

Run with a friend...

July 1999

YMCA 5K Race Photos On Page 10

Joan Samuelson - Winner

*Douglas Pelletier (Age 14)
2nd Overall*

*Michael Trundy
3rd Overall*

**"Special
Training
Announcement"**
See Page 2

*Becky Wallace
2nd Female Finisher*

**Get
Ready!**

Harvard Pilgrim Women's Fitness 5K Race Coaching and Training Sessions To Begin July 14th

The Maine Track Club will begin training sessions for participants in the Harvard Pilgrim Women's Fitness 5K. The 5K race and one-mile fitness walk will be held on September 19, 1999. Training sessions will begin at Back Cove at 6:30 PM on Wednesday July 14th and continue weekly until race week. Britt Wolfe, Kris Caterina, Chris Axelson and Dave Dowling will do the coaching. Coaching is free to all women who sign up for the race. There will be race sign-up at Back Cove each week.



Aetna Maine Marathon Update

Not much has happened with the marathon since the last update, but we'll start getting busier now that the event is only about three months away. Entry forms have been out for quite some time and are starting to trickle in. The good news is we're ahead of pace from the previous two years, if only because entries went out earlier. In any case, we anticipate a good turnout for the race.

Our big project right now is lining up businesses and non-profit groups interested in participating in the expo the day before the race. Letters are going out to prospective organizations, but if any of you know of a business or group that would like to have a table at the expo, please let us know.

WE ALSO STILL HAVE ONE KEY VOLUNTEER POSITION TO FILL — TRAFFIC COORDINATOR IN FALMOUTH. This person would be responsible for rounding up and supervising 15-20 volunteers needed at various intersections in Falmouth. If you're willing to take on this position, please contact Bob Aube at 829-5079 or Howard Spear at 856-6496.

Bob Aube and Howard Spear/*Co-Race Directors*



24 Hour Relay For Easter Seals Three Peat

Greely High School was the setting on June 19 and 20th for the 24-hour Relay benefitting The Easter Seals Society. MTC members Colleen Redmond and Mike Doyle were part of the Norwest Mortgage team that compiled the most miles for the third year in a row. They also raised the most money for the 2nd year in a row. Team Norwest has raised over \$15,000 in donations to benefit the Easter Seals Society over the past three years.

Presidential Message July 1999

Dear Fellow Runners,

Thank you to Eric Ortman our new Vice-President! We are all very grateful. Eric will be glad to take your suggestions for planning any future programs.

The racing season has arrived and it becomes harder each year to select the races in which we wish to compete. If anyone has a method that they use for getting ready for races that occur in rapid succession, please let me know. Don't forget to mark your calendar with the races in which you wish to volunteer and call the race director listed elsewhere in this newsletter. Participation as a runner and/or volunteer is a large part of what the Maine Track Club is about!

Thank you to all of the Volunteers at the Mount Washington Road Race:

Denise Brooks, Ruth and Ray Hefflefinger, Becky Sproul, Eileen and Emily Jenkins, Nate Parsons and Bob Aube. It was a spectacular day! We were able to proudly display the new MTC Banner on our new MTC canopy! The barbeque was delicious, as always. The views of the mountain were outstanding as there was very little fog this year. Plan to join us for this outing next year.

The runners in the Mount Washington Road Race need to be commended for their wonderful burst of energy to enable them to reach the top. Special recognition goes to Ken Cotton, Ron Cedrone, Maureen Sproul and Elly Tucker. Great job!

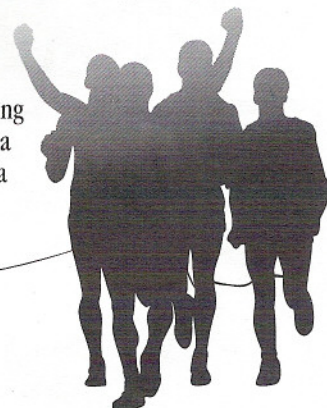
The Sea Dogs vs. Bowie Bay Sox baseball game was another fun time for all of us. We had plenty of hot weather to contend with, but it was certainly an exciting game.

Pat Buckley has agreed to reschedule her hike since the Women 5K Race was moved to September 19. We will announce the new date as soon as it becomes available.

The next Board Meeting will be held at the Cumberland Library Meeting Room at 6 P.M. on July 13, and is open to all members. We appreciate your input.

Join us for the Annual MTC Picnic on Saturday, July 10th, high noon by the water at Winslow Park, Freeport. Please bring a salad or dessert to share. Chef Bob has promised to cook up some of his special gourmet charcoal delights. Come and bring the family, a few lawn chairs, and your bathing suit. It is traditionally a relaxing afternoon at a gorgeous site.

*Happy
Running!
Marge*



RRCA Convention Report *By Bob Aube*



Spokane, Wash., was an ideal setting for this year's RRCA National Convention, the first such convention I've had the pleasure to attend. The convention was scheduled to coincide with the Lilac Bloomsday 12K — one of the two largest road races in the world — so the city was flooded with runners throughout the four days of the convention. It was a marvelous atmosphere.

Unfortunately, I missed the first day's activities because my flight arrived much later than expected. It wasn't until Friday morning that I caught up with fellow club members Everett and Donna Moulton and began sampling some of the numerous informative workshops.

Over the course of the next two days, I attended workshops on such topics as orienteering, managing a small race, club leadership option, race results software, and working with the media. The latter three workshops were particularly useful.

I came away from the club leadership discussion with several ideas about how to improve the club, and I hope we'll be able to put some of them into action before the end of the year. The race results workshop provided me with an opportunity to meet the inventor of Runscore, Alan Jones, and ask him for answers to several nagging problems that I've come across while using the program. I also was able to sample two other programs, including a new Windows program that might be the wave of the future once the bugs are worked out. Later on, I chatted one-on-one with Alan Jones for about a half hour to pick up some more Runscore tips.

In between workshops on Friday, I visited the Bloomsday Expo. While not as big as the Boston Marathon Expo, this one was impressive nonetheless, and quite busy, too, with 50,000 runners due in town for the race on Sunday.

