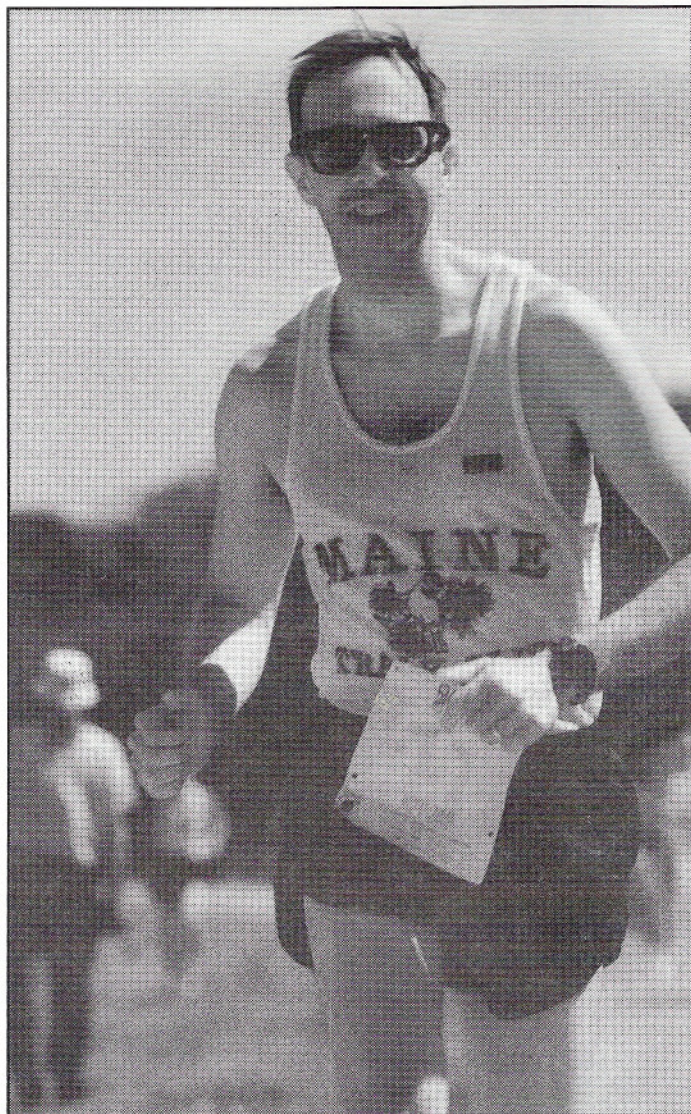




# News•Run

Run with a friend ...

July 1998



MTC clothing chairman Steve Fox models the new club uniform at the No-Tobacco Day 5K.

photo by Don Penta

## Upcoming meetings

**August 12: Pie Run and picnic  
at Payson Park, 6:30 p.m.**

**September 9:  
Speaker — Kim Moody**

## July MTC Barbecue

**Sunday, July 12, 1998, noon  
Winslow Park, Freeport**

During these warm summer months, nobody really wants to meet indoors, so in lieu of our normal meeting this month, we'll gather outdoors at Freeport's Winslow Park. A barbecue is planned, at the club's expense, but we need to know how many people will be attending in order to determine how much food to bring. Anyone who plans to attend should contact Marge Aube at 829-5079 no later than Friday, July 10.

There is a small admission fee to get into the park, but once there, we'll have access to the beach for swimming and other activities. We look forward to seeing you there.

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## News•Run Notes

### Everett Moulton rises in ranks of RRCA

Donna and Everett Moulton recently returned from the Road Runners Club of America's annual convention in Peoria, Ill., where Everett learned that he has been elected Eastern Region Director. This means that Everett will be stepping down from his current position as Maine's state rep, so a volunteer is needed to fill the position. Anyone who is interested should contact Everett at 799-2894. Everett, by the way, promises to have a full report of the convention for next month's newsletter.

Congratulations, Everett!

### Vermont City Marathon

Thanks to Ron Cedrone for providing results for a handful of MTC members who traveled to Burlington, Vt., in May for the Vermont City Marathon: Michael Payson, 2:51:27; Ron Cedrone, 3:14:53; Al Butler, 3:17:37; Rex Holtan, 3:44:11; Zoom Zorn, 3:56:18; Rich Robinov, 4:40:41; Carlton Mendell, 4:29:10. Ron reports that it was a hot day, with temperatures in the high 70s, so times suffered. There were more than 2,000 entrants in the marathon, with 1,811 finishers, not to mention 600 relay teams.

A side note from the editor: Michael Payson used this race as a training run, borrowing Roland Thibault's number after Roland decided at the last minute not to run. Just two days earlier, Michael won the YMCA Back Bay 5K, but he still had enough energy to "jog" Vermont City with T.J. Hesler, pushing T.J. to an eight-minute PR.

### Mt. Washington Road Race

Congratulations to the following MTC runners who completed this year's Mt. Washington Road Race: Owens McCullough, 1:22:37; Mike Reali, 1:30:21; Ron Cedrone, 1:33:13; Ken Norton, 1:37:05; Al Butler, 1:30:02; Bob Coughlin, 1:40:02; Rich Robinov, 1:40:30; Gary Giffard, 1:40:47; Dennis Smith, 1:47:40; Deb Merrill, 1:53:11; Rodger Smith, 2:01:31; Carlton Mendell, 2:01:52; Julius Marzul, 2:38:47. See page 9 for more on this race.

