

Run with a friend...

www.mainetrackclub.com

July 2000

-11th Annual YMCA Back Bay 5K-



Pete Bottomley
MTC, 3rd Overall
of Cape Elizabeth

Denise Robertson
MTC
of Scarborough



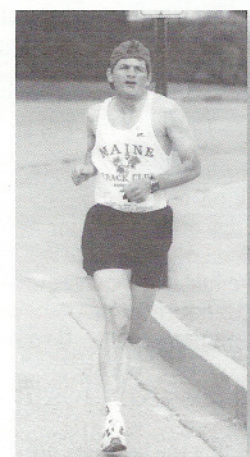
Tom Menendez
MTC
of Lewiston

Deb Stewart
MTC
of Brunswick



Tim Clement
MTC
of South Portland

2nd Annual Deering Ram Run



Mike Musca
MTC
of Falmouth
1st, 40-44



John Eldredge
MTC
of Cumberland
1st, 45-49



Tony Salamone
MTC
of South Portland
1st, 50-54



Bob Jolicoeur
MTC
of Cape Elizabeth
1st, 60-64

July 26th
MTC Cookout
See pg. 2
for details

Presidential Message

July 2000

Dear MTC Members

Thank you to all the volunteers who worked at Mt. Washington Road Race in the heat, wind, rain, and then the cold. Thank you to Don Penta who went to the top to take pictures and also drove MTC members down off the mountain (and to Kim Moody who drove a van full of people down). A special thank you to the volunteers who stayed at the bottom of the mountain to work on the race. You made it possible for your fellow club members to enjoy this 7 mile uphill run! You all did a great job, thanks.

Congratulations to the MTC members who did the Bike Trek Across Maine, Patty Medina, Alyce Schultz and Ray Hefflefinger. If I missed anyone please let me know.

An update on the little park off Allen Ave. Ext., Ruth Hefflefinger and I did a run to find it. It's really between Ray St. and Vingia St. (Go out Allen Ave. Ext., toward Falmouth, turn right onto Ray St. and watch on your left for the path into the park.) We even saw a couple pink Lady Slippers growing!

I want to say a special thanks to the people who used a Saturday on April 29th to attend the Race Directors Clinic at the Portland Boys Club. What a gorgeous day it was and we were stuck inside! I really appreciate that you gave up your Saturday to discuss race management and problems that come up at races. I felt that a lot of good information came out of that meeting. I think its good for us to get together to brainstorm over things that come up at races. I hope we can make this an annual event, we had a good turnout. Thanks to Bob Aube, Mel Fineberg, MaryAnne Champeon, Jeanne Hackett, Don Penta, Charlie Scribner, Dennis Morrill, Rita Moulton, John Cole, Eric Ortman, Donna Moulton, Jodi Benvie (joined the club that day, welcome to the Maine Track Club), Kim Moody, Al Utterstrom, and Walter Webber. If I missed anyone please let me know.

IN PLACE OF A MEMBERSHIP MEETING IN JULY We will have a cookout at the University of New England, Westbrook campus, on Stevens Ave., **Wednesday, July 26th, (Rain or shine)**. Meet at the gym parking lot at 6:00 p.m. We'll do a Poker run first (there will be prizes!) then the cookout. **Please RSVP to Sandy Utterstrom by Thursday, July 20th (see flyer in newsletter)**, so we can plan the food, hamburgers, hot dogs, potato salad, cole slaw, cold drinks (soda only), and desserts. It's \$5.00 a person. This sounds like a really fun time. Thank you Mel Fineberg for helping to arrange the cookout.

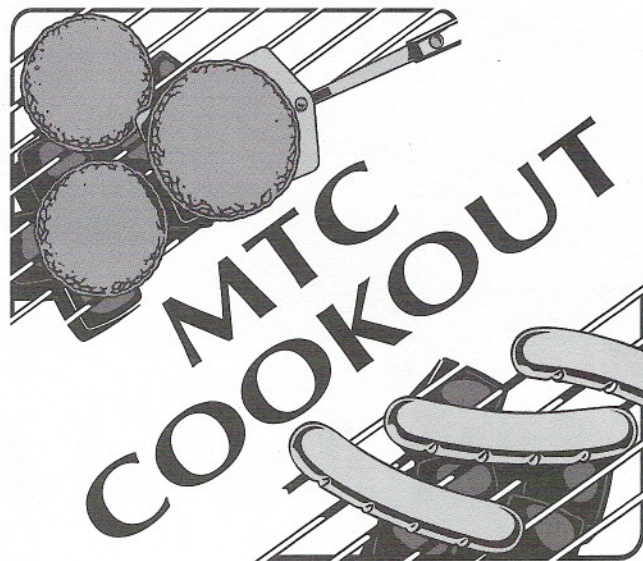
The next board meeting is on July 11th at 6PM at the Utterstrom house.

Good luck in your races!

Sandy Utterstrom



Our condolences go out to the family and friends of Wendy Sayres. This is a great loss to the running community. She will be sadly missed.



**Wednesday, July 26th at the
University of New England
Westbrook Campus,
Stevens Ave., Portland**

Poker Run at 6:00 p.m., cookout at 6:30 p.m.

RSVP by July 20th (Sandy 797-4710) \$5 per person

*See enclosed flyer for details.

Coaching Sessions for the Upcoming Season

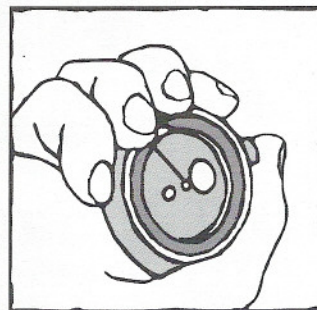
UPDATE ON THE COACHED WORKOUTS

Coached workouts for club members are due to start on Tuesday, 27 June 2000, at 6PM at Fitzpatrick Stadium in Portland. Sessions will begin with a group warm-up followed by the workout and a Q & A period. Sessions will be held on Tuesdays through September 5th. There is no session on August 8th. The week of July 4th, the session will take place on Thursday July 6th at Fitzpatrick Stadium, 6:00 p.m.

We are still trying to get use of a track on Wednesday evenings as that is the most opportune day of the week for speed work. Please check the Maine Track Club website – www.mainetrackclub.com – for the schedule as it now stands AND for any changes in the schedule. All information pertaining to the sessions will be listed on the website. If you have any questions that are not answered on the website, please feel free to contact me, Eric Ortman at (W) 774-9891, (H) 727-3762, or by E-mail at eortman@gpcog.eddmaine.org. I hope that the sessions are a benefit to all runners and I welcome any feedback as to how the club may improve upon these sessions for next year.