Of course there was also time to get in some running to stay sharp for the race, and Spokane is a beautiful city in which to run. Riverfront Park, located in the center of town, includes several miles of paved trails that offer views of the Spokane River, which cuts through the park. One section of trail hugs the river and continues east for nearly 40 miles, all the way into Idaho.

The convention concluded Saturday night with the annual awards banquet. Our own Joan Samuelson was honored as RRCA Masters Runner of the Year, along with Craig Young. Libbie Hickman and Keith Brantly were the Runners of the Year in the open division, and Tony Sandoval and Gerry Lindgren were inducted into the RRCA Hall of Fame. The keynote speaker, former New Zealand Olympian Anne Audain, gave a wonderful speech as she detailed the many hardships she faced during her career and expressed her thoughts about why Americans have been unable to keep up with the Kenyans and other foreign runners.

Finally, on Sunday morning it was time for the big race. The entire city literally stops for this race, as one might expect with 50,000 runners in the streets. All three local television stations provide live coverage of the event, starting well before the race actually begins. Virtually everyone in town either participates in the race or watches it.

I started in the second of six waves, so it took me a few minutes to reach the starting line after the gun went off. It took much longer than that to get up to full speed, though. It wasn't until a few miles into the race that I had room to breathe, let alone run at normal pace. Needless to say, this isn't a race you run for a fast time.

The highlight of the course comes near the 5-mile mark, the appropriately named "Doomsday Hill". I had to walk the last part of the hill, but it was smooth sailing from there to the finish line, where we received our finisher's t-shirt.

All in all, it was a great experience, something that I hope to do again next year when the convention takes place in Georgia.

1999 MTC RACE SCHEDULE

July 17

Pat's Pizza Clam Festival Classic (5 miles), Yarmouth, 8 a.m.
Contact: Maine Track Club 741-2084 or Ron Pelton 865-6919.

August 13

St. Peter's Road Race (4 miles), Portland, 7 p.m. Contact:
Maine Track Club 741-2084 or Mike Reali 829-2014.

September 3

Maine Running Hall of Fame 5K, Portland, 6:45 p.m. Contact:
Maine Track Club 741-2084.

September 19

RRCA Harvard Pilgrim Women's Fitness 5K, Portland, 8 a.m.
Contact: Maine Track Club 741-2084 or Ron Deprez at
772-4312.

October 3

Aetna Maine Marathon and Casco Bay Half Marathon,
Portland, 8 a.m. Contact: Maine Track Club 741-2084.

October 16

MTC 50-Miler, Brunswick, 6:30 a.m. Contact: Maine Track
Club 741-2084 or Al and Sandy Utterstrom 797-4710.

October 17

Physical Therapy 8K, Brunswick, 9 a.m. Contact: Maine Track
Club 741-2084 or Roger and Dorothy Fenn 725-1487.

November 21

Shop 'n Save Turkey Trot (5K), Cape Elizabeth, 9 a.m. Contact:
Maine Track Club 741-2084 or Mel Fineberg 774-8868.

November 25

Thanksgiving Day 4-Miler, Portland, 9 a.m. Contact: George
Towle 780-5595.

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

Mt Washington Road Race

By Bob Aube

PINKHAM NOTCH, N.H. - Side by side they ran for the better part of 7.6 miles up the Mt. Washington Auto Road, neither one willing to give ground. In short, the much-anticipated duel between Daniel Kihara and Matt Carpenter was no letdown. Kihara, the course record holder of the Mt. Washington Road Race, and three-time race champion Carpenter, matched strides until the final quarter mile, when Kihara finally pulled away to win one of the closest races in the event's 39-year history. Taking advantage of ideal conditions, the Kenyan runner recorded the second fastest time ever at Mt. Washington, 59 minutes and 3 seconds, to win the race for the second time in four years.

The women's winner, meanwhile, was a bit of a surprise. Russia's Tatiana Titova was considered the pre-race favorite after women's record holder Magdalena Thorsell withdrew because of an injury, but Titova couldn't hold off New York University graduate student Barbara Remmers. Remmers shaved more than eight minutes off her time from a year ago to beat Titova by more than a minute, finishing in 1:13:52.

While Remmers' win was unexpected, the same couldn't be said of Kihara's triumph. Even Carpenter, regarded as one of the world's best mountain runners, had doubts prior to the race about his ability to stay with Kihara. "On paper, he was a minute and 40 seconds faster than me (on this course), so I was a little intimidated," admitted Carpenter. "But I showed myself that he's not that much better than I am." Kihara and Carpenter went to the front immediately, joined for a while by Simon Gutierrez of New Mexico and Connecticut's Joe Lemay, the top American finisher at this year's Boston Marathon. Lemay dropped back before the two-mile mark, though, and Gutierrez also soon fell off the pace, making it a two-man race. Carpenter held a slight lead most of the way, though Kihara briefly surged ahead a couple of times, only to see Carpenter respond. "When I tried to pass him, he increased his speed," Kihara said of Carpenter. "I wanted to go faster, but I didn't know how much strength he had." "We were kinda feeling each other out," said Carpenter. "I tried to throw in a couple of little surges, hoping he would slow down, but I don't believe either one of us was fooling the other." The deciding moment didn't occur until about 400 meters from the finish, when Kihara finally broke away. "He had a lot of time to plan his move because he was sitting on my shoulder most of the way," said Carpenter. "I tried to go with him, but it wasn't there." Kihara and Carpenter were trailed by Mt. Washington veteran Dave Dunham, a three-time champion from Bradford, Mass., who recorded a personal-best time of 1:00:37. A record seven men finished under 1:04.

In the women's race, Remmers trailed Titova and Julie Peterson of Beverly, Mass., early on but took the lead for good near the halfway point. Remmers, who finished third a year ago, said she learned from that race not to go out too hard. "Running this race last year taught me a whole lot," said Remmers, a former winner of the Detroit and Charlotte marathons. "I went out at a comfortable pace. I was telling myself to make sure I had a little air left in my lungs."

