

*Run with a friend...*

*August 1999*

## 19th Annual Clam Festival Classic 5 Miler

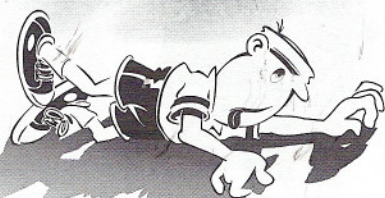
Race Photos On Page 10

**Michael  
Payson**  
(MTC)  
1st Overall

**Carol  
Hogan**  
(MTC)  
1st 40-49

**Aaron  
Norton**  
(MTC)  
1st 15 & Under

**Elizabeth  
Irwin**  
(MTC)  
1st 70 & Over





## Message From the President

Dear Fellow Runners,

We have much to be proud of in the Maine Track Club. Our runners are excelling at what they do best - RUN! It is exciting to watch the progress that many of you have made in recent races. Keep up the good work!

The annual MTC picnic was a huge success! The weather was perfect, if a bit windy. Winslow Park gets more spectacular each year. The view of the ocean is unsurpassed! We had a relaxing afternoon and were treated to a barbeque of chicken, hot dogs, hamburgers and venison! The salads and desserts were delicious! It was truly an afternoon that enhanced the spirit of the Maine Track Club!



*Winslow Park Picnic, July 10.*

**This month the meeting will take place on the path next to Baxter Boulevard - our Annual Pie Run.** Park your car and

meet at Payson Park. Bring two pies - one to run with in the 5K race and one to share afterwards. Bring your camera, for the race is unique and one of the best races of the year for some of us!

The coaching sessions for the Women's Distance Festival are under way.



*Alice Mellor and Marge Aube at the June 27, 1999 SeaDogs game*

Please join us on Wednesday evenings at 6:30 p.m. in the Baxter Boulevard parking lot across from Shop 'n Save to prepare for this September race. We meet and then run over to Fitzpatrick Stadium. The coaches are Britt Wolfe, Mary Ann Doss, David Dowling and Chris Axelson. Don't miss this opportunity for worthwhile coaching sessions at no cost! The price is right.

Best wishes to those of you in the Beach to Beacon and other upcoming races. Remember to wear your Maine Track Club clothing at these and other events!

Happy Running!

Marge



## He Keeps Going and Going and Going

65 Year old M.T.C. member Nick Anastasi of Atkinson, N.H. has completed an amazing amount of races and he is not done yet. Below are some figures on how many races he has completed since 1993.

Goal for 1999: 300

1998.....257 U.S.A. Record

1997.....221

1996.....167

1995.....175

1994.....143

1993.....101

The total amount of races in his lifetime as of 1998 is 2000.

Nick has submitted data to the Guinness Book of Records, we wish him luck on getting in.

*GO NICK GO!*



## NOTICE

**The Board of Directors meets each month. If you would like a copy of the meeting minutes, please contact Marge Aube or Kate Meyers.**



## Tuscany & Cross Training

I'd like to share a wonderful biking experience in Tuscany. Of course if you are a running purist, you might not be interested in biking. Biking those Tuscan hills, however, gives you a good workout and ride through scenery that even our carriage trails in Acadia are hard to measure up to.

The trip was a nine day adventure organized by a group in Arlington, Massachusetts called Ciclismo Classico, they do mainly trips to Italy. I can't praise them enough for what I thought was a well organized adventure packed with history, interest, and fun. We pedaled from Reggello, a town just a short train ride from Florence. Then it was onto Siena, to Volterra, to Cecine and then a ferry boat ride to Elba, the beautiful Island of Napoleon's exile.

Each days adventure took us through countryside that combined beautiful farmland with ancient architecture dating back to the Romans and the Etruscans. I found it hard to believe it was 1999 when everything around me looked 1400 years old.

The uphill climbs could be 4 or 5 miles; really something to tax your strength and endurance. Descents were just as long, and very thrilling on those winding roads with the green hills as far as the eye could see.

I'd highly recommend this cross training experience. I'm the first to admit that running is my first love. These aging bones let me know that I should be looking to cultivate a cross training skill which might provide an extension into a longer physically active life. Canoeing, kayaking, walking, and biking are activities we in Maine are lucky to have right here on our own doorstep.

If you have any interest in this sort of biking trip I'd recommend you look them up on the web at [Ciclismoclassico.Com](http://Ciclismoclassico.Com).

*Dolores Billings  
Cape Porpoise, Maine*



*The Vineyards of Tuscany*

## 1999 MTC RACE SCHEDULE

### 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, Relay 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."*

## 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.



**STARTING LINE****PRE-RACE STRETCHING (L - R) RON CEDRONE, AL BUTLER, Rick Robinov & Bob Coughlin**

## Brooks Puts Body To The Test

*(NOTE: The following article about MTC member Mike Brooks appeared recently in the Lewiston Sun Journal)*

Mike Brooks is not your average athlete. He's able to run more in a day than some runners cover in a week. He uses some of the most advanced technology that was once reserved for the world's best athletes to tune his body into optimal running shape. And at a time in life when most people his age (53) are slowing down, Brooks is getting faster and healthier.

