&under	11 M	Portland	23:43	7:38
78 Patty Kenney 3,4049	40 F	Portland	23:44	7:39
80 John Morse	59 M	Phippsburg	23:49	7:40
83 Steve Colucci	42 M	Portland	23:55	7:42
84 Nick Colucci	11 M	Portland	23:56	7:42
91 Harry Center	41 M	Freeport	24:11	7:47
104 Kristen Grandonico	11 F	Portland	24:42	7:57
147 George Goodwin	65 M	Trevett	28:38	9:13
149 Ryan Abradi	15 M	Lisbon	28:45	9:15
170 Donna J. Bisbee	47 F	Portland	30:35	9:51
171 Deb Danforth	36 F	Auburn	30:46	9:54
173 Sandra Walton	39 F	Yarmouth	31:18	10:05
200 Virginia Cross 2,60&over	61 F	Gorham	36:04	11:37
201 Eileen Hamilton	54 F	Scarborough	36:34	11:46
206 Janice Bilodeau 3,60&+	71 F	Auburn	38:33	12:25
215 Sarah Sturges	53 F	Gorham	42:02	13:32
218 Julius Marzul	77 M	Gorham	48:08	15:30

Back Bay 5K

photos by Don Penta



Matt and Jeff Rand of Cape Elizabeth



Ginny Wilder Cross of Gorham



July / August Race Schedule

Notice: All Race dates and start times may be subject to change. Please contact race directors to be sure none of the information has been changed. The Maine Track Club reserves the right not to promote races that conflict with MTC events.

- July 2.....Maine USATF open meet, Lewiston High School, 5:30 p.m. Contact: Joanne Petkus 783-7220.
- 3.....35th Charles E. Davis 7.2 Mile Road Race. Starts at Perry Corner at 9:00am for more information see web site: http://www.eastport4th.com/htmlfiles/2004_schedule.htm
- 3.....The Bull Run 8K, Houlton Recreation Center, 9 a.m. Contact: Larry Tonzi 532-7548.
- 322nd Annual Shipbuilder's Triathlon Bath, ME 9:00AM Commercial Street, Bath, Contact: Heidi Beer, 4 Centre St., Bath, ME, USA, 04530 207-442-7291 triheidi2003@yahoo.com
- 3.....Great Cranberry Island 5K, Great Cranberry Island, ME 10:30AM Community Center, Main Rd Contact: Gary Allen, Box 107, Cranberry Isles, ME, USA, 04625 2072445712 garyofcran@aol.com
- 3Rotary Moontide Water Festival Road Races Rumford, ME 9:00AM Hosmer Field, Corner of Strafford and Waldo Streets (River valley 5/10 km and Kids Fun Runs) Contact: paul jones, 5 North Street POBox 451, Dixfield, ME, USA, 04224 207-562-7172 paj2@megalink.net
- July 4.....Thomaston, Maine's Firecracker Kid's 1K & Adults 5K, Starts on Beechwood St. Sign up at 7:30am
- 4“Friends on the 4th” 5K Winthrop, ME 8:00AM American Legion, 40 Bowdoin Street (Run, Jog or Walk - “Cool T-Shirt”)Contact: Bob Moore, PO Box 5003, Augusta, ME, USA, 04330 207-621-4100 mail@watershedfriends.com
- 4.....Four on the 4th York, ME 8:00AM York High School, Long Sands Rd. (4 miles along ocean) Contact: York Parks and Recreation Department, 186 York Street, York, ME, USA, 03909 207-363-1040 rcogger@yorkmaine.org
- 4Goose Rocks Beach Association's 5k Race&walk Kennebunkport, me 9:00am G.R.B.A. Community House, Community House Road Contact: Michael Meagher, 14 Starr Ave East, Andover, MA 01810 978- 975-3735 www.gooserocksbeachassociation.com
- 4L.L.Bean 10K and 1-mile Fun Run / WalkFreeport, ME 7:30AM Freeport Town Park, Bow StContact: Jill Litchfield, L.L.Bean 15 Casco St - TY Bldg, Freeport, ME, USA, 04033 207-552-2867 jlitchfield@llbean.com

