



Run with a friend...

www.mainetrackclub.com

July 2001

The Officer Friendly One Mile Youth Run & The Flatfoot 4 Miler



*Officer Friendly Kids Mile
Start*



*Officer Friendly
Kids Mile
South Portland
Police Escort*



*Michael Matheson
1st S.P.P.D. Finisher*



*Connie McLellan
MTC of
Sinclair-Cross Lake*



*Chris Rizzo
MTC of
Cape Elizabeth (727)*

*Lloyd Slocum
MTC of
South Portland*

Presidential Message

July 2001

"The future ain't what it used to be." ~Yogi Berra

Yogi Berra made this remark at Yankee Stadium before an Old Timers Game in 1974. He meant that times are different. Not necessarily better or worse. Just different.

Can this apply to our club? Times are different for us in 2001. Not necessarily better or worse. Just different. As you read this issue you will notice some changes.

Because of our litigious society, the RRCA and our insurance carrier have strongly advised all clubs against loaning or renting race equipment. The Board of Directors, at the May meeting, voted to establish this policy to become effective July 1, 2001. We are using electronic communications more than ever and this growth will continue. We have been using E-mail to get the word out on events and services. Our web master, Bob Aube, does a wonderful job setting up our web site. Visit it at www.mainetrackclub.com. It's a great way for us to get information to people. If your E-mail address is not as yet registered with our very capable membership chairperson, Everett Moulton, please E-mail it to him at: EastDir@aol.com. I would like to ask everyone to please not copy or use the MTC E-mail address list for any other purpose. We want to protect the privacy of all our members.

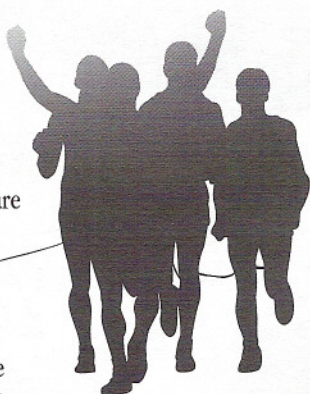
Watch for a new section in our August issue of the news run. MTC member Denise Robertson has very graciously agreed to write a sports nutrition article. Denise is a registered nutritionist. Thank you Denise. I hope everyone enjoys reading Coach Dave Dowling's "Coaches Corner". Dave is doing a great job with his enthusiastic group every Wednesday evening.

We are happy to have former President Jane and Ken Dolley with us for most of the summer. They came up from their new home in the Tar Heel State. Jane is proudly showing pictures of their elegant house. We all wish a speedy recovery to Ken as he recovers from knee replacement surgery.

The Special Events Committee has been hard at work planning some fun and relaxing summer events. Please cut the schedule out of the newsletter and put it on your refrigerator.

Enjoy the warm weather,

Mel Fineberg



- Congratulations to Barbara Coughlin and Robert Hintze on their recent marriage. We wish them well and hope to see both volunteering and attending meetings.

- The Board of Directors, Officers, and Members send their condolences to Joan Lavin on the loss of her mother.

- We wish a speedy recovery to Ken Dolley on his recent double knee replacement. Hope to see Ken on the golf course soon.

Help Wanted

Race Directors and newsletter editor

The pay is non-existent and the benefits are zero. The hours are long, but the feeling of accomplishment is high. Sounds like your kind of job? Apply to Mel at: mordecaimel@aol.com



Please Note

Due to insurance regulations and other considerations, the Board of Directors voted at the May meeting not to allow the loaning or renting of MTC race equipment. This applies to members, non members, and organizations. This was not an easy decision, but it became necessary for the best interests of the club. Please call me if you have questions concerning this matter.

Mel



E-mail Addresses

To protect the privacy of our members, the MTC has a long time policy of not giving or selling our mailing list. We are requesting that our E-mail list not be used or copied. If you would like to have a racing event published in the *NewsRun*, please contact the editor.

MTC Summer Calendar of Special Events

July 19th, Thursday, 6:00 PM

SMTc Fun Run and Pizza/Ice Cream Social

Parking lot behind SMTc gym.

Bring money for pizza and ice cream.

August 16th, Thursday, 5:30 PM

MTC Volunteer Recognition Picnic

Two Lights State Park, Cape Elizabeth, at a reserved shelter

Hosted by the Board of Directors. All race, committee, and project volunteers for 2001 will be our guests.

Come early and enjoy the park before dinner.

Bring park admission fee.

*RSVP by August 9th to Mel Fineberg 774-8868
mordecaimel@aol.com*

September 2nd, Sunday, 7:00 AM Payson Park

Run for the Bagel

Fun Training Run followed by bagels and fixings in the park.

*Looking for fall bus trip suggestions
and volunteers to lead a bash run.*

PLEASE CUT OUT AND SAVE

Portland's Cancer Community Center to Benefit as Maine Track Club Teams with National and Local Sponsors for Women's 5K Race and Walk

274499

Portland, Me --- Ron Deprez reports that plans for the Anthem Women's Distance 5K Race and Walk to be held in Portland on Sunday, September 16, 2001 are shaping up.

"This is an exciting opportunity for women to participate in an event that benefits a worthy local cause," said Deprez. "In addition to the race itself, I am pleased to be able to tell folks that national and local running talent will lend their support to a series of pre-race women's training programs. These workshop/coaching sessions will be held every Wednesday from July 18th through September 12th at the Portland Back Cove parking lot beginning at 6:30 PM."

Each Wednesday, beginning July 18th through September 12th, pre-registered runners can attend a free training and coaching program at Portland's Back Cove at 6:30 PM. Each week women will learn race preparation and how to get started in a personal running program. Coaches for these sessions will include locally recognized running experts Britt Wolfe, coach at Old Orchard Beach High School and Mary Ann Doss, coach at Cape Elizabeth High School. Registration materials will be available at each Wednesday session.

Kathrine Switzer, the first woman to officially complete the Boston Marathon will attend the training session on Wednesday, July 25th. Ms. Switzer will also be available to talk about running and training at the Lady Foot Locker in the Maine Mall on Tuesday, July 24th from 12 noon until 2:00 PM.

Local running legend Julia Kirtland will also participate in the Anthem Women's 5K Race. Ms. Kirtland is best known for her marathon running having finished 14th in the 1996 Olympic Marathon Trials, as high as 5th place in 1997 in the Track & Field News US Marathon Rankings, and 13th in the 1999 Boston Marathon. Julia will be attending some of the coaching/training sessions.