Brooks runs enough to be considered among an elite class of runners called ultra-runners, sometimes racing as much as 50 miles before taking off his beaten sneakers and setting his sore feet free. At a recent training session at Medical Rehabilitation Associates in Lewiston, Brooks arrives wearing wind pants and a tank top. Bob Brainerd, his trainer, asks how the workout schedule has been. Brooks tells him he's been feeling stronger, better. Brainerd tells him to prove it. The 5-foot-9 inch, 178-pound Brooks puts a strap around his chest that shows his heart rate on a watch-sized meter on his wrist. He takes off the wind pants to reveal his lean legs and running shorts. Then it's over to the treadmill. Standing still, Brooks' heart is beating about 65 times a minute. The treadmill is turned on and he begins to warm up. Soon his heart is pumping at 95 beats per minute. Then he picks up the pace a little; 130 beats per minute. Brainerd orders Brooks to hop off the machine and quickly takes a blood sample from his finger. Then Brooks is running again, faster, harder. The floor begins to shake as Brooks picks up the pace on Brainerd's command; his heart rate reaches 157 beats per minute and Brainerd orders him off. Then Brooks repeats the routine.

By the time the 27-minute test is over, Brooks has run three miles and brought his heart rate to the doorstep of its maximum of 192 beats per minute. The blood test shows Brainerd how much lactate Brooks' body is producing and at what heart rate levels. Brainerd uses the information to tailor a training schedule for Brooks.

After the test, Brainerd explains that Brooks is in the upper percentile of aerobic capacity and endurance. What that means is that very few people can do what Brooks does without the proper training and conditioning. Brooks, an Auburn Fire Department platoon chief, is the oldest guy on his platoon. Many of the younger guys tease him about his age, but Brooks knows if you put the youngsters against him in a marathon, he'll smoke 'em.

And Brooks is a late bloomer to athletics. In school he never played sports and throughout his younger years he was a heavy smoker. One day in his late 30s, Brooks tossed the cigarettes and decided to go for a run. He weighed nearly 235 pounds. That lasted about 18 months before he went back to his evil ways. But in the early '90s Brooks decided to give running another shot. Ever so slowly, he got thinner and grew to like it. "Once he accomplished something, he wanted to accomplish something else," Brainerd said. "I keep trying to back Mike off, but he wants to run those long distances. He's become physically addicted."

The thought of running a marathon is enough to level some people, but not Brooks. He eats marathons for breakfast and then asks "What's for lunch?" Brooks isn't a speed demon and he doesn't try to be. It's slow and steady for him. "I'd rather run long and slow than do a speed workout," he said.

One of the best things about running is the people you meet, Brooks says. He's run with people from all over the world at races across the country. "I've never met anybody running I didn't like," he said. Already this year, Brooks has run six marathons and countless other shorter races. One of his goals is to run a marathon in every state. He recently raced up Mount Washington in New Hampshire in a little over two hours. "That's what I like about this, there's always something else to do," Brooks said.

Next in his sights is a 24-hour race on Aug. 7, at which runners will try to cover the most distance possible in the allotted time. Brooks wants to complete at least 78.6 miles; the equivalent of three marathons. And even further down the road, Brooks is planning to run a 100-mile trail race in Vermont.

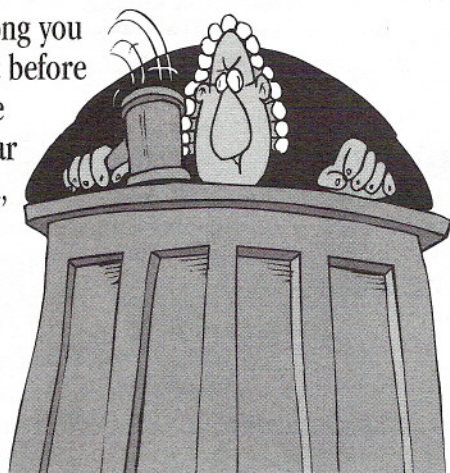
One day, Brooks took off running from his house in Danville and didn't stop until he reached the lighthouse in Cape Elizabeth. Another time, in Canada, Brooks ran 5 miles before and after running a full marathon - 36 total miles. Not bad for a guy in his 50s.

Brooks is not a superman. He has torn cartilage in his knee and an out-of-line disk in his back, but he still keeps on running. "I'm not a fanatic. I still go home and have a couple of beers and peanuts," he says. Ordinary people, with ordinary goals and enough heart, can accomplish extraordinary things, Brainerd said, and Brooks is a perfect example. "He's typical in that he developed a goal-oriented program. What's atypical is what he's been able to achieve," Brainerd said. "I don't have any natural ability to be a runner," Brooks said. "Anyone can do it with a little training. You've got to get up in the mornings and do it, whether it's raining or snowing."



