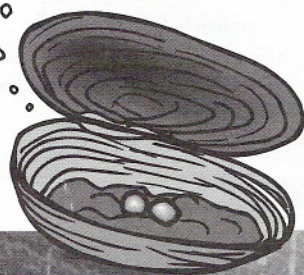


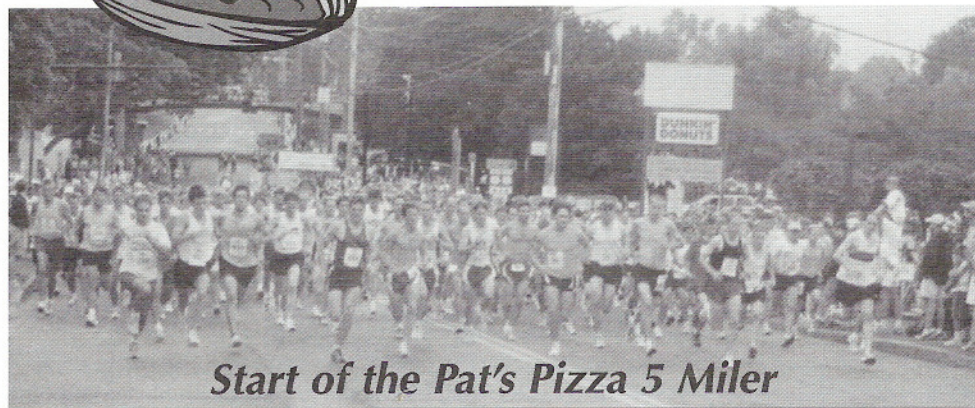
*Run with a friend...*

[www.mainetrackclub.com](http://www.mainetrackclub.com)

*August 2000*



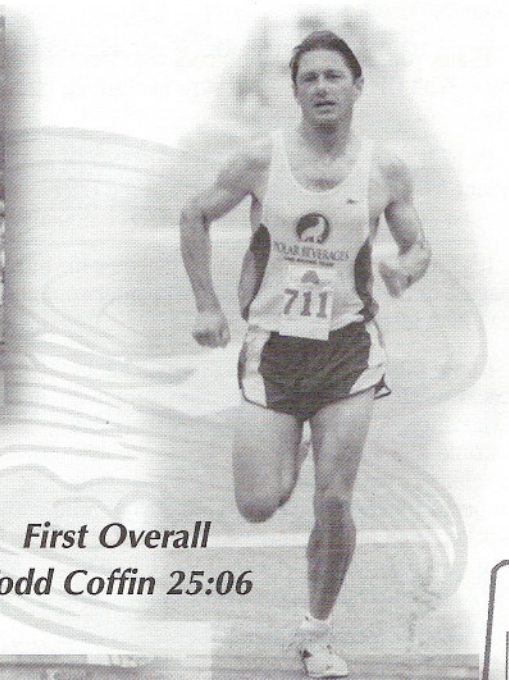
# *19th Annual Clam Festival Classic*



*Start of the Pat's Pizza 5 Miler*



*First Female  
Juila Kirtland 28:06*



*First Overall  
Todd Coffin 25:06*



*Start of the Olympic Fun Run*



## Presidential Message

August 2000

### Dear MTC Members

Thank you to all the volunteers who worked the Pat's Pizza Race. We were really down to the wire on volunteers for that one. Last minute volunteers showed up and what an awesome crew we had. Water stops, flaggers, registration, finish line and results all went really well. Thanks to all of you for a great job!

My apologies to Ron Chase (Sorry Ron) for leaving him off the list of people who attended the Race Directors Clinic in April.

The track workouts are going well this year. On Tuesday nights we have some hard working people on the track at the Portland Expo. They are improving already! On Wednesday nights we have the women's group running on the Boulevard. I hear that group is doing well also. Watch out for these people in the fall races!

Thank you to the several MTC members who are putting in many hours working on the Beach to Beacon race. I want you to know we really do appreciate your time and the efforts you put into this race for your fellow runners. Thank you.

Thank you, to all the volunteers who went to Peaks Island to work on the race. With OPSAIL 2000 I'm sure just getting there was no easy task! Thank you.

IN PLACE OF A MEMBERSHIP MEETING IN AUGUST We will have The Maine Track Club Summer Outing at the Utterstrom's camp in Raymond, on August 20th at NOON. Rain or shine. See notice below.

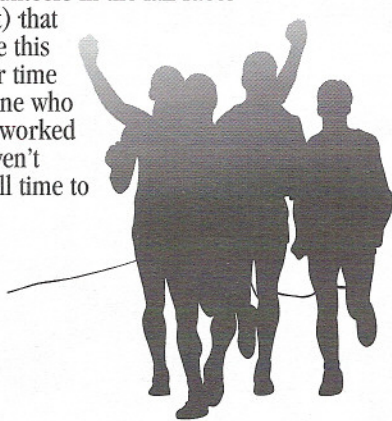
It's time to get our committees together for our year end activities. (See page 4 in the newsletter) Please consider volunteering for one of these, it can be a lot of fun.

I have pushed the volunteer party back to the first part of December, because we need and use so many volunteers in the fall races (Marathon, 50m/50k, and Turkey Trot) that I would like them included. Let's make this a volunteer party for all who gave their time to be an Officer, a Race Director, anyone who worked on a project and anyone who worked two or more races this year. If you haven't worked your two races yet, there is still time to sign up and help.

The next board meeting is on September 5th at 6PM at the Utterstrom house.

Good luck in your races!

*Sandy Utterstrom*



### IN PLACE OF THE NEXT MEMBERSHIP MEETING

In place of an August meeting we will have The Maine Track Club Summer Outing at the Utterstrom's Camp in Raymond on August 20th. The start is at NOON, rain or shine. The Club will provide the food and soda. Other drinks, you will need to bring. RSVP by the 19th of August, call 797-4710 for directions. Bring your bathing suit and lawn chair and any games you would like to play.

