



Run with a friend... www.mainetrackclub.com *August 2001*

20th Annual Clam Festival Classic 5 Mile Run



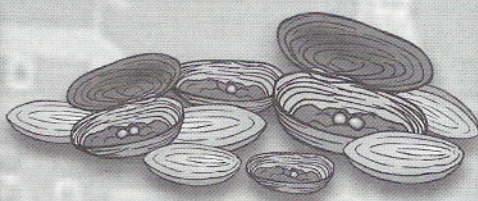
*Richard Bryant
MTC of
Cape Elizabeth*



*Katy Littlefield
MTC of
Scarborough*



*Beth Rand
MTC of
Cape Elizabeth*



*Randy Boucher
MTC of
Windham*



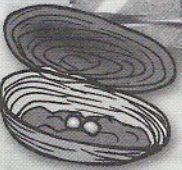
*Robert McCormack
MTC of
Cape Elizabeth*



*Lorna Humphries
MTC of
North Yarmouth*



*Dick Lajoie
MTC of
Durham*



Presidential Message

August 2001

As I write this column the temperature is 91 degrees and rising. Not a typical Maine day. When our MTC group was preparing to go to Albuquerque we were loading our bags with singlets, nylon shorts, hats, sunscreen and all kinds of hot weather clothing when in reality we would have traded them for a sweatshirt and warm longjohns. I can now unpack those items and get some use out of them. Regardless of the weather, we have had some excellent races of late. The Pat's Pizza race was a great success. The new chip system worked flawlessly. Thanks to Ron Pelton and his crew of volunteers. Our Sportshoe Maine Marathon/Half Marathon will also be the beneficiary of this system. Speaking of the Marathon, they could use some additional help.

Our volunteers have been great this year as always. Our whole foundation lies with them and to show our appreciation and thanks to them we are having a MTC volunteer picnic on Thursday, August 16 at 5:30 p.m. at Two Lights State Park in Cape Elizabeth. Invitations will be sent to our volunteers.

Whatever the pace, wherever the race, race manners matter." This quote is taken from the Miss Manners section of the RRCA Footnotes of the winter 2000 edition. She further states, "Thank the many volunteers along the course while you run a race. I make a point of saying thanks to volunteers I see, no matter how tired or zonked I am. Judging from the confused looks I get, I am guessing that most of my fellow runners don't do this".

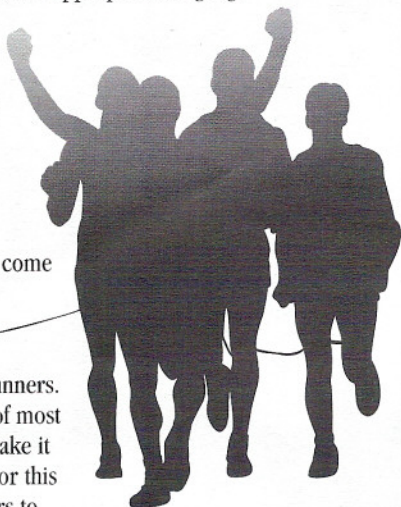
I need to add that I have worked the same water stop for several years at a certain race and while observing the runners I did sense, to my dismay, a lack of respect and inappropriate language among some runners.

One of the volunteers was working the water stop for the first time and she asked me what to expect when the runners came by. I told her to observe that when the middle and back packers come they will be courteous and most will say thank you but don't expect it from the front runners. This is certainly not true of most runners, but enough to make it unpleasant. A good cure for this would be for more runners to volunteer for traffic duty or a water stop for a race or two. But I have a feeling that the new Fenway Park will be built before some runners will volunteer. Sad but true.

We have some excellent races coming up to round out the summer series. Check the races and dates in the newsletter. Plan to run a few, work a few, and take part in the MTC events we have planned.

Enjoy the warm weather,

Mel Fineberg



Volunteer of the Month

Sue Davenny is our volunteer of the month for July. Sue is a long time member and has been a devoted and hard worker for our club for many years. She has filled numerous positions and has been an excellent race director in the past. She currently serves on the special events committee. Congratulations Sue.



Having Fun at SMTC

Pictured is a group of MTC members at the recent Fun Run held at SMTC on July 19. From the smiles on their faces you might consider joining them at the next event.



MTC Volunteer Picnic

Hosted by the MTC Board of Directors

Thursday, August 16, 2001 ~ 5:30 p.m.

Two Lights State Park, Cape Elizabeth

(At the reserved Shelter)

Come early to enjoy the fresh air and ocean views.

Please make plans to attend, we couldn't do all the races we do without your help, and we appreciate you!

A contribution will be appreciated if you have not volunteered this year and plan on attending.



We need a Few Good People

The following races still are in need of additional volunteers.

- St. Peters
- Breakaway 5k
- Running Hall of Fame
- Women's RRCA Distance race
- Sportshoe Maine Marathon
- MTC 50 Miler

Please check the race listings to find the contact phone numbers.

"WATER, WATER EVERYWHERE... BUT ARE YOU DRINKING IT?"

by Denise Robertson RD

Summer may be half over, but the heat is still on! Dull as it sounds, water is one of the most vital nutrients in your diet. Not drinking enough or losing too much through extreme sweating hinders your ability to run at your best.

Waters' role: In the bloodstream

— transports glucose (our energy source), oxygen and fats to the muscles for use and carries away lactic acid and carbon dioxide (metabolic by-products).