Proceeds from the Anthem Women's Distance 5K will benefit The Cancer Community Center, located at 778 Main Street, South Portland, Maine. The Center, which provides an innovative and creative approach to the overall care of the person suffering with cancer, is available to all cancer patients and their loved ones without referral and at no cost.

The entry fee is \$15 for adults and \$10 for 18 and under. Pre-registration prior to September 11th will give runners and walkers a 100% cotton long sleeve T-shirt, 15% discount coupon from Peak Performance Sports, a post-race heart healthy breakfast at the Eastland Park Hotel and a race packet containing Avon products. More race information is available on www.coolrunning.com or www.mainetrackclub.com. You can register online at www.active.com or race registration forms will be available at Peak Performance Sports and at The Foot Locker Store in The Maine Mall or by calling 761-7093.

Awards will be presented in an "Open Division" with a top prize of \$250, 2 nights lodging, airfare and entry fees to the National Avon Race in Phoenix, AZ on December 9, 2001; "Masters Division" with a top prize of \$150; Top 3 finishers win in "Age Groups" of 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+; "Team Division" for 5 person teams; "First Time Finishers"; "Youngest Finisher"; "Mother-Daughter Best Average Time"; and "Coastal Bank Record Breaker" of \$500 to the race winner with a time under 17:02.

The Anthem Women's Distance 5K Race and Walk is sponsored nationally by RRCA, the Road Running Club of America, and the Women's 5K Series Races and by Avon. The principle local sponsor is Anthem Blue Cross and Blue Shield with participation by Coastal Bank, Maine Track Club, Wells Fargo Home Mortgage, PHRG - Public Health Resource Group, Black Bear Graphics, Peak Performance Sports, City Of Portland, Ryka, and Gatorade.

For more information contact Ron Deprez or Dawn Lovelace at 207-761-7093.

2001 MTC RACE SCHEDULE

July 21 - Pat's Pizza Clam Festival Classic 5-Miler; Yarmouth, 8:00 AM, Contact: Maine Track Club - 741-2084

July 28 - Peaks Island 5-Miler; Peaks Island Lions Club, 10:30 AM, Contact: Larry Dyer - 725-6962

August 10 - St. Peter's Road Race (4 miles); Portland, 7:00 PM, Contact: Maine Track Club - 741-2084

August 31 - Maine Running Hall of Fame 5K; Back Cove Path, Portland, 6:45 PM, Contact: Maine Track Club - 741-2084

September 16 - Anthem Women's Distance 5K and Walk; Eastland Park Hotel, Portland, 9:00 AM, Contact: Ron Deprez 772-4312 or rdeprez@phrg.com

October 7 - Sportshoe Center Maine Marathon/Relay/Half Marathon; USM's Sullivan Gym, Portland, 8:00 AM, Contact: 741-2084 or marathon@maine.rr.com

October 20 - M.T.C. 50 Miler, Brunswick, 6:30AM, Contact: Maine Track Club 741-2084

November 17 - Shop N' Save Turkey Trot 5K; Pond Cove Elementary School, Cape Elizabeth, 9:00 AM, Contact: Maine Track Club - 741-2084

November 22 - Thanksgiving Day 4-Miler; One City Center, Portland, 9:00 AM, Contact: George Towle - 780-5595

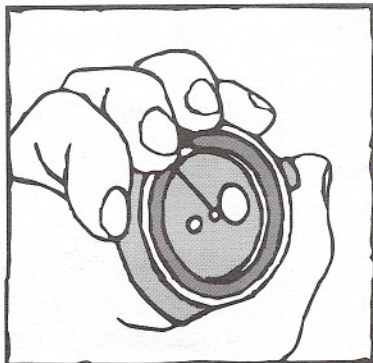


"Please call any of the phone numbers listed above to volunteer for any of these races"

COACH'S CORNER

TRACK SESSIONS IN FULL SWING

Twenty-two MTC runners have been training for four weeks and have been developing their speed for 5K through 10K races. Workouts have included interval training at distances from 400m to 1200m thus far. The first three weeks training has been at current 5k race pace and will shift to faster than race pace to gradually condition the body (and the mind) to prepare for upcoming races. The speed sessions will last a total of ten weeks and members may still join the group by sending a check for \$30 to Mel Fineberg and reporting to the Wed. evening sessions at the Greely High track in Cumberland. Starting time is 6:00 pm.



HOT WEATHER TIPS

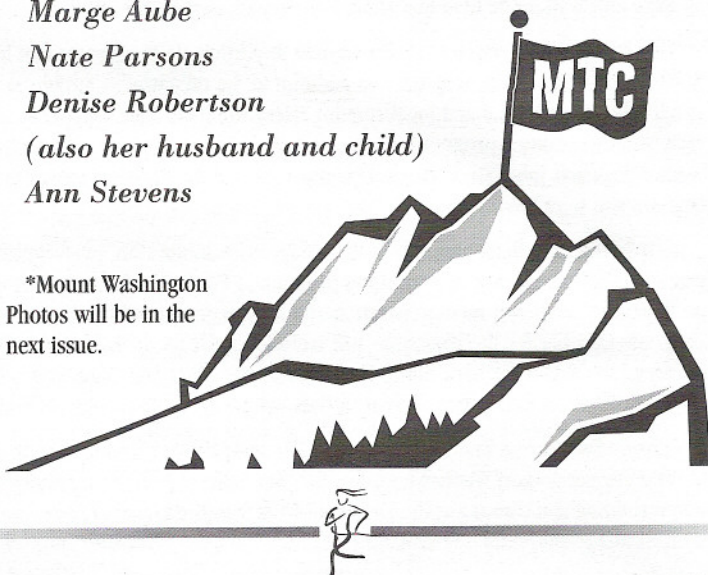
With temperatures rapidly climbing into the 90's there are a number of cautions runners should take before running and especially before beginning harder workouts. Try to run in the morning before the heat of the day. Even a speed workout in the morning when the body is a little stiff is preferable to the risk of dehydration and more serious injury. If you have to run in the heat be prepared to reduce the pace or intensity of the workout. The body is trying to keep you cool and will not perform at its best in heat. Also, reduce the total mileage for the day. You can make it up later in the week.

Hydrate, hydrate, hydrate. A runner should drink a minimum of eight, eight ounce glasses of water a day. On a hot day this amount could double. Also, sports drinks that contain other minerals are good since they replace what is lost through perspiration and contain needed carbohydrates.