## It's Coming Up! Harvard Pilgrim Women's Fitness 5K

**RRCA Women's 5K  
Series, Sponsored by  
Avon.**

**Sunday, September 17,  
2000, 9:00 A.M.**

**Eastland Park Hotel,  
157 High St., Portland**



\$16.00 entry fee (includes breakfast). Pre-register by September 12th to receive 100% cotton long sleeve T-shirt, a 15% discount coupon from Peak Performance Sports, and a race packet containing Avon products.

A Race Application is Enclosed

There is a Pre-Race Women's Training Program every Wednesday until the race, 6:30-8:00 P.M.

Free to pre-registrants only. Register for the race at each coaching session. Meet at the Back Cove parking lot each Wednesday at 6:30 P.M.

Coaches: Britt Wolfe, Coach, Old Orchard Beach High School; Kim Moody, Maine Hall of Fame Runner; Marianne Doste, Cape Elizabeth High School



### Race Committee Update

As I write this message, I can say that the Pat's Pizza Clam Festival Classic went off without any major problems, and I'm keeping my fingers crossed about Peaks Island. Planning for Peaks Island was a challenge this year due to the fact that it coincided with the OpSail weekend, hopefully everyone participating in the race were able to get to and from the island OK.

By the time you read this, Beach to Beacon and St. Peter's will also be in the books, so now we move to the next phase of our race schedule -- the Maine Running Hall of Fame 5K, the Women's Fitness 5K and the Maine Marathon/Relay/Half Marathon.

If you're not going away for Labor Day weekend, I encourage you to run the Hall of Fame race. This race is the sole fundraiser for the Maine Running Hall of Fame. All proceeds go to the Hall of Fame, and they need our support.

Planning is going well for both the Women's Fitness 5K and the Maine Marathon. Coaching sessions for the Women's Fitness 5K have begun under the direction of Britt Wolfe, Mary Ann Doss and Kim Moody. Runners meet each Wednesday at 6:30 p.m. at the Back Cove parking lot. These sessions are free and open to anyone who is registered for the race, so take advantage of this opportunity to do speedwork with a group and get instruction from knowledgeable coaches.

As for the marathon, entries continue to be way ahead of last year's pace. We anticipate a record field, especially now that we've gotten approval to change the course for next year, meaning that this will be everyone's last chance to race the current course.

See you at the races!

*Bob Aube*



# Pat's Pizza Clam Festival Classic

Cathy Burnie #23,  
MTC of Cumberland



Leslie Couper,  
MTC of Falmouth



Pat's Pizza 5 Miler



Chester Matthews,  
MTC of Brunswick



Joe O'Donnell,  
MTC of Falmouth



## The Bowdoin Distance Festival

Beautiful weather, bright and cool, was had for the recent running of the seventh annual Bowdoin Distance Festival. It was, as it always is, an exciting event with three meet records broken. It is one of the few times that we in Maine get to see such a group of Olympic caliber runners perform. Local runners were represented at the Festival by, among others, Christine Snow-Reaser, Marty Shue, Rusty Snow and Olympic hopeful Matt Lane. There was also a healthy contingent of Maine high school runners, but with the exception of Pat Tarpey, their names escape me.

Not counting the races which are very competitive, the Festival has a very congenial atmosphere. Spectators not only fill the grandstand but also ring the track allowing for intimate viewing of races. Watching from trackside, one can see the runner's muscles flex, hear their breathing, and clearly see their expressions throughout their race. Spectators are encouraged to cheer on the runners, particularly if a meet record appears breakable.

Several of the races were particularly exciting. At the start of the bell lap in the women's 3,000, five runners were within touching distance of each other. The winner of the women's 5,000 was the same as last year and was on pace to break the meet record throughout the race. Hometown favorite Matt Lane ran in the men's 3,000. With what appeared to be a pre-race strategy Lane was in or at the front through the first 1,000 meters before dropping back to ninth in the second 1,000 meters. A furious late surge brought him back to the front where he fell a step or two shy of winning the race. The women's 10,000 was also a very exciting race with several lead changes and fast times. It is thrilling to see races such as the men's 5,000 where several of the runners were under 14 minutes.

If you have never attended the Festival it is a fun and exciting event that you may want to consider. It is usually run around the beginning of July. Being that this year is an Olympic year, there were a host of runners from different countries trying to either get qualifying times or to qualify for the Olympics.

Eric Ortman

## 2000 MTC RACE SCHEDULE

**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](http://www.mainemarathon.com)

**October 14** - MTC 50-Miler, and 50K 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.



## VOLUNTEERS NEEDED

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

### Announcement:

*The Boys and Girls Club 5 Miler is looking for a new MTC Race Director for 2001. The Boys and Girls Club 5 Miler is in April on Patriots Day.*

This is one of the longest consecutive running races in New England (only Boston beats it.) I think this year was it's 71st running without missing a single year. Right now this race does not have a MTC Director.



# How They Train New England Style

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

It's time for the ladies...

We've studied the training secrets of New England's male athletes in our first few installments. Now it's time to turn our attention to the quick and powerful ladies in our midst. In her transmittal letter to me, Katie Meyers wrote: "There are a lot of ladies out there much faster than I am." Yeah, there may be - but not many. Kate is the owner and president of Brown & Meyers, a Yarmouth, ME based state-of-the-art transcription company specializing in the medical, legal and insurance arenas. You can spot her at most races around town in her Run To Win racing uniform along with her quick and fit teammates. Her goals for this season include taking her 5K PR below the nineteen minute mark. Go get 'em, Katie!

**Name:** Kate Meyers

**Affiliation:** Maine Track Club

## Best Marks:

**Time:** **Distance: (miles)**

2:45 880

19:05 5K

32:40 5 Miles

40:29 10K

1:31 Maine half marathon

**Birth date:** 6/24/60

**Birth place:** Portland, Maine

**Height:** 5' 5" **Weight:** 118 lbs

**Started running:** Competitively in March of 1997 when I joined Brian Gillespie's Run to Win Ladies Team.

**First Race:** I dabbled in a couple about 10 years ago but can't remember the first one. First race where I really cared was a 5K in Gray-New Gloucester. I hated telling Ziggy my time (22:30).

**Family:** Husband Richard. My greatest fan.

## Pre-Training Warm-up:

An early morning warm-up run of 2 miles. Another two miles or so about 30 minutes before the race with a few strides.