### PT8K date confirmed

New Physical Therapy 8K race director Roger Fenn passed along the following item: Please note we have confirmed the October 18, 1998 date for the PT8K Race in Brunswick. I and Dorothy Chaisson, my wife, are co-directors of the race, running forward where John LeRoy has passed the baton to us. Again we will be working closely with Physical Therapy's Sarah Bronson on the PR and sponsor aspects.

### We need your input

*News•Run* Notes features news of interest about fellow MTC members. If you have some news to share about yourself or someone else in the club, please pass along the information by calling Marge or Bob Aube at 829-5079, sending e-mail to Bob at [raube@sunjournal.com](mailto:raube@sunjournal.com), or by mail to: Maine Track Club, Newsletter, P.O. Box 8008, Portland, ME 04104. The deadline for each issue is the 15th of the preceding month.

## News•Run Sponsors

If you would like to become an individual *News•Run* run sponsor, please send \$10 to: Maine Track Club, P.O. Box 8008, Portland, ME 04104.

To become a corporate sponsor, please mail your \$25 donation to the same address. Or, if you would like to have your business card included in *News•Run*, you can do so for just \$5 per month.

### Sponsor

**The Nielsen family**



## Welcome to our newest members

Joseph Bernard (28)  
15 Noyes Street  
Portland 04102

Les Berry  
30 Mahlon Avenue  
Gorham 04038

Emily DeVoe (15)  
Long Look Farm  
668 Paris Hill Rd.  
South Paris 04281

Her father, Lester DeVoe, writes: "My daughter, Emily, just started running. She has no track team at her school. Do you have a list of track meets for 15-year-old girls to compete in? She would be good in 400m, 800m and 1600m."

William A. Devoe  
59 Bringham Street  
South Portland 04106  
761-0602

Merle Hartford (51)  
30 New Road  
Scarborough 04074  
839-8100/781-8700

Real Estate Sales, Remax by the Bay

"I was an active member of the MTC until 1983 when I quit running. At that time I had PRs of 17:30 (5K), 37:00 (10K), 60:00 (10 mile) and 3:07 (marathon). I have been running one year, this time with a 22:52 5K and a 29:35 4 mile. Hope to run with you all soon! When I grow up I want to be just like Bob Coughlin."

Suzanne Hubner (26)  
P.O. Box 8276  
Portland 04104  
874-605  
Letter Carrier, USPS

"I consider myself a beginning runner. I have been at it for several months and have just recently begun to participate in organized runs. At this time I can comfortably complete 3-5 miles. I would like to increase mileage and be a part of your mission."

Erin, Dennis & Devon Leighton  
21 New Road  
Scarborough 04074  
839-3907/883-0378  
Court Reporter, Boyce & Leighton; Teacher, Eight Corners

Nancy Lund  
4 Ocean Street  
Falmouth 04105  
781-5607

Craig Nelson (31) & Michelle Babin-Nelson (30)  
Portland  
Bartender, The Bitter End (Craig); Physician, ME Med (Michelle)

"My wife and I both run; we just moved here from Indiana, where I belonged to a running club. It's a great way to meet other runners and it's nice to join a club. Sort of like a running family."

Jed Wright (35)  
59 Longfellow Street  
Portland 04103  
Biologist/Geographer, US. Fish & Wildlife Service

Terry Young (37)  
24 Whitney Avenue, #3  
Portland 04102-2522  
780-0071 (H) 879-3560 (W)  
Secretary, Mercy Hospital

Michael Boucher (41)  
mboucher@gwi.net  
21 Monument Square, Suite 603  
Portland 04101  
871-7571/FAX: 871-0029  
Landscape Architect

Timothy & Catherine Clement  
Jonathan & Matthew Clement  
611 Sawyer Street  
So. Portland 04106-4834  
767-3646/871-6423/878-6000  
Telecom Analyst, ME Medical; RN, Intellicare

Pamela & Roger Hall (44 & 45)  
4 Shirley Way  
Litchfield, NH 03052  
Management

Renewing member Al Sproul writes: "My medical event this spring has caused quite a few delays in our lives. I am doing excellent, running approximately 4-5 miles a day and am almost halfway through my radiation and chemo. Tell everyone thanks for all the cards and calls; I am on my way to full recovery."



# Upcoming Races

## July 4

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

L.L. Bean 10K, Freeport, 7:30 a.m. Contact: Charlie Scribner 781-RACE.

Walter Hunt 3K, Brewer, 10:45 a.m. Contact: Dave Torrey 942-1988.

Four on the 4th Road Race, York. Contact: 363-1040.

Houlton 8K, 9 a.m. Contact: Houlton Rec Dept 532-1310.

## July 8

Summer Fun Run Series (half-mile, mile, 5K), Falmouth, 6:30 p.m. Contact: Jim McCorkle 781-3134 or Roland Thibault 854-5168. (Every Wednesday through early-August).

## July 10

Musterd Mile, Caribou, 6 p.m. Contact: Paul Lamoreau 764-6517 or Caribou Rec. Dept 532-1310.

## July 11

Otisfield Bi-Centennial 5K, 9 a.m. Contact: 781-RACE.

Hermon Fun Day 10K, 8 a.m. Contact: Steve Tuckerman 848-5447.

## July 12

Pottle Hill 10K, Mechanic Falls. Contact: 345-3511.

Kennebunk Beach Improvement Association 5K, Kennebunkport, 9 a.m. Contact: David McCullough 967-0113.

## July 18

**Pat's Pizza Clam Festival 5-Miler, Yarmouth, 8 a.m. Contact: Marge Aube 829-5079 or Ron Pelton 846-9039.**

Potato Blossom 5-Miler, Fort Fairfield, 9 a.m. Contact: Paul Lamoreau 764-6517.