Thank You to the Mt. Washington Road Race Volunteers

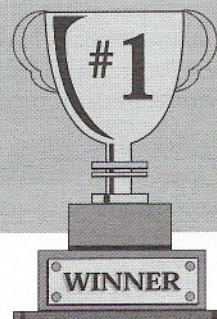
Mel Fineberg
Maryann Champeon
Ruth Hefflefinger
Bob Aube
Marge Aube
Nate Parsons
Denise Robertson
(also her husband and child)
Ann Stevens

*Mount Washington
Photos will be in the
next issue.



Congratulations

Congratulations to MTC member
Michael Payson for winning the
Vermont Covered Bridges Half
Marathon in a time of: 1:09:54



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 call 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.

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

July 21, 2001 - Pat's Pizza Clam Festival Classic 5-Miler; Yarmouth, 8:00 AM, Contact: MTC 741-2084

- Key Bank Mollycokett Day Classic 5-Miler; Bethel Common, 9:00 AM, Contact: Emily Beers 824-2282

- Oxford Hills 4-Miler; Otisfield Community School, 8:30 AM, Contact: Ann Speth 824-2586

July 28, 2001 - Peaks Island 5-Miler; Peaks Island Lions Club, 10:30 AM, Contact: Larry Dyer 725-6962

- Friendship Day Short Haul (1 Mile Fun Run) and Long Haul (5K); Advent Christian Church, Friendship, 8:30 AM (1M, 8:00 AM), Contact 832-7657

July 29, 2001 - Powerade Maine State Triathlon; Bethel Inn Lakehouse, 8:00 AM, Contact: Emily Beers 824-2282

August 4, 2001 - Peoples Beach to Beacon 10K; Cape Elizabeth, 8:00 AM, Contact: peoplesheritage.com/beac/beac

August 10, 2001 - St. Peter's Road Race (4 miles); Portland, 7:00 PM, Contact MTC 741-2084

August 12, 2001 - Alvin Sproul Samoset 10K; Bristol, ME 9:15AM Bristol Consolidated School (Also, 10K W/1M FR), Contact: Carlene Sproul, PO Box 55, Chamberlain, ME 04541, (207-677-2586) nannyc@midcoast.com

August 18, 2001 - Breakaway 5K; O.O.B., 9:00AM, Contact: 934-2500

August 19, 2001 - Casco Bay Challenge (Open to teams and individuals: 3/4 Mile Swim, 22.7 Mile Bike, 4.5 Mile Canoe, 5 Mile Run, 4.5 Mile Kayak) From Cousins Island to East End Beach, 7:30 AM, Contact: 800-639-7770 or info@skimhs.org

August 26, 2001 - Gregg Hagerman 10K Memorial; Bridgton, ME 8:00AM Highland Lake Public Beach, Contact: Roxanne Hagerman, 17 Main Street, Bridgton, ME 04009, (207-647-3551) roxy@megalink.net

August 31, 2001 - Maine Running Hall of Fame 5K; Back Cove Path, Portland, 6:45 PM, Contact: MTC 741-2084

September 8, 2001 - No. Yarmouth Mile; No. Yarmouth Fire and Rescue building, Contact: Thaddeus Day 829-9300

September 9, 2001 - L/A 5K Bridge Run; Lewiston/Auburn Boys and Girls Club, Auburn, 8:30AM, Contact: Mike Lacompte

September 16, 2001 - Anthem Women's Distance 5K & Walk, Eastland Park Hotel, Portland, 9:00 AM, Contact: Ron Deprez 772-4312 or rdeprez@phrg.com

- Mt. Agameticus 7.3 Mile challenge; Short Sands Beach, York Beach, 9:00 AM, Contact: woodpile@cybertours.com

September 23, 2001 Portland Trails Tukey Trot 10K, Portland, 8:30AM, Contact: 775-2411 or Laura@trails.org

September 29, 2001 - Eliot Festival Day 5K, Eliot, ME 8:30AM Eliot Fire Station, Route 103 (Also, Kids Run), Contact: Randy Bartlett, 2 Garrison Drive, Eliot, ME 03903, (207-439-3707) eliot5k@fcgnetworks.net

October 7, 2001 - 10th Sportshoe Center Maine Marathon/Relay/Half Marathon; Portland, ME, 8:00AM USM Sullivan Gym, Contact: Maine Marathon, PO Box 10836, Portland, ME 04104, (207-741-2084) marathon@maine.rr.com

October 20, 2001 - M.T.C. 50 Miler, Brunswick, 6:30AM, Contact: Maine Track Club 741-2084

November 17, 2001 - Shop N' Save Turkey Trot 5K; Pond Cove Elementary School, Cape Elizabeth, 9:00 AM, Contact: MTC 741-2084

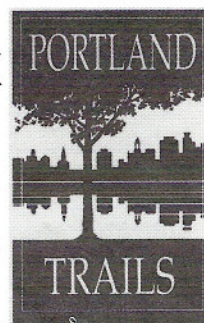
November 22, 2001 - Thanksgiving Day 4-Miler; One City Center, Portland, 9:00 AM, Contact: George Towle 780-5595



Portland Trails 2nd Annual "Tukey Trot" 10K

Sunday September 23rd, 8:30 AM

Run the scenic route along the Eastern Prom. and Back Cove Trails and help raise trail-building money. 100% organic cotton t-shirts to the first 200 applicants. Contact Laura 775-2411 for more information.



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 mdoyle@synergentcorp.com, 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.

How They Train: New England Style

– Carlton Mendell

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

Where do you look to find contemporaries of an (almost) eighty year-old runner? At the Maine Track Club's June meeting, John Woods, age 83, explained that, "low mileage, and not pushing yourself to the danger point" are keys to longevity in this sport. Mel Fineberg believes that Carlton's secret lies somewhere in Mr. Mendell's daily regime of "run to McDonald's, eat breakfast, run home" or perhaps his refusal to allow foul weather to affect his plans. Mel said that Carlton's long run plans are rarely, if ever, deterred by Northern New England's worst snowstorms. MTC member Pat Buckley tells the story of watching Carlton run the Maine Track Club 50-miler on a Saturday, then standing next to him at the starting line of the Sanford 4 miler, the NEXT DAY!

For my money, Carlton is Maine's answer to marathon great Clarence DeMar. The next time you see him at a race, tell him how much you appreciate him. As for his accomplishments, well let's let Carlton speak for himself...

Name: Carlton E. Mendell

Height: 6 ft. **Weight:** 150 lbs.