July

- 4.....Walter Hunt Memorial Fourth of July 3000 Metres, 10:45am, Brewer Auditorium, Brewer. Registration opens at 8:30am: David Torrey (Sub-5 Road Race Series) e-mail RNE905@Maine.edu
- 4.....Stonington Six at Stonington
- 4.....Brooks, Maine 5 Miler
- 7.....Weekly Back Cove 5K Portland, ME 6:00PM Back Cove parking lot across from Hannaford's (Every Wed. @ 6pm)This event is the 8th part of a weekly 20 part series. Contact: Stu Palmer, 29 Boody St., Brunswick, ME, USA, 04011 207-725-5178 palmerstu@hotmail.com
- 7Dyer/Morrison Memorial 5K Road/Trail Race at Winslow High School in Winslow, Maine Start time: 6:15pm
- 10.....1st Annual Run for Shelter, supporting the Breakwater Homeless Teen Project Rockland, ME 8:30AM Breakwater Drop-In, 17 Water Street (3.4 miles) Contact: Patrick McCabe, 17 Water Street, Rockland, ME, USA
- 10.....Rangeley Public Library's Run/Walk/Wiggle-A-Thon 9am <http://www.rangeleymaine.com/specialevents.shtml> or call 1-207-864-5364
- 10Moxie Day 5K Road Race Where: Begins in Lisbon Falls, behind X-tra Mart across from Lisbon High School. When: Saturday July 10, 2004 7:30 a.m. start time rain or shine. Lisbon Recreation Department 300 Lisbon Street Lisbon, Maine 04250 Contact us at (207) 353-300 ext 117 --- Fax: (207) 353-3007
- 10.....2nd Annual Run For The Gym 5K Springvale, ME 6:30PM Nason Common, 457 main st (kids 1/2m fun run) Contact: Bob Randall, 723 Hanson Ridge Rd, Springvale, ME, USA, 04083 207-490-1386 runbob@metrocast.net
- 11.....K.B.I.A. A Day at the Beach 5K, Lords Point, Kennebunk Beach, 9 a.m. Contact: 967-2180.
- 11.....8K Run to the Lake Norway, ME 8:30AM Norway Savings Bank, Main St (8k Race/5k Fitness Walk/1k Kids Fun Run)Contact: Healthy Oxford Hills, Norway , ME, USA runcscott1@aol.com
- 11Lake Winnecook Sprint Triathlon Unity, ME 9:00AM Bert and Coral Clifford Field of Dreams, Main St. (.5 swim 15 bike 3.5 run)Contact: Mark Babin, 80 Thorndike Rd, Unity, ME, USA, 04988 207-948-5563 mbabin@uninets.net
- 12-14.....(Monday-Wednesday) Badwater Ultra Marathon, 135 mi. from Badwater, Death Valley to Mount Whitney. (MTC Mike Brooks' charity run of Badwater to benefit Camp Sunshine.)
- 14Weekly Back Cove 5K See details on July 7 listing

15Twilight Running Series (5K), Pineland Farms, New Gloucester, 6 p.m. Contact: Lori Munro 688-4800.

15The 2nd Annual Harrison Old Home Day Road Race begins at 7 PM on Thursday, July 15th. For additional information contact the Harrison Town Hall at 207-583-2241.

16 Maine USATF open meet, Lewiston High School, 5:30 p.m. Contact: Joanne Petkus 783-7220.

17Alfred Festival Day Road Race, 4 miler Alfred, ME 8:00AM In front of Alfred Town Hall, Saco Road Contact: Rob Pierce c/o Alfred Town Hall, Saco Road, Alfred, ME, USA, 04002 207-324-5872 the_pierces@adelphia.net

17Old Hallowell Day 4 Miler Hallowell, ME 8:00AM Hallowell City Hall, One Winthrop Street (Also, One Mile Fun Run for kids) Contact: RJ Harper, 16 Bridge Street, Hallowell, ME, USA, 04347 207-626-3393 the.harpers@verizon.net

17Pat's Pizza Clam Festival Classic (5 miles), Town Hall, Yarmouth, 8 a.m. Contact: Ron Pelton 865-6919.

17Tremont Trot 4 Mile Road Race, Race start is at Seawall picnic area, 8:30AM. Race registration is at Tremont School finish area beginning at 7AM. Buses leave at 8AM from Tremont School for race start. Corey Fleming.

17-18 USCAA Nationals (corporate track), Fitzpatrick Stadium, Portland. Contact: Tom Blake 799-5723.

21 Weekly Back Cove 5K See details on July 7 listing

21MTC Annual Mid- Summer Picnic. This is an event and not a race.

23Maine USATF open meet, Lewiston High School, 5:30 p.m. Contact: Joanne Petkus 783-7220.