## Stretching:

Due to several injuries over the past few years, I now stretch religiously every day. I also try to get a deep tissue massage at least one every other week when I'm training.

## Logbook:

A college-ruled notebook with the date, the mileage and if I felt particularly awful. Also note weights when I do them, which is at least twice a week.

## Daily workouts:

- Monday - Easy 4 - 6 miles
- Tuesday - Easy 4 - 6 miles
- Wednesday - Intervals
- Thursday - Off
- Friday - 6 miles with strides or threshold.
- Saturday - Off (unless racing)
- Sunday - Racing - Long run (unless racing.)

## Favorite/best race:

- OOB Breakway 5k (I'll break 19 on that bad boy this year.)
- Maine half marathon
- Patriot's 5 miler in Kennebunk.

## Favorite race course:

Any 5k that ends on the track.



Kate with husband Rick

**Favorite workout:** Wednesday workout with the Run to Win team and my coach at the Expo track.

**Favorite running route:** Anywhere in New Gloucester where I live. It's so beautiful there. I run past horses, fields with deer in them, Blue Herons, the smells are so untainted.

## Running Hero(es):

Libby Hickman for a national hero. She's America's greatest 5k runner. On my team it's Jeanne Hackett. She has taught me so much and has given me so much confidence. And, of course my coach, Brian Gillespie, is my greatest inspiration. Even when I have a bad race he always picks me up. I want to do well for him as much as for myself.

## Who inspired you to run?

No one really. I've just always loved it.

## Why do I run?

Because it helps me to stay focused on where I am and where I'm going, it helps me clear my head. It develops mental and physical strength. I also love competing. There's nothing quite like the feeling of grinding out a 5k. It's the ultimate buzz.



## We Need Your Input

**NEWS•RUN** features news of interest about fellow MTC members.

If you have some news to share about yourself or someone else in the club, please pass along the information by calling Mike Doyle at 871-0051, sending e-mail to [mduoye@mainecul.org](mailto:mduoye@mainecul.org), or by mail to:

Maine Track Club

Newsletter

P.O. Box 8008

Portland, Maine 04104

## Notice About Race Fliers

Anyone who wishes to have their race fliers included in the Maine Track Club newsletter must 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.



## Looking for Volunteers for the Following Committees for Year End Activities.

If you can help please call, 797-4710 or any officer of the club, thanks.

**Banquet Committee:** We need 5 or 6 people. We need to decide where and what to have for a year end banquet. We should start planning now. Someone out there must be good at planning parties, please let us know who you are.

**Officer Search Committee:** 3 people to search through our membership to find people who would be willing to step up and take an active part in the leadership of the Maine Track Club.

**Awards Committee:** 5 or 6 people to decide what the awards will be and the criteria to get one. Then they will decide who the club members are that meet that criteria. These awards will be given out at the 2000 banquet in January.



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

**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.

- Dan Cardillo Memorial 5K, Falmouth, 9:00 a.m. Contact: Brent Noyes 781-2982 or Kirby Davis 797-5094.

**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 or Mike Musca 781-8081.

**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](http://www.mainemarathon.com).

- Great Pond Mountain Trail Race (1.5 and 5.5 miles) Orland, 1 p.m. Contact: John Hunt 469-0604.

**October 7** - 4th Annual Womancare 5K, Guilford, 9 a.m. Contact: 564-8165.

- 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 and 50K, 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.

- Portland Conservatory of Music 5K, 9:00 a.m. Contact: Sheila Mayberry 799-3447.

**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.

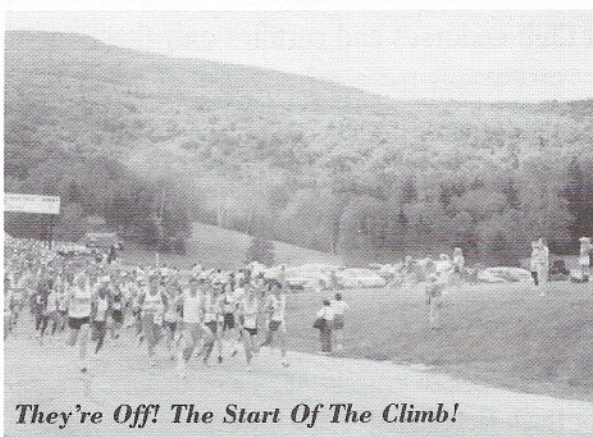
**November 25** - Turkey Trot 5K, York, 11:00 a.m., Contact: Robin Cogger 363-1040.

- 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.



# RACE TO THE CLOUDS - MOUNT WASHINGTON ROAD RACE PHOTOS



*They're Off! The Start Of The Climb!*



*MTC Volunteers  
(left to right) Denise Brooks and Ellie Tucker*



*Britt Wolfe  
MTC*



*Maryanne Dunfey  
MTC*



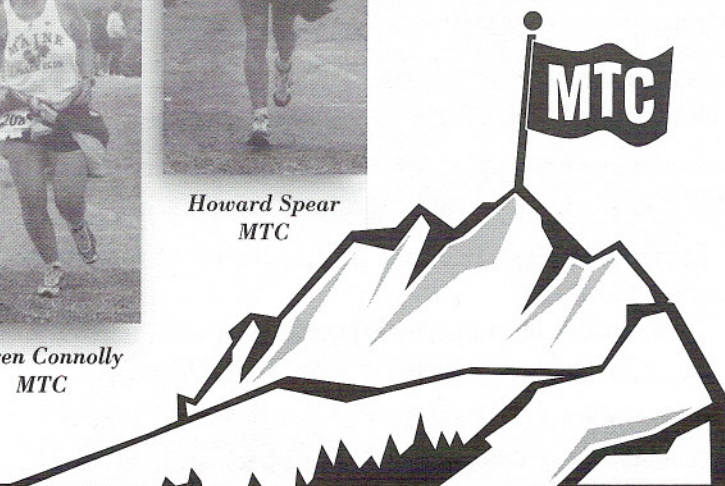
*Mike Brooks  
MTC*



*Karen Connolly  
MTC*



*Howard Spear  
MTC*



## 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.



## UPS Guaranteed Delivery

Looking back on the events leading up to, and the eventual Pat's Pizza Clam Festival Classic 5-Mile Road Race, I learned a valuable lesson, do not taunt your UPS Driver. Prior to July 22nd, Greg the UPS Driver and I had a friendly, professional relationship. He would arrive at my place of employment, drop off the packages and usually find me to sign for them. A couple of months ago I learned he used to run cross-country and still ran a couple times a week. After he completed the Bridgton 4 on the Fourth, he came in "whining" about the hills and the heat. My sympathetic response to him was if he thought Bridgton was tough, the Clam Festival Road Race "would make him cry."