Old Hallowell Day 5 Mile Road Race, 8 a.m. Contact: Kay Rand 622-1047.

Loon Call 5K, Smithfield, 8 a.m. Contact: Fawn or John Paradis.

## July 24

Ocean Park 5K, Old Orchard Beach, 7 p.m. Contact: Paul Casey 284-7487.

## July 25

Casco Days 4-Miler. Contact: 781-RACE.

Peaks Island 5-Miler. Contact: 781-3134.

## July 29

Ralph Thomas Masters Mile and Gerry Poulin Open Mile, Winslow, 6 p.m. Contact: Gene Roy 465-7296.

Dyer Memorial 5K, Winslow, 6:30 p.m. Contact: Gene Roy 465-7296.

## August 1

Beach to Beacon 10K, Cape Elizabeth, 8 a.m. Contact: Meredith McHale 617-497-7722.

## August 2

Island Falls Summer Fest 5K, Island Falls, 9:30 a.m. Contact: John Walker 460-1454 or Lou Lainey 463-2981.

## August 5

Falmouth Education Foundation 5K, Falmouth, 6:30 p.m. Contact: Jim McCorkle 781-3134

## August 7

**St. Peter's Church 4-Miler, Portland, 7 p.m. Contact: 741-2084.**

## August 8

Schoodic Point 15K, Winter Harbor, 8:30 a.m. Contact: Tom Severance 963-7043.

P. I. Challenge Cross Country, Presque Isle, 9 a.m. Contact: Dan Paul 764-0026.

## August 9

Samoset 10K, Bristol, 9:15 a.m. Contact: Al or Carlene Sproul 677-2586.

## August 12

Habitat for Humanity 4-Miler, Portland, 7 p.m. Contact: 772-2151.

## August 15

Machias Blueberry Run 5-Miler, 9 a.m. Contact: Sunrise Opportunity 255-8596.

Jefferson Community Days 5K, 9 a.m. Contact: Candace Cartier 549-3943.

Shawnee Peak Uphill Run (3 miles), Bridgton, 9:30 a.m. Contact: Charlie Scribner 781-RACE.

Spring Point Festival 4-Miler, South Portland. Contact: Charlie Scribner 781-RACE.

## August 16

**Sports East 10-Miler, Brunswick. Contact: Sports East in Topsham.**

## August 22

Breakaway 5K. Old Orchard Beach. 10 a.m. Contact: 781-RACE.

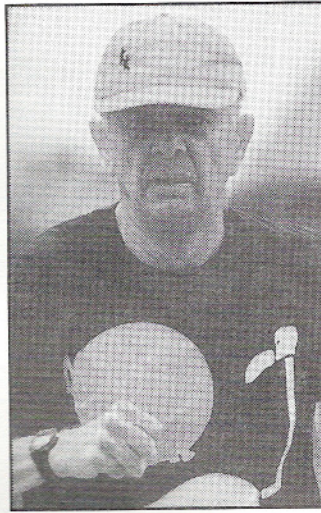
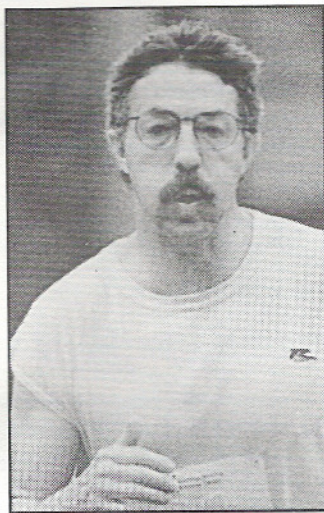
**Note: MTC races are in bold**

**For the latest race schedules and information, call the MTC hotline at 741-2084 or visit the Sub5 web site at <http://www.finishlynx.com/sub5>**



# Race Results

## Submitted by Don Penta



From left to right: Rob Fast, David Cookson, Ken Dolley and Sandra Dwight

photos by Don Penta

Waynflete School Presents  
The Centennial Flete Feet 4-Miler  
146 Finishers (59 Female & 87 Male)  
Double-loop course in Portland's West End  
8 a.m., Saturday, May 9, 1998

### Top Overall Finishers

PLACE/NAME	AGE	TIME	PACE
1 Kyle Rhoads 1,overall	28	21:10	5:18
2 Roland Thibault 2,overall	30	21:35	5:24
3 Paul Greene (MTC) 3,overall	26	21:52	5:28
4 T.J. Hesler 1,25-29	29	22:02	5:31
5 James Hester 1,35-39	37	22:43	5:41
8 Edie Dubord 1,overall	39	23:24*	5:51
17 Monica MacDonald (MTC) 2,overall	31	25:32*	6:23
23 Ellie Tucker 3,overall	43	26:20*	6:35
26 Christina Stone 1,25-29	26	26:27*	6:37
32 Evelyn King 1,40-44	40	26:59*	6:45

### Other Top Divisional Finishers

7 Michael Boucher 40-44	40	23:20	5:50
9 Ross LaFreniere 30-34	33	23:44	5:56
12 Russell Boisvert 45-49	47	24:40	6:10
20 Arthur Schnell 50-54	51	25:44	6:26
21 Eric Johnson 18&under	13	26:09	6:32
29 Michael Beaudoin 55-59	55	26:37	6:39
33 Caroline Newcomb 19-24	19	27:16*	6:49
35 Dick Cummings 60-64	60	27:25	6:51
37 Sandra Dwight (MTC) 35-39	38	27:43*	6:56
42 Deb Raszmann 45-49	45	28:13*	7:03
83 Chris Belanger 19-24	23	32:35	8:09
89 Kim Warde 18&under	14	33:11*	8:18