## Random Laws of Racing

1. No one behind the first 50 racers at the starting line can understand the starter's announcements.
2. Moderate hills aren't.
3. Regardless of the wind direction before you turn for home, the last mile is always against the wind.
4. If you hear a song you really hate just before a race, you are doomed to hear it in your head, over and over, the entire distance.
5. Regardless of your age group, it always seems that the next older group is where you could really excel.
6. Never spit into the wind.
7. The person you successfully worked so hard to overtake just before the finish will enter a different chute and be credited with a better finish place.
8. You know the honeymoon is over when your spouse no longer comes out to watch you race.
9. Racing while gulping water is a skill worth developing.
10. The race may be to the swift, but the random drawing grand prize will go to someone in the back of the pack.



## Thanks

To all the volunteers at the July 17th 19th Annual Clam Festival Classic 5 Miler. Job well done!

## UPCOMING MTC BIRTHDAYS

### AUGUST

- 15: Sean Keough  
 18: Frank Knight  
 19: Jack Carpenter  
 20: Catherine Clement, Michael Doyle, Diane Dusini, Brent Graham, Herb Strom  
 21: Diana L. Connell, Kathy Jacobsen, Carlos Philbrick, Patti Tableman  
 22: Susan Davenney  
 23: John Mollica, Tracey Weisberg  
 24: Hannah Dexter, Robert Gardner, Marla Keefe  
 25: Phil Pierce  
 26: Dierdre Hennessey

### SEPTEMBER

- 3: Dennis Morrill, David Skelton  
 6: Samuel Dexter  
 7: Marlene Manoogian, Ron Perry  
 8: Janet Crowe  
 9: Bill Devou, Terrie Wysocki  
 10: Pamela Hall  
 12: Keith Malone, Erich Reitenbach  
 13: Tony D'Amelio

## NEW MEMBERS

**Judy Linscott (56)**

**John Linscott (70)**

*Teacher (Judy)*

*Musician (John)*

**Portland**

**Holly Killmer (33)**

**Kajetan Gladstone (35)**

*DHS/Americorp (Holly)*

*Office Manager, Perkins Woods (Kaj)*

**Portland**



## 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*





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

- 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.  
Spring Point Festival 4-Miler, S.M.T.C. S.P., 8:30 a.m. Contact: 5k Sports 781-3134.  
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: Marrily 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.  
PWM (Portland-Westbrook-Municipal) 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.  
Cheverus High School's Back Cove 4 Miler, 8:30 a.m. Portland,
- 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, Relay 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, Hinkley, 9 a.m. Contact: Mike Gordon 453-7368.  
Windham Homecoming 4-Miler, 10:00 a.m. Contact: Charlie Scribner 781-RACE.
- October 10** Belfast Pancake 5K, 9 a.m. Contact: Sandra Gordon or Hugh McLean 338-1724.
- October 16** MTC 50-Miler, Brunswick, 6:30 a.m. Contact: Maine Track Club 741-2084.  
Portland High School Lacrosse Team 5K, Portland, 10:00 a.m. Contact: Jim McCorkle 5K Sports 781-3134.
- October 17** Physical Therapy 8K, Brunswick, 9 a.m. Contact: Maine Track Club 741-2084 or Roger or Dorothy Fenn 725-1487.
- October 24** Great Pumpkin Race (10K), Saco, 9:30 a.m. Contact: Bob Lanigra 883-8662.  
Halloween Classic (3K), Portland. Contact: Brian Gillespie 797-7261.
- November 6** Capital City 5K, Augusta, 9:30 a.m. Contact: Tom Wells 685-3332.
- November 13** Great Osprey Ocean Run (10K), Freeport. Contact: Charlie Scribner 781-RACE.
- November 21** Shop 'n Save Turkey Trot (5K), Cape Elizabeth, 9 a.m. Contact: Maine Track Club 741-2084 or Mel Fineberg 774-8868.  
Brewer Turkey Trot 5K, 1 p.m. Contact: Dave Jeffrey 825-3403.
- November 25** Thanksgiving Day 4-Miler, Portland, 9 a.m. Contact: George Towle 780-5595.  
Gasping Gobbler 10K/Turkey Two-Miler, Augusta, 10 a.m. Contact: John Schwerdel 623-8086.
- November 27** Turkey Trot 5K, Caribou, 10 a.m. Contact: Dan Harrigan 498-3226.
- December 4** Season's Greetings 5.5-Miler, Madison, 11 a.m. Contact: Ron Paquette 437-9237.
- December 19** Bob Marley's Toys For Tots 5K, Portland, 10 a.m. Contact: 5K Sports/Jim McCorkle 81-3134/FiveKSport@aol.com.  
Jingle Bell 5K Run/Walk, 1 p.m., Portland, Contact: Jim McCorkle 5K Sports 781-3134.