Happy and good running.

Eric Ortman



Race Committee Update

As I mentioned last month, we've had a little break in the MTC race schedule, but now we're entering our busiest stretch of the year. Including our involvement with the Peoples Beach to Beacon 10K, we have four races in 21 days, starting with the Pat's Pizza Clam Festival Classic on July 22.

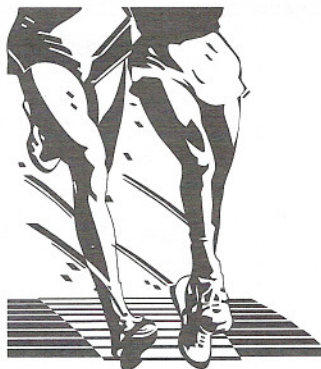
I'm sure many of you are planning to run that race, as well as the following events -- the Peaks Island 5-Miler on July 29, Beach to Beacon on Aug. 5, and the St. Peter's Church 4-Miler on Aug. 11. Registrations are already piling up for both Pat's and Peaks, and the Beach to Beacon field will almost certainly be closed by the time you read this.

What this means, of course, is that we'll need lots of support from club members to make sure these races go smoothly. Pat's, in particular, requires lots of volunteers for registration, traffic, water stops and the finish line. If you're willing to help, please contact Ron Pelton at 865-6919 or rspelton12@aol.com. For Peaks, you can contact me at 829-5079 or bobaube@mainetrackclub.com; and for St. Peter's, contact Mike Reali at 829-2014 or mreali@juno.com.

Now that Beach to Beacon has switched to the Champion Chip system for results, the MTC doesn't have to man the chutes anymore, but we're still responsible for chip retrieval after the runners finish. This is a good opportunity to be involved with a world-class race if you're not running. Anyone willing to help can contact Eric Ortman at 727-3762 or eortman@server.eddmaine.org.

For those of you who have been training hard for these races, good luck!

Bob Aube



Sportshoe Center Maine Marathon Update

Perhaps it's too soon to say that things look promising for this year's Sportshoe Center Maine Marathon/Half Marathon/Relay, but early indications are that we could be headed for a record field this year. Entries are running about 100 percent ahead of last year's pace, and we've also been told that the Leukemia Society's Team in Training program has signed up about 65 additional runners and walkers. If the trend continues, we'll easily shatter our record for most marathon entries.

It's worth noting that this might be your final chance to run the current marathon and half marathon courses. Plans are under way to change both courses for the 10th edition of the event in 2001, so act now if you want to run the existing route one more time.

As always, we also need plenty of volunteers. We have a good group of key volunteers, but there are still a few important positions that need to be filled. We are looking for someone to solicit local businesses for goods and foods for the runner's bags. Also we need someone to solicit businesses to sponsor next year's race. Please contact either me (829-5079, bobaube@mainetrackclub.com) or Howard Spear (856-6496, marathon@maine.rr.com) if you can help.

Bob Aube



2000 MTC RACE SCHEDULE

July 22 - Pat's Pizza Clam Festival
Classic 5-Miler, Yarmouth, 8 a.m. Contact:
Maine Track Club 741-2084.

July 29 - Peaks Island 5-Miler,
10:30 a.m. Contact: Maine Track Club
741-2084.

August 11 - St. Peter's Church 4 Miler,
Portland, 7 p.m. (Kid's fun run at 6:30
p.m.) Contact: Maine Track Club 741-
2084

September 1 - Maine Running Hall of
Fame 5K, Portland, 6:45 p.m. Contact:
Maine Track Club 741-2084.

September 17 - Harvard Pilgrim
Women's Fitness 5K, Portland, 9 a.m.
Contact: Maine Track Club 741-2084.

October 1 - Sportshoe Center Maine
Marathon/Relay/Half Marathon, Portland,
8 a.m. Contact: Maine Track Club 741-
2084 or www.mainemarathon.com

October 14 - MTC 50-Miler,
Brunswick, 6:30 a.m. Contact: Al or
Sandy Utterstrom 797-4710

November 18 - Turkey Trot 5K,
Cape Elizabeth, 9:00 a.m. Contact:
Mel Fineberg 774-8868

November 23 - 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"*

RACE TO THE CLOUDS - MOUNT WASHINGTON ROAD RACE

The Mount Washington Auto Road is, mile for mile, one of the toughest and most beautiful courses anywhere. The "Road to the Clouds" rises 4650 vertical feet to the highest peak in the Northeast, 6288 feet above sea level. The road surface is alternately asphalt and dirt, winding 7.6 miles UP at an average gradient of 11.5 percent.

I would be lying if I told you I ran the Mount Washington Road Race. What I did on that "only one hill" race can best be described as powerwalking with some intermittent jogging. A few years ago I heard that crazy people actually road race to the top and thought someday, possibly, me. During the February MTC Board Meeting I volunteered to be this year's Mt. Washington MTC Team Coordinator. As Jim Toulouse said, "It falls under the category of a need-to-do-at-least-once-if-you're-a-real-runner type of race."

The folks that manage the race are firm but fair. If you want to be considered for the lottery, your application must be received by March 20th for the race that's almost three months later. Coordination of the race is surely a logistical nightmare for them, many rules and procedures must be followed for runners to participate.

On June 17th, almost 900 of us waited in mid-70 degree heat for the start of the 40th Running of the Mount Washington Road Race. I had no idea what I was in for, my only and usual goal...finish. After the start, it's all hill, correction, mountain! The miles we spent in the treeline were for me the most grueling, it was extremely hot. Running Mt. Washington is both physical and mental.

I went from running to run three minutes, walk a minute, run two minutes, walk a minute, run sixty steps, walk sixty steps and finally, run when you can. I met a lot of great people on my way up. I remember in particular a woman from Northern Maine, a member of the Maine Mountain Mommas running group who was doing the same walk and run pace as me. She pointed out the lovely views, flowers and nature around us. Prior to her observations I had seen rocks, dirt, sweat and my feet. Many of these crazy people were return runners, something I found hard to believe during my long grueling climb that seemed to never end.

Due to the fog and poor visibility I crossed the finished line before I knew where it was. Standing on the summit all the pain, suffering and mental torture began fading from my memory. I was on top of the mountain, I began to think about next year (maybe I'm crazy).