90 Jack Nyhan 65-69	66	33:19	8:20
103 Sally Paterson (MTC) 55-59	56	36:08*	9:02
120 Ann Karlson 50-54	50	38:32*	9:38
137 Pat Buckley (MTC) 60-64	60	44:43*	11:11
143 Ruth Hefflefinger (MTC) 65-69	69	51:33*	12:53

### Other Maine Track Club Members

6 Rob Fast 2,35-39	35	22:43	5:41
16 David Cookson 3,40-44	41	25:26	6:22
22 Ed Doughty 2,45-49	49	26:18	6:35
25 Tim Merritt 2,18&under	18	26:25	6:36
38 Mike McCall	44	27:57	6:59
43 Phil Pierce 2,55-59	56	28:18	7:05
51 George Conly 2,50-54	50	29:13	7:18
52 Mike O'Brien	31	29:15	7:19
53 Harley Lee	44	29:24	7:21
64 Harry White	55	30:13	7:33
71 Jeff Flynn	41	31:06	7:47
73 Cathy Burnie 3,45-49	49	31:10*	7:48
82 Chuck Burnie	44	32:24	8:06
87 Denny Morrill	58	32:56	8:14
106 Annette Elowitch 2,55-59	55	36:22*	9:06
108 Kenneth Dolley	62	36:31	9:08
121 Mel Uchenick 2,65-69	67	38:45	9:41
122 Julie Adams	25	38:54*	9:44
132 Elizabeth Hoermann	39	42:00*	10:30
133 Beverly Doughty	46	42:01*	10:30
138 Maggie Soule 3,55-59	56	46:16* 1	1:34
146 Jane Dolley fitness walking	49	51:50*	12:58

Many thanks to Charles Scribner of SPLIT-TIME RACE MANAGEMENT for complete results!



## More Race Results

### The Great Strides 5K Race To Cure Cystic Fibrosis 70 Finishers (29 Female & 41 Male) Certified loop course on U.S. Route 1, Falmouth 9 a.m., Sunday, May 17, 1998

PLACE/NAME	AGE	TIME	PACE			
1 Michael Payson (MTC)	34	16:01	5:09	15 Dan Hutchins (MTC)	38	20:37 6:38
2 David Mann (MTC)	27	16:32	5:19	17 Kim White (MTC)	36	20:43* 6:40
3 Roland Thibault	30	16:43	5:23	19 Caroline Newcomb	19	21:15* 6:50
4 James Duley	29	17:08	5:31	22 Helen Cheney	43	22:06* 7:07
5 Donald Hebert	33	17:23	5:36	23 John Howe	63	22:09 7:08
6 David Chamberlain (MTC)	36	17:41	5:41	26 Rose Prest-Morrison	35	23:09* 7:27
7 Sean Keough (MTC)	42	17:45	5:43	28 Ronald Chase (MTC)	57	23:24 7:32
8 Dan Works	37	17:59	5:47	29 Joan Tremberth (MTC)	58	23:31* 7:34
9 Michael Boucher (MTC)	40	18:09	5:51	38 Ken Dolley (MTC)	62	28:27 9:09
10 Brandon Bonsey	11	20:07	6:28	41 Jennifer Sarah O'Donnell	??	30:36* 9:51
11 Chuck Radis	45	20:20	6:33	42 Joseph O'Donnell	47	30:36 9:51
				52 Jane Dolley fitness walking	49	41:11* 13:15
				55 Edna Chase	63	48:03* 15:28
				First Wheelchair: Carl Burnett	16	14:39 4:43

Many thanks to Jim McCorkle for complete results!

### The Tufts Health Plan 5K For Women 133 Female Finishers 9 a.m., Sunday, May 17, 1998, in Portland

PLACE/NAME	AGE	HOME	TIME			
1 Mimi Corcoran 1,30-39	32	Mendon MA	17:13	11 Carol Hogan (MTC) 1,40-49	47	Portland 20:06
2 Kristin Pierce 1,24-29	24	Washington DC	17:25	12 Carrie McCusker (MTC)	28	Portland 20:13
3 Edie Dubord 2,30-39	39	Waterville	18:10	13 Ellie Tucker 2,40-49	43	Auburn 20:20
4 Ann Bokman 2,24-29	29	Portland	18:14	22 Ashley Bossie 1,15&under	15	Kennebunk 21:15
5 Mary Meehan-Bates 3,30-39	32	Intervale NH	18:57	24 Joan Sarles Lee (MTC)	44	New Gloucester 21:25
6 Jenna Richardson 1,16-23	18	Waterville	19:23	26 Betsy Barrett (MTC)	47	Scarborough 21:59
7 Allison Hobeika 3,24-29	26	Waterville	19:37	51 Cathy Burnie (MTC)	49	Cumberland 24:21
8 Libby Christensen	36	Cumberland	19:40	56 Sherry Carll (MTC) 1,50-59	51	Gray 24:43
9 Judy Milesen	30	So.Portland	20:01	58 Patricia Terrill 1,60-69	63	New Harbor 24:47
10 Sharon Mitchell	28	Londonderry NH	20:04	63 Margaret Hazlett (MTC)	32	Brunswick 24:54
				70 Polly Kenniston (MTC)	61	Scarborough 25:39
				85 Carlene Anderson (MTC)	48	So.Portland 26:51
				103 Linda Metzger (MTC)	55	Cape Elizabeth 29:56

Many thanks to Jim McCorkle for complete results!