# RACE RESULTS

THE MAINE TRACK CLUB & PAT'S PIZZA PRESENT

## THE 19TH ANNUAL CLAM FESTIVAL CLASSIC

### FIVE MILER

738 FINISHERS (281 FEMALE & 457 MALE)

CERTIFIED LOOP COURSE THROUGH SCENIC  
YARMOUTH

8:00 A.M., SATURDAY, JULY 17TH, 1999

WEATHER: 90 DEGREES, HUMID: HOTTEST DAY IN  
JULY!

#### Top Overall Finishers

Place	Name	Age	Time	Pace
1	Michael Payson (MTC) overall	36	26:10	5:14
2	David Foote 1,30-39	32	26:46	5:21
3	Kyle Rhoads 1,20-29	29	26:47	5:21
4	Aric Odone 2,20-29	21	27:25	5:29
5	Matt Rodrigue 1,16-19	17	27:36	5:31
11	Joan Samuelson (Hon.MTC) USAT&F	42	28:37*	5:43
17	Julia Kirtland 1,30-39	34	29:02*	5:48
40	Kara Malloy 1,20-29	28	30:34*	6:07
57	Christine Snow-Reaser 2,30-39	33	31:33*	6:19
59	Carol Hogan (MTC) 1,40-49 USAT&F	48	31:36*	6:19

#### Other Top Divisional Finishers

7	Danny Paul 40-49	45	28:11	5:38
10	Aaron Norton (MTC) 15&under	15	28:34	5:43
19	Mark Wigler 50-59	50	29:10	5:50
118	Bob Coughlin (MTC) 60-69	60	34:09	6:50
152	Morgan Adams 16-19	18	35:11*	7:02
278	Karen Thorp 15&under	14	38:32*	7:42
314	Faye Gagnon 50-59	54	39:37*	7:55
370	Doug Blanchard 70&over USAT&F	73	41:14	8:15
393	Polly Kenniston (MTC) 60-69 USAT&F	62	41:43*	8:21
719	Elizabeth Irwin (MTC) 70&+ USATF	72	57:38*	11:32

#### Other Maine Track Club Finishers

20	Paul Nicolaides	43	29:23	5:53
23	Michael Boucher	42	29:47	5:57
27	Tom Menendez	45	29:56	5:59
29	Dick Graves	44	30:01	6:00
38	Will Lund	44	30:33	6:07
44	Jonathan Rundell	39	30:52	6:10
46	Gerard Conley	45	30:57	6:11
56	Michael Musca	41	31:28	6:18
58	Kenneth Norton	46	31:36	6:19
65	Tom Shorty	37	31:59	6:24
66	Larry Wold	40	32:10	6:26
74	Ron Deprez 3,50-59	55	32:36	6:31
80	Ellie Tucker 3,40-49	44	32:52*	6:34
96	Rex Holtan	47	33:25	6:41
97	Charles Iselborn	42	33:25	6:41
117	Loren Lathrop	50	34:07	6:49
119	Ogden Williams	44	34:11	6:50
123	David Cookson	42	34:19	6:52
126	Amy Tchao	34	34:20*	6:52
127	Alison Kisch	33	34:21*	6:52
128	Donald Russell	39	34:22	6:52
130	Stewart Jordan	42	34:22	6:52
131	Ray Shevenell	58	34:26	6:53
136	Kim White	37	34:36*	6:55
137	Phil Pierce	57	34:36	6:55
145	Scott Samuelson	41	34:56	6:59
148	Rich Robinov	39	35:01	7:00

153	Mike Doyle	34	35:12	7:02
172	Harry Nelson	45	35:47	7:09
185	Jackson White	19	36:05	7:13
190	George Cooper	43	36:16	7:15
212	K. Scott Hinckley	41	36:52	7:22
214	James Corbett	35	36:55	7:23
219	Ann Boisvert	35	37:08*	7:26
222	Colleen Redmond	34	37:12*	7:26
230	Vicki Bryant	41	37:17*	7:27
247	Roger Fenn	53	37:49	7:34
279	Dennis A. Smith	49	38:33	7:43
290	Terry Clark	55	38:52	7:46
296	Milt Dudley	47	39:03	7:49
346	Ronald Chase	58	40:36	8:07
367	Patti Hinckley	40	41:06*	8:13
369	Margaret Reimann	45	41:10*	8:14
386	Bob Jolicoeur	62	41:36	8:19
387	Verne Weisberg	46	41:38	8:20
414	Mike Brooks	53	42:22	8:28
415	Susan Guerin	33	42:24*	8:29
434	Cathy Burnie 3,50-59	50	42:46*	8:33
454	Lincoln Skelton	10	43:14	8:39
473	Suzanne Umland	51	43:48*	8:46
483	Samantha Paterson	22	44:07*	8:49
494	John Littlefield	43	44:26	8:53
523	David Skelton	41	45:26	9:05
533	Mike Pugh	60	45:45	9:09
535	Tanya Gwinn	30	45:48*	9:10
583	Rita Moulen	41	47:30*	9:30
597	Nancy Lovetere	55	48:20*	9:40
606	Sally Paterson	57	48:40*	9:44
616	Phillips Sargent	53	49:02	9:48
644	Alice Mellor	54	50:50*	10:10
680	Beth Quinlan	40	52:40*	10:32
724	Tracy Weisberg	41	58:22*	11:40
738	Julius Marzul 2,70&over	73	65:37	13:07

Many thanks to Bob Aube of the MTC computer team  
for complete results!