College: Western Maryland College

Affiliation: Maine Track Club
New England 65+ Running Club
White Mt. Milers
Central Maine Striders

Age: 79

Best Marks:

5K19:34 (Saco, ME)
10K38:47 (age 60, South Portland)
5 Miles31:48 (age 58)
15K61:46
10 Miles65:17 (age 60)
20K1:23:32 (age 58, Ellsworth)
Half-Marathon ..1:27:13 (age 58, Bar Harbor)
Marathon3:03 (age 62, Maine Coast Marathon)

National Age Group Victories:

100K (Central Park, NYC) 70-74AG
200K (Bowdoin Track) 1984
24 Hours (Bowdoin Track) 125.5 miles – 1st place. 122.5 miles – 2nd place (1985)



Overall Victories:

24 Hours (1984 – Bowdoin Track) 125.5 miles – 1st Overall
24 Hours (1985 – Westport, NY) 101 miles – 1st Overall.

Personal Statistics:

DOB: 10/19/21

Place of Birth: Newport, RI.

Started racing at age 51, in 1972 Boy's Club.

Log Book:

Yes – mileage, time, weather, weight.

Daily Workouts:

At least 6 miles per day. 70 miles a week for 3 weeks before a marathon (3 x 20 miles included). 210 miles in 3 weekends counting the marathon. Bill Squires' program.

Favorite/best race(s):

I average 75 races per year. My favorite marathons are Marine Corps Marathon and National Capital Marathon (Ottawa, Canada). I've run 138 marathons, including Greensboro, NC, Philadelphia, NYC and Maryland.

Favorite race course:

Mt. Washington – because of the view.

Favorite workout:

All workouts are a long slow distance. Toughest are the 20 milers before a marathon.

Favorite running route:

I try to keep doing different routes. I frequently run Portland Trails.

Running Heroes:

Glenn Cunningham.

Who inspired you to run?

My aunt (Rosmond Mendell), a lady athlete before World War I. She gave me my first YMCA membership at age 8. I ran the half-mile and high-jumped for New Bedford High in 1939. I went through college on a football scholarship and played basketball and football for the Murphy Club in New Bedford as a semi-pro. In 1940, my two cousins, Charles and Randall, and myself were in the same backfield for the Murphy Club. The club was a top semi-pro club in New England.

I was also on the golf teams at Western Maryland and New Bedford and the boxing team (165 lbs) at Western Maryland College. I played one year of pro football in Longdale, RI (1947). The Mendells in New Bedford include many athletes.

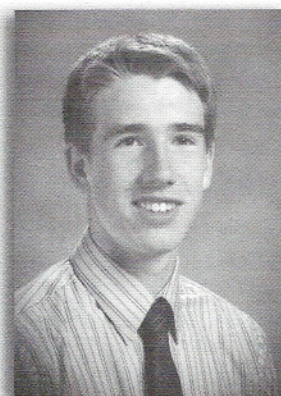
Why do you run?

I run to stay in good health and to enjoy the camaraderie of the running community.

MTC Awards Three Bruce Ellis Memorial Running Camp Scholarships

Scholarships to 2001 summer running camps have been awarded to three Maine teens. Proceeds from the Midwinter 10 Mile Classic and the Shop n' Save Turkey Trot continue to fund the Bruce Ellis Memorial Running Camp Scholarships, begun in memory of the Maine Running Hall of Fame and Olympic marathon trials qualifier.

Megan White, 16, from Falmouth High School attended Bates College Track and Field Camp in Lewiston June 24-29. Megan's events are the triple jump, high jump and long jump with a best of 14 ft. and 8½ inches in the long jump. She wrote of the season, "I am involved in multi activities, including soccer, swimming, diving and theater. But when it comes time for track season, a new strong passion comes into play. This season may be young, but I have already enjoyed each practice and on our first meet, placing first in the high jump and triple jump."



Adam Callaghan, 16 from South Portland High School, also attended Bates College Track and Field Camp. Adam is a high jumper and indoor hurdler. He writes, "I think being coached by the Legendary Nick Fosbury would be a great experience-how many kids get to be coached by the man who introduced the Fosbury Flop?... (my coaches) ...have always had such faith in me, even when I wasn't very good, and have helped me get to where I am today. I want to take it one step further so I can really be all that I can be."

Stephani Walton, 16, from Bangor High School will attend Green Mountain Running Camp in Vermont in August with her cross-country team. She writes, "I run for myself, but I am just one element of an even greater creation, my team. In short, the reason I want to go to camp this summer is the same reason I compete, for my team. It includes a group of runners, in reality best friends that have raced through the loss of a cherished coach, injuries, and sickness- yet we still come out on top."



By: Susan Davenny
Scholarship Committee

VOLUNTEERS OF THE MONTH



Left to Right:
Sandy Utterstrom
Donna Moulton
Phil Meech



12th Annual YMCA Back Bay 5K Part of the World's Largest Road Race



RACE RESULTS

The Greater Portland YMCA And The Maine Track Club Present

The 12th Annual YMCA Back Bay 5K - Part Of The World's Largest Road Race!

124 Finishers (55 Female & 69 Male)

Over The Scenic Certified Back Cove 5K Loop Course, Portland

10:00 a.m., Saturday, June 2nd, 2001

Weather: Rain, Rain & More Rain!

Complete Results Courtesy Of The Maine Track Club

Top Overall Finishers

Place/Name	Age	Town	Time	Pace
1 Scott Heffernan overall	35	Biddeford	18:10	5:51
2 Scott Gorneau 1,20-29	28	Portland	18:12	5:51
3 David Snow 1,40-49	40	Cumberland	18:43	6:01
4 Mathew Milliken 1,30-39	33	Portland	18:47	6:03
5 Seth Harrow 2,30-39	30	Portland	19:13	6:11
13 Denise Jewell overall	35	Cumberland	20:27*	6:35
14 Jill Storey 1,30-39	33		20:29*	6:36
21 Kymberly Johnson 2,30-39	30		21:21*	6:52
32 Kristi Knights 1,20-29	22		22:06*	7:07
33 Lisa Kellogg 3,30-39	30	South Portland	22:20*	7:11

Other Top Divisional Finishers

16 Bob Coughlin (MTC) 60-69	62	Cape Elizabeth	20:48	6:42
23 Richard Bissonnette 50-59	53		21:31	6:56
16 Lincoln Skelton (MTC) 14&under	12	Topsham	21:38	6:58
41 Rosalyn Randall (MTC) 50-59	51	Portland	23:09*	7:27
43 Kelly Johnston 40-49	40		23:41*	7:37
99 Brittny Chadbourne 14&under	13		29:33*	9:31