David Drew of Litchfield was the first Maine finisher, placing 39th in 1:17:26. Rumford's Sue Long (1:29:30) was 17th in the women's division, followed by two Maine Track Club runners, masters competitors Ellie Tucker (28th, 1:33:58) and Maureen Sproul (29th, 1:34:00). Sproul proved that she has recovered from injury woes by setting a PR for the course. Tucker was running the race for the first time. "To be honest, it wasn't as hard as I thought it was going to be," said Tucker, who noted that she got a lot of helpful advice before the race. Tom Clemence was the top male finisher from the MTC, placing 89th in 1:24:47. Ken Cotton, in his last race before entering the 50-59 division, clocked 1:27:25, and Ron Cedrone was close behind in 1:28:31.

MAINE RUNNERS AT MT. WASHINGTON

Men

39.	David Drew, Litchfield,	1:17.26
74.	Bob Strout, Unity,	1:23.08
89.	Thomas Clemence (MTC), Falmouth,	1:24.47
97.	Gary Goss, York,	1:25.43
106.	Robert Wanamaker, Eliot,	1:26.45
122.	Ken Cotton, Bristol (MTC),	1:27.25
134.	Jon Chapin, Oakland,	1:28.30
135.	Ron Cedrone (MTC), Falmouth,	1:28.31
163.	Rick Licht, Gray,	1:30.43
155.	Jeff Hunt, Bangor,	1:29.58
185.	Richard Mulhern (MTC), Falmouth,	1:31.57
190.	Richard Davee, Pownal,	1:32.20
193.	Chase Pray, Greene,	1:32.28
207.	Erik Seastead, Albion,	1:34.04
231.	Don Andrus, Rockport,	1:35.25
240.	Alburn Butler (MTC), Portland,	1:35.55
241.	Rich Robinov (MTC), Cumberland,	1:35.56
254.	Bob Coughlin (MTC), Cape Elizabeth,	1:36.27
263.	Jeffrey Preble, Manchester, *	1:36.57
287.	Bill Reilly, Brownfield,	1:37.59
310.	Hugh Coxe, Falmouth,	1:39.45
346.	Jay Daly, Waterford,	1:42.04
353.	D. Scott Hamilton (MTC), N. Waterboro,	1:42.25
364.	Karl Brantner, Cumberland,	1:43.01
375.	David Benn, Waterville,	1:43.37
379.	Tony Mullins, East Lebanon,	1:43.52
402.	Ronald Paquette, Albion,	1:45.25
426.	G. Andrew Clear, Fryeburg,	1:46.33

428.	Richard Daniel, Kittery,	1:46.37
434.	Willie Sproul, New Gloucester (MTC),	1:46.59
458.	Craig Whiton, Portland,	1:48.18
475.	Howard Spear (MTC), Westbrook,	1:49.52
486.	Michael McClellan, Raymond,	1:50.27
510.	Joe Montimurro, Cumberland,	1:52.41
534.	Robert Giroux (MTC), Wales,	1:54.51
551.	Donald Harriman, Pittsfield,	1:55.51
557.	Williams Cookson, South Portland,	1:56.25
578.	Dick Church, Southwest Harbor,	1:57.45
593.	Jim Moore Jr., Waterville,	1:58.58
620.	Karl Geib, Raymond,	2:01.31
621.	John Morin, Camden,	2:01.41
628.	Carlton Mendell (MTC), Portland,	2:03.12
648.	Mike Brooks (MTC), Danville,	2:06.25
720.	Julius Marzul (MTC), Gorham,	2:37.33

Women

17.	Sue Long, Rumford,	1:29.30
28.	Ellie Tucker (MTC), Auburn,	1:33.58
29.	Maureen Sproul (MTC), New Gloucester,	1:34.00
46.	Laura Mullin, East Lebanon,	1:39.21
58.	Jennifer Blastow, Otisfield,	1:41.57
59.	Annemarie Davee, Pownal,	1:42.10
72.	Janie Smith, Bangor,	1:44.17
81.	Louisa Dunlap, Belfast,	1:46.13
92.	Faye Gagnon, Minot,	1:48.41
99.	Sarah Andrus, Rockport,	1:50.22
100.	Celia Leber, Vienna,	1:50.33
146.	Donnajean Pohlman, Albion,	2:07.41
181.	Nancy Stokes, Kittery Point,	2:21.42