#### JAY AND LORAIN SPENCINER & GRANITE STATE RACE SERVICES

#### PRESENT THE 23RD ANNUAL BRIDGTON 4 ON THE FOURTH ROAD RACE 1257 RECORD FINISHERS

#### CHALLENGING MODIFIED LOOP COURSE THROUGH SCENIC BRIDGTON

8:00 A.M., SATURDAY, JULY 4TH, 1999

WEATHER: 80's, HUMID: AVERAGE CONDITIONS

#### Top Overall Finishers

Place	Name	Age	Time	Pace
1	Rusty Snow 1,overall	29	19:54	4:59
2	Dave Dunham 2,overall 1,35-39	35	19:55	4:59
3	Kevin Way 3,overall	30	20:42	5:11
4	Kyle Rhoads 4,overall	30	21:09	5:18
5	Robert Dabrieo 5,overall 2,35-39	37	21:10	5:18
6	Tony Bates 6,overall 1,40-44	40	21:28	5:22
7	Michael Graham 7,overall 3,35-39	35	21:43	5:26
8	Pete Bottomley (MTC) 4,35-39	37	21:51	5:28
9	Thomas Howard, Jr. 9,overall	22	21:55	5:29
10	Stephen Nickerson 10,ov. 2,40-44	42	22:00	5:30
42	Rose Prest-Morrison 1,ov. 1,35-39	36	24:18*	6:05
47	Cindy Moreshead 2,overall	27	24:42*	6:11
57	Cathleen Allen 3,overall	33	25:07*	6:17



## RACE RESULTS (continue)

61	Kelly Rodrigue 4,overall 2,35-39	35	25:18*	6:20
65	Jennifer Evans 5,overall	29	25:35*	6:24
73	Kelley Cullenberg 6,ov. 3,35-39	38	25:52*	6:28
74	Charlotte Lanahan 7,ov. 3,40-44	42	25:55*	6:29
75	Kasie Wallace 8,overall	19	25:56*	6:29
82	Laurel Valley 9,overall 4,35-39	36	26:14*	6:34
84	Mary Meehan-Bates 10,overall	33	26:25*	6:37

### Other Top Divisional Finishers

12	Brendan Dagan 14-18	17	22:09	5:33
14	Ron Newbury 45-49	49	22:12	5:33
46	Henry Finch 50-54	50	24:35	6:09
70	Jeremy Richardson 11-13	13	25:50	6:28
83	Wayne Newton 55-59	55	26:20	6:35
102	Justin Richardson 10&under	10	26:53	6:44
127	Bob Payne (MTC) 60-64	61	27:20	6:50
178	Beth Dumont 14-18	15	28:45*	7:12
183	Sara Sundborg 45-49	49	28:52*	7:13
192	Jillian Larosa 11-13	13	29:02*	7:16
208	Kitty Kelley (MTC) 50-54	52	29:21*	7:21
330	Barbara Robinson 65-69	65	31:45*	7:57
366	Richard Fedion 65-69	65	32:30	8:08
519	Richard Dam 70&over	71	35:57	8:55
542	Mary Lou Dubeau 60-64	60	36:05*	9:02
583	Michelle Felshner 10&under	10	36:40*	9:10
793	Sally Williams 55-59	55	42:21*	10:36
1176	June Anschutz 70&over	70	64:17*	16:05
1246	Josephine Fiske 2,70&over	94	76:15*	19:04

### Other Maine Track Club Finishers

25	David Chamberlain	37	23:14	5:49
45	Russell Boisvert 5,45-49	48	24:28	6:07
60	Larry Wold	40	25:13	6:19
97	Ogden Williams	43	26:48	6:42
132	Philip Pierce 3,55-59	57	27:24	6:51
155	Sarah MacColl 3,40-44	43	28:09*	7:03
221	Sheila Donahue	32	29:35*	7:24
273	Don Bessey	53	30:39	7:40
283	Bob Green	51	31:02	7:46
289	John Howe 4,60-64	64	31:07	7:47
329	Bill Dexter	43	31:41	7:56
354	Bill Kerwin 5,60-64	64	32:14	8:04
365	Marla Keefe	45	32:29*	8:08
372	Thomas Carll	55	32:35	8:09
376	Neil Chivington	52	32:43	8:11
385	Diane Daley-Kelley	43	32:52*	8:13
492	Dennis Morrill	59	35:07	8:47
500	Constance Barrett	41	35:19*	8:50
532	Bill Jarvey	53	36:01	9:01
569	Sherry Carll	52	36:27*	9:07
573	Carlton Mendell 2,70&over	77	36:30	9:08
600	Hayden Williams	13	36:56	9:14
626	Dave Ryder	48	37:26	9:22
671	Kenneth Spirer	56	38:35	9:39
686	Kathleen Harris	36	39:11*	9:48
687	Karen Connolly	40	39:12*	9:48
711	Beth Quinlan	40	39:45*	9:57
860	Debbie Howe race walker	53	44:48*	11:12
864	Pat Buckley 3,60-64	61	44:59*	11:15
865	Virginia Cross 3,55-59	56	45:00*	11:15
939	Donna Moulton	50	48:14*	12:04
940	Sandy Utterstrom 4,55-59	55	48:15*	12:04
993	Julius Marzul 5,70&over	73	50:23	12:36
1041	Don Penta	53	53:30	13:23