Other Maine Track Club Finishers

6 Richard Bryant 2,40-49	43	Cape Elizabeth	19:26	6:15
7 Brian Cliffe 3,40-49	40	Cape Elizabeth	19:29	6:16
15 Rex Holtan	49	Portland	20:31	6:36
38 Ned Ayers 2,50-59	51	Falmouth	22:36	7:16
44 Denise Robertson	39	Scarborough	23:41*	7:37
73 David Skelton	43	Topsham	26:19	8:28
75 Beth Shorr 2,40-49	48	Portland	26:41*	8:35
81 Jim Tyrrell	53	Cape Elizabeth	27:16	8:47
85 Harry Fullerton	53	Portland	27:57	9:00
86 Michele Flynn 2,50-59	52	Cape Elizabeth	28:00*	9:00
89 Beth Quinlan	42	Portland	28:45*	9:15
103 John Martis	48	Hollis	30:12	9:43
106 Kathleen Reid	32	South Portland	30:59*	9:58
109 Lennie Stack	65	Westbrook	31:40	10:12
113 Nathan Couper 3,14&under	11	Falmouth	34:20	11:03
114 Douglas Couper	40	Falmouth	34:23	11:04

5 Christine Reaser overall	35	Dayton	24:55*	6:14
6 Michael Matheson 2,30-39 1,SPPD	33	South Portland	25:06	6:17
14 Beth Rand (MTC) 1,40-49	41	Cape Elizabeth	27:50*	6:57
16 Connie McLellan (MTC) 1,50-59	50	Sinclair	28:04*	7:01
19 Carrie Croft 2,40-49	41	Cape Elizabeth	28:40*	7:10
23 Kim Key 3,30-39	36	South Portland	29:32*	7:23

Other Top Divisional Finishers

8 Jeff Rand (MTC) 40-49	41	Cape Elizabeth	25:46	6:27
12 Lloyd Slocum (MTC) 60-69	68	South Portland	27:17	6:49
35 Polly Kenniston (MTC) 60-69	64	Scarborough	32:44*	8:11
46 Amy Clark 20-29	26	South Portland	39:46*	9:57
48 John McKew 14&under	7	Portland	41:10	10:18
51 Julius Marzul (MTC) 70&over	75	Gorham	63:00	15:45

Other Maine Track Club Finishers

7 Mark Dugas 3,30-39	37	Scarborough	25:44	6:26
18 Chris Rizzo 3,20-29	27	Cape Elizabeth	28:39	7:10
20 Tony Salamone 3,50-59	51	South Portland	28:47	7:12
22 Jeff Stone	44	South Portland	29:03	7:16
25 Cathy Kilburn	34	Westbrook	30:21*	7:35
27 Merle Hartford	53	Scarborough	30:30	7:38
30 Matthew Govan	31	Portland	31:25	7:51
31 Ron Chase 2,60-69	60	Durham	31:52	7:56
32 Lisa Despres	38	South Portland	31:57*	7:59
33 Joan Tremberth 2,50-59	56	Scarborough	32:07*	8:02
34 Larry Barker	52	South Portland	32:17	8:04
40 Donna Bisbee	44	Portland	35:57*	8:59
41 Janice Drinan	57	Scarborough	36:57*	9:14
43 Carlene Anderson	51	South Portland	37:41*	9:25
50 Lennie Stack 3,60-69	65	Westbrook	42:53	10:43

Sugarloaf, USA Presents

The 2001 Sugarloaf 15K

161 Finishers (69 Female & 92 Male)

Very Scenic Point To Point Course From Carrabassett Valley To Kingfield, Maine

Saturday, May 20th, 2001

Top Overall Finishers

Place/Name	Age	Town	Time
1 Ellie Tucker (MTC)	46	North Yarmouth	58:55*
2 Erin Semba	35	Bangor	1:03:02*
3 Rosalea Kimball	29	Burlington, VT	1:03:18*
4 Angela Ewings	33	Houlton	1:03:26*
5 Alison Kisch (MTC)	35	Portland	1:03:36*
1 Jim Newett	43	Ellsworth	52:53
2 Newell Lewey	42	Veazie	53:14
3 Sando Johnson	40	Montreal, QP, CAN.	53:43
4 Kevin Dow	42	Eddington	54:06
5 Jeff Howley	21	Wilton	55:11

Other Top Divisional Finishers

7 Judy Lewald	40	Kingfield	1:05:30*
18 Dorrie Greta Robinson	19	Kingfield	1:13:50*
23 Katie Bishop	23	Northfield, MA	1:14:56*
25 Joan Merriam	52	Bucksport	1:15:41*
30 Louisa Dunlap	60	Belfast	1:19:13*
62 Nancy Kettle	67	Rangeley	1:41:43*
6 Judd Esty-Kendall	51	Bangor	55:36
7 David Roberts (MTC)	46	Cape Elizabeth	56:33
13 Andrew Pfeiffer (MTC)	18	China	58:22
23 Vern Demmons	55	Warren	1:04:51
27 Bob Payne (MTC)	62	Raymond	1:06:04
75 Richard Cavanaugh	65	Freeport	1:23:01

Other Maine Track Club Finishers

14 Maureen Sproul 3,45-49	45	New Gloucester	1:10:08*
8 Mike Grant	43	Scarborough	56:40
28 Mickey Lackey 2,55-59	58	Raleigh, NC	1:06:39
46 William Sproul	43	New Gloucester	1:11:13

The South Portland Police & The Maine Track Club Present

The Inaugural South Portland Police Flatfoot Four Miler

51 Finishers (19 Female & 32 Male)

Fairly Challenging Loop Course From The Track At South Portland High School

10:00 a.m., Sunday, June 3rd, 2001; Weather: Mild, Slightly Overcast

Complete Results Courtesy Of The Maine Track Club

Top Overall Finishers

Place/Name	Age	Town	Time	Pace
1 Roland Thibault overall	33	Westbrook	23:18	5:50
2 Jon Gilbert (MTC) 1,20-29	20	Saco	23:33	5:53
3 Neil Amidon 1,30-39	33	York	23:45	5:56
4 Russell Boisvert (MTC) 1,50-59	50	Portland	24:05	6:01

RACE RESULTS

74 Bob Jolicoeur	64	Cape Elizabeth	1:22:55
89 Burt Kettle	57	Brunswick	1:39:44

Sugarloaf, USA Presents

The 2001 Sugarloaf Marathon

235 Finishers (74 Female & 161 Male)

Very Scenic Point To Point Course From Cathedral Pines Campground To Kingfield
7:00 a.m., Saturday, May 20th, 2001