23Ocean Park 5K, Ocean Park, ME 7:00PM Ocean Park Recreation Hall, Colby Avenue (behind tennis courts) (Flat, Fast oceanfront 5K) Contact: Gene Landry, POB 7552, Ocean Park, ME, USA, 04063 207-934-5454 glandry3@maine.rr.com

23The Library Race: 7th Edition Kennebunk, ME 04043, 6:30PM Kennebunk Free Library, Kennebunk, Me, 104 Main Street (5K Run/Walk)Contact: Kate Manahan, 104 Main Street, Kennebunk, ME, USA, 04043 207-985-2173 katemanahan@hotmail.com

24Scot Trot 5K, Bonny Eagle High School, Standish, 8 a.m. (kids' run at 7:45 a.m.). Contact: Ann Embrey Rand 929-5676.

24Fort Knox Bay Festival 5K, Credit Union parking area, Bucksport, 8 a.m. Contact: Joan Merriam 469-2019.

July / August Race Schedule

July 24USATF Eastern Regional Track & Field Championship at Springfield College, Springfield, MA Contact: 617-566-7600 or e-mail office@usatfne.org for more information.

25Ocean Point 5K Road Race East Boothbay, ME 9:00AM Ocean Point "Casino", High St Contact: James T Rush, USA, 978-745-1551 jamestrush@aol.com

28Weekly Back Cove 5K See details on July 7 listing

29Twilight Running Series (5K), Pineland Farms, New Gloucester, 6 p.m. Contact: Lori Munro 688-4800.

31Peaks Island Road Race (5 miles), Peaks Island Lions Club, 10:30 a.m. Contact: Larry Dyer 725-6962.

31Maine USATF Outdoor Championships, Lewiston High School, 11 a.m. Contact: Joanne Petkus 783-7220.

31Friendship Day 5K, For info on Friendship, Maine Day, phone (207) 832-4818 or (207) 832-6828.

3126th Annual Casco Days Country Run i 9:30 am

August

1 Peoples Beach to Beacon 10K Cape Elizabeth, ME 8:00AM Bowery Beach Rd. - near Crescent Beach State Park (10K) Contact: Dave McGillivray, 77 Bear Hill Rd, North Andover, MA, USA, 01845 978-258-8226 dmse@dmsesports.com

3MTC bus trip to the Newburyport Yankee Homecoming 5K and 10 miler. A bus will leave from Maine Line at Cash Corner in South Portland at 4 p.m. and return at approximately 10:30 p.m. The club is paying the cost of the bus fee for MTC members, so the only cost will be an \$18 entry fee (all are guaranteed a shirt) for either race plus a \$2 tip for the driver.

4 Weekly Back Cove 5K See details on July 7 listing

6Wilton Blueberry Festival Phone: (207) 778-4726

78:00 AM Children's Road Race at the DiCenzo Athletic US Complex. Contact: John Rogers (207)454-2761

79:00 AM "One of a Kind" International Road Race Starts US at Main Street Park. Measured road race on both sides of the border-the only one of its kind! Sponsored by Johnson's TrueValue. Contact: John Rogers (207)454-2761

Race Schedule continues on next page.

July / August Race Schedule

- August 8 Lobster Festival 10K, Rockland, ME, 8:30am.
- 8 West Kennebunk Fire Co. Triathlon Kennebunk, ME 7:00AM Kennebunk Middle School, 70 Thompson Rd. (.33mi. Ocean S/15 mi. B/3 mi. R) Contact: Jeff Cole, 885 Alewife Rd., Kennebunk, ME, USA, 04043 207-985-3361 westKtri@hotmail.com
- 11 Weekly Back Cove 5K Portland, ME 6:00PM Back Cove parking lot across from Hannaford's (Every Wed. @ 6pm) Contact: Stu Palmer, 29 Boody St., Brunswick, ME, USA, 04011 207-725-5178 palmerstu@hotmail.com
- 12 Twilight Running Series (5K), Pineland Farms, New Gloucester, 6 p.m. Contact: Lori Munro 688-4800.
- 13 St. Peter's Road Race (4 miles), St. Peter's Church, Portland, 7 p.m. Contact: Michael Reali 829-2014.
- 14 4th Annual County Open Half-Marathon/Relay Houlton, ME 8:00AM Former Drews Lake Market, Drews Lake Road Contact: David Goodrich, 22 Columbia Street, Houlton, ME, USA, 04730 207-532-2817 countyopenhalfmarathon@hotmail.com
- 14 Maine Handicapped Skiing Summer Sports Challenge Poland, Maine, ME 9:00AM Range Pond State Park, (5-sport competitive relay race/35M) Contact: Terrie Anne Guay, 8 Sundance Lane, Newry, ME, USA, 04261 207-824-2440 tguay@skimhs.org
- 15 Alvin Sproul Samoset 10K Road Race Bristol, ME 9:15AM Bristol Consolidated School, Route 130, (10K Run - 10K Walk - 1 mile Fun Run) Contact: Carlene Sproul, P.O. Box 55, Chamberlain, ME, USA, 04541 207-677-2586 nannyc@midcoast.com
- 15 New England Adventure Race Series - Race 2 Bethel, ME 6:00AM Sunday River Ski Resort (12-hour Adventure Race) Contact: Tracyn or Norm, PO Box 68, Bethel, ME, USA, 04217 207-836-2772 info@racingahead.com
- 18 Weekly Back Cove 5K Portland, ME 6:00PM Back Cove parking lot across from Hannaford's (Every Wed. @ 6pm) Contact: Stu Palmer, 29 Boody St., Brunswick, ME, USA, 04011 207-725-5178 palmerstu@hotmail.com
- 21 Machias Blueberry Run 5-Mile Road Race, 8 AM, Machias, Registration 6:00am - 7:45am. Contact: Director: Cathy Carter - Sunrise Opportunities 255-8596 or 255-3843 evenings (Sub-5 Road Race Series)