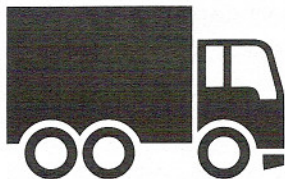
The 5 days prior to the race I was merciless to poor Greg. He would come in for a simple signature and only get one, after a lecture by me describing the course, the usual heat, how badly I was going to beat him and always how it would make him cry. Friday, July 21st I was in rare form. In addition to my usual speech I let him know it wasn't too late to back out, but if indeed he planned to run, I would be waiting for him at the finish with a tissue. Next to my signature on the electronic signature pad I drew two stick figures, one laying down and one standing up, handing the pad back I explained to Greg my "drawing" was the finish and the figure on the ground had a tear in his eye. As Greg was leaving I asked him what he was shooting for if he should finish, I was surprised to hear 35 minutes and let him know that was where I expected to finish, of course in front of him. He politely told me that he has a kick at the end and if we were near each other at the end "you're going to be mine", I replied that when I beat him I would get the brown uniform.

At mile 1 the clock read 7:17, shortly thereafter I spotted Greg wearing gray, for some reason I thought he would be outfitted in brown. I contemplated running around him but instead pulled up beside and asked him "if he was crying yet and in need of a tissue?" As I ran by, he was saying something about feeling fine. My watch read 13:40 at mile 2. Wow I thought, a Sub 6:30, that should sufficiently take care of Mr. UPS. Running well and feeling fine I passed mile 3 slightly under 21 minutes. I was picking up the pace and rationalized previous mile markers may have been miscalculated. Zigzagging through the woods I passed mile 4 at 27:30, 1 mile to go and a sub 35. Exiting the woods and park I took a hard left and glimpsed a gray ghostlike figure about four steps behind, couldn't be Greg I thought. The final left turn before the finish, Greg, the

(insert explicative) made his presence known. I couldn't believe it! How? When? Why? In the back of my mind I heard "I have a kick at the end" and "you're going to be mine". Mistakenly I started my kick too early figuring I could outdistance him. We were both flying down Main Street neck and neck, fighting for pride and bragging rights. I ran out of gas before Greg the (insert explicative) did, he finished 4 seconds ahead of me in a 34:14.

He was waiting for me at the end of the chute. He had a big smile on his face. I had the tissue to my eye. We talked for a while after the race, unbeknownst to me he had been right behind me the entire race. Humbled and defeated I congratulated him and surrendered my Clam Festival T-shirt. I didn't get the bragging rights, the brown suit, or even a t-shirt but I did get a new race rival and the newest member of the Maine Track Club. Greg missed out on the Beach to Beacon Road Race registration, too bad, I would have beaten him and he would have cried.

**Mike Doyle**



## RACE RESULTS

### The Maine Track Club And Pat's Pizza Present The 19th Annual Clam Festival Classic Five Mile Run

733 Finishers (258 Female & 475 Male)

Scenic, Certified Loop In Yarmouth, Maine

8:00 A.M., Saturday, July 22nd, 2000

Weather Conditions: Brief Showers, 60 Fahrenheit

#### Top Overall Finishers:

Place/Name	Age	Time	Pace
1 Todd Coffin overall USAT&F	39	25:06	5:01
2 Michael Danahy 1,20-29	21	25:14	5:03
3 Byrne Decker 1,30-39	33	25:36	5:07
4 Michael Payson (MTC) 2,30-39 USATF	37	25:45	5:09
5 Morgan Laidlaw 2,20-29	28	26:05	5:13
15 Julia Kirtland overall USAT&F	35	28:06*	5:37
45 Mya Mangawang 1,20-29	27	30:15*	6:03
55 Gayla Underkoffler (MTC) USAT&F	38	30:43*	6:09
79 Mary Meehan-Bates 2,30-39	34	31:43*	6:21
82 Denise Jewell 3,30-39	34	31:48*	6:22

#### Other Top Divisional Finishers

9 Matthew Rodrigue 16-19	18	26:59	5:24
24 Eric Johnson 15&under	15	28:57	5:47
25 Jim Toulouse (MTC) 50-59 USAT&F	52	29:00	5:48
99 Ellie Tucker (MTC) 40-49 USAT&F	45	32:16*	6:27
111 Michela Adrian 16-19	19	32:55*	6:35
156 Bob Coughlin (MTC) 60-69	61	34:21	6:52
178 Rachael Blanchard (MTC) 15&under	15	35:03*	7:01
180 Bob Hawkes wheelchair	78	35:06	7:01
234 Lin Gallagher 50-59 USAT&F	51	36:22*	7:16
378 Faye Gagnon 3,50-59 USAT&F	55	39:32*	7:54
440 Polly Kenniston (MTC) 60-69 USATF	55	41:01*	8:12
734 Julius Marzul (MTC) 70&over	74	63:33	12:43

#### Other Maine Track Club Finishers

11 Aaron Norton 2,16-19	16	27:48	5:34
23 Timothy Clement	39	28:56	5:47
26 David Chamberlain	38	29:09	5:50
37 Michael Musca	42	29:52	5:58
40 Tom Menendez	47	30:01	6:00
46 Ken Norton	47	30:15	6:03
51 John Eldredge	46	30:29	6:06
52 Gerard Conley	46	30:33	6:07
59 Larry Wold	41	30:49	6:10
61 William Sproul	42	30:54	6:11
62 Marlin Conrad	48	30:55	6:11
64 Elliot Conrad	16	31:13	6:15
73 Tom Shorty	38	31:32	6:18
85 Charles Iselborn	43	31:53	6:23
91 Jackson White	20	32:01	6:24
94 Bob Stuart	45	32:10	6:26
102 Carrie McCusker	30	32:26*	6:29
106 Andrew Pfeiffer	17	32:39	6:32
107 Claton Conrad	18	32:42	6:32
112 Ogden Williams	45	32:57	6:35
119 Rich Robinov	40	33:11	6:38