1999 RACE SCHEDULE Race dates and times may be subject to change. Please check with Race Director for accuracy

- July 10** Oxford Hills 4-Miler, 1-mile walk & 1/2-mile fun run, 8:00 a.m. Contact: 5K Sports 781-3134.
Moxie Day 5K, Lisbon Falls, 9:30 a.m. Contact: Split Time Race Management 781-RACE.
- July 11** Kennebunk Beach Improvement Association 5K, 9 a.m. Contact: Lorraine Sacco 617-593-3762.
4For Alec, 4 Mile Run/2.5 Mile Walk, Saco, 10 a.m. Contact: Jim McCorkle 5K Sports 781-3134.
- July 14** Summer Fun Run Series (5K/1-mile/.5-mile) Falmouth, 6:30 p.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
- July 17** Pat's Pizza Clam Festival Classic (5 miles), Yarmouth, 8 a.m. Contact: Maine Track Club 741-2084 or Ron Pelton 865-6919.
Hermon Fun Days 10K, 8 a.m. Contact: Steve Tuckerman 848-3485(w) or 848-5447(h).
Loon Call 5K, Smithfield, 8 a.m. Contact: Fawn or John Paradis 362-5121.
- July 21** Summer Fun Run Series (5K/1-mile/.5-mile) Falmouth, 6:30 p.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
- July 24** Hancock Lobster Classic 10-Miler, 9 a.m. Contact: Andrew Beardsley 667-7128 (5-9 p.m.).
Casco Days 4-Miler. Contact: Carrie Scribner 627-7631.
- July 25** Fort Knox Bay Festival Family 5K, Bucksport, 9 a.m. Contact: Bucksport Bay Area Chamber of Commerce 469-6818.
Save the Observatory 3-Miler, Portland, 8:30 a.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
- July 28** Summer Fun Run Series (5K/1-mile/.5-mile) Falmouth, 6:30 p.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
Roland Dyer Memorial 5K, Winslow, 6:30 p.m. Contact: Gene Roy 465-7296.
- July 31** Peaks Island 5-Miler, 10 a.m. Contact: Jim McCorkle 781-3134/FiveKSport@aol.com.
- August 7** Beach to Beacon 10K, Cape Elizabeth, 8 a.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com or Split Time Race Management 781-RACE.
Wilton Blueberry Festival 10K, Wilton, 9 a.m. Contact: Kelley Cullenburg 778-4971.
- August 11** Falmouth Education Foundation 5K, 5:45 p.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
- August 13** St. Peter's Road Race (4 miles), Portland, 7 p.m. Contact: Maine Track Club 741-2084 or Mike Reali 829-2014.
- August 15** Spring Point Festival 4-Miler, South Portland, 8:30 a.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
Alvin Sproul Samoset 10K, Bristol, 9:15 a.m. Contact: Carlene Sproul 677-2586.
Bowdoin & Back 10 Miler, Bowdoin College, 8:00 a.m. Contact: 5k Sports 781-3134.
- August 21** Machias Blueberry Run 5-Miler, 9 a.m. Contact: Sunrise Opportunity 255-8596.
O.O.B. Breakaway 5K (9 a.m.) & Kids 1 Mile Run (8:30 a.m.), Old Orchard Beach Square, Contact: Jim McCorkle 5K Sports 781-3134.
Gorham Family Fair 5K & Kids Fun Run, 5K 8:30 a.m./Kids Fun Run 8:00 a.m. Contact: Gorham Rec. Dept 839-8000.
Houlton Potato Feast 5K & 1.5-mile walk, 9 a.m. Contact: Ann Joy 532-9471 ext. 628.
Northeast Harbor Road Race (5 miles), 9:30 a.m. Contact: Albert Hamor 276-3646.
- August 29** Rotary Waterfront/Bridge 4-Miler, South Portland, 9 a.m. Contact: Split Time Race Management 781-RACE.
- September 3** Maine Running Hall of Fame 5K, Portland, 6:45 p.m. Contact: Maine Track Club 741-2084.
- September 5** 5K Sports Women's 5K Walk/Run, Falmouth, 9:00 a.m. Contact: 5k Sports 781-3134.
- September 6** Bangor Labor Day Road Race (5 miles), 9 a.m. Contact: Bangor Parks & Recreation 947-1018.
Caribou Labor Day 5-Miler (10 a.m.) & Viking Run (9 a.m.). Contact: Marrayl Welch 498-3756.
- September 11** No. Yarmouth Fun Day 1 Miler & 1/2 Mile, Kids Run, 8:30 a.m., 9:00 (Adult Race) Contact: 5K Sports 781-3134.
L/A 5K Bridge Run, 9:00 a.m., Boys & Girls Club Auburn-Lewiston, Contact: Mike LeCompte 777-3724.
- September 12** Terry Fox 5K, Bangor, 11:30 a.m. Contact: 862-3737.
5K Run Walk To Remember Dan Cardillo, 9:00 a.m., Falmouth High School, Contact: 5K Sports 781-3134.
- September 18** Bar Harbor Half-Marathon, 8:30 a.m. Contact: MDI YMCA 288-3511/ebartlett@mdiymca.org.
- September 19** RRCA Harvard Pilgrim Women's Fitness 5K, Portland, 8 a.m. Contact: MTC 741-2084 or Ron Deprez 772-4312.
Help Can't Wait 10K, Brunswick. Contact: Charlie Scribner 781-RACE.
Maine Turnpike Jetport Interchange 5K, 9:00 a.m., The Racket & Fitness Ctr 2445 Congress St Portland, Contact: 5K Sports 781-3134.
Race for the Cure 5K, Bangor. Contact: Rosemary Baldacci 947-2582.
Common Ground Fair 5K, Unity, 8 a.m. Contact: Chris Bovie 622-1267 or Skip Howard 223-4715.
- September 25** Eliot Festival Day 5K, 8:30 a.m. Contact: Randy Bartlett 439-3707/eliot5k@fcgnetworks.net.
Cornish Apple Festival 5K, 8 a.m. Contact: Paul Howe 625-3122.
Riverfest 3-Mile Road Race, Old Town, 8:30 a.m. Contact: 827-3961.
Kingfield 10K & Kids 1K, 10 a.m. Contact: Glenn Eddy 237-2000.
- October 1-2** Reach The Beach Relay, Loon Mt. Lincoln NH, Contact: Deb Dionne 781-642-9209 or 508-881-4505.
- October 2** Lifeline 5K/Kids' Fun Run, Portland, 9:30 & 10 a.m. Contact: 5K Sports 781-3134/FiveKSport@aol.com.
- October 3** Aetna Maine Marathon and Casco Bay Half Marathon, Portland, 8 a.m. Contact: Maine Track Club 741-2084.
- October 9** 2nd Edition 5K Road Race/Walk, Kennebunk, 10 a.m. Contact: 5K Sports/Jim McCorkle 781-3134/FiveKSport@aol.com.
Silent Hills 5K, Hinckley, 9 a.m. Contact: Mike Gordon 453-7368.
Windham Homecoming 4-Miler, 10:00 a.m. Contact: Charlie Scribner 781-RACE.
Belfast Pancake 5K, 9 a.m. Contact: Sandra Gordon or Hugh McLean 338-1724.
- October 10**

October 16	<i>MTC 50-Miler, Brunswick, 6:30 a.m. Contact: Maine Track Club 741-2084.</i>
October 17	<i>Portland High School Lacrosse Team 5K, Portland, 10:00 a.m. Contact: Jim McCorkle 5K Sports 781-3134.</i>
October 24	<i>Physical Therapy 8K, Brunswick, 9 a.m. Contact: Maine Track Club 741-2084 or Roger or Dorothy Fenn 725-1487.</i>
	<i>Great Pumpkin Race (10K), Saco, 9:30 a.m. Contact: Bob Lanigra 883-8662.</i>
	<i>Halloween Classic (3K), Portland. Contact: Brian Gillespie 797-7261.</i>
November 6	<i>Capital City 5K, Augusta, 9:30 a.m. Contact: Tom Wells 685-3332.</i>
November 13	<i>Great Osprey Ocean Run (10K), Freeport. Contact: Charlie Scribner 781-RACE.</i>
November 21	<i>Shop 'n Save Turkey Trot (5K), Cape Elizabeth, 9 a.m. Contact: Maine Track Club 741-2084 or Mel Fineberg 774-8868.</i>
	<i>Brewer Turkey Trot 5K, 1 p.m. Contact: Dave Jeffrey 825-3403.</i>
November 25	<i>Thanksgiving Day 4-Miler, Portland, 9 a.m. Contact: George Towle 780-5595.</i>
	<i>Gasping Gobbler 10K/Turkey Two-Miler, Augusta, 10 a.m. Contact: John Schwerdel 623-8086.</i>
November 27	<i>Turkey Trot 5K, Caribou, 10 a.m. Contact: Dan Harrigan 498-3226.</i>
December 4	<i>Season's Greetings 5.5-Miler, Madison, 11 a.m. Contact: Ron Paquette 437-9237.</i>
December 19	<i>Bob Marley's Toys For Tots 5K, Portland, 10 a.m. Contact: 5K Sports/Jim McCorkle 81-3134/FiveKSport@aol.com.</i>