Many thanks to Bob Teschek of GRANITE STATE  
RACE SERVICES for complete results!

## THE 1999 CAMDEN 10K 133 FINISHERS (43 FEMALE & 90 MALE)

SUNDAY, JUNE 6TH, 1999 - CAMDEN, MAINE

Place	Name	Age	Time
1	Ethan Nadeau	26	33:29
2	Morgan Laidlaw	27	33:43
3	Justin Valliere	26	34:09
4	Jim Newett	41	34:55
5	Shaun Keenan	37	35:07
6	Hugh McLean	40	35:42
7	Aric Odone	20	36:16
10	Jo-Ann Nealey	38	37:28*
11	David Olivas	49	38:14
12	Levi Miller	12	38:15
14	Jesse Schallek	18	39:02
19	Ken Cotton (MTC)	49	40:03
23	RJ Harper	52	40:46
35	Alton Libby (MTC)	40	43:40
38	Kathryn Brown	34	44:04*
40	Karen Weissmann	40	44:32*
44	Roger Fenn (MTC)	53	44:58
45	David Cunio	57	45:05
48	Liza Richards	22	45:30*
49	John Morse (MTC)	54	45:35
53	Anne Marie Davee	43	46:18*
56	Donna Ames	45	46:33*
71	Bob Dean	62	48:30
80	Louisa Dunlap	58	49:50*
85	Willow Johnson	15	50:02*
98	Ormond Irish	66	51:44
116	Carlton Mendell (MTC)	77	57:01
117	Billy Joe Hall (MTC)	12	57:31
133	Judy Cotton (MTC)	50	67:04*

## THE 1999 TOUR DU LAC 10 MILER

94 FINISHERS (31 FEMALE & 63 MALE)

SATURDAY, JUNE 26TH, 1999 - BUCKSPORT, MAINE

Place	Name	Age	Time
1	Andy Beardsley	35	57:48
2	Hugh McLean	40	1:00:55
3	Ludo Bruyere	30	1:01:07
4	Glendon Rand	37	1:03:30
5	Bob Strout	43	1:04:44
7	Guy Berthiaume	53	1:07:31
8	Andrew Pfeife	16	1:08:05
12	Paul Baillargeon	49	1:09:28
16	Angela Edgecomb	31	1:09:58*
18	John Rolfe (MTC)	45	1:11:41
19	Katrina Bisheimer	45	1:11:53*
22	Sheila Hodges	44	1:12:35*
26	Alison Kisch (MTC)	33	1:13:39*
27	Juliana Lagin-Nasse	19	1:14:29*
34	David Cunio	57	1:17:15
37	Jennifer Jacobs (MTC)	26	1:17:55*
42	Jane Rau	49	1:19:21*
46	Bob Gillespie	60	1:21:03
58	Rene Collins	57	1:25:34*
59	Denise Robertson (MTC)	30	1:25:36*
62	Louisa Dunlap	58	1:26:43*
68	Regina Wright	57	1:31:04*
69	Oscar Feichtinger	65	1:31:38

Many thanks to the Central Maine Striders' INTERVAL for complete results for  
the Camden 10K and Tour Du Lac 10 Miler!



# RACE RESULTS (continue)

## COMMUTE ANOTHER WAY WEEK 5K

USATF CERTIFIED. REG. NO. ME90008WN

PORTLAND, MAINE JUNE 6, 1999 9 A.M.