Top Overall Finishers

Place/Name	Age	Town	Time
1 Melissa Perkins-Banas	30	Norwich, CT	2:57:56*
2 Donna Hurley	43	Spruce Head	3:08:16*
3 Lisa Sullivan	33	Farmingdale	3:12:34*
4 Katrina Bisheimer	35	Bangor	3:13:17*
5 Kimberly Moody (MTC)	45	Cape Elizabeth	3:22:01*
1 Andrew Goupee	20	Orrington	2:40:02
2 Donald Hebert	36	Lewiston	2:49:14
3 Perry Lebreton	26	Kenduskeag	2:54:44
4 Jonathan Aretakis	42	Pembroke	2:56:11
5 Mike Carroll	35	Hopedale, MA	2:56:46

Other Top Divisional Finishers

8 Bean Wrenn	28	Boston, MA	3:32:53*
13 Martine Combal	21	Ithica, NY	3:37:02*
43 Meneah Haworth	19	Orono	4:08:52*
64 Janet Newburgh	59	Rockville, MD	4:35:36*
65 Shirley Sirois	54	Springboro, OH	4:36:16*
73 Jane Goodman	65	Dedham, MA	6:36:27*
7 Brent Popadich	30	Watertown, MA	2:58:06
12 Bryant Bourgoin	50	Winslow	3:04:06
13 Don Murray	45	Saint John, NB, CAN.	3:05:07
16 Paul Jensen	57	Sioux Falls, SD	3:08:20
59 Paul Hargrave	62	Gainesville, FL	3:35:17
73 Dan Shuff	66	San Antonio, TX	3:43:12
148 Don Taylor	70	Hagerstown, MD	4:48:05

Other Maine Track Club Finishers

23 Betty Rines	44	Gorham	3:48:00*
47 Jan Conley	38	Portland	4:16:55*
49 Donna Cormier	47	Fryeburg	4:18:01*
6 David Chamberlain 3,35-39	39	Falmouth	2:57:44
33 Gerard Conley	47	Portland	3:24:12
57 Daniel Simpson	42	Buxton	3:35:15
62 Matt Flynn	39	Cape Elizabeth	3:38:10
81 Gregory Welch	49	South Portland	3:47:39
99 Rex Holtan	49	Portland	3:53:01
154 Carlton Mendell 2,70&+	79	Portland	4:53:14

MSAD #51 PTO And 5K Sports

Present The Cumberland Memorial Mile

129 Finishers (34 Female, 94 Male & 1 Bandit)

Point To Point Course From The North Yarmouth Line
To Greely On Main Street, Cumberland

8:30 a.m., Monday, Memorial Day, May 28th, 2001

Complete Results Courtesy Of 5K Sports Race Management

Top Overall Finishers

Place/Name	Age	Time
1 Paul Johnson	23	4:27
2 Brent Leighton	31	4:36
3 Christian Muentener	27	4:40
4 Claton Conrad	19	4:44
5 Mark Jensenius	19	4:45
22 April Wernig	25	5:22*
28 Marjorie Graff	33	5:25*
33 Libby Christensen	39	5:29*
55 Galina Conrad	15	6:03*

57 Michelle Charest	21	6:05*
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Other Top Divisional Finishers

6 Allan Muir	46	4:47
8 Derin Anderson	18	4:59
12 Don Foshay (MTC)	42	5:05
14 Garrett Brawn	14	5:07
19 Russell Boisvert (MTC)	50	5:15
25 Alex Mangone	13	5:25
48 Janer LePage	10	5:57
60 Elizabeth Thomas	12	6:12*
74 Dick Lajoie (MTC)	61	6:34
78 Sam Johnson	7	6:37
82 Alison Carpenter	10	6:44*
86 Kim Williams	46	6:48*
90 Limda O'Malley	50	6:54*
120 Pat Buckley (MTC)	63	9:13*

Other Maine Track Club Finishers

7 Dave Howard	34	4:52
13 Richard Graves	46	5:06
20 John Mollica	48	5:20
41 Rich Robinov	41	5:45
47 Harry Nelson	46	5:56
49 Matt Robertson	12	5:57
59 Ned Ayers	51	6:11
63 Kimberly Bonsey	39	6:16*
66 Katherine Reimann	15	6:20*
67 Susan Boucher	35	6:22*
75 Catie LaPage	12	6:35*
77 Kelly Fernald	39	6:36*
79 Richard Scribner	49	6:39
93 David Howard	12	6:57
94 Joey Howard	11	6:57
103 Sherry Carl	54	7:16*
115 Lana Holtan	9	8:17*
118 Margaret Reimann	47	8:50*
119 Rachel Rubinov	36	9:10*
121 Mark Clinch race walker	45	9:16
128 Don Penta	54	11:15

Cape Elizabeth Community Services And Split-Time Race Management Present

The 2001 Pond Cove 5K Challenge To Benefit Cape Elizabeth Playgrounds

331 Finishers (159 Female & 172 Male)

Scenic, Challenging, Old "Turkey Trot" Course With Clockwise Loop
To Route 77

8:30 a.m., Saturday, June 9th, 2001

Complete Results Courtesy Of Split-Time Race Management

Top Overall Finishers

Place/Name	Age	Town	Time	Pace
1 Paul Johnson 1,20-24	23	Gorham	16:03	5:11
2 Pete Bottomley (MTC) 1,35-39	39	Cape Elizabeth	16:23	5:17
3 Shale Rosen 1,25-29	25	Alna	16:44	5:24
4 Keelyn Wu 1,30-34	33	Yarmouth	16:46	5:25
5 Joshua Dyer 2,20-24	23	Portland	17:01	5:30
15 Christine Reaser 1,35-39	35	Durham	18:37*	6:01
17 April Wernig 1,25-29	25		18:50*	6:05
23 Libby Christensen 2,35-39	39		19:25*	6:16
26 Whitney DeSena (MTC) 1,15-19	15	Cape Elizabeth	19:35*	6:10
29 Carrie McCusker (MTC) 1,30-34	31	South Portland	19:53*	6:25

Other Top Divisional Finishers

7 Tom Wolfe 45-49	45	Cape Elizabeth	17:20	5:36
10 Kendrick Ribeiro 15-19	17		18:00	5:49
14 Larry Wold (MTC) 40-44	42	Freeport	18:31	5:59