# RACE RESULTS (CONTINUED)

120 John Rolfe	46	33:12	6:38
121 Joseph King	36	33:15	6:39
129 Ron Cedrone	51	33:27	6:41
130 Rex Holtan	48	33:27	6:41
135 Stewart Jordan	43	33:47	6:45
139 Dr. Philip Pierce	58	33:51	6:46
144 Brian Cliffe	39	34:00	6:48
146 Sarah MacColl	44	34:01*	6:48
149 Sindee Gozansky	35	34:12*	6:50
154 Michael Doyle	35	34:18	6:52
175 Kimberly Bonsey	38	35:00*	7:00
188 Maureen Sproul	44	35:13*	7:03
189 Ned Ayers	50	35:15	7:03
199 Neil Martin	57	35:32	7:06
206 Colleen Redmond	35	35:40*	7:08
211 Kathy Hepner	40	35:45*	7:09
217 Ed Doughty	51	35:56	7:11
230 Gregg Frame	28	36:17	7:15
254 Terry Clark	56	36:38	7:20
270 Mick McCall	46	36:53	7:23
271 Leslie Couper	32	36:53*	7:23
282 K."Scott" Hinckley	42	37:08	7:26
284 Karen Hoppe	25	37:11*	7:26
286 Douglas Couper	39	37:14	7:27
290 Bill Spiner	19	37:19	7:28
304 Harley Lee	46	37:47	7:33
328 Stacy Huntley	32	38:30*	7:42
342 Roger Fenn	54	38:50	7:46
344 Joan Lee	46	38:51*	7:46
345 Ron Chase	59	38:52	7:46
362 Patti Hinckley	41	39:20*	7:52
373 Lincoln Skelton	11	39:25	7:53
379 Bob Jolicoeur 3,60-69	63	39:33	7:55
385 Chester Matthews	54	39:42	7:56
426 Denny Morrill	60	40:39	8:08
435 Chuck Burnie	46	40:53	8:11
447 Katie Spiner	19	41:14*	8:15
483 Lisa Kelley	35	41:58*	8:24
496 Robert DeWitt	56	42:18	8:28
497 Suzanne Umland	52	42:20*	8:28
501 Kristen Millar	28	42:29*	8:30
508 David Skelton	42	42:37	8:31
519 Cathy Burnie	51	43:07*	8:37
544 John Stevens	57	43:55	8:47
547 Matthew Govan	31	44:00	8:48
553 Alan Pfeiffer	46	44:07	8:49
571 Mike Pugh	61	44:39	8:56
606 Hope Matthews	27	45:50*	9:10
625 Phillips Sargent	54	46:45	9:21
633 Nancy Hewett	53	47:20*	9:28
660 Joe O'Donnell	49	48:51	9:46
695 Alice Mellor	55	51:25*	10:17
720 Maggie Soule	58	54:51*	10:58

Many thanks to MTC Race Committee Chair Bob Aube for complete results!

## Jay and Loraine Spenciner Present The 24th Annual Bridgton Four On The Fourth Road Race

1281 Finishers (633 Female & 648 Male)

Challenging, Certified Modified Loop Course in Scenic Bridgton

8:00 A.M., Tuesday, July 4th, 2000

Complete Results Courtesy Of **GRANITE STATE RACE SERVICES**

### Top Overall Finishers:

Place/Name	Age	Time	Pace
1 Rusty Snow 1,overall	30	19:54	4:59
2 Dan Verrington 2,overall 1,35-39	38	20:34	5:09
3 Gerry Clapper 3,overall 2,35-39	39	20:50	5:13
4 Scott Brown 4,overall 1,40-44	42	20:53	5:14
5 Kyle Rhoads 5,overall	30	20:57	5:14
6 Evan Honeyfield 6,overall	20	20:59	5:15
7 Barry Logan 7,overall	31	21:22	5:21
8 Mark Mayall 8,overall	28	21:39	5:25
9 T.J. Hesler 9,overall	31	21:42	5:26
10 Adam Boardman 10,overall	21	21:51	5:28
21 Christine Snow-Reaser (Hon.MTC)	34	23:24*	5:51
23 Julie Peterson 2,overall 1,40-44	40	23:33*	5:54
39 Rose Prest-Morrison 3,ov. 1,35-39	37	24:33*	6:09
43 Kelly Rodrigue 4,overall 2,35-39	36	24:40*	6:10
48 Cathy Allen 5,overall	34	24:46*	6:12
58 June Snow 6,overall	30	25:23*	6:21
59 Laurie Gaudreau 7,overall	31	25:24*	6:21
67 Charlotte Lanahan 8,over. 2,40-44	43	25:47*	6:27
70 Mary Meehan-Bates 9,overall	34	25:59*	6:30
79 Kelley Cullenberg 10,over.3,35-39	39	26:15*	6:34

### Other Top Divisional Finishers

17 Ryan Kerrigan 14-18	15	22:50	5:43
27 Bill Reilly 50-54	52	23:47	5:57
31 Russell Boisvert (MTC) 45-49	49	24:14	6:04
64 Bill Kelley 55-59	56	25:41	6:26
109 Matthew Lacasse 11-13	13	27:21	6:51
131 Patricia Robinson 45-49	47	27:52*	6:58
138 Alexandra Hall 14-18	16	27:58*	7:00
139 Sally Sundborg 50-54	50	27:59*	7:00
143 Rebecca Hopkins 11-13	11	28:07*	7:02
150 Bob Payne (MTC) 60-64	62	28:13	7:04
266 John Howe (MTC) 65-69	65	30:40	7:40
328 Christine Curtis 60-64	62	32:09*	8:03
413 Carl Berenson 10&under	9	33:42	8:26
529 Maggie Solomon 65-69	66	35:31*	8:53
539 Linda Eldredge 55-59	55	35:40*	8:55
541 John Chandler 70-74	73	35:46	8:57
580 Jenny MacDowell 10&under	9	36:26*	9:07
596 Carlton Mendell (MTC) 75&over	78	36:54	9:14
971 Bobbie MacLean 70-74	70	48:16*	12:04
1145 Helen Mellor 75&over	76	58:50*	14:43
1262 Josephine Fiske 2,75&over	95	77:47*	19:27