In the urine — it gets rid of waste products. The darker the urine, the more concentrated the waste — thus a sign of potential dehydration. **In sweat**

— water absorbs the heat from your muscles, dissipates it through sweat to regulate body temperature. Sweating is the body's thermostat! As sweat evaporates, it cools the skin, which then cools the blood and in turn, cools the inner body. A body temperature higher than 106 degrees F can damage and kill cells. This is a serious reason why you shouldn't push yourself beyond limits in very hot weather. **Replacing fluid losses:** Many runners weigh themselves before and after exercise to determine how much sweat has been lost. The goal is to match fluid intake with fluid loss to prevent dehydration. For replacing fluids lost during exercise — here is a quick guide: for every pound you lose, drink at least 2 cups of fluid. In hot weather — you can easily sweat off 5 or more pounds. Remember the weight loss is water — not fat loss! Another simple way to tell if you are replacing fluids adequately — check the color and quantity of urine. Dark color and scant amounts means you need to drink more fluids. Once your urine is pale yellow — you are most likely back in normal water balance. If you take vitamin supplements, your urine may be dark anyway. In this case, a better indicator of hydration is volume. **Thirst** — just because you are not "thirsty" does not mean you are well hydrated. When you sweat, you lose water from your blood. The remaining blood becomes more concentrated and has a higher amount of sodium. This triggers thirst and you drink. You then are replacing water losses to bring the blood back to its normal concentration. But exercise and "mind over matter" can blunt the thirst mechanism.

How much to drink before exercise? — First, you must consider how much your stomach can handle comfortably and also assume you are starting your exercise well hydrated. Let's look at general guidelines: consume about 2 cups of fluids (16 ounces of water, juice or a sports drink) up to two hours before a competitive event. Your kidneys may need up to 60 to 90 minutes to process excess liquid. Then, drink 4-8 ounces (or more if tolerated) 5 to 10 minutes before your workout/event. This fluid in your system will help to replace sweat losses. **How about during exercise?** — It is important to start drinking fluids early to prevent dehydration. Try to drink at least 8 ounces every 15-20 minutes of exercise. You may find you need more than this in extreme heat — again, take in what you can tolerate. Remember to drink before you are thirsty — if you are thirsty — you may have already lost one percent of your body weight. For a 150-pound person — a 3 percent loss (4.5 pounds) can significantly impact your performance. Staying hydrated can be quite simple — drink fluids with all meals and throughout the day every day! If you are making trips to the bathroom every two to four hours, you are probably well hydrated.

Fluid choices to replace sweat losses (when you don't always want water!):

Seltzer	Sports drinks	Lemonade
Juice	Milk	Soft drinks
Decaffeinated Coffee or Tea	Smoothies	Herbal Teas



2001

MTC RACE SCHEDULE

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, 6:30 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"*

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

Run for the Bagel

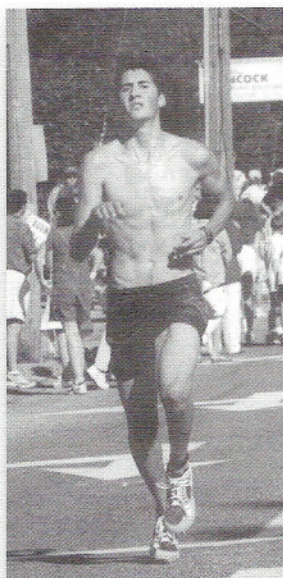
Fun Training Run followed by bagels
and fixings in the park



**MTC Coach
David Dowling**



**Mike Doyle
MTC of
Portland**



**Aaron Norton
MTC of Bath
1st, 16-19**



**Sally Paterson
MTC of
Portland**



**Ellie Tucker
MTC of
North Yarmouth
1st, 40-49**

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.

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 25, 2001 - New Balance 5K; Skowhegan, 9:00AM,
Contact: Ron Paquette 437-9237

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

- 4th Annual Rotary Bridge 4 Mile Road Race; So. Portland,
9:00AM, contact 799-6192

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

- 2nd Annual Waterford Fall Foliage 5K and 1 Mile Fun Run;
Waterford, Fun Run 11:00AM, 5K 11:30AM, Contact: Martha Eaton
583-4611

September 22 & 23, 2001 - Adirondack (NY) Marathon
Distance Festival 5K and 10K; Sat. 9:30AM, 1/2 Marathon and
Marathon, Sun., 9:00AM (26.2 M), 10:00AM (13.2M), Contact: 518-
532-7675

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

September 28, 2001 - Rise 'N Shine 5K, Kennebec Savings
Bank, Augusta, 6:33AM, contact: John Coughlin 626-3488

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

October 28, 2001 - Great Pumpkin 10K, Camp Ellis, Saco,
9:30AM, Contact: Bob LaNigra 883-8662

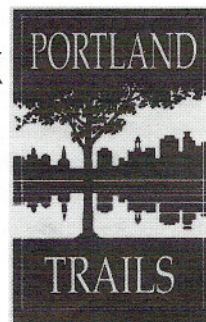
November 17, 2001 - Shop 'N' Save Turkey Trot 5K;
Pond Cove Elementary School, Cape Elizabeth, 9:00 AM,
Contact: MTC 741-2084

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

- Barry Fifield

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

"A man's got to know his limitations" - Dirty Harry.

I first met Barry Fifield on a chilly Patriot's Day morning in the little hamlet of Hopkinton, Mass. Hans Brandes and I were shivering in our makeshift Hefty trash bag outfits as Hans made the formal introduction. "N-n-nice to m-m-met you B-b-bary", I stuttered through my blue lips. Barry informed us matter-of-factly that he planned on a two-fifty-something finish time and, oh by the way, he and Hans had competed in a canoe race two days before. Then, no small surprise, Barry ran a sub3 marathon for Boston 2000. Prior to this year's Boston Marathon, Barry predicted a finish time between 2:51 and 2:53. His 2:52:35



made him the third fastest Mainer at Boston 2001. Cocky? Not in the least. Barry knows his capabilities and limitations. In fact, Barry is probably one of the most humble runners you'll ever meet. He shares his training plan with several Maine Track Club runners on a regular basis and never boasts.

Barry's secret for getting faster? He says: "I thought I knew the secrets by doing speedwork, mileage, etc., but after a couple disappointing races at Beans and Yarmouth I have conceded to age for now. I think with age I definitely need volume for the marathon in contrast to my PR of 2:38 on 24 miles per week (plus cycling) when I was younger. Speed does not seem to be the limiting factor as much as endurance now. Next winter's plan will be to run at 65-70% MHR for 90 to 100 miles a week. (training with heart rate above 75%MHR I cannot achieve my goal of 100 miles a week in preparation for the marathon without injury)"

Barry muses further on marathon training: "Age has already affected me tremendously. Jim Toulouse and I were just talking the other day about how we used to run the first 5 miles of the marathon at an easy cruise much faster than our 5 mile race pace now. I have to train much more now than in my prime to reach goals. I have found that training at a lower heart-rate for most of my training in the winter allows me to do much more volume without injury than ever before. Very few days off are taken, in fact I like to train double workouts most days. I let the heart-rate monitor tell me when I need a rest or when to back off."