Mike Doyle



1st Place Men - 59:24
Daniel Kihara
*Defending Champion and
Course Record Holder*



1st Place Women - 1:17:26
Alice Muriithi
*First African women to run
Mt. Washington*

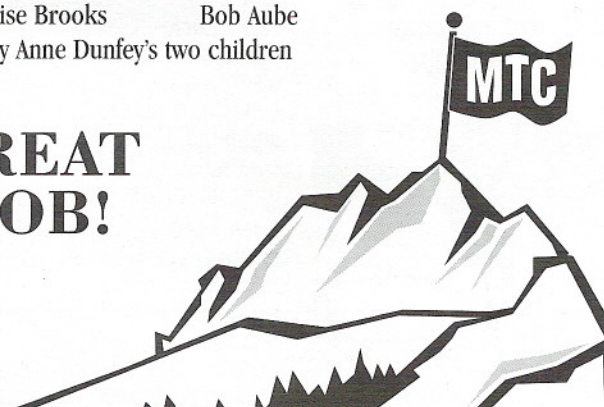
Congratulations to the MTC finishers of the 40th Mt. Washington Road Race

Name	Hometown	Time
Mike Brooks	Danville	2:18:42
Alburn Butler	Portland	1:42:23
Ron Cedrone	Falmouth	1:37:38
David Chamberlain	Falmouth	1:27:52
Karen Connolly	Hollis	2:21:37
Ken Cotton	Bristol	1:43:46
Michael Doyle	Portland	1:55:56
Maryanne Dunfey	So. Portland	2:01:22
Matt Flynn	Cape Elizabeth	1:56:51
Julius Marzul	Gorham	2:55:16
Carlton Mendell	Portland	2:15:31
Richard Mulhern	Falmouth	1:36:24
Jeffrey Preble	Manchester	2:01:58
Colleen Redmond	Portland	1:49:09
David Roberts	Cape Elizabeth	1:25:15
Howard Spear	Westbrook	2:02:08
Jim Toulouse	Cape Elizabeth	1:31:28
Britton Wolfe	Portland	1:36:17

Thank You to the MTC Provided Volunteers

Kim Roberts	Ruth Hefflefinger
Ellie Tucker	Don Penta
Mel Fineberg	MaryAnne Champeon
Marge Aube	Nate Parsons
Denise Brooks	Bob Aube
Mary Anne Dunfey's two children	

GREAT JOB!



*more photos will be in the next issue

This schedule is published for your convenience. The Maine Track Club endorses and certifies only those races that are in bold below.

July 15 - Hermon Fun Days 10K, 8 a.m. Contact: Steve Tuckerman 848-3485 (w) or 848-5447 (h).

- Alfred Festival Day 4-Miler, 8:00 a.m., Contact: Norm LaChance 324-9404.

July 16 - April Amble 4M, 9:00 a.m. Contact: Brian Gillespie 828-3818.

July 22 - Pat's Pizza Clam Festival Classic 5-Miler, Yarmouth, 8 a.m. Contact: Maine Track Club 741-2084.

(WE NEED VOLUNTEERS)

July 23 - Fort Knox Bay Festival 3rd Annual Family 5K, Bucksport, 9 a.m. Contact: Bucksport Bay Area Chamber of Commerce 469-6818.

July 26 - Roland Dyer Memorial 5K, Winslow, 6:30 p.m. Contact: Gene Roy 465-7296.

July 29 - Peaks Island 5-Miler. 10:30 a.m. Contact: Maine Track Club 741-2084. **(WE NEED VOLUNTEERS)**

- 23rd Annual Hancock Lobster Classic 10-Miler, 5K & Kid's 2.5K, 9 a.m. Contact: Andrew Beardsley 667-7128.

- Fort Knox Bay Festival 5K, 9:00 a.m., Contact: Bucksport Bay Area Chamber of Commerce 469-6818.

- Casco Days 4-Miler, 9:30 a.m., Contact: 627-4201

August 5 - People's Beach to Beacon 10K, Cape Elizabeth, 8:00 a.m., Contact: 828-7084 or 1-888-480-6940.

August 6 - Lobster Festival 10K, Rockland, 8:30 a.m. Contact: www.maine lobster festival.com.

- 19th York Days 5K, York, 9:00 a.m., Contact: Robin Cogger 363-1040.

August 11 - St. Peter's Church 4-Miler, Portland, 7 p.m. (kids' fun run at 6:30 p.m.). Contact: Maine Track Club 741-2084.

August 12 - Schoodic Point 15K, Winter Harbor, 8:30 a.m. Contact: Angela Summers 963-5534 ext. 293.

August 13 - Alvin Sproul Samoset 10K Road Race & 1-mile fun run, Bristol, 9:15 a.m. Contact: Carlene Sproul 677-2586.

August 19 - Machias Blueberry Run 5-Miler, 9 a.m. Contact: Sunrise Opportunity 255-8596.

August 20 - 3rd Annual Maine Wild Blueberry Run 5K & 1-mile Fun Run, Union, 8:30 a.m. Contact: Al Robbins 785-4990.

August 26 - Northeast Harbor Road Race (5 miles), 9:30 a.m. Contact: Albert Hamor 276-3646.

- NCTS Cutler CO's 5K, Cutler Naval Station, 8:30 a.m. (fun run at 8 a.m.). Contact: 259-8306.

- 6th Annual Robbinston Firefighter 5K, 9:00 a.m., Contact: Tom Brennan, P.O. Box 152, Calais, ME 04619.

September 1 - Maine Running Hall of Fame 5K, Portland, 6:45 p.m. Contact: Maine Track Club 741-2084.

September 3 - 19th Annual Maine Sport Triathlon, Camden, 9 a.m. Contact: Sarah Andrus 236-8779 or Sue Chace 236-3549.

September 4 - 38th Bangor Labor Day Road Race (5 miles), 9 a.m. Contact: Bangor Parks & Recreation 947-1018.

September 9 - L.A. Bridge 5K, Auburn, 9:00 a.m. (Kid's Run 8:30 a.m.), Contact: Mike Lecompte 777-3724

September 10 - 17th Terry Fox 5K, Bangor, 11:30 a.m. Contact: 862-3737.

September 16 - 22nd Bar Harbor Half-Marathon, 8:30 a.m. Contact: ebart@mdiymca.org. **ENTRIES CLOSED**

September 17 - Harvard Pilgrim Women's Fitness 5K, Portland, 9 a.m. Contact: Maine Track Club 741-2084.