### Other Maine Track Club Finishers

15 Dave Howard 15,overall	34	22:35	5:39
25 David Chamberlain 3,35-39	38	23:39	5:55
29 Sean Keough	44	23:51	5:58
34 Larry Wold	41	24:21	6:06



# RACE RESULTS

38 Brandon Bonsey	14	24:32	6:08
85 Ogden Williams	44	26:28	6:37
99 Sindee Gozansky 13,overall	35	27:08*	6:47
112 Philip Pierce 3,55-59	58	27:23	6:51
114 Kimberly Bonsey	38	27:26*	6:52
140 Sarah MacColl 3,40-44	44	27:59*	7:00
152 Bill Punskey	30	28:22	7:06
155 Rachael Blanchard 3,14-18	15	28:31*	7:08
161 Neil Martin	57	28:40	7:10
169 Jay Wilson	42	28:46	7:12
173 Don Bessey	54	28:51	7:13
184 Sheila Donahue	33	29:03*	7:16
194 Kitty Kelley 2,50-54	53	29:16*	7:19
202 Kevin Callahan	47	29:28	7:22
214 Valerie Smith-Punskey	33	29:39*	7:25
222 Anthony Salomone	50	29:51	7:28
233 John Tragert	42	30:13	7:34
263 Tike MacColl	11	30:37	7:40
282 Marla Keefe	46	30:59*	7:45
307 Diane Daley	44	31:25*	7:54
345 Kevin Hubley	17	32:36	8:09
363 William Dexter	44	33:00	8:15
381 Chris Conly	18	33:18	8:20
389 Neil Chivington	53	33:21	8:21
455 Carlene Sproul 2,60-64	61	34:24*	8:36
485 Denny Morrill	60	34:50	8:43
526 Margaret Williams	45	35:30*	8:53
544 Karen Connolly	41	35:48*	8:57
548 David Everest	34	35:50	8:58
559 Kathleen Harris	37	35:56*	8:59
560 Kathleen Tragert	41	35:57*	9:00
578 Phil Bartlett	52	36:18	9:05
593 Mike Sinclair	27	36:52	9:13
594 Harry Fullerton	52	36:53	9:14
678 Susan Davenny	51	38:25*	9:37
679 Barbara Coughlin	57	38:25*	9:37
680 George Conly	52	38:26	9:37
736 Drew Blanchard	12	40:29	10:08
743 Kenneth Spirer	57	40:43	10:11
755 Beth Quinlan	41	41:02*	10:16
787 Terry Keough	45	42:01*	10:31
843 Virginia Cross	57	43:10*	10:48
849 Sandy Utterstrom	56	43:18*	10:50
877 Steven Blanchard	44	44:27	11:07
889 Debbie Howe fitness walker	54	44:49*	11:13
908 Donna Moulton	51	45:29*	11:23
913 Maggie Soule	58	45:48*	11:27
953 Pat Buckley	62	47:27*	11:52
1007 Julius Marzul	74	50:24	12:36
1162 Don Penta	54	60:31	15:08
1168 Denise Blanchard	41	61:14*	15:19

Many thanks to Bob Teschek of Granite State Race Services for complete results!

## The 2000 L.L. Bean 4th Of July 10K Road Race

601 Finishers (188 Female & 413 Male)  
Fairly Challenging Certified Loop In Scenic Freeport  
7:30 A.M., Tuesday, July 4th, 2000  
Complete Results Courtesy Of COOLRUNNING.COM

### Top Overall Finishers:

Place/Name	Age	Time	Pace
1 Bob Winn 1,overall	41	32:12	5:11
2 Michael Danahy 2,overall	21	32:37	5:15
3 Morgan Laidlaw 3,overall	28	32:47	5:17
4 Todd Coffin 1,30-39	39	33:05	5:19
5 Rich Cochrane 1,20-29	27	33:23	5:22
20 Joan Samuelson (Hon.MTC) 1,over.	43	35:57*	5:47
23 Julia Kirtland 2,overall	35	36:18*	5:51
56 Libby Christensen 3,overall	38	39:15*	6:19
77 Juliet Blake Shagoury 1,30-39	36	40:10*	6:28
90 Carol Hogan (MTC) 1,40-49	49	41:00*	6:36

### Other Top Divisional Finishers

11 Matthew Rodrigue 16-19	18	34:56	5:37
25 Eric Johnson 15&under	15	36:50	5:56
29 George Towle (MTC) 50-59	50	37:05	5:58
101 Ember Brosius 20-29	21	41:15*	6:38
119 Gretchen Read 50-59	57	42:04*	6:46
125 Michela Adrian 16-19	19	42:13*	6:48
185 Bob Coughlin (MTC) 60-69	61	44:52	7:13
371 Elise Moody-Roberts (MTC) 15&-	11	51:51*	8:21
392 Polly Kenniston (MTC) 60-69	63	52:48*	8:30
411 Keith Curtis 70&over	71	53:42	8:39
601 Ruth Hefflefinger (MTC) 70&over	71	89:03*	14:20

### Other Maine Track Club Finishers

7 Michael Payson 3,30-39	37	33:32	5:24
26 David Roberts	45	36:54	5:56
27 Britt Wolfe	34	36:58	5:57
32 Jim Toulouse 2,50-59	52	37:11	5:59
34 Tim Clement	39	37:26	6:01
36 Steve Reed 3,50-59	52	37:39	6:04
39 John Mollica	47	38:06	6:08
45 Michael Musca	42	38:43	6:14
48 Tom Menendez	46	38:57	6:16
54 Mark Woodbury	35	39:13	6:19
55 Gerard Conley	46	39:14	6:19
58 Dick Graves	45	39:21	6:20
65 William Sproul	42	39:38	6:23
66 Ken Cotton	51	39:40	6:23
74 Strand Conover	18	40:03	6:27
92 Brendan Crowe	43	41:02	6:36
96 Marlin Conrad	48	41:05	6:37
97 Ellie Tucker 2,40-49	45	41:06*	6:37
109 Charles Iselborn	43	41:46	6:43
121 Carrie McCusker 3,30-39	30	42:05*	6:46
129 Kimberly Moody 3,40-49	45	42:30*	6:50
134 Alburn Butler	46	42:37	6:52
141 Rich Robinov	40	42:58	6:55