Name: Barry Fifield

Club Affiliation: Maine Track Club

School: Cape Elizabeth High School Cross Country

Age: 44

Occupation: Marine designer working with piping and machinery on 3D CADD.

Best Marks:

Marathon	2:38,	Master	2:52
Mile	4:35		
5 Mile	26:10,	Master	27:00
10K	33:58		
10 Mile	56:12 ,	Master	59:30
4 Mile	20:57		
15 mile	1:24:45		
1/2 Marathon	1:15:11		

Personal Statistics: Height: 5'-10" Weight: 160#

Pre-Training Warm-up: Walking, jogging.

Stretching?: After running and throughout the day.

Log Book: Yes: time, distance, avg. heart-rate, max HR, recovery HR, % incline and speed on the treadmill, temp, humidity, notes

Daily workouts: Winter: 4 months of heavy volume with 70 to 90 miles a week running done at 65-75% Max HR, some weight training, stair climber, stationary bike and XC skiing.

Spring: taper down and incorporate speed training for race season.

Summer and Fall: racing, cycling, 30 or 40 miles a week of running, 100 to 200+ miles a week cycling, some inline skating, hiking/jogging and canoeing.

Favorite/best race: Boston Marathon, incredibly well organized and very exciting. Keeps us motivated with a big event goal during the winter months.

Favorite racecourse: Mt Washington. Spectacular views and very challenging.

Favorite workout:

Favorite: Jogging up and down mountains. Treadmill with incline.

Toughest: The 26+ milers

Favorite running route: 12 mile hilly loop in Gray, North Yarmouth and Cumberland.

Running Hero(es): Bob Coughlin, Jim Toulouse, Lance Guliiani

Bob and Jim helped me out with marathon knowledge when I was getting started and we have run together for years, they were veterans then and they ran the marathon very well. Bob used to give us "young bucks" a thrashing on the weekend 22+ milers in Cape Elizabeth as he dropped the hammer at 20 miles. They both are still running marathons to this day and still putting the hammer down on Middle Road, Sunday mornings while returning to Portland from the Rat Pack run.

Who inspired you to run? High School coach Paul Jackson

Why do I run? To reap the long list of benefits that exercise gives us and meeting especially nice people.

Can I Get a One Way Ticket to Peaks Island?

By Cathy Kilburn

Since completing St. Anthony's in April, I have been keeping myself busy with the New England Triathlon tour by completing the Hyannis Sprint I, and the Fairlee Great Triathlon in Vermont. Both of these races were put on by Time-Out Productions, and they were very well organized. I highly recommend both of them. While looking at the calendar in early July, I realized that a race I had signed up for way back in April was fast approaching, and I had just a few weeks to gear myself up for the Peaks to Portland 2.4 mile swim. Since my open water racing was limited to triathlons where the course is marked by several large buoys in the water, and I'm usually swimming in a pack with several hundred other people, I was a little concerned about the idea of swimming across Casco Bay. I have been swimming during the summer with two other guys from masters swim, Thom Bell and John Fitzgerald, most of our practices had been limited to the pool with the exception of a few dips in the ocean to acclimate ourselves to the temperature of the water. The nice thing about the pool is that line on the bottom that keeps you swimming in a straight line (something that I have a lot of trouble doing). As the race approached, our workouts got increasingly more intense, until we slowed things down the week before the race. During the week of the race friends and family would ask me if I really could swim that far. My response was: Well, yeah. . . in a pool. I was unsure of how long it would take me to finish the race. My friend John was putting me at around an hour and fifteen minutes, depending on the current. One thing about currents when swimming in the open water, they can either be your best friend, or your worst enemy. A current going in the same direction that you're swimming can make your swim seem effortless; however, a current pushing against you can make your swim seem three times as hard, not to mention the frustration it can cause you. As John, Thom, and I met for one last easy 1,500 swim in the pool the day before the race, I had just one thing on my mind - Was I tough enough to swim that far? I've only taken up swimming again since last summer, and I really wasn't all that confident



of my ability. I was hoping to finish the race swimming, not in my spotter's boat.

The day of the race looked promising, with the water temperature at 62 degrees, and the wind at 7 knots. As I road the ferry over to the island, I was glad to see that the ocean was relatively calm. I had recruited my co-worker, Paul Bradbury to be my spotter

for the race. Our plan was for him to stay to my left throughout the race. I would breath on my left side, and he would keep the boat pointed in the direction that I needed to be going. The race started around 8:40. I swam out to my spotter and started swimming. Since swimming does not provide you with mile markers or any scenery, sometimes it's necessary to sing songs in your head to get yourself into your "swim zone". We had discussed our favorite breathing songs at the pool earlier in the week. I'm partial to "Machinehead", by Bush, "Beautiful Day" by U2, and Duran Duran's "View to a Kill". I made my way through the ocean, over lobster buoys, through seaweed, until I was at Fort Gorges. At this time, I checked my watch, and was at 32 minutes. I felt a little bit of a cramp in my side, and my left shoulder felt a little tight from breathing to my left so much. I slowed down a little in order to get more comfortable. During the swim, I resisted the urge to look in front of me. I did not want to know how far I was from shore. All during the swim, my spotter continued to give me encouragement from the boat while warning me of floating debris coming up. When he announced that he was going to take me in to the left to avoid a current, I was surprised to look up and see the finish line!!! I swam hard toward the beach, and attempted to stand, but my legs would not cooperate. I had the worst calf cramps ever, but I managed to stumble my way to a finish of 59:28. I had completed my first Peaks to Portland in just under an hour. With the conditions as favorable as they were, most people had personal bests. I've got a few more triathlons this summer, and I think I might attempt the Maine Marathon this year. If all these go well, maybe someday you'll see me writing about the Ironman.