### The Greater Portland YMCA and the MTC Present The 1998 Back Bay 5K Road Race 316 Finishers (112 Female & 204 Male) Certified back cove 5K loop course 6 p.m., Friday, May 22, 1998

#### Other Maine Track Club Finishers

Top Overall Finishers						
PLACE/NAME	AGE	TIME	PACE			
1 Michael Payson (MTC) 1,overall	35	16:01	5:09	10 Paul Greene	26	17:12 5:32
2 David Weatherbie 2,overall	30	16:17	5:14	12 David Mann	27	17:17 5:34
3 Matt Hennessy 3,overall	21	16:40	5:22	19 David Chamberlain	36	17:53 5:45
4 Douglas Lunderville 1,20-29	20	16:52	5:26	23 Britt Wolfe	32	18:21 5:54
5 Ludo Bruyere 2,20-29	29	16:54	5:26	70 Tom Keating	41	21:06 6:47
7 Joan Samuelson (Hon.MTC) 1,overall	41	17:01*	5:29	72 Sandra Dwight 2,30-39	38	21:09* 6:48
50 Carrie McCusker (MTC) 2,overall	28	20:15*	6:31	81 John Morse 3,50-59	53	21:32 6:56
63 Becky Wallace 3,overall	25	20:58*	6:45	82 Roger Fenn	51	21:33 6:56
64 Kathy Hepner 1,30-39	37	20:59*	6:45	84 Dale Rines	45	21:35 6:57
68 Connie Hallett 2,30-39	39	21:04*	6:47	96 Ben Morse	26	22:00 7:05
				108 Dana Seguin	44	22:52 7:22
				118 George Conly	50	23:04 7:25
				135 Neil Chivington	50	23:40 7:37
				141 Don Russell 3,60&over	61	23:48 7:40
				143 Harry White	55	23:52 7:41
				157 Richard Cavanaugh	65	24:18 7:49
				158 Ed Haley	41	24:24 7:51
				187 Carlton Mendell	76	25:44 8:17
				189 Dierdre Hennessey	15	25:46* 8:18
				199 Lawrence Perkins	53	26:02 8:23
				207 Andrew Coffin	30	26:28 8:31
				261 Kenneth Salton	55	29:55 9:38

#### Other Top Divisional Finishers

6 Guy Segars 30-39	38	16:58	5:28
14 John Gleason 40-49	40	17:22	5:35
17 Kirby Davis 19&under	14	17:37	5:40
53 Les Berry 50-59	50	20:24	6:24



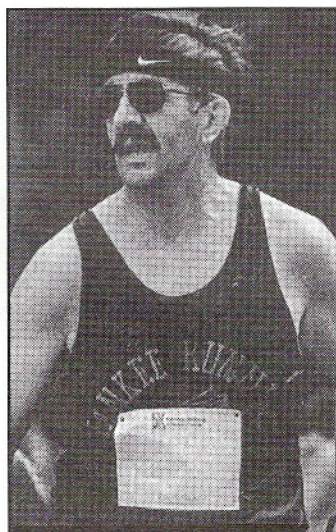
## More Race Results

The MSAD51 PTO And 5K Sports Present  
The 1998 Memorial Mile Road Race  
63 Finishers (19 Female & 44 Male)  
Point-to-point course on Main St., Cumberland  
8:45 a.m., Memorial Day, Monday, May 25, 1998

PLACE/NAME	AGE	TIME
1 Scott Brown overall .....	39	4:36
2 Allan Muir 1,41-45 .....	43	4:42
3 Mike Paulhus 1,19-25 .....	22	4:45
4 Paul Fagan 2,41-45 .....	45	4:47
5 David Howard 1,31-35 .....	31	4:49
8 Robert Goodspeed 1,15-16 .....	16	5:04
11 Rob Craig (MTC) .....	42	5:08
12 Claton Conrad (MTC) 2,15-16 .....	16	5:11
17 Laurel Valley overall .....	35	5:24*
23 John Jensenius 1,46-50 .....	46	5:33
25 Libby Christenson 1,36-40 .....	36	5:35*
26 Jim Estes (MTC) 2,46-50 .....	49	5:35
27 Monica MacDonald (MTC) 1,31-35 .....	31	5:37*
28 Ray Shevenell (MTC) 1,51&over .....	57	5:37
32 Mandy Bowden 1,15-16 .....	15	5:40*
33 Carol Hogan (MTC) 1,46-50 .....	47	5:41*
34 Ann McGovern (MTC) 2,31-36 .....	34	5:42*
35 Michael McCall (MTC) .....	44	5:43
36 Harry Nelson (MTC) .....	43	5:45
37 Gene Fitzpatrick (MTC) .....	38	5:49
39 Kim White (MTC) 2,36-40 .....	36	5:52*
41 Maryellen Fitzpatrick (MTC) .....	37	5:56*
49 Frank Knight (MTC) .....	52	6:51
55 Cheryl McCall (MTC) .....	41	7:27*
59 Sandy Utterstrom (MTC) 1,51&over .....	54	8:50*
63 Linda Adams (MTC) .....	45	11:10*

MSAD51 PTO & 5K Sports Present  
The 1998 Memorial Mile Fun Run  
64 Finishers (27 Female & 37 Male)  
Loop course from MSAD51, Main St., Cumberland  
8 a.m., Memorial Day, Monday, May 25, 1998

PLACE/NAME	AGE	TIME
1 Elliot Conrad (MTC) 1,12-14 .....	14	5:37
2 Ben True 2,12-14 .....	12	5:38