144 Ronald Deprez	55	43:07	6:56
146 Terry Sutton	38	43:11*	6:57
147 John Rolfe	46	43:12	6:57
156 Ron Cedrone	51	43:33	7:01
161 Kim White	38	43:43*	7:02
163 Andrew Pfeiffer	17	43:47	7:03
172 Jennifer DeSena	45	44:02*	7:05
173 Dan DeSena	45	44:03	7:05
179 Mike LeCompte	39	44:29	7:10
181 Stewart Jordan	43	44:34	7:10
193 Steve Jacobsen	50	45:18	7:17
196 Brian Cliffe	39	45:20	7:18
199 Dan Tucker	36	45:25	7:19
204 Joan Lavin 2,50-59	52	45:34*	7:20
206 Michael Doyle	35	45:39	7:21
207 James Corbett	36	45:39	7:21
212 Brent Graham	30	45:51	7:23
225 Glen Gallupe	40	46:19	7:27
226 Ned Ayers	50	46:19	7:27
233 Colleen Redmond	35	46:36*	7:30
242 Dale Rines	48	46:58	7:33
248 Terry Clark	56	47:11	7:36
257 Dan Hogan	49	47:30	7:39
262 Linnea Olsen	44	47:51*	7:42
263 Mick McCall	46	47:53	7:42
267 Theresa Gallupe	38	47:59*	7:43
273 Karl Brantner	45	48:09	7:45
304 Rosalyn Randall 3,50-59	50	48:51*	7:52
313 Robert Jolicoeur	63	49:19	7:56
318 Roger Conover	50	49:42	8:00
330 Douglas Couper	39	50:19	8:06
334 Ron Chase	59	50:27	8:07
343 Chet Matthews	53	50:52	8:11
356 Jim Estes	51	51:24	8:16
371 Betsy Barrett	49	52:35*	8:28
390 Patty Medina	42	52:44*	8:29
391 Gerard Salvo	45	52:47	8:30
403 Michele Flynn	51	53:30*	8:37
415 Mike Brooks	54	53:48	8:39
427 John Cullinane	56	54:36	8:47
436 Loren Lathrop	51	55:07	8:52
437 Maurice Harmon	50	55:07	8:52
438 John Littlefield	44	55:08	8:52
439 Kristen Millar	28	55:10*	8:53
440 Merle Hartford	53	55:11	8:53
441 Lisa Kelley	35	55:14*	8:53
443 Robert Flynn	54	55:22	8:55
445 Kelley Ryder-Herzog	27	55:23*	8:55
447 Elizabeth Shorr	47	55:27*	8:55
455 David Skelton	42	55:40	8:58
461 Jim Tyrrell	52	56:03	9:01
462 Larry Perkins	55	56:09	9:02
463 Robert DeWitt	56	56:11	9:03
465 Suzanne Umland	52	56:15*	9:03
484 John Stevens	57	57:31	9:15
494 Alan Pfeiffer	46	57:54	9:19
503 Jeff Flynn	43	58:48	9:28
522 Matthew Govan	30	60:51	9:48

525 Katy Littlefield	36	61:10*	9:51
534 Judy Cotton	51	61:43*	9:56
536 Richard Scribner	49	61:49	9:57
539 Deb Stuart	39	61:53*	9:58
556 Sally Paterson	58	63:41*	10:15
560 Jean Thomas	64	64:08*	10:19
563 Cheryl McCall	43	64:25*	10:22
585 Shelly Lathrop	24	72:44*	11:42

**The University Of New England &  
Split-Time Race Management Present  
The 24th Annual Westbrook College Campus  
April Amble Four Mile Road Race**

131 Finishers (44 Female & 87 Male)

Scenic Loop Course in The Environs Of Deering High,  
Evergreen Cemetary, & The Westbrook College Campus

9:00 A.M., Saturday, July 16th, 2000

Weather: 60 Fahrenheit, Consistent Showers

**Top Overall Finishers:**

Place/Name	Age	Time	Pace
1 Bob Winn 1,40-44	41	20:21	5:06
2 Todd Coffin 1,35-39	39	20:25	5:07
3 Michael Payson (MTC) 2,35-39	37	20:44	5:11
4 Dan Dearing (MTC) 3,35-39	38	21:25	5:22
5 David Weatherbie 1,30-34	32	21:27	5:22
18 Christine Reaser (Hon.MTC) 1,30-34	34	23:49*	5:58
30 Evelyn Ellis 1,40-44	41	25:46*	6:27
31 Ann Boisvert (MTC) 1,35-39	36	25:53*	6:29
33 Tina Michaud 1,25-29	28	25:56*	6:29
35 Kim White (MTC) 2,35-39	38	26:24*	6:36

**Other Top Divisional Finishers**

6 Ben Fletcher 19-24	19	21:33	5:24
7 Christian Muentener 25-29	26	21:36	5:24
11 Kirby Davis 15-18	16	22:40	5:25
13 Ron Newbury 50-54	50	23:06	5:47
20 Russell Boisvert (MTC) 45-49	49	24:22	6:06
21 Brandon Bonsey (MTC) 11-14	14	24:23	6:06
32 Ray Kitchen	55	25:55	6:29
36 Julianna Lagin-Nasse 19-24	20	26:28*	6:37
37 Alyson Grant 15-18	18	26:32*	6:38
47 Will White (MTC) 10&under	9	27:42	6:56
69 Cindy Andrews 45-49	47	29:47*	7:27
71 Jane Rau 50-54	50	29:55*	7:29
72 Maddie Shellgren 11-14	12	29:59*	7:30
93 Denny Morrill (MTC) 60-69	60	33:39	8:25
116 Carlton Mendell (MTC) 70-79	78	38:03	9:31
119 Sally Paterson (MTC) 55-59	58	40:36*	10:09
127 Pat Buckley (MTC) 60-69	62	44:40*	11:10