- Race for the Cure 5K, Bangor. Contact: Rosemary Baldacci 947-2582.

- 1st Annual Waterford Fall 5K and 1 Mile Fun Run, 11:00 a.m., Contact: Martha Eaton 583-4611

September 24 - Common Ground Fair 5K, Unity, 8 a.m. Contact: Chris Bovie 622-1267 or Skip Howard 223-4715.

- Portland Trails 5/10K Race, Portland, 8:00 a.m., Contact: Laura Newman 775-2411.

September 30 - Eliot Festival Day 5K, 8:30 a.m. Contact: Randy Bartlett 439-3707

October 1 - Sportshoe Center Maine Marathon/Relay/Half Marathon, Portland, 8 a.m.
Contact: Maine Track Club 741-2084 or www.mainemarathon.com.

- 4th Annual Womancare 5K, Guilford, 9 a.m. Contact: 564-8165.

October 7 - St. Peter's School 5K Trail Run/Walk 10:00 a.m. Contact: Mike Lecompte 777-3724.

October 8 - Belfast Pancake 5K, 9 a.m. Contact: Sandra Gordon or Hugh McLean 338-1724.

October 14 - MTC 50-Miler, Brunswick, 6:30 a.m. Contact: Al and Sandy Utterstrom 797-4710.

October 15 - 11th Hannah Jackson Harvest Fest 5K, York, 1:00 p.m., Contact: Robin Cogger 363-1040

October 22 - Father Mac 5K, Old Town-Orono YMCA, 9 a.m. Contact: John Milligan 827-9622.

October 28 - Halloween 5K Run and Kids Fun Run, Bar Harbor, 9:30 a.m. (fun run at 9 a.m.). Contact: Bruce Weir 288-8369 or Beth Lawson 244-7251 (day), 244-9041 (evening).

October 29 - CISV 5K, Orono, 1 p.m. Contact: Peter Millard 973-8386.

- Great Pumpkin 10K, Camp Ellis, Saco, 9:30 a.m. Contact: Bob LaNigra 883-8662.

November 11 - Capital City 5K, Augusta, 9:30 a.m. Contact: Tom Wells 685-3332.

November 18 - Turkey Trot 5K, Cape Elizabeth, 9 a.m. Contact: Mel Fineberg 774-8868.

November 19 - Brewer Turkey Trot 5K, 1 p.m. Contact: Dave Jeffrey 825-3403.

November 23 - Thanksgiving Day 4-Miler, Portland, 9 a.m. Contact: George Towle 780-5595.

- Gasping Gobbler 10K and Turkey Two-Miler, Augusta, 10 a.m. Contact: John Schwerdel 623-8086.

November 25 - Turkey Trot 5K, York, 11:00 a.m., Contact: Robin Cogger 363-1040.

- Burn off the Turkey 5K Race/Walk, 8:30 a.m., G.H.S., Gorham, Contact: Don Cross 839-5034

December 2 - Season's Greetings 5.5-Miler, Madison, 11 a.m. Contact: Ron Paquette 437-9237.

GROUP RUNS

The **Maine Track Club** includes all kinds of runners doing many different distances and paces ... from the weekend jogger to the daily 20-minute runner to the serious road racer. Whatever your pleasure may be (social, speed, long distance), we probably have a running/training group near your area. For more information, contact any of the following:

Kennebunk

The Kennebunk Thursday Night group runs every Thursday night year-round, rain or shine. Welcome to MTC members and fellow runners. Our group size ranges from 7 or 8 to over 20 depending on the weather and time of year. Pace ranges from some running 7s to several running 8s to 9s and sometimes slower. Distance is up to 6.5 miles. Following the run, tradition insists on a trip to Federal Jack's Brew Pub in K'port for libations and dinner and we are always home by 9. Several of the group also run Sunday mornings in Kennebunk or in No. Berwick. Please try to join us, We would love the company. For more info Steve Jacobsen, 985-4107 PM or 985-3244 Days.

Portland

The **Rat Pack** runs Sunday mornings at 7 a.m. from Payson Park. Contact Ron Deprez (772-4312) or Mike Real (829-2014).
YMCA Noon Runs from the YMCA on Forest Ave. Contact Marla Keefe (775-9620) or Mike Pratico (874-1111).

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

South Portland

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

Biddeford, Saco

Anyone interested in weekly morning runs and weekend early afternoon runs, contact Guy Roy (284-8036). If you know of a group run that isn't listed above, please contact either Colleen Redmond or Mike Doyle (871-0051) to let us know where, when and a contact person for inclusion in the monthly newsletter.

How They Train New England Style

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

When I telephoned to ask his impressions of this year's Boston Marathon, the first words out of Steve Reed's mouth were: "I got the boy in under 3 hours." He didn't talk about his finish time of 2:55, 20th place age group finish, or 774th place overall finish. Nope. Leave that to the statisticians. Steve was just a proud papa puffing his chest over son Chris' sub 3 hour Boston finish. That story should tell you loads about Steve. On race day he's as intense as anyone else, but when he's in a more relaxed environment – say, the Maine Track Club annual banquet – Steve is very willing to discuss his training. If you're looking for secret potions or seeking scientific interval equations you'd better look elsewhere. Steve's program is simply run, run, run. In fact, he's run at least 3 miles everyday since the year 1976(!) which earned him a place in a Running Times magazine recent article entitled "Blue Streakers". Thanks for sharing with us, Doc.

Name: Steve Reed **Age:** 52

Affiliation: Maine Track Club

College: Bowdoin College (1969), University of Vermont College of Medicine (1973)

Occupation: Family Practice Physician, Wiscasset, Maine (since 1976)

Best Marks: (Since 1990)

Time: **Distance: (miles)**

4:40 1 Mile

16:20 5K

26:50 5 Miles

33:40 10K

2:43:10 Marathon (Boston)

Birth date: 12/12/47

Birth place: Damariscotta, Maine

Height: 5' 9" **Weight:** 140 lbs

Started running: Ran cross-country, outdoor track in high school. Very little running in college. Casual and occasional running with rare road races until 1976. Began current daily running streak in 1976 and began competitive road racing in 1989.

First Race: 1976

Family: Two sons: Christopher – age 24 – Bowdoin College 1999 – runner/marathoner. Matthew – age 20 – Student at UMass. Not a runner yet!!!