GROUP RUNS

The **Maine Track Club** includes all kinds of runners doing many different distances and paces ... from the weekend jogger to the daily 20-minute runner to the serious road racer.

Whatever your pleasure may be (social, speed, long distance), we probably have a running/training group near your area. For more information, contact any of the following:

Brunswick

Long runs on weekends and track and tempo workouts during the week. Times vary, so it's best to call. Contact John LeRoy (725-8680).

Kennebunk

The **Kennebunk Road Warriors** run weeknights in Kennebunk. Contact Steve Jacobsen (985-4107) or Nancy Kneeland (985-8100).

Portland

The **Rat Pack** runs Sunday mornings at 7 a.m. from Payson Park. Contact Ron Deprez (772-4312) or Mike Reali (829-2014).

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

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

South Portland

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

Biddeford, Saco

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

If you know of a group run that isn't listed above, please contact either Bob or Marge Aube (829-5079) to let us know where, when and a contact person for inclusion in the monthly newsletter.

NEW MEMBERS

Hans Brandes (40)
Mary Brandes (41)
Eileen Brandes (10)
Peter Brandes (7)

Falmouth

Sue Brennan (40)

Windsor

Registered Nurse, ME General Medical

"I Ran in high school, doing long distance runs. I Continued to run in my 20's, as I moved across the U.S. as a traveling nurse. I was a nurse for 1984 Los Angeles Olympic Committee for track and field events. I started running to get in shape again this past year. Picked up a pamphlet on MTC at a race last year. I Want to meet people and have fun while doing something I enjoy that's beneficial."

Dana Brown (38)

Gorham

Truck Driver, Saunders Bros.

Jack Carpenter (42)

Portland

Businessman, ME Carpack, Inc.

Mark Grandonico (40)

Portland

Sherry Grandonico (45)

Mark: Site Mgr., Family Practice Ctr., MMC

Sherry: Med Tech Lab Student, MMC

"I have just started running within the last year. My wife has been running for 3 or 4 years. An after-work trek around the Back Cove is on both our lists of daily events. This year we have run in the Boys and Girls Club 5-miler, the Bone Density Dash and the Pond Cove Challenge. We are entered in the Beach to Beacon and plan to cap our season with the Casco Bay Half Marathon."

Jennifer Jacobs (26)

South Portland

Client Service Rep., AA Direct

"I moved here from Bucksport, ME, where I ran track and cross-country in high school and also for for the University of ME. My racing has picked up recently with the help of a great nutritionist. I'm now running times I ran in college! Most recently I ran the Tufts Health Care 5K Series in Portland and my time was 21:14. My next goal is a 10-miler in my hometown in June, and in August I hope to be able to register for the Beach to Beacon run. I am currently looking for som running partners on the weekends."

Phil Meech (48)

Scarborough

Marketing Mgr., Utilities, Inc.

Jennifer Warriner (38)

Auburn

Computer Database Assoc., Seniors Plus

Mari White (40)

Dorset, VT

Larry Wold (40)

Freeport

Banker, Peoples Heritage

RACE RESULTS

THE MAINE TRACK CLUB AND THE GREATER
PORTLAND YMCA PRESENT

THE 10TH ANNUAL YMCA BACK BAY 5K

262 FINISHERS (114 FEMALE & 148 MALE)

CERTIFIED BACK COVE PORTLAND 5K LOOP COURSE

FRIDAY, 6:00 P.M., MAY 28TH, 1999

Top Overall Finishers

Place/Name	Age	Time	Pace
1 Joan Samuelson (Hon.MTC) USAT&F	42	17:15*	5:33
2 Douglas Pelletier 1,overall USAT&F	14	17:17	5:34
3 Michael Trundy 2,overall	39	17:34	5:39
4 Kevin McCusker 3,overall	41	17:40	5:41
5 Bob Strout 1,40-49	43	18:0	5:48
6 Tom Menendez (MTC) 2,40-49	45	18:14	5:52
35 Becky Wallace 2,overall	26	20:50*	6:42
37 Kathy Hepner (MTC) 3,overall	38	20:55*	6:44
44 Wendy Harper 1,30-39	30	21:11*	6:49
52 Carrie McCusker 1,20-29	29	21:26*	6:54

Other Top Divisional Finishers

7 Britt Wolfe (MTC) 30-39	33	18:16	5:53
10 Stephen DeCastro 20-29	29	19:09	6:10
13 Craig Plummer 19&under	17	19:44	6:21
22 Ed Doughty (MTC) 50-59	50	20:18	6:32
65 Helen Cheney 40-49	44	22:17*	7:10
98 Laura Blanchard 19&under	11	23:57*	7:43
99 Faye Gagnon 50-59	54	23:57*	7:43
113 Gene Waters 60&over	63	24:49	7:59
168 Carlton Mendell (MTC) USAT&F	77	27:43	8:55
221 Elizabeth Irwin (MTC) USAT&F	72	32:08*	10:21