BOSTON MARATHON QUALIFIER TIMES

Age Group	Men	Women
18-34	3hr 10 min	3 hr 40 min
35-39	3 hr 15 min	3 hr 45 min
40-44	3 hr 20 min	3 hr 50 min
45-49	3 hr 25 min	3 hr 55 min
50-54	3 hr 30 min	4 hr 00 min
55-59	3 hr 35 min	4 hr 05 min
60-64	3 hr 40 min	4 hr 10 min
65-69	3 hr 45 min	4 hr 15 min
70+	3 hr 50 min	4 hr 20 min



MAINE

PORTLAND
Oct. 7, 2001

HALF MARATHON

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

RACE RESULTS

The Maine Track Club And Pat's Pizza Present The Twentieth Annual Clam Festival Classic Five Miler

814 Finishers
Scenic Certified Loop In Yarmouth, Maine
8:00 a.m., Saturday, July 21st, 2001
Weather: Sunny, Low 80's
Complete Results Courtesy Of The Maine Track Club

Top Overall Finishers

Place/Name	Div.	Town	Time	Pace
1 Byrne Decker overall	30-39	Yarmouth	25:10	5:02
2 Andy Spaulding 1,30-39	30-39	Freeport	25:25	5:05
3 Michael Payson (MTC) 2,30-39	30-39	Falmouth	25:33	5:07
4 Christian Muentener 1,20-29	20-29	Yarmouth	26:23	5:17
5 Aaron Norton (MTC) 1,16-19	16-19	Bath	26:33	5:19
31 Maggie Hanson overall	20-29	Bowdoinham	29:46*	5:58
43 Rose Prest-Morrison 1,30-39	30-39	Limerick	30:16*	6:04
53 Michela Adrian 1,20-29	20-29	Portland	30:41*	6:09
58 Marjorie Graff 3,30-39	30-39	South Portland	30:55*	6:11
69 Molly Vreeland	30-39	Otis, MA	31:25*	6:17

Other Top Divisional Finishers

13 Guy Segars 40-49	40-49	Brunswick	28:27	5:42
14 Eric Giddings 15&under	15&under	South Portland	28:39	5:44
18 Ron Newbury 50-59	50-59	Auburn	29:01	5:49
90 Ellie Tucker (MTC) 40-49	40-49	North Yarmouth	32:34*	6:31
117 Ellen Davies 15&under	15&under	Millville, NJ	33:27*	6:42
128 Lloyd Slocum (MTC) 60-69	60-69	South Portland	33:51	6:47
131 Andrea Giddings 16-19	16-19	South Portland	33:54*	6:47
240 Lin Gallagher 50-59	50-59	Yarmouth	36:35*	7:19
459 Polly Kenniston (MTC) 60-6	60-69	Scarborough	41:10*	8:14
574 George Merrill 70&over	70&over	Yarmouth	43:37	8:44

Other Maine Track Club Finishers

16 Dave Howard	30-39	Portland	28:57	5:48
20 Charlie Humphries 2,40-49	40-49	North Yarmouth	29:15	5:51
22 Barry Fifield 3,40-49	40-49	Gray	29:26	5:54
32 Michael Gordon	30-39	Portland	29:47	5:58
33 Gordon Scannell	40-49	North Yarmouth	29:48	5:58
44 Paul Nicolaides	40-49	San Antonio, TX	30:17	6:04
46 Ken Norton	40-49	Bath	30:21	6:05
47 Britt Wolfe	30-39	Saco	30:23	6:05
48 Larry Wold	40-49	Freeport	30:26	6:06
49 Jon Gilbert	20-29	Saco	30:36	6:08
74 Richard Bryant	40-49	Cape Elizabeth	31:38	6:20
77 Gerald Conley	40-49	Portland	31:43	6:21
78 Tom Shorty	30-39	Gorham	31:53	6:23
79 Jeff Rand	40-49	Cape Elizabeth	31:55	6:23
94 Randy Boucher	20-29	Windham	32:31	6:31
96 Carrie McCusker	20-29	South Portland	32:34*	6:31
102 Lorna Humphries	30-39	North Yarmouth	32:45*	6:33
103 Ogden Williams	40-49	Cape Elizabeth	32:59	6:36
114 Mark Foley	30-39	Portland	33:23	6:41
116 Ronald Deprez	50-59	Portland	33:26	6:42
118 Kate Meyers 3,40-49	40-49	New Gloucester	33:28*	6:42
124 Patrick Connolly	30-39	Falmouth	33:41	6:45
132 Kathy Hepner	40-49	Gorham	33:56*	6:49
135 Kim White	30-39	Falmouth	33:58*	6:48
149 Rex Holtan	40-49	Portland	34:18	6:52
158 Don Russell	40-49	Cumberland	34:32	6:55
164 Bob Coughlin 3,60-69	60-69	Cape Elizabeth	34:38	6:56
173 David Cookson	40-49	Brunswick	34:52	6:59
177 Bob Payne	60-69	Raymond	34:58	7:00
181 John Rolfe	40-49	Portland	35:03	7:01