**Other Maine Track Club Finishers**

10 Dave Howard	33	22:35	5:39
14 Michael Gordon	38	23:20	5:50
24 Dick Graves 2,45-49	45	24:45	6:12
34 Richard Bryant 3,40-44	42	25:59	6:30
42 Jim Harmon	40	27:13	6:49
44 Dr. Philip Pierce 2,55-59	58	27:20	6:50
45 Mike LeCompte	39	27:21	6:51
48 Kimberly Bonsey 3,35-39	38	27:46*	6:57
49 Les Berry 3,50-54	52	27:57	7:00



54 Michael Doyle	35	28:15	7:04
57 Maureen SDproul 3,40-44	44	28:45*	7:12
58 Ned Ayres	50	28:51	7:13
61 Judy Kane	41	29:11*	7:18
63 Leah Edwards 2,30-34	30	29:30*	7:23
64 Betty Rines	43	29:33*	7:24
65 John Brady	41	29:37	7:25
75 Kelly Fernald	37	30:31*	7:38
79 Thomas Carll 3,55-59	56	32:01	8:01
84 Ron Chase	59	32:25	8:07
86 Lincoln Skelton 2,10&under	10	32:46	8:12
94 Larry Barker	51	33:39	8:25
96 Meredith Greenlaw	27	34:17	8:35
97 Jim Parkinson	43	34:18	8:35
100 Chuck Burnie	46	34:32	8:38
101 Robert DeWitt	56	34:34	8:39
106 Cathy Burnie	51	35:04*	8:46
108 Matthew Govan	30	35:36	8:54
109 Harry Fullerton	51	36:31	9:08
111 Sherry Carll	53	37:05*	9:17
118 Beth Quinlan	41	38:59*	9:45
123 Sandy Utterstrom 2,55-59	56	42:55*	10:44
129 Julius Marzul 2,70&over	73	51:57	13:00
130 Don Penta	53	56:39	14:10

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



## Hello Everyone,

The RRCA received a grant request to start a children's six-week running program. After six weeks of training there would be an organized run. The request will be reviewed and a decision made at the end of the month. Also in the works is a RRCA state meeting to potentially be held the last weekend of September.

M.T.C members attending the track workouts are doing a great job. Thank you Eric for organizing this. I hope everyone's summer and running is going well. More RRCA News will be forthcoming.

Donna Moulton

Maine State Rep. for the RRCA

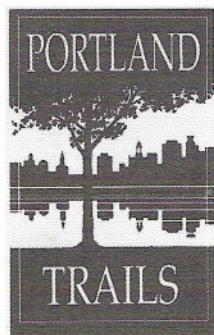


## Portland Trails Tukey Trot 10K Run/Walk

The September 24th Portland Trails Tukey Trot 10K Run/Walk at 8:30 A.M. in Portland needs help with water stops, set up (early morning in particular), chutes and cleanup.

All volunteers receive T-shirts.

Please contact Laura Newman, 775-2411, or Mike Musca 781-8081, mmusca@mainerr.com



## MAINE TRACK CLUB OFFICERS & COMMITTEE CHAIRS



USA Track & Field



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

## UPCOMING MTC BIRTHDAYS

## HAPPY BIRTHDAY MTC MEMBERS!!

### AUGUST:

- 16: Kristen Grandonico
- 18: Frank Knight
- 19: Michele Dorsey-Brooks
- 20: Catherine Clement, Diane Dusini, Michael Doyle, Grace Murphy
- 21: Patti Hinckley, Kathy Jacobsen, Carlos Philbrick
- 22: Susan Davenney
- 24: Robert Gardiner, Marla Keefe
- 25: Phil Pierce, Richard E. Durgin, III
- 26: Christin Burnham, Michele Flagg
- 28: Michael Morrison
- 29: Lisa Joyce Gale

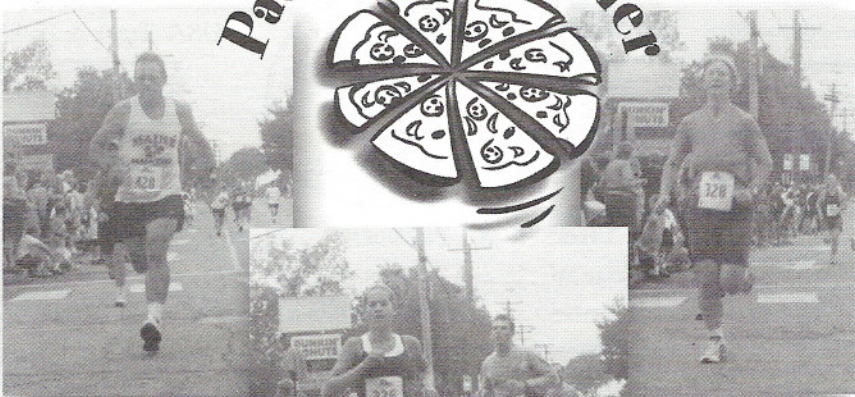
### SEPTEMBER:

- 3: Dennis Morrill, David Skelton
- 6: Paul Toohey
- 7: Ron Perry
- 8: Janet Crowe, Wendy Williams
- 9: Bill Devou
- 12: Erich Reitenbach





# Pat's Pizza 5 Miler



Robert Dewitt,  
MTC of Lisbon

Nancy Hewett,  
MTC of Cumberland

Rachael Blanchard #326,  
MTC of Scarborough  
1st, 15 & Under

Chris Peixotto #515,  
of Yarmouth

Stewart Jordan,  
MTC of North Yarmouth

John Stevens,  
MTC of Wells

## 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
  - 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

- August 20th MTC Summer Outing noon at the Utterstrom's camp in Raymond, RSVP by the 19th, 797-4710.

- Volunteers needed for September 1st Maine Running Hall of Fame 5K, 6:45 P.M., Portland and September 17th, Harvard Pilgrim Women's Fitness 5K, 9:00A.M., Portland contact Bob Aube at 829-5079 or the M.T.C. at 741-2084.