Pre-Training Warm-up:

Stretching – very little – not a good idea.

Stretching:

Will stretch more diligently before a race.

Logbook:

None.

Daily workouts:

Run daily – 3 mile minimum; all outside.

Average weekly total is 45 to 50 miles, more miles if training for a marathon.

No speed workouts (fartleks occasionally while running).

High school track is adjacent to office but rarely use it.

Pace of workouts is variable – depends how I feel.



Steve Reed

Length of individual daily runs is also variable – often depend on how much time I have.

A very common run will be for one hour at 6:00 to 6:30 per mile pace.

Favorite/best race:

Boston Marathon – without reservation.

A love hate/ race; extremely challenging and unsurpassed charisma.

Favorite race course:

Rocky coast 10K

Eastern States 20 Miler

Both races because of the scenery.

Favorite workout: A hard ten miler near the ocean.

Favorite running route: Old Orchard Beach – Pier Point to Camp Ellis.

Running Hero(es):

Steve Prefontaine – a blood and guts image.

Bill Rodgers – he's exactly my age.

Joan Samuelson – proud of her for her accomplishments, but also because of a shared alma mater.

Who inspired you to run?

No one.

Why do I run?

Many reasons, but primarily because I love it with a fervent passion. I ran recreationally for many years and could be content with only that level, if necessary. There is seldom a day that I do not look forward to my run. The physical conditioning and emotional catharsis are complimentary to that basic feeling for the sport. Finally, the road racing dimension has been rewarding and in a very large sense because of the great people that I have met and the personal relationships that I have established in the running community..



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 madoyle@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 provide 500 fliers and a payment of \$40. Fliers will not be included in any mailing if not accompanied by the \$40 service fee. The fee applies only to races not run by the MTC, so if the race fee is already being paid to the club, there is no charge for race fliers. Please call or e-mail Mike Doyle to arrange for flier inclusion.

RACE RESULTS

The Maine Track Club & The Portland YMCA Present

The Eleventh Annual YMCA

Back Bay 5K Road Race

233 Finishers (79 Female & 154 Male)
Back Cove Certified Loop (#ME90008WN)
6:00 P.M., Friday, May 26th, 2000

Top Overall Finishers:

Place/Name	Age	Time	Pace
1 Kevin Way 1,overall	31	15:54	5:07
2 Morgan Laidlaw 2,overall	28	15:59	5:09
3 Pete Bottomley (MTC) 3,overall	38	16:41	5:22
4 Guy Segars 1,40-49	40	16:44	5:23
5 Don Lary 1,30-39	33	17:02	5:29
31 Megan Lane 1,overall	26	19:47*	6:22
33 Kate Kenoyer 2,overall	21	19:49*	6:23
41 Carrie McCusker (MTC) 3,overall	30	20:17*	6:32
53 Darcy Thomas 1,20-29	26	21:03*	6:47
55 Becky Wallace 2,20-29	27	21:05*	6:47

Other Top Divisional Finishers

16 Andrew Peterson 18&under	18	18:12	5:51
24 Wesley Milliken 19-29	23	19:15	6:12
51 Les Berry (MTC) 50-59	52	20:58	6:45
67 Tristan Corriveau 3,18&- USAT&F	10	21:30	6:55
71 Helen Cheney (MTC) 40-49	45	21:45*	7:00
75 Kitty Kelley (MTC) 50-59 USAT&F	53	21:52*	7:02
76 Douglas Hodgkin 60&over	61	21:53	7:03
78 Kelley Conley 30-39	31	21:57*	7:04
89 Jim Estes	51	22:20	7:11
93 Laura Blanchard 18&under	12	22:51*	7:21
148 Hannah Wiley 3,18&under USAT&F	8	26:12*	8:26
171 Matthew Goldstein USAT&F	7	27:34	8:52
178 Carlton Mendell (MTC) USAT&F	78	28:09	9:04

Other Maine Track Club Finishers

10 Tim Clement	39	17:40	5:41
11 Mike Grant	42	17:46	5:43
12 Michael Gordon	38	17:52	5:45
14 Brit Wolfe	34	18:03	5:49
15 Mark Woodbury	35	18:08	5:50
17 Tom Menendez	46	18:26	5:56
18 Don Foshay	41	18:30	5:57
19 Michael Musca	42	18:36	5:59
23 Gerard Conley	46	18:58	6:06
43 Mike Lecompte	39	20:32	6:37
57 Chuck Massie	45	21:08	6:48
58 Don Bessey 2,50-59	54	21:10	6:49
61 Bill Spier 2,18&under	18	21:15	6:50
62 Dr. Phil Pierce 3,50-59	58	21:15	6:50
63 Tom Keating	43	21:17	6:51
64 Greg Frame	28	21:22	6:53
66 Dale Rines	47	21:25	6:54
68 John Morse	55	21:31	6:56
69 Colin Robertson	37	21:35	6:57
87 Jay Wilson	41	22:15	7:10
90 Denise Robertson 3,30-39	38	22:24*	7:13
106 Katie Spier 2,18&under	18	23:40*	7:37

110 Neil Chivington	52	23:54	7:42
113 Joseph King	29	24:03	7:44
133 Lisa Kelley	35	25:23*	8:10
146 Robert DeWitt	56	26:04	8:23
151 Dana Brown	48	26:29	8:31
157 Harry Fullerton	52	26:38	8:34
162 Jodi Benvie	24	26:53*	8:39
185 Deb Stewart	39	28:43*	9:15
189 Donna DeWitt 3,50-59	57	29:03*	9:21
199 Kenneth Spier	57	30:34	9:50
208 Sally Paterson	58	33:07*	10:49
227 Julius Marzul	73	47:55	15:25

Many thanks to Maine Track Club Race Committee Chair
Bob Aube for complete results!