Other Maine Track Club Finishers

8 Michael Boucher 3,40-49	41	18:29	5:57
9 Gerard Conley	45	18:49	6:03
17 Jim Harmon	39	19:55	6:25
25 Ron Deprez 2,50-59	54	20:28	6:35
33 D. Scott Hamilton	48	20:49	6:42
40 Les Berry 3,50-59	51	21:01	6:46
45 Thomas Keating	42	21:13	6:50
46 George Cooper	43	21:14	6:50
55 John Morse	54	21:48	7:01
56 Roger Fenn	52	21:49	7:01
59 Ben Morse	27	22:04	7:06
73 Matt Thayer	34	22:46	7:20
78 Rosalyn Randall 3,40-49	49	23:06*	7:26
80 Kevin Conley	29	23:14	7:29
81 Harry White	56	23:16	7:29
103 Robert Gardner	58	24:10	7:47
111 Donna Gillis	29	24:46*	7:58
126 John Littlefield	43	25:13	8:07
130 Margaret Hazelett	33	25:33*	8:13
151 Nancy Lovetere	55	26:28*	8:31
157 Margaret Reimann	45	26:45*	8:37
161 Don Russell	62	27:19	8:48
162 Larry Perkins	54	27:23	8:49
167 Beth Wilson	43	27:31*	8:51
194 Kenneth Spirer	56	29:52	9:37
205 Diana Champeon	38	30:38*	9:52
210 Sally Paterson	57	31:12*	10:03
236 Julius Marzul	72	37:51	12:11

Many thanks to the MTC crack technical computer team of Bob Aube and Mike Doyle for complete results!

THE CENTRAL MAINE STRIDERS PRESENT THE 1999 SUGARLOAF 15K ROAD RACE 128 FINISHERS (54 FEMALE & 74 MALE) CARRABASSETT VALLEY TO KINGFIELD MAINE MAY 16TH, 1999

Place/Name	Age	Time
1 Scott Brown	40	48:56
2 Shaun Keenan	37	51:58
3 Peter Dauphinee	24	55:01
4 Michael Trundy	39	55:39
5 Kevin Dow	39	56:32
10 Andrew Pfeiffer	16	1:00:06
12 Sean Keough (MTC)	43	1:01:30
13 Julie Langin-Nasse	19	1:01:34*
16 Ellie Tucker (MTC)	44	1:02:01*
19 Albert Lagasse	52	1:02:20
20 Bob Coughlin (MTC)	60	1:02:24
22 Kelly Cullenberg	37	1:02:37*
24 Ron Deprez (MTC)	54	1:03:22
27 Erin Semba	33	1:04:33*
28 Steve Jacobsen (MTC)	49	1:04:43
30 Maureen Sproul (MTC)	43	1:05:11*
35 James Corbett (MTC)	35	1:05:35
42 Bill Pinkham	56	1:06:28
47 Ed Doughty (MTC)	50	1:06:55
52 Terry Clark (MTC)	54	1:08:14
61 Patrice Lastufka	45	1:08:53*
97 Abbie Sewall	14	1:17:57*
101 Richard Cavanaugh	66	1:21:17
104 Deborah Matulaitis	59	1:23:28*
114 Billie-Joe Hall (MTC)	12	1:26:44
123 Burt Kettle (MTC)	64	1:31:11

THE CENTRAL MAINE STRIDERS PRESENT THE 1999 SUGARLOAF MARATHON 181 FINISHERS (47 FEMALE & 134 MALE) CATHEDRAL PINES CAMPGROUND TO KINGFIELD MAINE MAY 16TH, 1999

Place/Name	Age	Time
1 Scott Hosmer	32	2:39:59
2 Newell Lewey	40	2:45:09
3 David Chamberlain (MTC)	37	2:52:19
4 Michael Menovich	48	2:53:12
5 Jorma Kurry	27	2:53:12
21 Gordon Scannell	46	3:08:46
29 Alburn Butler (MTC)	45	3:14:06
32 Tom Littlefield	53	3:15:23
34 Tom Shorty (MTC)	37	3:17:01
35 Edmond Veronneau	55	3:18:04
38 Lisa Sullivan	31	3:19:27*
41 Gerard Conley, Jr. (MTC)	45	3:19:54
42 Bill Devou (MTC)	50	3:20:24
45 Ron Cedrone (MTC)	50	3:20:56
57 Ken Norton (MTC)	46	3:28:10
63 Ellen Thompson	29	3:29:55*
67 Bob Payne (MTC)	60	3:31:13
71 Tracey Thompson (MTC)	29	3:33:48*
74 Alton Libby (MTC)	40	3:35:34

RACE RESULTS (continue)

77 Phil Pierce (MTC)	57	3:37:41
82 Kathi Peck	49	3:41:17*
92 Rex Holtan (MTC)	47	3:46:07
93 Johanna Gravas	29	3:46:47*
95 Susan O'Brien	41	3:47:13
101 Louisa Dunlap	58	3:50:04*
105 Joan Merriam	50	3:54:08*
126 George Entwistle (MTC)	45	4:08:56
160 Carlton Mendell (MTC)	77	4:40:59

THE NTHW-CROSBY 5K CHALLENGE

110 FINISHERS (46 FEMALE & 64 MALE)

BELFAST, MAINE - MAY 22ND, 1999

Place/Name	Time
1 Morgan Laidlaw	16:09
2 Jeremy Lisle	16:23
3 Hugh McLean	17:21
4 Guy Berthiaume	17:40
5 Bob Strout	17:46
6 Jo-Ann Nealey	18:00*
13 Carol Hogan (MTC)	19:15*
14 Don Foshay (MTC)	19:16
24 Alicia Hughes	20:16*
25 Kate Meyers (MTC)	20:22*
30 Leah Fein	20:53*
31 Alton Libby (MTC)	21:10
93 Billy Hall (MTC)	36:32

THE CENTRAL MAINE STRIDERS PRESENT THE 1999 APPLE BLOSSOM 15K ROAD RACE 37 FINISHERS (5 FEMALE & 32 MALE) MONMOUTH, MAINE - MONDAY, MAY 31ST, 1999