Frank Knight and Linda Adams

photos by Don Penta

3 David Beaham 3,12-14 .....	12	5:39
4 Gregory Frost (MTC) 1,10-11 .....	10	5:45
5 Samantha Bowden 1,12-14 .....	12	5:51*
6 Robert Carpenter 1,8-9 .....	9	5:56
7 Galina Conrad (MTC) 2,12-14 .....	12	6:00*
10 Gessy LePage .....	13	6:15*
12 Amanda Chase .....	12	6:20*
14 Elizabeth Ryder .....	13	6:22*
15 Will White (MTC) 1,6-7 .....	7	6:23
21 Deanna Davis 1,10-11 .....	10	6:40*
25 Zoe Filliter 1,8-9 .....	8	6:58*
29 Liza LePage 1,6-7 .....	7	7:34*
33 Mollie Fitzpatrick (MTC) .....	8	7:46*
38 Allison McCall (MTC) .....	9	8:19*
42 Stephen Hayes 1,4-5 .....	5	8:51
48 Ashton Lange 1,4-5 .....	5	9:16*

Many thanks to Charles Scribner of SPLIT-TIME RACE MANAGEMENT for complete results of the Memorial Day Races!

## Thorsell shatters women's record at Mt. Washington

By Bob Aube

Until she visited Mt. Washington, Magdalena Thorsell was a novice when it came to mountain running. Imagine what she could have accomplished if she knew what she was doing.

Thorsell, a 33-year-old native of Sweden who now lives in Albuquerque, N.M., proved that a lack of mountain running experience isn't necessarily a hindrance for someone attempting the Mt. Washington Road Race for the first time. Not only did Thorsell beat three-time champion J'ne Day-Lucore by more than 10 minutes, but she also shattered Day-Lucore's women's course record as she completed the grueling 7.6-mile ascent of the Auto Road in 1 hour, 10 minutes and 9 seconds.

Thorsell was joined in the winner's circle by Matt Carpenter, who became the fifth man to win this race at least three times. Carpenter, 33, of Manitou Springs, Colo., lived up to his pre-race billing as the favorite, though he fell short in his bid to crack the one-hour barrier. The mountain running specialist finished in 1:00:24, two minutes ahead of surprise runner-up Eric Morse (1:02:31) of Montpelier, Vt. Thorsell's husband, Simon Gutierrez, placed third in 1:03:23.

Though Thorsell entered the race with impressive credentials — a

33:31 PR for 10K and a 1:13 half marathon — she had no idea what to expect.

"I've never done anything like this before," said Thorsell. "Everybody scared me talking about how steep (the course) was. Actually, I thought it would be a lot harder than it was. I think I can run faster."

Even without anyone to push her, Thorsell was fast enough to shave 1½ minutes off Day-Lucore's six-year-old course record (1:11:45).

The men's race started out as a duel between Carpenter and Gutierrez, who ran side-by-side for the first two miles. Carpenter soon pulled away, though, and Gutierrez also was passed by Morse, who steadily moved up through the lead pack.

"I could tell he wasn't going to hang on," Carpenter said of Gutierrez. "He was fun to run with, but I could tell he was just trying to survive, so I wasn't really worried about him, or anybody else for that matter."

"I didn't worry about anything except the mountain."

By the time he reached the halfway marker, Carpenter was 30 seconds ahead of Morse, with Gutierrez another 15 seconds behind and three-time champion Dave Dunham in fourth. They stayed in those positions the rest of the way, as Carpenter gradually increased his lead.



## More Race Results

**The World No-Tobacco Day 5K Road Race**  
**87 Finishers (29 Female & 58 Male)**  
**Certified back cove 5K loop course**  
**10 a.m., Sunday, May 31, 1998**

PLACE/NAME	AGE	TIME	PACE
1 Greg Knapton 1,overall .....	27	16:29	5:18
2 David Mann (MTC) 2,overall.....	27	17:10	5:32
3 Roland Thibault 3,overall.....	30	17:13	5:32
4 Rob Fast (MTC) 1,30-39 .....	35	17:49	5:44
5 Gordon Scannell 1,40-49.....	45	18:08	5:50
8 Seth Harrow 1,19-29 .....	27	18:31	5:58
10 Kelly Rodrigue 1,overall .....	34	18:39*	6:00
13 David Cookson (MTC) .....	41	19:16	6:12
16 Laura Hodnett 2,overall.....	25	19:36*	6:19
17 Nate Keegan 1,18&under .....	14	19:51	6:23
18 Art Schnell 1,50-59 .....	51	19:53	6:24
26 Mick McCall (MTC).....	44	21:02	6:46
28 Kathy Hepner 3,overall.....	37	21:11*	6:49
32 Emily Broadhead 1,19-29.....	29	21:21*	6:52
33 Rebecca Webber 1,30-39.....	39	21:21*	6:52
41 Jim Estes (MTC).....	49	22:45	7:19
49 Mike Brooks (MTC) .....	52	23:37	7:36
51 Stephen Fox (MTC).....	32	24:00	7:43
52 Sandra Hodnett 1,50-59.....	50	24:13*	7:48
60 Ed Haley (MTC).....	41	25:39	8:15
63 Melanie Collins (MTC).....	33	25:52*	8:21
65 Laura Blanchard 1,18&under .....	10	26:20*	8:29
66 Jack Nyhan 1,60&over.....	66	26:21	8:29
70 Cheryl McCall (MTC) 1,40-49.....	41	26:42*	8:36
83 Judy Haley (MTC) .....	39	37:34*	12:05



**David Mann and Cheryl McCall**

photos by Don Penta

Many thanks to Charles Scribner of SPLIT-TIME RACE MANAGEMENT for complete results!