WEATHER: SUNNY, 75 DEGREES

PLACE	DIV/TOT	NAME	AGE	TIME	PACE
1	1/8	Paul Nicolaidis	43	17:48	5:44
2	1/9	Richard Flagg	30	17:54	5:46
3	2/8	Bob Strout	42	17:59	5:47
4	3/8	Will Lund	43	18:19	5:54
5	2/9	Roland Desrochers	30	18:35	5:59
6	4/8	John Bean	4	19:51	6:23
7	1/2	Jackson White	19	19:58	6:26
8	5/8	David Cookson	42	20:16	6:31
9	3/9	Don McFadden	31	20:38	6:38
10	6/8	Tim Sickel	46	21:04	6:47
11	7/8	Gordon Smith	40	21:31	6:56
12	4/9	Gary Powers	38	21:37	6:57
13	1/2	Kajetan Gladstone	25	21:45	7:00
14	5/9	Michael Gorman	30	21:52	7:02
15	6/9	Matt Thayer	34	21:58	7:04
16	1/3	Deb Cassidy	42	22:01	7:05
17	2/3	Sarah MacColl	43	22:01	7:05
18	1/4	Colleen Redmond	34	22:35	7:16
19	1/2	Larry Barker	50	23:28	7:33
20	2/2	Tike MacColl	9	23:45	7:39
21	2/2	Mike Brooks	53	23:56	7:42
22	7/9	Bob Boothe	36	25:09	8:06
23	2/2	David Ekelund	25	25:17	8:08
24	3/3	Diana Connell	43	25:25	8:11
25	2/4	Margret Hazlett	33	26:11	8:26
26	1/6	Sheri Clement	25	26:14	8:27
27	2/6	Heather Kinney	29	26:52	8:39
28	8/9	Stephen Fox	3	27:21	8:48
29	3/6	Kristi LaBrecque	24	27:36	8:53
30	4/6	Tracey Gallant	29	27:37	8:53
31	8/8	Carey Kish	40	28:28	9:10
32	1/1	Alice Mellor	54	29:21	9:27
33	5/6	Susan Wilcox	25	30:05	9:41
34	3/4	Laura Tayler	31	31:21	10:05
35	4/4	Stephanie Guilding	39	31:21	10:05
36	6/6	Jenifer Cote	25	36:20	11:42
37	1/1	Lennie Stack	63	39:08	12:36
38	9/9	Alfred Piombino	36	39:42	12:47

### 5K SPORTS PRESENTS

## THE INAUGURAL POND COVE 5K CHALLENGE

TO BENEFIT THE CAPE ELIZABETH POND COVE  
SCHOOL PLAYGROUND

274 FINISHERS (151 FEMALE & 123 MALE)

CERTIFIED CAPE ELIZABETH TURKEY TROT LOOP  
COURSE

8:30 A.M., SATURDAY, MAY 29TH, 1999

### Top Overall Finishers

Place	Name	Age	Time	Pace
1	Lynn Jennings 1,overall	38	16:24*	5:17
2	Pete Bottomley (MTC) 1,overall	37	16:44	5:23
3	Kirby Davis 2,overall	15	17:10	5:32
4	Blake Davis 3,overall	15	17:13	5:32
5	Matthew Lunt (MTC) 1,15-19	19	17:13	5:32
6	Dave Howard 1,30-34	32	17:21	5:35
14	Jeanne Hackett (MTC) 1,ov.master	40	18:50*	6:04

18	Ann McGovern (MTC) 2,overall	35	20:05*	6:28
26	Kate Meyers (MTC) 3,overall	38	20:28*	6:35
27	Kim White (MTC) 1,35-39	37	20:30*	6:36

### Other Top Divisional Finishers

7	Michael Gordon (MTC) 35-39	37	17:47	5:43
9	John Mollica (MTC) 1,ov.master	46	17:59	5:47
10	Dick Graves (MTC) 2,ov.master	44	18:18	5:53
11	Matthew Hennessy 20-24	22	18:23	5:55
12	Russell Boisvert (MTC) 3,ov.mas.	48	18:24	5:55
15	Hans Brandes (MTC) 40-44	40	18:52	6:04
19	Ray Shevenell (MTC) 55-59	58	20:11	6:30
25	Loren Lathrop (MTC) 50-54	50	20:27	6:35
28	Leslie Brown 2,overall master	41	20:34*	6:37
29	Jennifer DeSena 3,overall master	44	20:42*	6:40
30	Pamela Hewett 30-34	32	20:44*	6:40
35	Deb Raszmann 45-49	46	21:14*	6:50
39	Tonya Way 25-29	29	21:17*	6:52
40	Jessica Andrews 20-24	23	21:19*	6:52
54	Bill Punskey 25-29	28	21:56	7:04
59	Tike MacColl (MTC) 14&under	9	22:10	7:08
96	Jim McLaughlin 60-64	64	23:48	7:40
99	Amber Hayden 15-19	16	24:04*	7:45
111	Clare Egan 14&under	11	24:35*	7:55
116	Ormond Irish 65-69	66	24:45	7:58
135	Michele Flynn 50-54	50	25:43*	8:17
167	Carlton Mendell (MTC) 70&over	77	27:25	8:49
220	Linda Metzger 55-59	56	32:01*	10:18
227	Pat Buckley 60-64	61	33:26*	10:46
253	Ruth Hefflefinger (MTC) 70&+	70	42:23*	

(Note: Ruth thought the course wasn't challenging enough and added an additional half mile. Her time should reflect this extra distance.)