182 Michael Doyle	30-39	Portland	35:05	7:01
185 Harry White	50-59	Scarborough	35:08	7:02
189 Kimberly Moody	40-49	Cape Elizabeth	35:13*	7:03
194 Colin Robertson	30-39	Scarborough	35:18	7:04
201 Harry Nelson	40-49	North Yarmouth	35:34	7:07
213 Gregory Welch	50-59	South Portland	35:51	7:11
215 Beth Rand	40-49	Cape Elizabeth	35:53*	7:11
220 Tony Salamone	50-59	South Portland	36:09	7:14
231 David Skelton	40-49	Topsham	36:22	7:17
233 Elise Moody-Roberts	15&under	Cape Elizabeth	36:25*	7:17
235 Chuck Burnie	40-49	Cumberland	36:28	7:18
243 Colleen Redmond	30-39	Portland	36:38*	7:20
251 Terry Clark	50-59	Windham	36:44	7:21
252 Kimberly Bonsey	30-39	Falmouth	36:44*	7:21
255 Denise Robertson	40-49	Scarborough	36:46*	7:22
264 Harley Lee	40-49	Yarmouth	36:53	7:23
273 Jeff Stone	40-49	South Portland	37:10	7:26
274 Ed Doughty	50-59	Gray	37:10	7:26
290 Ned Ayers	50-59	Falmouth	37:32	7:31
292 Robert McCormack	50-59	Cape Elizabeth	37:34	7:31
293 Chris Bowring	30-39	Gorham	37:35	7:31
314 Dick Lajoie	60-69	Durham	38:04	7:37
317 K. Scott Hinckley	40-49	Saco	38:07	7:38
362 Chet Matthews	50-59	Brunswick	39:14	7:51
399 Laurie Bowring	30-39	Gorham	39:55*	7:59
412 Patti Hinckley	40-49	Saco	40:16*	8:04
413 Erik Hefflefinger	15&under	Grants Pass, OR	40:22	8:05
420 Bob Jolicoeur	60-69	Cape Elizabeth	40:30	8:06
428 Wendy Libby	30-39	Portland	40:35*	8:07
440 Sheryl Watson	30-39	Yarmouth	40:51*	8:11
494 Pete Peters	30-39	Portland	42:13	8:27
500 Elizabeth Shorr	40-49	Portland	42:19*	8:28
506 Alan W. Pfeiffer	40-49	China	42:26	8:30
583 Michele Flynn	50-59	Cape Elizabeth	43:46*	8:46
584 Lenny Poulin	50-59	Auburn	43:47	8:46
592 Lincoln Skelton	15&under	Topsham	43:51	8:47
597 John Littlefield	40-49	Scarborough	44:07	8:50
599 Cathy Burnie	50-59	Cumberland	44:17*	8:52
601 Mike Pugh	60-69	Wellington, FL	44:27	8:54
615 Matthew Govan	30-39	Portland	44:53	8:59
634 John Stevens	50-59	Wells	45:26	9:06
635 Janice Drinan	50-59	Scarborough	45:27*	9:06
659 Katy Littlefield	30-39	Scarborough	46:15*	9:15
671 Donna Bisbee	40-49	Portland	46:45*	9:21
683 James Pederson	30-39	Portland	47:04	9:25
720 Phillips Sargent	50-59	Yarmouth	48:42	9:45
730 Connie Poulin	50-59	Auburn	49:03*	9:49
737 Beth Quinlan	40-49	Portland	49:13*	9:51
739 Joe O'Donnell	50-59	Falmouth	49:38	9:56
776 Kara Wilson	20-29	Brunswick	52:02*	10:25
784 Sally Paterson 2,60-69	60-69	Portland	52:33*	10:31
814 Julius Marzul 3,70&over	70&over	Gorham	67:38	13:30

The 2001 L.L.Bean 4th Of July 10K Road Race

617 Finishers
Fairly Challenging Certified Loop In Scenic Freeport
7:30 a.m., Saturday, July 4th, 2001

Top Overall Finishers

Place/Name	Age	Town	Time	Pace
1 Byrne Decker	34	Yarmouth	31:46	5:07
2 Michael Payson (MTC)	38	Falmouth	32:04	5:10
3 Andy Spaulding	30	Freeport	32:12	5:11
4 Paul Johnson	23	Gorham	32:51	5:17
5 Barry Logan	32	Harpwell	33:13	5:21
15 Joan Samuelson (Hon.MTC)	43	Freeport	36:10*	5:49
44 Marjorie Graff	33	South Portland	39:11*	6:18

RACE RESULTS

56 Denise Jewell	35	Cumberland	39:56*	6:26
59 Ellie Tucker (MTC)	46	North Yarmouth	40:13*	6:28
67 Carrie McCusker (MTC)	31	South Portland	40:30*	6:31

Other Top Divisional Finishers

6 Jonathan Kieliszak 16-19	19	Warwick, RI	33:43	5:26
11 Lance Guliani 40-49	42	West Bath	35:37	5:44
16 Eric Giddings 15&under	14	South Portland	36:12	5:50
24 Jim Toulouse (MTC) 50-59	53	Cape Elizabeth	37:40	6:04
82 Rosalea Kimball 20-29	29	Winthrop	41:16*	6:38
134 Anya-Mae Davidson 16-19	17	Brunswick	43:30*	7:00
161 Joan Lavin (MTC) 50-59	53	Portland	44:15*	7:07
234 Bill Yates 60-69	60	Wilton	46:58	7:34
310 Kalie Dunn 15&under	14		49:33*	7:58
382 Polly Kenniston (MTC) 60-69	64	Scarborough	52:33*	8:27
617 Ruth Hefflefinger (MTC) 70&over	72	Portland	105:43*	17:01