Place/Name	Age	Time
1 Jon MacGregor	40	1:00:40
2 Tom Menendez (MTC)	45	1:01:17
3 Tom Thibeau	41	1:01:56
4 Ross LaFreniere	34	1:03:55
5 Erik Seastead	44	1:04:50
6 Ken Cotton (MTC)	49	1:05:02
9 Andrew Pfeiffer	16	1:07:50
10 Joe Meehan	52	1:08:51
13 Alison Kisch (MTC)	33	1:11:02*
17 Phil Pierce (MTC)	57	1:12:59
18 Alton Libby (MTC)	40	1:13:55
22 Rosalyn Randall (MTC)	49	1:19:11*
27 Nancy Hebert	37	1:21:45*
30 Cathy Squires	32	1:24:26*
32 Robert Giroux (MTC)	40	1:29:39
36 Anne Schaad	44	1:39:01*
37 Carlton Mendell (MTC)	77	1:41:31

THE CENTRAL MAINE STRIDERS PRESENT THE APPLE BUD 4.7 MILE ROAD RACE

29 FINISHERS (12 FEMALE & 17 MALE)

MONMOUTH, MAINE - MONDAY, MAY 31ST, 1999

Place/Name	Age	Time
1 Emery Bickford	18	27:22
2 Gary LaFreniere	38	28:01
3 Chad Wright	16	29:13
4 Pat Guerette	17	31:11
5 Nick Danforth	16	31:14
6 Art Robinson	48	32:16
7 Doug Ludewig	59	33:27
8 Kevin Hubley (MTC)	16	35:47
12 Susan Faucett	32	37:58*
13 Lisa Hatch	36	39:01*
14 Dick Cummings	61	39:05
15 Ron Chase (MTC)	58	39:14
17 Michelle Perkins	29	39:58*
20 Mary Sherer	30	42:05*
21 Libby Moores	22	42:11*
22 Mary Ann Robinson	44	42:28*
23 Kathleen Harris (MTC)	36	45:48*
26 Karen Connolly (MTC)	40	48:46*
28 Judy Cotton (MTC)	50	51:35*
29 Rachel Ganone	16	53:33*

*Many thanks to the Central Maine Striders' INTERVAL for complete results to:
The Sugarloaf Marathon & 15K, NTHW-Crosby 5K Challenge, Apple Blossom
15K & 4.7 Miler, and Rangeley Moose Run 5.2 Miler.*

THE RANGELEY CHAMBER OF COMMERCE PRESENTS THE RANGELEY MOOSE RUN 5.2 MILER 35 FINISHERS (7 FEMALE & 28 MALE) SUNDAY, 3:30 P.M., MAY 30TH, 1999

Place/Name	Time
1 Brad Chicoine	30:15
2 Randy Easter	32:31
3 Luc Roy	33:39
4 John Bean	35:04
5 Wayne Newton	35:35
9 Richard Scribner (MTC)	38:51
14 Betty DiSanza	42:55*
16 Jackie Dion	43:59*
22 Sarah Roy	49:54*
24 Denny Morrill (MTC)	50:07
26 Pat Matulaitis	50:43*
27 Valerie Zapolsky	51:10*
29 Burt Kettle (MTC)	51:57
35 Mark Clinch race walker	63:27

RACE RESULTS (continue)

THE MSAD #51 AND 5K SPORTS PRESENT THE CUMBERLAND "MEMORIAL MILE"

84 FINISHERS (33 FEMALE & 51 MALE)
POINT TO POINT COURSE ON MAIN STREET,
CUMBERLAND CENTER

FROM N. YARMOUTH LINE TO THE GREELEY CAMPUS
8:00 A.M., MONDAY, MEMORIAL DAY, MAY 31, 1999

"AG.TIME": RESULTS GRADED BY AGE & SEX

BASED ON
WORLD ASSOCIATION OF VETERAN ATHLETES
TABLES

Top Overall Finishers

Place/Name	Age	Time	AG.Time
1 Allan Muir 1,overall	44	4:41	4:18
2 Brent Leighton 2,overall	29	4:43	4:43
3 Thomas Goodspeed 3,overall	17	4:51	4:39
4 Kirby Davis 1,16&under	15	4:56	4:36
5 Michael Kerin 1,36-40	40	4:58	4:41
18 Christine Snow-Reaser 1,overall	33	5:25*	4:47
22 Libby Christenson 2,overall	37	5:27*	4:41
25 Carol Hogan (MTC) 3,overall	48	5:34*	4:24
27 Terry Sutton (MTC) 1,36-40	37	5:36*	4:49
33 Ann McGovern (MTC) 1,31-35	35	5:43*	4:59

Other Top Divisional Finishers

6 Steve Reed (MTC) 51&over	51	5:01	4:22
8 Robert Goodspeed 17-18	17	5:04	4:52
9 John Eldredge (MTC) 41-45	44	5:09	4:43
10 Gordon Scannell 46-50	46	5:10	4:40
12 Roger Clement 31-35	35	5:15	5:06
15 Stephen Marguis 26-30	30	5:21	5:21
45 Bobbie Cokendsphere 26-30	27	6:08*	5:31
49 Nancy Lund 46-50	47	6:19*	5:03
56 Julie Mecray 41-45	41	6:43*	5:37
58 Elizabeth Ryer 16&under	14	6:44*	5:30
79 Sandy Utterstrom (MTC) 51&over	55	7:58*	5:56

Other Maine Track Club Finishers

7 Michael Gordon 2,36-40	37	5:03	4:51
11 Richard Graves 2,41-45	44	5:13	4:47
14 Don Foshay 3,36-40	40	5:20	5:01
34 Jim Estes	50	5:46	5:04
36 Kate Meyers 2,36-40	38	5:50*	4:59
39 Ed Doughty, Jr.	50	5:52	5:09
44 Amy Tchao 3,31-35	34	6:07*	5:22
47 Gene Fitzpatrick	39	6:14	5:54
50 Ned Ayers	49	6:21	5:38
60 Rick Meyers	35	6:49	6:37
67 Margaret Reimann 2,41-45	45	7:12*	5:51
69 Arabella Eldredge 3,41-45	45	7:15*	5:54
77 Cheryl McCall	42	7:50*	6:31
80 Beth Quinlan	40	8:15*	6:57
83 Pat Buckley 2,51&over	61	9:37*	6:42
84 Ruth Hefflefinger 3,51&over	70	10:36*	6:35

Many thanks to Race Director Maryellen Fitzpatrick for
Complete results!