RACE RESULTS

27 Chase Pray 55-59	57	Lewiston	19:40	6:31
30 Larry Benoit 50-54	52	Cape Elizabeth	19:54	6:25
38 Stephen Coppi 14&under	14	Hollis	20:26	6:36
39 Krystal Aube 20-24	20	Berlin, NH	20:27*	6:36
40 Lloyd Slocum (MTC) 65-69	68	South Portland	20:29	6:37
41 Clare Egan 14&under	13	Cape Elizabeth	20:34*	6:38
42 Beth Rand (MTC) 40-44	41	Cape Elizabeth	20:36*	6:39
45 Bob Coughlin (MTC) 60-64	62	Cape Elizabeth	20:45	6:42
51 Jennifer DeSena (MTC) 45-49	46	Cape Elizabeth	20:56*	6:45
130 Linda O'Malley 50-54	50	South Portland	24:44*	7:59
206 Mel Uchenick (MTC) 70&over	70	Kennebunk	29:43	9:35
254 Charlotte Rosenthal 55-59	58	Cape Elizabeth	33:20*	10:45

Other Maine Track Club Finishers

12 Dick Graves 3,45-49	46	Portland	18:15	5:53
18 Jeff Rand 2,40-44	41	Cape Elizabeth	18:59	6:08
19 Richard Bryant 3,40-44	43	Portland	19:03	6:09
31 Ogden Williams	45	Cape Elizabeth	19:58	6:27
46 Chief Neil Williams	47	Cape Elizabeth	20:47	6:42
47 Dan DeSena	46	Cape Elizabeth	20:48	6:43
66 Matt Bates	30		21:41	7:00
72 Tike MacColl	11	Cape Elizabeth	22:02	7:07
74 Tony Salamone	51	South Portland	22:05	7:08
80 Brendan Flynn	12	Cape Elizabeth	22:26	7:15
82 Kimberly Bonsey	39	Falmouth	22:37*	7:18
114 Larry Barker	52	South Portland	24:00	7:45
120 Lisa Despres	38	South Portland	24:25*	7:53
125 Matthew Govan	31	Portland	24:41	7:58
148 Michele Flynn 2,50-54	52	Cape Elizabeth	25:56*	8:22
161 Bob Flynn	54	Cape Elizabeth	26:22	8:31
180 Carlos Ramirez	39	Topsham	37:38	8:55
215 Matty Weiss	9	Cape Elizabeth	30:08	9:43
221 Michelle Durgin	30	Westbrook	30:26*	9:49
229 Kathleen Reid	32	South Portland	31:27*	10:09
234 Lennie Stack 3,65-69	65	Westbrook	31:56	10:18
271 Katy MacColl	9	Cape Elizabeth	38:09*	12:19
278 Julius Marzul 2,70&over	75	Gorham	38:28	12:25

Special Thanks to Charles Scribner of Split-Time Race Management for complete results!

The Portland Police Department & Maine Track Club Present

The Inaugural Walk For Wishes/ Dash For Dreams 5K

To Benefit The Make-A-Wish Foundation

118 Finishers (55 Female & 63 Male)

Loop Course From Payson Park, Back Cove, Portland

10:30 a.m., Saturday, June 9th, 2001

Complete Results Courtesy Of The Maine Track Club

Top Overall Finishers

Place/Name	Age	Town	Time	Pace
1 Eric Giddings 1,19&under	14	South Portland	16:38	5:22
2 Jon Alpern 2,19&under	16	Cape Elizabeth	18:02	5:49
3 Kevin Roy 3,19&under	14	Phippsburg	18:37	6:00
4 Eric Nevers 1,30-39	36	Gorham	19:24	6:15
5 Randy Spencer 2,30-39	39	North Yarmouth	19:42	6:21
14 Amy Kretz 1,30-39	30	Westbrook	20:43*	6:41
17 Gail Saldanha (MTC) 1,40-49	45	Scarborough	21:02*	6:47
22 Deb Lynch 2,30-39	35	Lyman	22:08*	7:08
23 Andrea Thompson 3,30-39	30	Portland	22:18*	7:12
26 Pamela Bither	30	Portland	22:22*	7:13

Other Top Divisional Finishers

7 Bill Flynn 40-49	41	Peaks Island	20:09	6:30
11 Stephen Monsulick 50-59	50	Kents Hill	20:31	6:37
18 John Nusslein 20-29	26	South Portland	21:14	6:51
27 Erin Lehane 20-29	29	Freeport	22:28*	7:15
38 Laura Blanchard 19&under	13	Harpswell	23:27*	7:34
92 Karen Lovell 50-59	52	Saco	28:08*	9:05

Other Maine Track Club Finishers

20 John Keeley 3,40-49	49	Portland	21:35	6:58
25 Ned Ayers 2,50-59	51	Falmouth	22:21	7:12
32 Laurie Nisholas	33	Westbrook	22:46*	7:21
36 Katie Harris	34	Cumberland	23:25*	7:33
45 Jack Nichols	37	Falmouth	24:09	7:47
57 Peggy McCloskey 2,40-49	44	Portland	24:46*	7:59
97 Janice Drinan 2,50-59	57	Scarborough	28:41*	9:15
99 Kaitlynn Saldanha	12	Scarborough	29:05*	9:23
104 James Pedersen	31	Portland	30:01	9:41
114 Elizabeth Miller	47	Portland	32:12*	10:23

The Deering Ram Run 4 Miler -- To Benefit The Rams Wrestling Team

53 Finishers (11 Female & 42 Male)

Loop Course From Ludlow Street Behind Deering High School

9:00 a.m., Sunday, June 10th, 2001

Place/Name	Time
1 Chris Strout	22:33
2 Dave Howard (MTC)	22:52
3 Mike Kress	22:53
4 Stephen Kress	23:21
5 Scott Gorneau	23:34
8 Russell Boisvert (MTC)	24:29
12 Jay Wilson (MTC)	26:46
13 Kathy Hepner (MTC)	26:51*
16 Lloyd Slocum (MTC)	27:57
22 Matthew Govan (MTC)	30:01
24 Louisa Wickard	30:19*
27 Robin Schulte	30:53*
35 Samantha Kane	34:12*
36 Jim Estes (MTC)	34:22
37 Beth Shorr (MTC)	34:42*
38 Betsey Greenstein	35:02*
39 Denny Morrill (MTC)	35:06
46 Donna Bisbee (MTC)	36:44*
47 James Pedersen (MTC)	36:55
48 Carlton Mendell (MTC)	37:28
50 Pat Buckley (MTC)	42:53*
51 Julius Marzul (MTC)	51:43
53 Beryl Cole (MTC)	61:19*