Other Maine Track Club Finishers

19 Charlie Humphries 3,40-49	40	North Yarmouth	36:30	5:52
20 Barry Fifield	44	Gray	37:06	5:58
21 Gordon Scannell	48	North Yarmouth	37:22	6:01
22 John Mollica	48	Freeport	37:29	6:02
31 Michael Gordon	39	Portland	38:08	6:08
37 Britt Wolfe	35	Saco	38:29	6:12
53 Michael Boucher	44	Freeport	39:51	6:25
62 Marc Dugas	37	Scarborough	40:16	6:29
65 Gerard Conley	47	Portland	40:20	6:29
68 Richard Bryant	43	Cape Elizabeth	40:31	6:31
74 Gayla Underkoffler	39	Scarborough	41:00*	6:36
81 Craig Wilson	52	Kittery Point	41:15	6:38
84 Brendan Crowe	44	Brunswick	41:18	6:39
97 Alison Kisch	35	Portland	41:51*	6:44
102 William Sproul	43	New Gloucester	41:58	6:45
103 Charles Iselborn	44	Portland	42:04	6:46
106 Ron Deprez	57	Portland	42:25	6:50
110 Kim White	39	Falmouth	42:35*	6:51
114 Ken Cotton	52	Bristol	42:38	6:52
124 Mike Lecompte	40	Lewiston	43:09	6:57
138 Rex Holtan	49	Portland	43:20	6:58
139 Chris Salamone	41	Portland	43:37	7:01
143 Michael Doyle	36	Portland	43:52	7:04
148 Dan DeSena	46	Cape Elizabeth	43:55	7:04
149 Kathy Hepner	41	Gorham	43:55*	7:04
153 John Rolfe	47	Portland	44:02	7:05
159 Terry Sutton	39	Cumberland	44:10*	7:06
160 James Corbett	37	Cape Elizabeth	44:10	7:11
163 Patrick Connolly	38	Falmouth	44:27	7:09
166 Jen DeSena	46	Cape Elizabeth	44:37*	7:11
167 Glen Gallupe	41	Scarborough	44:40	7:11
170 Scott Samuelson	43	Freeport	44:48	7:13
182 Steve Jacobsen	51	Kennebunk	45:24	7:18
186 Michael Musca	43	Falmouth	45:31	7:20
193 Dan Hogan	50	Portland	45:45	7:22
194 Gregory Welch	49	Portland	45:47	7:22
196 Ron Cedrone	52	Falmouth	45:48	7:22
197 Loren Lathrop	52	South Portland	45:49	7:22
206 Colleen Redmond	36	Portland	46:06*	7:25
222 Harry White	59	Scarborough	46:39	7:30
236 Terry Clark	57	Windham	46:59	7:14
239 Ron Pelton	48	Freeport	47:09	7:35
247 Terry Gallupe	39	Scarborough	47:23*	7:38
250 Howard Spear	51	Westbrook	47:30	7:39
253 Harry Nelson	47	North Yarmouth	47:35	7:40
258 Mick McCall	47	Cumberland	47:44	7:41
262 Ned Ayers	51	Falmouth	47:50	7:42
266 Rosalyn Randall 2,50-59	51	Portland	47:57*	7:43
268 Ellen Labbe	31	Westbrook	47:58*	7:43
269 Dale Rines	49	Gorham	48:00	7:43

271 Lincoln Skelton	12	Topsham	48:07	7:49
276 Jim Estes	52	Portland	48:28	7:49
291 Douglas Couper	40	Falmouth	49:06	7:54
293 Merle Hartford	54	Scarborough	49:09	7:55
295 Larry Barker	52	South Portland	49:17	7:56
305 Marcey McHatten	32	Scarborough	49:29*	7:58
329 Betsy Barrett 3,50-59	50	Scarborough	49:59*	8:03
348 Mike Brooks	55	Danville	50:40	8:09
351 Joan Lee	47	New Gloucester	50:54*	8:11
355 Dick Hallstein	61	Freeport	51:01	8:13
368 Robert Jolicoeur	64	Cape Elizabeth	51:45	8:20
377 Sheryl Watson	36	Yarmouth	52:16*	8:25
419 David Skelton	43	Topsham	53:56	8:41
433 Michelle Flynn	52	Cape Elizabeth	54:28*	8:46
446 Robert DeWitt	57	Lisbon	54:57	8:51
454 Jim Tyrrell	53	Cape Elizabeth	55:05	8:52
455 John Stevens	58	Wells	55:06	8:52
494 Kim Iselborn	42	Jacksonville, FL	56:56	9:10
499 Pam Dutremble	39	Portland	57:20*	9:14
517 Carlene Anderson	51	South Portland	58:19*	9:23
532 Katy Littlefield	36	Scarborough	59:30*	9:35
542 Jean Thomas 2,60-69	65	Portland	59:53*	9:39
543 Cheryl McCall	44	Cumberland	59:56*	9:39
546 Sally Paterson	59	Portland	60:06*	9:40
561 John Littlefield	45	Scarborough	61:02	9:49
580 Micheline Foss	29	Portland	63:36*	10:14
607 Deb Stewart	40	Brunswick	72:03*	11:36
615 Tom Wilson	58	Brunswick	81:29	13:07

The 41st Annual Mount Washington Road Race

***Congratulations to Daniel Kihara (1:00:06) of Kenya and Anna Pichatova (1:13:46) of the Czech Republic for winning the race, Craig Fram (1:04:29) of Plaistow, NH for breaking a 20+ year masters course record and to Joan Samuelson (1:16:47) of Freeport, Maine for finishing second female and coming close to her women's masters course record on a very warm day. Joan Samuelson was the first female Maine finisher and Scott Brown (1:21:37) of Lewiston was the first male Maine finisher.

Maine Track Club Finishers:

Place/Name	Age	Town	Time	Pace
2 Joan Samuelson 1,40-44	43	Freeport	1:16:47*	10:07
60 Maureen Sproul	45	New Gloucester	1:48:35*	14:18
69 Colleen Redmond	36	Portland	1:49:52*	14:28
189 Tully Derby	38	No. Hampton, NH	2:22:41*	18:47
98 Bob Poirer	46	Minot	1:30:37	11:56
195 Andrew Pfeiffer 3,19&under	18	China	1:40:45	13:16
501 Ronald Pelton	48	Freeport	2:06:28	16:39
521 John Howe	66	Waterford	2:08:52	16:58
542 Michael Doyle	36	Portland	2:12:03	17:23
561 Neil Chivington	54	Hollis Center	2:13:47	17:37
598 Bill Rice	46	New Gloucester	2:20:26	18:29
600 Michael Brooks	55	Danville	2:20:49	18:32
607 John Stevens	58	Wells	2:22:07	18:42
631 Carlton Mendell 2,75-79	79	Portland	2:32:23	20:04
669 Julius Marzul 3,75-79	75	Gorham	3:09:11	24:54

Complete results courtesy of Granite State Race Services.

Gee Double-E Kay

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

Let's face it folks, as a subculture we runner's are GEEKS. Sure, we try to camouflage the obvious with our flashy tights, florescent running shoes and funny sunglasses.

Deep down inside, however, most of us are still the kids who weren't big enough for the football team or hip enough to skip class with the lavatory smokers.

We are educated, usually employed, early-to-bed, early-to-rise and drive economical cars. Rarely will you find Jaguars or Rolls Royces in our Sunday 10k parking lots. Usually, our vehicle of choice is a 1972 Toyota Corola with 185,000 miles and a well-worn "Share the Road With A Runner" bumper sticker.