UPCOMING MTC BIRTHDAYS

JULY

- 14: Ben Davenny, Beverly Doughty, Jarryd Holtan, Nate Parsons, Deborah Stewart
- 15: Carolyn Court, Dana Brown
- 18: Sally Paterson, Widgery Thomas
- 19: Peter Connell, John Eldredge, Thomas Keating
- 20: Kathleen Musca
- 21: Robert E. Derrah, Ogden Williams
- 22: Thomas Menendez, Jim Grant
- 23: Larry Kinner, Stephen Merrill
- 25: Robert Ashley, Quinn Collins, Bobby Joe Hall
- 26: Cheryl McCall
- 27: Julie Barber, Danny Chute
- 28: William Kerwin, Amy Kuhn, Meaghan LaVangie, Archie Manoogian
- 30: Walter Webber
- 31: Nick Anasti, Colleen Brady, Norman Lachance

AUGUST

- 1: Beth Doughty, Brian Gillespie, Hayden Williams, Britt Wolfe
- 2: Richie Chute, III
- 6: Diana Champeon, Ellen Della Torre
- 7: Pamela Barker
- 8: Emily Devoe
- 10: Ronald Dubois, Peggy Williams
- 11: Sheila Donahue, Nancy Jacobs, Terry Sutton
- 13: Brian Dudley
- 14: Jim Thornton



Deb Raszmann, Deb Merrill, "Birthday Boy Don Penta", & Roz Randell at Pond Cove 5K Challenge

NEXT MTC MEETING

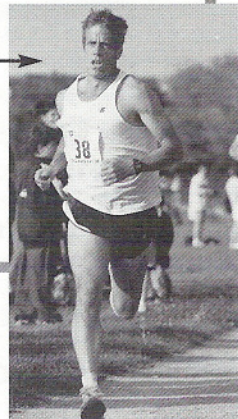
July 13, 1999, at 6-8 p.m.

Board Meeting
Cumberland Library

"OPEN TO EVERYONE"

YMCA 5K

TOM MENENDEZ (MTC)



BRITT WOLFE (MTC)



DON RUSSELL (MTC)



GERARD CONLEY (MTC)



JULIUS MARZUL (MTC)



LARRY PERKINS (MTC)



Rosalyn Randall (MTC)



MATT THAYER (MTC)



MEMORIAL MILE



ALLEN MUIR
Winner



PAT BUCKLEY (MTC)



RICHARD GRAVES (MTC)



SANDY UTTERSTROM (MTC)

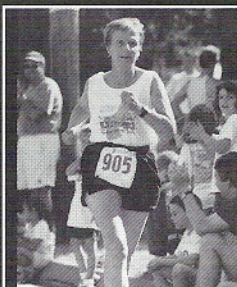


STEVE REED (MTC)
1st 51 & Over



Thomas Goodspeed
3rd Overall

BRENT LEIGHTON
2nd



RUTH HEFFLEFINGER
(MTC)

MAINE TRACK CLUB OFFICERS & COMMITTEE CHAIRS



USA Track & Field



Marge Aube	President	829-5079
Eric Ortman	Vice President	727-3762
John Gale	Past President	775-5017
Carlton Mendell	Treasurer	797-7806
Kate Meyers	Secretary	926-5071
Maggie Soule	Membership	846-3631
Bob Aube	Race Committee	829-5079
Rodger Smith	At-Large	883-3041
Howard Spear	At-Large	856-6496
Maureen Sproul	At-Large	926-4681
Sandy Utterstrom	At-Large	797-4710
Steve Fox	Clothing	799-8840
Bill Devoe	Equipment	761-0602
Don Penta	Statistician and Photography	892-4526
Dale Rines	Course Certification	854-2481
Mike Doyle	Newsletter	871-0051
Colleen Redmond	Newsletter	871-0051

1999 UPCOMING EVENTS

JULY 10

Annual Picnic • 12 noon Winslow Park
Hot dogs, paper goods, soda and Hamburgers to be provided.
Bring a salad or dessert to share.

JULY 13

Board Meeting • 6 P.M. Cumberland Library

AUGUST 17

Pie Run • 7P.M. Payson Park, Portland

SEPTEMBER 14

Board Meeting 6 P.M. • Cumberland Library

SEPTEMBER 21

6 P.M. Falmouth Library
Chris Axelson Slide Presentation on Adventure Running

OCTOBER 12

6 P.M. Board Meeting, Cumberland Library

OCTOBER 19

"Sharing My Running Secrets"
6 P.M. Falmouth Library, Christine Snow-Reaser

NOVEMBER 9

Board Meeting • 6 P.M. Cumberland Library

NOVEMBER 16

Pot Luck Supper • 6 P.M. – site to be announced

DECEMBER 14

Board Meeting • 6 P.M. Cumberland Library

DECEMBER 21

Jingle Bell Fun Run
6 P.M. Eastern Prom by the Holiday Lights

JANUARY

Banquet • 6 P.M. Val Halla, Cumberland

We Need Your Input

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

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

Notice About Race Fliers

Anyone who wishes to have their race fliers included in the Maine Track Club newsletter must submit the fliers and a payment of \$40 by the 15th of the month. Fliers will not be included in any mailing if not accompanied by the \$40 service fee. The fee applies only to races not run by the MTC, so if the race fee is already being paid to the club, there is no charge for race fliers. Please call or e-mail Mike Doyle to arrange for flier inclusion.



1999 Membership Information

Send check or money order to:

Maine Track Club
P.O. Box 8008

Portland, Maine 04104

or call Maggie Soule (846-3631) for more information

Individual or Family=\$20.00 • Student=\$12.00



NEWS RUN SPONSORS

If you would like to become an individual News•Run sponsor, please send \$10 to: Maine Track Club, P.O. Box 8008, Portland, ME 04104. Or, if you would like to have your business card included in News•Run, you can do so for just \$5 per month.

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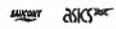
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MAINE TRACK CLUB DISCOUNTS

The following area sporting goods stores have agreed to give MTC members discounts on running shoes and running clothing. It is necessary that you show your 1999 club ID card when requesting discounts.

Peak Performance Sports

59 Middle St., Portland

15% ON ALL PURCHASES

Olympia Sporting Goods

Maine Mall, S. Portland

10% ON SHOES ONLY

Coastal Athletics

84 Cove St, Portland

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