The 2000 Live Your Dreams

Five Mile Road Race

203 Finishers (78 Female & 125 Male)
Kennebunk, Maine, May 28th, 2000
Complete Results Courtesy of COOLRUNNING.COM

Place/Name	Age	Time	Pace
1 Danny Gough 1,30-39	31	24:42	4:57
2 Todd Coffin 2,30-39	38	25:19	5:04
3 Barry Logan 3,30-39	31	25:43	5:09
4 Dan Dearing (MTC)	38	27:12	5:27
5 Marc Collard 1,20-29	21	27:46	5:34
7 Mark Page 1,19&under	14	29:02	5:49
9 Susannah Landreth 1,30-39	32	29:11*	5:51
11 Jack Norton 1,50-59	52	29:59	6:00
14 Harry Dow 1,40-49	44	30:56	6:12
18 Kate Crowley 1,20-29	21	31:32*	6:19
20 Jenna Richardson 2,20-29	20	32:07*	6:26
23 Katherine Chabot-Bo 3,20-29	26	32:29*	6:30
24 Ellie Tucker (MTC) 1,40-49	45	32:38*	6:32
29 Kate Meyers (MTC) 2,30-39	39	33:33*	6:43
38 Chan Robbins 1,60-69	62	34:23	6:53
45 Curtis Moulton (MTC)	37	34:48	6:58
58 James Boisvert (MTC)	43	35:56	7:12
79 John Howe (MTC) 3,60-69	65	38:01	7:37
94 Bob Jolicoeur (MTC)	63	39:39	7:56
95 Ron Perry (MTC)	62	39:51	7:59
96 Christin Burnham (MTC)	25	39:55*	7:59
105 Dr.Rosalyn Randall (MTC) 1,50-59	50	41:06*	8:14
116 Don Burnham (MTC)	59	42:17	8:28
120 Keith Sheehan (MTC)	43	42:41	8:33
137 Sarah Mahoney (MTC)	40	44:46*	8:58
146 Carlton Mendell (MTC) 1,70&+	78	45:31	9:07
149 Marguerite Comerford 1,60-69	60	45:42*	9:09
150 Robert Ney (MTC)	48	46:13	9:15
156 Brianna Hannon 1,19&under	11	46:39*	9:20
184 Patrice Sheehan (MTC)	38	50:42*	10:09
202 Julius Marzul (MTC)	73	62:34	12:31
203 Patricia Chick 1,70&over	74	75:42*	15:09

The 2000 Trauma Bear Run 5K

59 Finishers (19 Female & 40 Male)
Colby College 5K Loop, Waterville, Maine
6:30 P.M., Wednesday, May 31st, 2000

Place/Name	Age	Town	Time
1 Jeff Howley	20	Wilton	17:42
2 Ian Wilson	17	Waterville	18:50
3 Jonathan A. Ives (MTC)	30	Hallowell	18:52
4 Chris Hertler	15	Winslow	18:58
5 Erik Seastead	43	Waterville	19:28
8 Dr. Julie Millard	37	Albion	21:20*
11 Andra Spearrin	16	Skowhegan	22:03*
14 Angela Casagrande	29	Benton	23:02*
17 Richard Scribner (MTC)	48	Gorham	23:18
20 Sarah Bard	15	Waterville	23:41*
21 Carolyn Shea	17	Waterville	23:41*
25 David Benn	54	Waterville	23:52
34 Denny Morrill (MTC)	60	Portland	25:34
35 Loretta Wilber	42	Pittsfield	25:42*
37 Keith M. Curtis	71	Waterville	26:12
44 Nancy Mills	54	Belgrade	26:33*
51 Carlton Mendell (MTC)	78	Portland	28:38
58 Marsha Hartz	60	Greenville	38:33*

The 2000 Camden 10K Road Race

134 Finishers (45 Female & 89 Male)
Sunday, June 4th, 2000, Camden, Maine

Place/Name	Age	Time
1 Morgan Laidlaw	28	32:38
2 Dave Nelson	38	33:39
3 Michael Hersom	33	36:21
4 Shaun Keenan	38	36:24
5 Hugh McLean	41	36:32
6 Guy Berthiaume	54	37:11
8 Jo-Ann Nealey	39	38:04*
9 Joshua Dixon	19	38:33
10 Levi Miller	13	38:43
12 Ken Cotton (MTC)	50	39:07
15 Donna Hurley	42	40:06*
29 Anne-Marie Davee	44	43:24*
34 Carol Manley	45	44:32*
35 Mickey Lackey (MTC)	55	44:35
39 Jane Rau	50	45:03*
40 John Morse (MTC)	55	45:11
41 Al Libby (MTC)	41	45:14
50 Jennifer Quehl	31	46:23*
53 Tiffany Randall	27	47:07*
70 Bob Dean	63	48:07
76 Amelia Friske	16	49:30*
112 Sarah Cotton (MTC)	21	55:25*
119 Judy Cotton (MTC)	51	57:21*
122 Carlton Mendell (MTC)	78	57:40
129 Jane Rasmussen	64	64:25*

The 2000 Joseph's 5K Road Race

33 Finishers (14 Female & 19 Male)
Saturday, June 10th, 2000, Fairfield, Maine

Place/Name	Age	Time
1 Garu LaFreniere	39	18:17
2 Chris Hertler	15	18:45
3 Ember Brosius	21	19:10*
5 Jon Chapin	41	19:21
12 Tom McGuire	53	21:52
13 Britannie Caron	14	23:21*
15 Susan Brooks	41	24:12*
20 Keith Curtis	71	25:05
24 Denny Morrill (MTC)	60	26:23
26 Eva Warren	55	6:54*
33 Mardie Brown	83	57:44*

Many thanks to Linda Benn, Editor of the Central Maine Striders' INTERVAL, for complete results to the Trauma Bear Run 5K, Camden 10k and Joseph's 5K!

The Deering High School Wrestling Boosters Present

The Second Annual Deering

4.1 Mile Ram Run/Walk

53 Finishers (8 Female & 45 Male)
Loop Course From Deering High School, Portland, Maine
8:00 A.M., Sunday, June 11, 2000

Place/Name	Age	Time	Pace
1 Martin Ladouceur 1,overall	30	23:29	5:37
2 Steve Kress 2,overall	15	23:44	5:56
3 Russell Boisvert (MTC) 3,overall	49	23:45	5:56
4 Michael Musca (MTC) 1,40-44	42	23:56	5:59
5 Hans Brandes (MTC) 2,40-44	41	24:00	6:00
6 John Eldredge (MTC) 1,45-49	45	24:06	6:02
7 Mike Kress 1,20-24	20	24:28	6:07
8 Bob Stuart (MTC) 2,45-49	45	25:16	6:19
10 Jon Kane 1,15-19	17	26:14	6:34
11 Ogden Williams (MTC) 3,40-44	44	27:05	6:46
12 Michael Whitlock 1,35-39	39	27:14	6:49
16 Jay Wilson (MTC)	42	28:07	7:02
17 Richard Scribner (MTC)	48	28:45	7:11
19 Tony Salamone (MTC) 1,50-54	50	28:53	7:13
20 Cindy Andrews 1,overall	48	29:01*	7:15
25 Todd Liming (MTC)	16	30:43	7:41
26 Bob Jolicoeur (MTC) 1,60-64	63	30:57	7:44
32 Kristin Cook 2,overall	29	33:19*	8:20
33 Kenny Sands 1,25-29	27	33:29	8:22
34 Terry Sands 3,overall	25	33:32*	8:23
38 George Liming (MTC)	48	35:51	8:58
39 Harry Fullerton (MTC) 2,50-54	52	36:15	9:04
40 Carlton Mendell (MTC) 1,75&over	78	36:40	9:10
41 Betsy Greenstein 1,30-34	30	37:18*	9:20
44 Judy Davis 1,40-44	40	39:46*	9:57
45 Grace Matias 1,55-59	56	39:46*	9:57