Deep down we harbor a secret desire that once, just once, our 10k race could draw the same large crowds and marching bands of an NFL Sunday Game of the Week.

Imagine crowds lining the streets, tailgate parties along the route, banners extolling our PR attempts and post-race interviews ("Tell the fans what that hill at mile 5 really felt like"). Cheerleaders would cheer along the route and greet each finisher with a bouquet and a kiss.

STOP! Wait a minute, what would the cheerleaders and crowds cheer about? A bunch of sweaty little emaciated creatures running about in our undergarments, most of us with no chance or desire of winning the race.

Would they understand that running and racing is an intensely individual sport? Could the crowds appreciate that when we toe the starting line, each one of us has our own private agendas? For the select few, winning is the target. For others, the goal is just to finish the race.

That is why running will never become a great spectator sport. While the crowd may readily recognize the contest between the two frontrunners, could they appreciate the race for women's first place as they battle through the last half-mile?

Could a spectator understand the triumph of a cancer patient as she crosses the line in 45 minutes or a recovering substance abuser's broad grin as he celebrates his one year anniversary with a brisk 55 minute finish?

Probably not, because running and racing are intensely personal. I think that I like our sport just the way it is.

(Although I do like the cheerleader concept.)



Our condolences go out to Don Penta on the passing of his father, Walter Penta.

time/ (Miles)	2 ml	3 ml	5km	3.5 ml	4 ml	5 ml	6 ml	10km	12km	15km	10 ml	20km	1/2 Mar.	15 ml	25km	30km	20 ml	Marathon
4:45	9:30	14:15	14:45	16:38	19:00	23:45	28:30	29:31	35:25	44:16	47:30	59:02	1:02:16	1:11:15	1:13:47	1:28:33	1:35:00	2:04:32
5:00	10:00	15:00	15:32	17:30	20:00	25:00	30:00	31:04	37:17	46:36	50:00	1:02:08	1:05:33	1:15:00	1:17:40	1:33:12	1:40:00	2:11:06
5:15	10:30	15:45	16:19	18:22	21:00	26:15	31:30	32:37	39:09	48:56	52:30	1:05:15	1:08:49	1:18:45	1:21:33	1:37:52	1:45:00	2:17:39
5:30	11:00	16:30	17:05	19:15	22:00	27:30	33:00	34:11	41:01	51:16	55:00	1:08:21	1:12:06	1:22:30	1:25:26	1:42:32	1:50:00	2:24:12
5:45	11:30	17:15	17:52	20:08	23:00	28:45	34:30	35:44	42:52	53:36	57:30	1:11:27	1:15:23	1:26:15	1:29:19	1:47:11	1:55:00	2:30:45
6:00	12:00	18:00	18:38	21:00	24:00	30:00	36:00	37:17	44:44	55:55	1:00:00	1:14:34	1:18:39	1:30:00	1:33:12	1:51:51	2:00:00	2:37:19
6:15	12:30	18:45	19:25	21:53	25:00	31:15	37:30	38:50	46:36	58:15	1:02:30	1:17:40	1:21:56	1:33:45	1:37:05	1:56:30	2:05:00	2:43:52
6:30	13:00	19:30	20:12	22:45	26:00	32:30	39:00	40:23	48:28	1:00:35	1:05:00	1:20:47	1:25:13	1:37:30	1:40:58	2:01:10	2:10:00	2:50:25
6:45	13:30	20:15	20:58	23:37	27:00	33:45	40:30	41:57	50:20	1:02:55	1:07:30	1:23:53	1:28:29	1:41:15	1:44:51	2:05:50	2:15:00	2:56:59
7:00	14:00	21:00	21:45	24:30	28:00	35:00	42:00	43:30	52:12	1:05:15	1:10:00	1:27:00	1:31:46	1:45:00	1:48:44	2:10:29	2:20:00	3:03:32
7:15	14:30	21:45	22:31	25:22	29:00	36:15	43:30	45:03	54:04	1:07:34	1:12:30	1:30:06	1:35:03	1:48:45	1:52:37	2:15:09	2:25:00	3:10:05
7:30	15:00	22:30	23:18	26:15	30:00	37:30	45:00	46:36	55:55	1:09:54	1:15:00	1:33:12	1:38:19	1:52:30	1:56:30	2:19:49	2:30:00	3:16:38
7:45	15:30	23:15	24:05	27:08	31:00	38:45	46:30	48:09	57:47	1:12:14	1:17:30	1:36:19	1:41:36	1:56:15	2:00:23	2:24:28	2:35:00	3:23:12
8:00	16:00	24:00	24:51	28:00	32:00	40:00	48:00	49:43	59:39	1:14:34	1:20:00	1:39:25	1:44:53	2:00:00	2:04:16	2:29:08	2:40:00	3:29:45
8:15	16:30	24:45	25:38	28:53	33:00	41:15	49:30	51:16	1:01:31	1:16:54	1:22:30	1:42:32	1:48:09	2:03:45	2:08:09	2:33:47	2:45:00	3:36:18
8:30	17:00	25:30	26:24	29:45	34:00	42:30	51:00	52:49	1:03:23	1:19:13	1:25:00	1:45:38	1:51:26	2:07:30	2:12:02	2:38:27	2:50:00	3:42:55
8:45	17:30	26:15	27:11	30:37	35:00	43:45	52:30	54:22	1:05:15	1:21:33	1:27:30	1:48:44	1:54:42	2:11:15	2:15:55	2:43:07	2:55:00	3:49:25
9:00	18:00	27:00	27:58	31:30	36:00	45:00	54:00	55:55	1:07:06	1:23:53	1:30:00	1:51:51	1:57:59	2:15:00	2:19:49	2:47:46	3:00:00	3:55:58
9:15	18:30	27:45	28:44	32:23	37:00	46:15	55:30	57:29	1:08:58	1:26:13	1:32:30	1:54:57	2:01:16	2:18:45	2:23:42	2:52:26	3:05:00	4:02:31
9:30	19:00	28:30	29:31	33:15	38:00	47:30	57:00	59:02	1:10:50	1:28:33	1:35:00	1:58:04	2:04:32	2:22:30	2:27:35	2:57:05	3:10:00	4:09:05
9:45	19:30	29:15	30:18	34:07	39:00	48:45	58:30	1:00:35	1:12:42	1:30:53	1:37:30	2:01:10	2:07:49	2:26:15	2:31:28	3:01:45	3:15:00	4:15:38
10:00	20:00	30:00	31:04	35:00	40:00	50:00	1:00:00	1:02:08	1:14:34	1:33:12	1:40:00	2:04:16	2:11:06	2:30:00	2:35:21	3:06:25	3:20:00	4:22:11
10:30	21:00	31:30	32:37	36:45	42:00	52:30	1:03:00	1:05:15	1:18:18	1:37:52	1:45:00	2:10:29	2:17:39	2:37:30	2:43:07	3:15:44	3:30:00	4:35:18
11:00	22:00	33:00	34:11	38:30	44:00	55:00	1:06:00	1:08:21	1:22:01	1:42:32	1:50:00	2:16:42	2:24:12	2:45:00	2:50:53	3:25:03	3:40:00	4:48:24
11:30	23:00	34:30	35:44	40:15	46:00	57:30	1:09:00	1:11:27	1:25:45	1:47:11	1:55:00	2:22:55	2:30:45	2:52:30	2:58:39	3:34:22	3:50:00	5:01:31
12:00	24:00	36:00	37:17	42:00	48:00	1:00:00	1:12:00	1:14:34	1:29:29	1:51:51	2:00:00	2:29:08	2:37:19	3:00:00	3:06:25	3:43:42	4:00:00	5:14:37