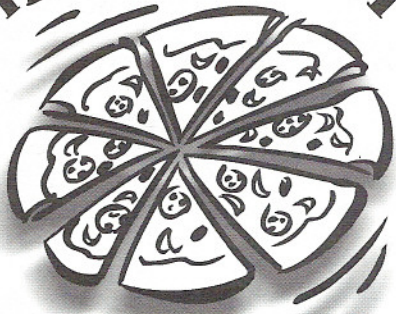
### Other Maine Track Club Finishers

16	Don Foshay	40	19:26	6:15
20	Ogden Williams	43	20:16	6:31
25	Loren Lathrop	50	20:27	6:35
31	Amy Tchao	34	20:44*	6:40
49	Jack Carpenter	42	21:45	7:00
50	Gary Punskey	41	21:47	7:01
91	Harry White	56	23:37	7:36
98	Larry Barker	50	24:00	7:43
109	Shelley Lathrop	23	24:33*	7:54
110	Maurice Harmon	49	24:33	7:54
118	Bob Jolicoeur	62	24:58	8:02
136	Constance Barrett	41	25:44*	8:17
139	Jim Tyrrell	51	25:46	8:18
160	Susan Davenney	50	27:08*	8:44
173	Katherine Williams	12	27:34*	8:52
181	Alison Lunt	17	28:17*	9:06
182	Jeffrey Lunt	45	28:20	9:07
188	Sherry Grandonico	45	28:38*	9:13
196	Jeni Schields	34	29:18*	9:26
197	Beth Quinlan	40	29:23*	9:27
198	Mel Uchenick	68	29:34	9:31
213	Nancy Entwistle	46	31:27*	10:07
252	Don Penta	53	42:14	13:36

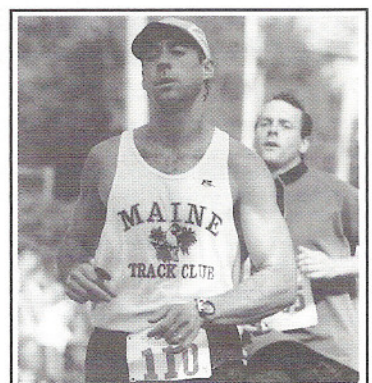
Many thanks to Jim McCorkle for complete results



# Pat's Pizza 5 Miler



LARRY Wold #707 (MTC)  
STEVE STROUT #276



{FRONT} RICH ROBINOV (MTC)  
JOHN KIBLER of GRAY



RON DEPRez  
3rd 50-59 (MTC)



HARRY NELSON  
(MTC)



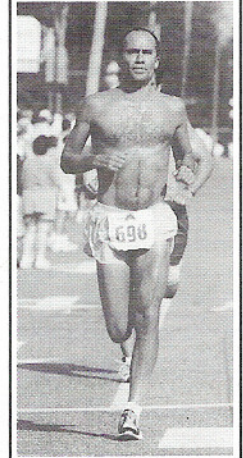
LOREN LATHROP  
(MTC)



SALLY PATERSON  
(MTC)



TANYA GWINN  
(MTC)



JONATHAN RUNDell  
(MTC)



## 1st Annual Commute Another Way Week 5K

*June 6, Portland, Maine*



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COOKSON



DEBORAH  
CASSIDY #29  
SARAH MACColl #33



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MACColl



CAREY  
KISH



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<b>Colleen Redmond</b> .....	<i>Newsletter</i> .....	871-0051

## 1999 UPCOMING EVENTS

**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 [mdoyle@mainecul.org](mailto:mdoyle@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.



# *Cheverus High School 's Back Cove 4 - Miler*

*September 25th, 1999*

**Cost:** \$10.00 per person  
**Registration Location:** Cheverus High School's  
Charles M. Malia Track  
**Registration Opens:** 7:30 AM  
**Race Time:** 8:30 AM

Open to runners of all ages and ability levels. Compete to win the Cheverus Back Cove 4 - Miler title, or just run for fun, with your friends and family around Portland's beautiful Back Cove! This year's race will include runners from all over Maine. Special prizes for age category winners and recognition for everyone!

Please fill out and return to **Cheverus Run, 267 Ocean Avenue, Portland, ME 04103**

## *Cheverus Back Cove 4 - Miler - September 25, 1999* **OFFICIAL ENTRY FORM**

*All proceeds from the run go toward the Cheverus Scholarship Fund.*

*Please make checks payable to Cheverus High School Run.*

*Please fill out and return a copy of the Cheverus Run entry form for each participant, photocopy as necessary.*

Name \_\_\_\_\_

Address \_\_\_\_\_

Tel. (     ) \_\_\_\_\_ \$10 per person \_\_\_\_\_

Sex \_\_\_\_\_ Age on 9/25/99 \_\_\_\_\_

Free T-shirt for entries received before 9/13/99. Circle size: S   M   L   XL

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the course, all such risks being known and appreciated by me. Having read the waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone acting on my behalf, waive and release Cheverus High School, the city of Portland and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.


Signature \_\_\_\_\_ Date \_\_\_\_\_

(Parent or Guardian if under 18)



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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