- August 21 Jefferson 5K Road Race Jefferson Maine - Race Start: 8:30am - Registration fee: \$15 - Organizers: Boy Scout Troop 216, Registration Contact: Newt Hinckley, PO Box 241, Jefferson, ME 04348 ph 549-7832
- 21 Phillips, Maine Old Home Day 5K, Contact: info@phillipsmaine.com or call Town Office: 639-3561 Hours: M-F 8-12, 1-4:30 Town Manager: Laura Toothaker
- 21 Breakaway 5K Old Orchard Beach, ME 8:00AM In the town square by the pier at the end of Old Orchard Street., Old Orchard Street (route 5) (5K followed by 1 mile fun run for kids) Contact: Chamber of Commerce, PO Box 600 207-934-2500 jnye@lms.oob.k12.me.us
- 25 Weekly Back Cove 5K See details on July 7 listing
- 26 Twilight Running Series (5K), Pineland Farms, New Gloucester, 6 p.m. Contact: Lori Munro 688-4800.
- 28 Northeast Harbor 5 Mile Road Race, Buses leave Great Harbor Museum, Northeast Harbor at 8:00am & 8:30am. Race starts at 9:30am at head of Sargent Drive. Albert or Carol Hamor, 276-3646
- 29 Rotary Bridge Race (4 miles) & Walk (2.5 miles), Mill Creek Park, South Portland, 9 a.m. Contact: Susan Rowan 773-2533.

September

- 1, Weekly Back Cove 5K See details on July 7 listing
- 3 Maine Running Hall of Fame 5K, Back Cove path, Portland, 6:30 p.m. Contact: Maine Track Club 741-2084.
- 5 Acadia Trail Blazer 50-miler, MDI, Annie & Pete Palmer.
- 5 Maine Sport Triathlon, Barrett's Cove, Megunticook Lake, Camden, 9 a.m. Contact: Sarah Andrus 230-0221.
- 5 L/A 5K Bridge Run Auburn, ME 8:00AM Boy's & Girl's Club of Auburn/Lewiston, 43 Second St. (Also, Kid's Fun Run) Contact: Mike Lecompte, 142 Old Lisbon Rd., Lewiston, ME, USA, 04240 2077773724 mjlecompt@aol.com
- Labor Day 6 Bangor Labor Day 5-Miler, Bangor Parks & Recreation Center, Bangor, 9am, Contact: Parks & Rec Dept 947-1018. (Sub-5 Road Race Series)
- 6 Maine Sport Triathlon, Barrett's Cove, Megunticook Lake, Camden, 9 a.m. Contact: Sarah Andrus 230-0221.
- 9 Twilight Running Series (5K), Pineland Farms, New Gloucester, 6 p.m. Contact: Lori Munro 688-4800.

MTC Membership Status

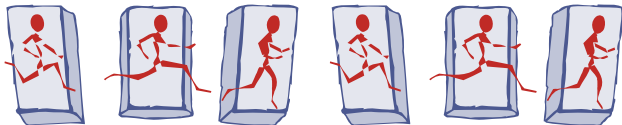
Membership Growth: We welcome 59 new members in this issue. As of June 5 we have 514 members in 323 households.

We Need Your Help: Our greatest asset in recruiting new members is our existing members. Please try to persuade runners you know to support their sport by joining MTC. Your personal invitation is our most effective method to get new members. Please help support this effort. A special thank you to our members who have helped bring in new members.