## Key volunteers needed for Maine Marathon

There is not much to report on the upcoming NYLCare Maine Marathon & Casco Bay Half Marathon. Things are running fairly smoothly; race apps are out, being mailed to various races throughout New England and New York in bulk to make them available to runners. The good news is that entrants are ahead of last year's pace. Requests via e-mail and the MTC phone are heating up.

As noted in our last marathon update, there are three positions still open on the race committee that needed to be filled. Since then, another very important position has opened due to an L.L. Bean employee moving to Texas. Listed below are the current open positions that we need to fill. The one position that was filled was the Race Course Cleanup Coordinator, being filled by Al Utterstrom. Al has always been one of the busiest persons with regard to race day duties in numerous marathons. Thanks Al.

MTC membership now reaches over 340 households, so it's hard to imagine that we can't fill these three positions. We can't call everyone. Please consider taking on one of the following:

**Traffic Signs and Cones Coordinator**  
**Overall Traffic Volunteer Coordinator**  
**USM Race Day Cleanup Coordinator**

Interested? Call Howard Spear at 856-6496 or the MTC hotline at 741-2084.



# Jacobs to try for U.S. record at Maine Distance Festival

By Bob Aube

She's been the nation's preeminent miler for the better part of a decade, with seven U.S. 1,500-meter titles and a World Indoor Championships gold medal to her credit. Nowadays, though, Regina Jacobs has shifted her focus to a new challenge, one that brings her to Bowdoin College on Saturday, July 4, to compete in the Maine Distance Festival.

Jacobs' latest goal is to become the fastest U.S. 5,000-meter runner ever, an achievement that seems well within reach of the 34-year-old Californian based on her few recent attempts at the distance. If all goes as planned, the American record will fall on the track at Whittier Field.

Jacobs has already proven that she's well suited to the 5,000. Last July at the Bislett Games in Oslo, Norway, the three-time Olympian stepped up in distance and immediately became just the third American woman to go under 15:00, clocking 14:58.79. Only Amy Rudolph (14:56.04) and Annette Peters (14:56.07) have run faster. More recently, Jacobs took gold at the U.S. Track and Field Championships last weekend, dominating a strong field.

It's a measure of the Maine Distance Festival's growing status within the American track community that Jacobs has chosen this meet for her record-setting attempt. Only five years old, the MDF has developed a reputation for its enthusiastic crowd support.

"We've talked to quite a few people who have been to the meet in previous years, and everybody has spoken highly of it," said Tom Craig, Jacobs' coach and husband. "We've been told that the fans are absolutely phenomenal — that 3,000 fans sound like 30,000."

"Frankly, we're counting on the crowd to spur her on so she can feed off their energy. I hear that the fans there are very intelligent and knowledgeable, and that they'll get what each lap means, unlike some other places around the country."

To help Jacobs in her quest for the record, another top middle distance runner, Alisa Hill, has agreed to act as a pacesetter. Hill, the meet record holder in the 800, has been asked to lead Jacobs through the first six or seven laps at 70-second pace.

"I'm particularly excited (about the record attempt), because it's a very serious effort. It's somebody who has a real legitimate shot at the record; it's not hype," said MDF meet director Steve Podgajny.

Craig goes one step further in his optimism.

"It Alisa does as she says she will and if Regina's feeling good, she'll break 14:50," predicted Craig.

Through Jacobs was strictly a middle distance runner until last year, Craig says he's not the least bit surprised by his wife's sudden success in the 5,000.

"For quite some time, she's trained more like a 5,000-meter runner than a miler," said Craig. "All of our workouts in the last year and a half have indicated that she's capable of doing something special in the 5,000. It's a comfortable distance for her."

With her 35th birthday approaching later this summer, Jacobs knows that her reign as the best miler in the U.S. won't last much longer. Moving up to the 5,000 seemed like a logical next step.

"We did it as an experiment to see if she'd like, and she loves it," said Craig. "Regina feels like it will extend her career."

In addition to Jacobs, an impressive list of runners has been assembled for this year's meet. The women's 5,000, for example, also includes defending champion and meet record holder Melody Fairchild, as well as former NCAA champion Jennifer Rhines. Fairchild's time of 15:30.97 at last year's meet was the fastest on American soil in 1997.

"It's a very good, competitive field, but there aren't many people who can run at (Jacobs' planned) pace," said Podgajny.

Kennebunk's Erik Nedeau will make another bid for the first sub-4:00 mile ever run in Maine, but he'll face stiff competition from the likes of Jason Pyrah, Brian Baker, Scott Anderson and Ireland's Mark Carroll, who ran a 3:52 mile last year. Two other Mainers, Dereck Treadwell and Ethan Crain, are also in the field.

"The men's mile is very deep," said Podgajny. "We have 27 men, most of whom (have PRs) right around four minutes or well under."

Podgajny stopped short of guaranteeing that we'll finally see a sub-4:00 mile this year, but it's clear that he expects a day full of memorable performances.

"If the weather is reasonable, I feel that the likelihood of all seven elite records being broken is quite high," said Podgajny.

Both the men's mile and men's 800 will be run in two sections due to the number of competitors. The field for the 800 is led by a pair of 1:45 half milers — Trinity Gray of Brown University and Alex Morgan of Jamaica.

In the men's 5000, Andre Williams returns to defend his title against a cast that includes Reuben Reina, Mike Mykytok, Australia's Andrew Leatherby and Canada's Ian Carswell.