UPS 2 Synergent 0

by Mike Doyle

Greg works for UPS and last year was our delivery guy. I work for Synergent and thoroughly enjoyed taunting Greg when I discovered he fancied himself a runner. In last years August newsletter I detailed my verbal challenges, criticisms and ultimate predicted triumph over Greg during the weeks leading up to the Pat's Pizza Clam Festival Classic Five Mile Road Race. During the race I taunted Greg as I passed him in the first mile, he settled in somewhere behind me and then proceeded to kick my ass in the last quarter mile stretch. This year I was out for revenge.

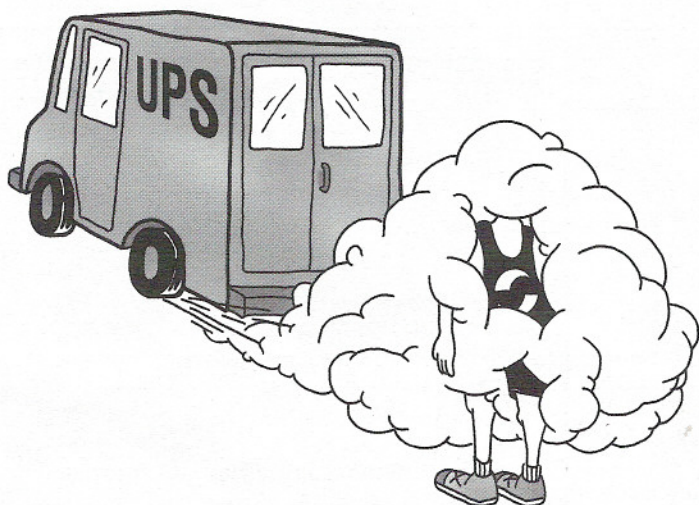
When I received the 2001 race applications to be inserted into the newsletter, I folded one and put it into an envelope, along with a note, proclaiming victory in this year's race. I scribbled a few customary insults on the note and handed it to our current UPS delivery driver, instructing him to deliver it to Greg. The UPS guy, being relatively new said he did not know Greg. I told him to look for the short, fat, bald guy; he snickered and went on his way.

The next day the new UPS guy reported back he had delivered the envelope and Greg had advised him to tell me I should not talk so much. Later I found out that the new UPS guy had looked Greg over and questioned him on whether he really was a runner. My point exactly.

As Colleen and I lined up for the race start, the ground began to tremble, runners in front of us parted and in front of us suddenly appeared the height and weight challenged, follicle impaired, delivery man. We chatted briefly about work, previous races and today's expectations. He wanted to run less than 34 minutes. I was looking for a new PR in the low 33's. We decided to race together and see what happened.

I passed mile one slightly under 6:40, with Greg about ten feet in front of me. I followed him through mile two and three thinking I would appear out of no where to kick his ass in the last quarter mile, as he had done to me the previous year. At the 3.5-mile mark, I conceded defeat, stopped for water and watched him disappear down the trail. With the encouraging words of Kim Moody, and following in John Rolf's jet stream the last half-mile, I finished just over 35 minutes almost a minute behind Mr. UPS.

I have yet again, another year to heal my bruised ego, and to think up new untruthful insults about Greg. He has another year in which to get slower, fatter and balder. In reality, Greg is not too short, too fat, or too bald, besides, I'm a better golfer, I bet.



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Bob AubeRACE COMMITTEE & WEB PAGE829-5079
Cathy BurnieAT-LARGE829-5208
Cathy KilburnAT-LARGE854-9441
Lorraine ParadisAT-LARGE878-4465
Don PentaSTATISTICIAN AND PHOTOGRAPHY892-4526
Chuck BurnieEQUIPMENT829-5208
Mike DoyleNEWSLETTER871-0051
Colleen RedmondNEWSLETTER871-0051
Phil MeechCLOTHING839-4946
M.T.C. Phone Number	741-2084

See web site for Board Members' E-Mail Addresses

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 Clam Festival Classic



Carrie McCusker
MTC of
South Portland



Barry Fifield
MTC of Gray
2nd, 40-49



Bob Coughlin
MTC of
Cape Elizabeth
3rd, 60-69



Steve Clegg **Ogden Williams**
of MTC of
Lake Bluff, FL **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

- MTC Volunteer Picnic; Thursday, August 16th,
5:30 PM, Two Lights State Park, Cape Elizabeth