Address Change: Please remember that most MTC mail is via a non-profit third-class permit, that is not forwarded to you or returned to us. The post office throws it away. Please either mail, phone, or e-mail your CHANGE OF ADDRESS and PHONE NUMBER to us when you move. Member E-Mail Addresses: As of June 5 we have e-mail addresses for 276 of our 323 households for 85.4%. These e-mail addresses are used for club purposes only. If you have not sent us your e-mail address, or if it CHANGES, please send it to bobaube@mainetrackclub.com

Country Music Marathon

One of our long-time members (and past president), Robert Jolicoeur of Cape Elizabeth, participated in the Country Music Marathon in Nashville, Tennessee on April 24, 2004. Bob ran in the half marathon. There were around 16,000 total runners with about 2/3 of these running in the half. Bob finished a very respectable 5th in the 65 - 69 age group out of 33 runners in that group. His time was 2:02:37. He ran with two grandsons of college age and his son-in-law who ran his very first race. Nice going, Bob!



MTC trip to Newburyport

Plans are under way to revive the MTC bus trip to the Newburyport Yankee Homecoming 5K and 10 miler on Tuesday, August 3. A bus will leave from Maine Line at Cash Corner in South Portland at 4 p.m. and return at approximately 10:30 p.m. The club is paying the cost of the bus fee for MTC members, so the only cost will be an \$18 entry fee (all are guaranteed a shirt) for either race plus a \$2 tip for the driver.

Club members who wish to reserve a seat on the bus should contact Howard Spear 856-6496. Howard has entry forms for those who are interested. Please return them to Howard ASAP with \$20 to reserve your seat. No refunds will be given.

If seats are still available after June 7, they will be made available to other Maine running clubs.

Maine Track Club Discounts

The following area sporting goods stores have agreed to give MTC member discounts on running shoes and clothing. 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 Ctr • Cook's Corner • Auburn Mall

Famous Footware **10% on running shoes**

330 Clarks Pond, S. Portland • Auburn • Kittery

Fun Run

Sunday, August 29 • Old Orchard Beach

Mark your calendars and plan to join us at Old Orchard Beach for an early morning run on the beach. We will meet at 7:00 a.m. Details on parking will be sent out later and will be posted on the MTC website.

Old Orchard Beach is seven miles long so time and distance are up to you! Juice, coffee, bagels and muffins will be provided at the end.

This will be a great change of pace for those runners who only run the roads. So plan to attend and don't forget to bring your friends or family members. Walkers are welcome.

Contact: e-mail smichau2@maine.rr.com or call Dottie 883-5410. or E-mail pmeech@pivot.net; call Phil at 839-4946.

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



Past MTC Presidents

1. Brian "Ziggy" Gillsepie, 1979-1981
2. Bob Coughlin, 1982
3. Dick McFaul, 1983
4. Russ Connors, 1984
5. Bob Jolicoeur, 1985
6. Jane Dolley, 1986
7. Phil Pierce, 1987
8. Charlie Scribner, 1988
9. Herb Strom, 1989
10. Bill Stuart, 1990
11. Peter Bastow, 1991
12. Carol & Sumner Weeks, 1992
13. Tom Dann, 1993
14. Mel Fineberg, 1994
15. Ron Pelton, 1995
16. Ron & Martha DePrez, 1996
17. Mike Reali & Terri Sutton, 1997
18. John Gale, 1998
19. Marge Aube, 1999
20. Sandy Utterstrom, 2000
21. Mel Fineberg, 2001
22. Mel Fineberg, 2002
23. Phil Meech, 2003

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Portland, ME
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MTC Annual Mid-Summer Picnic

You are invited to our summer picnic to be held at Two Lights State Park on Wednesday, July 21, 2004 starting at 5:00 PM.

This event is a feature of our summer program as it provides an opportunity to relax after a day of work and gives a chance to meet your old friends or meet new friends.

Enjoy a cookout on the grill with no fuss or preparation on your part. Our experienced chefs will prepare hot dogs, hamburgers, and veggie burgers. Our board of directors will provide salads, chips, and other picnic treats along with our now famous running cake.

There is no charge for this event. You might have to pay for admission to the park.



MTC Picnic

Wednesday, July 21, 2004

5:00 till sunset ~ dinner will be served around 6:00 PM

Two Lights State Park Cape Elizabeth, ME

For more information or directions call:

Dottie at 883-5410 Phil 839-4946 Mel 774-8868