The Council Of Governments & The Maine Track Club Present

The 2001 Commute Another Way 5K

31 Finishers (7 Female & 24 Male)

Back Cove Certified 5K Loop

6:30 p.m., Wednesday, June 13th, 2001

Complete Results Courtesy Of The Maine Track Club

Place/Name	Age	Town	Time	Pace
1 Tom Maxfield 1,30-39	35	Windham	18:24	5:56
2 David Carey 2,30-39	33	Portland	20:44	6:41
3 Michael Clark, II 1,20-29	21	Portland	20:47	6:42
4 Lloyd Slocum (MTC) 1,60-69	68	South Portland	20:59	6:46

5 John Keeley (MTC) 1,40-49	47	Portland	21:10	6:50
6 Michael Doyle (MTC) 3,30-39	36	Portland	21:21	6:53
7 Matt Flynn (MTC)	39	Cape Elizabeth	21:29	6:56
8 Gary Johnson 1,50-59	50		21:41	7:00
9 Colleen Redmond (MTC) 1,30-39	36	Portland	21:46*	7:01
11 Ned Ayers (MTC) 2,50-59	51	Falmouth	22:34	7:17
16 Pamela Bither 2,30-39	30	Portland	24:24*	7:52
17 Sarah Johnson 3,30-39	32	Portland	24:28*	7:54
19 Jim Parkinson (MTC)	43		24:36	7:56
20 Pam Goyette 1,20-29	22	Naples	25:21*	8:11
23 Dana Brown (MTC)	49	Gorham	26:41	8:36
26 Darcee Pantaz	32	Portland	27:40*	8:55
31 Lennie Stack (MTC) 2,60-69	65	Westbrook	36:14	11:42



10th Anniversary Sportshoe Center Maine Marathon/Relay/Half Marathon update.

Plans are rolling on in preparation for the 10th Anniversary of the Sportshoe Center Maine Marathon/Relay/Half Marathon. Entries continue to come in at a record setting pace:

Entries as of June 28th:	Marathon:	181 (88 in 00)
	Half:	116 (57 in 00)
	Totals:	297 (145 in 00)

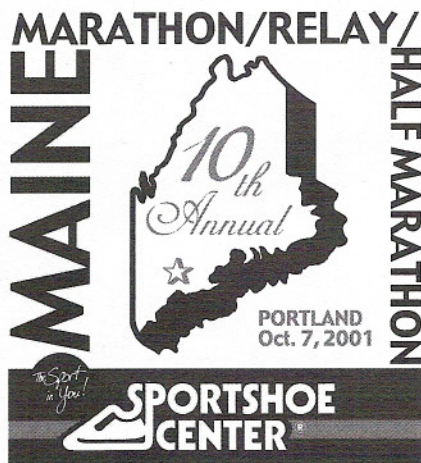
These totals do not include over 100 people signed up so far from The Leukemia & Lymphoma Society, Team in Training. They furnished 49 runners last year.

Possible new developments include the possibility of The Maine Marathon and Maine Track Club having permanent start and finish line posts on Baxter Boulevard. Dan Hogan has received strong support from the City of Portland so far. Another development is the possibility of closing Route 88 from Route 1 to Johnson Road in Falmouth, Southbound for a short period of time due to the congestion of the returning half marathoners. This will be decided at the Falmouth August Town Council Meeting. Time Warner Cable of Maine has started television ads in June that will run through September. Haven't seen it yet, but heard it looks and sounds like they did a great job.

Our event is less then three months away and we need to start recruiting volunteers. So if your not running, please volunteer. If you are running, maybe you could have a family member volunteer. To volunteer, call 741-2084 or email Mike Musca at mmarathon@yahoo.com (or contact Howard Spear or Bob Aube).

Howard & Bob

Co-Directors



MAINE TRACK CLUB OFFICERS & COMMITTEE CHAIRS



USA Track & Field



Mel Fineberg	PRESIDENT	774-8868
Mike Brooks	VICE PRESIDENT	783-3414
Sandy Utterstrom	PAST PRESIDENT	797-4710
Carlton Mendell	TREASURER	797-7806
Gayle Desjardins	SECRETARY	871-0132
Everett Moulton	MEMBERSHIP	799-2894
Bob Aube	RACE COMMITTEE & WEB PAGE	829-5079
Cathy Burnie	AT-LARGE	829-5208
Cathy Kilburn	AT-LARGE	854-9441
Lorraine Paradis	AT-LARGE	878-4465
Don Penta	STATISTICIAN AND PHOTOGRAPHY	892-4526
Chuck Burnie	EQUIPMENT	829-5208
Mike Doyle	NEWSLETTER	871-0051
Colleen Redmond	NEWSLETTER	871-0051
Phil Meech	CLOTHING	839-4946
M.T.C. Phone Number		741-2084

See web site for Board Members E-Mail Addresses

UPCOMING MTC BIRTHDAYS

HAPPY BIRTHDAY MTC MEMBERS!!

JULY

- 15: Dana Brown
- 17: Kathryn Harris
- 18: Sally Paterson
- 19: John Eldredge
- 20: Kathleen Musca
- 21: Robert Derrah, Bob LaNigra, Ogden Williams
- 23: Karry Kinner, Peggy McCloskey
- 24: Norma Cote
- 26: Cheryl McCall, Linnea R. Olsen
- 27: Robert Daly
- 28: Meagan Lavangie, Laura Tyrrell
- 29: Kathleen Dearing
- 31: Nick Anasti, Colleen McGuigan-Brady

AUGUST

- 1: Brian Gillespie, Hayden Williams
- 2: Jennifer DeSena
- 3: Jeffrey Flynn
- 4: Sarah Everest
- 7: Pamela Barker, Tony Salamone
- 8: Matthew Govan
- 9: Nian Lajoie
- 10: Peggy Williams
- 11: Sheila Donahue, Terry Sutton
- 12: Mike Pugh
- 14: Jim Thornton



Pond Cove 5 K Challenge To Benefit Cape Elizabeth Playgrounds



The Start



Julius Marzul
MTC
of Gorham
2nd, 75-79



Katy MacColl
MTC: Age 9
of Cape
Elizabeth



Bob Flynn
MTC of Cape
Elizabeth



Sierra Rintel
#295, Age 11

Shelby Downer
101, Age 10

Hannah Towers
#159, Age 10

*All of
Cape Elizabeth*



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 fastener, embroidered M.T.C. logo \$8.00

M.T.C. Singlets

Aasics 100% Coolmax

M.T.C. logo silkscreened front and back

• Mens Victory Singlet - Med./Lrg./XL.

• Women's Diamond Mesh Singlet - Small/Med./Lrg./XL.

sold below 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 2001 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

**AASICS 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

2001 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

- Cut Out and Save MTC Summer Calendar of
Special Events on Page 2.