Greek national champion George Yiannellis is the meet record holder in the steeplechase, but Tom Nohilly, Tony Cosey and Canadians Joel Bourgeois and Graeme Fell are all capable of shattering the existing mark.

The women's 800 looks interesting with Melanie Collins, the top-ranked 800-meter runner in Australia, and Debbie Marshall, an NCAA All-American from Villanova. The field for the women's mile includes defending champion Kathy Franey Fleming, Gina Procaccio, Cindy O'Krane and Elva Dryer.

Should anyone break an American record, the effort will be worth a new 1998 Volvo S70 from Goodwin's Volvo in Topsham.

Podgajny also is excited about the four high school races, particularly the boys' mile, featuring Ben Fletcher of Edward Little, Louie Luchini of Ellsworth and Bill Spierondonis of Foxboro, Mass. Spierondonis won the 800 at the National High School Indoor Championships in March.

Tickets for the meet, which begins at 5:30 p.m., are available at all Lamey Wellehan stores, as well as 5K Sports in Falmouth and Sports East in Topsham. Advance tickets are \$5 for adults and \$2 for students, with children under-12 being admitted for free. Tickets also can be purchased at the meet — \$7 for adults and \$3 for students.





# MTC 1998 Officers and Committee

USA Track &amp; Field



John Gale	President	775-5017	Charlie Scribner	At-Large	772-5781
Marge Aube	Vice President	829-5079	Howard Spear	At-Large	856-6496
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Alyce Schultz	Secretary	780-9805	Don Penta	Statistician and Photography	892-4526
Maggie Soule	Membership	846-3631	Dale Rines	Course Certification	854-2481
Everett Moulton	Race Committee	799-2894	Bob Aube	Newsletter	829-5079
Ann McGovern	At-Large	934-1825			

## Plans shaping up for Beach to Beacon 10K

More than 41 corporate sponsors and 300 volunteers are helping to bring together what promises to be Maine's premiere road race, the Peoples Beach to Beacon 10K, slated for Saturday, August 1 in Cape Elizabeth.

"It's wonderful to see the outpouring of support from the Greater Portland area," says race founder Joan Benoit Samuelson. "It exemplifies the spirit of Maine and the pride its residents have in their community."

Besides lead sponsor Peoples Heritage Bank, local corporate sponsors include MBNA, Fox 51 News, Healthsource Maine, Inc., Hannaford Bros. Co., Jordan's Meats, L.L. Bean and Poland Spring Water, Alpha One, Hewins/Carlson Wagonlit Travel, Leavitt & Parris and Continental Airlines. Volunteers will assist with finish-line logistics, spectator areas, parking management, race timing and registration.

Like many of the sponsors and volunteers, local residents Dave Weatherbie, John Gale and Sarah MacColl have made substantial time commitments to what's expected to be Maine's largest road race ever.

Weatherbie, race organization president and a Cape Elizabeth native, says the organizing committee has been diligently working to secure sponsorships, community support and the funding necessary to develop a world-class event. "All of the different components are coming together to make this a great race," he said. "Without the cooperation of the local community, and in particular, the volunteers, that simply could not happen."

John Gale, finish-line coordinator and president of the Maine Track Club, became involved in the Peoples Beach to Beacon 10K when asked to sit on the race's board of directors by Samuelson. "It is a complicated process," he explained, citing specifically the need to keep the expected 3,000 runners moving steadily through the chutes, "but, I expect that every participant will readily cooperate and we'll have a well organized finish-line area."

Volunteer coordinator and Cape Elizabeth resident Sarah MacColl has been busy recruiting hundreds of volunteers and running training sessions. More than 40 local families have agreed to host world-class athletes for the race. "It's gratifying to see that so many people are willing to get involved," said MacColl. "Many of the volunteers thus far have come from the Maine Track Club and Peoples Heritage Bank, which is truly appreciated, but to be successful, we'll need more independent citizens to offer their services."

Most positions require a maximum commitment of eight hours, including training and organizational meetings. To volunteer to work with other club members at the finish line area, contact John Gale at 775-5527. If you'd like to volunteer in some other capacity, contact Sarah MacColl at 799-4687 or Nicole Rosenberg of Peoples Heritage Bank at 828-7088.

The race is expected to attract a number of world-class male and female runners who will vie for a minimum total purse of \$50,000 in equal cash awards and prizes in four categories: Open; Masters; Wheelchair and a Maine-only division. At least 16 elite athletes have already agreed to run, including Kenya's Joseph Kimani, the world record holder for a 10K on the roads. Another notable male entrant is Morocco's Khalid Khannouchi, who posted victories last year at the Peachtree Road Race, Falmouth Road Race and Chicago Marathon. The American contingent will be led by Todd Williams and also will include Mark Coogan and Keith Brantly. Among the top women contenders is Kenya's Catherine Ndereba, the world's No. 1-ranked road racer in 1996. Ndereba is launching her comeback from a year-long maternity leave. The women's field also includes Americans Libbie Hickman, Cheri (Goddard) Kenah and Anne Marie Lauck, plus Kenya's Gladys Ondo.

The race entry fee is \$18, and each entrant receives an official race T-shirt. The flat, fast course has been approved by the United States Association for Track and Field (USATF). Entries have yet to reach the cutoff point of 3,000, so applications are still being accepted. For an entry form or more information, call 1-888-480-6940, or write to Peoples Heritage Bank, c/o Marketing Dept., P.O. Box 9540, Portland, ME, 04112-9540