46 Zack Punsky 1,14&under	14	40:56	10:14
49 John Woods (MTC) 2,75&over	83	45:58	11:30
52 Beryl Cole (MTC) 1,50-54	50	74:33*	18:38
53 Sylvia Kroot 1,75&over	75	74:35*	18:39

Many thanks to Bob Aube for complete results!

The Twentieth Annual Doc's Tavern 3 Mile Road Race

193 Finishers (53 Female & 140 Male)

Fast, Modified Loop Course Through Residential Biddeford,

Maine: The Quintessential Maine Friday Night Race!

7:00 P.M., Friday, June 16th, 2000; Conditions: Warm & Humid

**Special Thanks To Ken Dion For Keeping The Tradition Going
For Twenty Years!**

Complete Results Courtesy of **SPLIT-TIME RACE MANAGEMENT**

Top Overall Finishers

Place/Name	Age	Time	Pace
1 Scott Brown 1,40-49	42	15:04	5:02
2 Michael Payson (MTC) 1,30-39	37	15:09	5:03
3 Kevin Way 2,30-39	31	15:18	5:06
4 Barry Logan 3,30-39	31	15:26	5:09
5 Jeff Gaudette 1,18&under	18	15:32	5:11
22 Christine Reaser (Hon.MTC) 1,30-39	34	17:14*	5:45
34 Jesse Andrews 1,19-29	25	17:55*	5:59
36 Ruth Beerli 2,30-39	38	17:57*	5:59
46 Mary Bates 3,30-39	34	18:39*	6:13
51 Leslie Mourmouras	32	19:01*	6:21

Other Top Divisional Finishers

6 Marc Collard 19-29	21	15:40	5:14
10 Ron Newbury 50-59	50	16:08	5:23
64 Nancy Kneeland (MTC) 40-49	45	20:00*	6:40
88 Whitney DeSena (MTC) 18&under	14	20:53*	6:58
93 Kitty Kelley (MTC) 50-59	53	21:04*	7:02
146 Denny Morrill (MTC) 60&over	60	24:18	8:06
147 Polly Kenniston (MTC) 60&over	63	24:27*	8:09

Other Maine Track Club Finishers

14 Dave Howard	33	16:28	5:30
24 Michael Gordon	38	17:25	5:49
28 Russell Boisvert	49	17:37	5:53
30 Don Foshay	41	17:45	5:55
33 Michael Musca	42	17:55	5:55
35 Gerard Conley	46	17:56	5:59
53 Ann Marie Boisvert	37	19:14*	6:25
54 Kate Meyers	39	19:16*	6:26
55 Will Lund	45	19:35	6:32
58 Curt Moulton	37	19:40	6:34
59 Guy Roy	49	19:43	6:35
60 Kim White	38	19:51*	6:37
66 Sindee Gozansky	35	20:01*	6:41
70 Kimberley Bonsey	38	20:11*	6:44
74 Don Bessey	54	20:18	6:46
75 James Boisvert	43	20:24	6:48
76 Colin Robertson	37	20:25	6:49

82 Steve Jacobsen	50	20:41	6:54
84 Dan DeSena	45	20:46	6:56
92 Harry White	57	21:03	7:01
97 Denise Robertson	39	21:22*	7:08
104 Carlos Philbrick	47	21:35	7:12
120 Neil Chivington	53	22:31	7:31
123 Leah Edwards	30	22:42*	7:34
164 Carlton Mendell 2,60&over	78	26:54	8:58
190 Maggie Soule 2,50-59	58	33:20*	11:07
192 Don Penta	54	43:36	14:32
193 Ted Cunningham {MTC EMERITUS}	72	45:50	15:17

Many thanks to Charlie Scribner for complete results!



Maine Track Club awards three Scholarships to summer running camps.

The Bruce Ellis Memorial Scholarship Awards is sending three high school students to a summer running camp this year.

All earnings from the Maine Track Club Mid-Winter 10 Mile Classic go to the Bruce Ellis Memorial Fund. This money is used to send High school students to a summer running camp.

Each applicant must write a short essay on why they want to go to a summer running camp. Based on need and the short essay and their enthusiasm for running, we picked the following students:

Kristy Albee of East Machias is 16 years old and attends Washington Academy. Kristy will be going to the 2000 Colby College Cross Country Camp.

Andy Phinney of Veazie is 15 years old and attends Bangor Christian School. Andy will be going to the University of Maine Black Bear Track & Field Camp in Orono.

Mark Page of Ogunquit is 14 years old and attends Wells Jr High School. Mark will be going to Ziggy's Running Camp at the University of New England in Biddeford.

Congratulations to all three winners. We hope they will enjoy their camp.

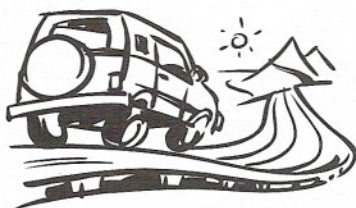


Gorham High School Team qualifies for nationals!

Earlier this year four girls from Gorham High School qualified to go to the Foot Locker Outdoor National Track and Field Championships in Raleigh, NC. Since this was not a school event they had to raise \$1500.00 to pay for the trip. The Maine Track Club donated \$150.00 to help them get there. The girls, Kyra Chadbourne, Lindsay Sullivan, Shannon Houlihan and Noel Beagle ran the Sprint Medley relays and 4x400. They placed 18th out of 27 teams. I'm sure we'll hear more about their running in the future. Congratulations to all four girls.

Isn't It Time for a Road Trip?

Newburyport Yankee Homecoming Ten Miler & 5k Race



Tuesday, Aug. 1, 2000
6:35 p.m., 10miler & 6:30 p.m., 5K

Entry Fee: \$15 pre / \$18 raceday (10 mi)
\$8 pre / \$10 raceday (5k)

There are 20 seats available for MTC members on vans provided by Portland Courier and Passenger Service.

We will be leaving the Back Bay parking lot by the Baxter Blvd., Portland, at 4:00pm sharp with an expected return time of 10:30pm.

This race is a blast! Over 3000 participants from all over New England. A beautiful course for both races which wind through picturesque Newburyport. You can register by printing an application off of the race site on www.coolrunning.com and sending it to PO Box 366, Newburyport, MA 01950 (so that you can get a t-shirt) or register raceday after we get there.

Any additional costs for transportation (which I hope are minimal) will be determined after I find out how much interest there is in this trip.

So, if you are interested, e-mail me at gconley@maine.rr.com or call me at work 775-1515.

Jerry Conley

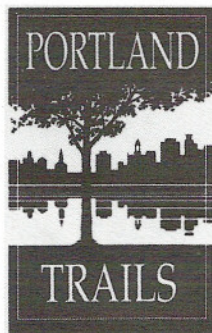


Portland Trails Service Day

Saturday, July 22, 10a.m. - 2 p.m.

Roll up your sleeves and help us extend the Stroudwater Trail! Park in back of the new UNUMProvident lot off Outer Congress St., near the trail, and bring your shovels, rakes, and wheelbarrows. Light refreshments will be provided. Pre-registration is appreciated, 775-2411.

Visit our website at <http://www.trails.org>



MAINE TRACK CLUB OFFICERS & COMMITTEE CHAIRS



USA Track & Field



Sandy Utterstrom	PRESIDENT	797-4710
Eric Ortman	VICE PRESIDENT	727-3762
Marge Aube	PAST PRESIDENT	829-5079
Carlton Mendell	TREASURER	797-7806
Lorraine Paradis	SECRETARY	878-4465
Everett Moulton	MEMBERSHIP	799-2894
Bob Aube	RACE COMMITTEE	829-5079
Charlie Scribner	AT-LARGE	781-5585
Howard Spear	AT-LARGE	856-6496
Maureen Sproul	AT-LARGE	926-4681
Don Penta	STATISTICIAN AND PHOTOGRAPHY	892-4526
Dale Rines	COURSE CERTIFICATION	854-2481
Mike Doyle	NEWSLETTER & CLOTHING	871-0051
Colleen Redmond	NEWSLETTER & CLOTHING	871-0051

UPCOMING MTC BIRTHDAYS

HAPPY BIRTHDAY MTC MEMBERS!!

JULY:

- 15: Carolyn Court, Dana Brown
- 17: Kathryn Harris
- 18: Sally Paterson
- 19: John Eldredge, Tom Keating
- 20: Kathleen Musca, Connie Poulin
- 21: Robert Derrah, Ogden Williams
- 22: Tom Menendez
- 23: Peggy McCloskey, Larry Kinner
- 24: Norman Cote
- 26: Linnea Olsen, Cheryl McCall
- 27: Robert Daly
- 28: Meegan Lavangie, Laura Tyrrell, Amy Kuhn
- 29: Kathleen Deering
- 30: Thomas Gordon
- 31: Richard Anastasi, Colleen McGuiggin-Brady, Norman Lachance

AUGUST:

- 4: Amanda Cohen
- 7: Pam Barker, Tony Salmone
- 9: Nian Lajoie
- 10: Lisa Kelley
- 11: Nancy Jacobs
- 12: Mike Pugh
- 14: James Thornton



YMCA Back Bay 5K



Donna DeWitt
MTC
of Lisbon



Carrie McCusker
MTC
of South Portland



Hannah Wiley
Age 8
USAT&F qualifier
for National Ranking



Mike Grant
MTC
of Scarborough



Joseph King
MTC
of Portland

M.T.C. Clothing Available

- Jerzee Heavyweight Cotton Forest Green Sweatshirts with the M.T.C. logo embroidered on the left chest. M/L/XL/XXL \$20.00
 - Caps, 6 Panel unconstructed, pigment dyed, khaki/Dark Green adjustable leather strap with brass-look buckle snap fastner, embroidered M.T.C. logo \$8.00
 - Lighthouse short sleeve T-shirts - Hanes Beefy-T, 100% Pre-shrunk cotton M/L \$8.00
- Contact: Colleen Redmond or Mike Doyle 871-0051

New M.T.C. Singlets Available To Members Only

Aasics 100% Coolmax

M.T.C. logo silkscreened front and back

- Mens Victory Singlet - Med./Lrg./X-Lrg.
 - Womens Diamond Mesh Singlet
Small/Lrg./X-Lrg. (Med. available in June)
- Being sold at cost \$15.00

Contact Colleen Redmond or Mike Doyle 871-0051



MAINE TRACK CLUB DISCOUNTS

The following area sporting goods stores have agreed to give MTC members discounts on running shoes and running clothing. It is necessary that you show your 2000 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

**ASICS SHOES EXCLUSIVELY
DISCOUNTS ACCORDING TO MODEL CALL
AHEAD FOR RON KELLEY 772-4530**

George & Phillips, Inc.,

Route 1, Kittery • 295 Water St., Exeter, N.H.

These are Nike Outlet Stores featuring slightly defective or blemished shoes at reduced prices. All top quality regularly.

SHOES 20% OFF

Lamey Wellehan

Maine Mall ~ Falmouth Shopping Center~Cook's Corner~
Auburn Mall

10% ON RUNNING SHOES

MVP Sports

333 Clarks Pond Pkwy., South Portland

**10% ON NON-SALE RUNNING
SHOES AND CLOTHING**

Famous Footware

330 Clarks Pond Pkwy., South Portland • Also Auburn & Kittery

10% ON RUNNING SHOES

2000 Membership Information

Send check or money order to:

**Maine Track Club • P.O. Box 8008
Portland, Maine 04104**

or call Everett Moulton (799-2894) for more information
Individual or Family=\$20.00 • Student=\$12.00

REMINDER

- Board Meeting July 11th, 6:00 p.m. at the Utterstrom's
- Cookout, July 26th, 6:30 p.m., run before at 6:00 p.m. at the University of New England, Westbrook campus
- Volunteers needed for the Pat's Pizza Clam Festival Classic, July 22nd, Contact Bob Aube at 829-5079