

Run with a friend ...

www.mainetrackclub.com

September / October 2002

Next Membership Meeting Topic - Running Biomechanics

Join us at the next Membership Meeting on Tuesday, September 17 at 6:30 pm on the SMTCC campus in South Portland.

Rebecca Steinmark, a Physical Therapist from HealthSouth Sports Medicine & Rehabilitation Center in Portland, will present an informative lecture on basic running biomechanics, proper footwear, proper stretching, orthotics, and training tips. The presentation will include a sample running screen. For those interested, running screens will be available at a later date by appointment.

Rebecca received her Physical Therapy degree from State University of New York at Buffalo. She has been practicing Orthopedics and Sports Medicine for over six years. Rebecca has been running for 15 years and began doing marathons four years ago.

For directions to the meeting, please call Phil at 839-4946, email at pmeech@pivot.net or Mel at 774-8868, email at mordecaimel@aol.com.

Vermont 100 Mile Endurance Run and Badwater 135 Miler

by Mike Brooks

This is an account of seven days of running, travel, and mostly friendships.

At 3:00 am on 7-20 we rolled out of our wet tents a few 100 yards from the starting line of the Vermont 100 miler. As we walked to the starting line a piano was playing Chariots of Fire and there was a fireworks display. At 4:00 AM we are off on a hilly course 75% dirt road, 25% trail. The weather is good with very little mud on the trails. At night we follow glow sticks to keep us on course and pick up a couple of pacers at mile 68. All of us are tired and mostly walking by now. Ron Paquette is listing to the starboard side with a hip injury; Bill Rice's feet are badly blistered. After 28 hours plus we cross the finish line together as a team. Everyone helped each other, sharing crews, pacers, words of encouragement and lots of joking around (thanks for getting my hat Jeff). What a great feeling to finish together. Craig Wilson, 53, of the MTC, won his age division, was 20th overall, the first Maine finisher, with an incredible time of 19:07:32! Way to go Craig.

An ice cold shower, two hamburgers and a beer, and my wife Denise is driving me to Logan. In the morning I pick up an SUV, another runner, and head out of Vegas for

See Vermont 100 Mile on Page 3

Maine Track Club Award Nominations

The Maine Track Club Awards Committee invites you to recognize outstanding club members by recommending deserving men and women for the following awards:

Most Improved Runner

Comeback Runner of the Year

*Outstanding Contribution to
Maine Running*

Race Director of the Year

Volunteer of the Year

Spirit of the Club Award

Special Achievement Award

Joh Fyalka Award

Age Group Awards

MTC Runner of the Year

*MTC Lifetime Achievement
Award*

More on Page 4 & 5

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Maine Track Club Officers & Committee Chairs



MTC Officers

Mel Fineberg, PRESIDENT.....	774-8868
Phil Meech, VICE PRESIDENT.....	839-4946
Carlton Mendell, TREASURER.....	797-7806
Gayle Desjardins, SECRETARY.....	871-0132
Lorraine Paradis, CO-SECRETARY....	878-4465
Cathy Burnie, AT-LARGE.....	829-5208
Mike Brooks, AT-LARGE.....	783-3414
Janice Drinan, AT-LARGE.....	883-7039
Sandy Utterstrom, PAST PRESIDENT..	797-4710

Committee Chairs

Sue Davenny, MEMBERSHIP.....	799-5781
Everett Moulton, RACE COMMITTEE....	799-2894
Bob Aube, WEB SITE.....	829-5079
Don Penta, STATISTICIAN.....	892-4526
Don Penta, PHOTOGRAPHY.....	892-4526
Chuck Burnie, EQUIPMENT.....	829-5208
Bonnie Beach, NEWSLETTER.....	772-7983
Jason Hill, NEWSLETTER.....	632-0931
Phil Meech, CLOTHING.....	839-4946
Bethany Hanley, PROMOTION.....	829-4568
Sandy Utterstrom, TECHNOLOGY.....	797-4710
Janice Drinan, SPECIAL EVENTS.....	883-7039
Maggie Soule, ARCHIVIST.....	846-3631

Contact us at:

MAINE TRACK CLUB
P.O. BOX 8008
PORTLAND, MAINE 04104
207-741-2084
www.mainetrackclub.com

The newsletter is published **bi-monthly**.
The **DEADLINE** for submitting articles and material to the newsletter is the **15th of the month prior to the next publication**.
(e.g. if the next publication is March/April, the deadline is February 15th)

Presidents Corner

As you read this issue, Labor Day will have passed and most of the tourists will have left our state. This indicates that we have plenty of good weather to enjoy our not-so-crowded state. I hope everyone had a good summer and feels refreshed and ready to enjoy the fall running season.

A great time was had at the annual volunteer party on August 21st at Two Lights State Park. Our chefs did another super job tending the grill. Thank you Phil Meech, Mike Brooks and Chuck Bernie.

Everyone had an opportunity to run or volunteer at a number of races in the greater Portland area and also in other areas of the state. A partial list of the summer events were: the Flatfoot 4-Miler and Kid's 1-miler, Dash for Dreams 5K, Pat's Pizza 5-Miler, Peaks Island 5-Miler, Beach to Beacon 10K, St. Peter's 4-Miler, and the Breakaway 5K. If it was too hot to run some races this summer, you will have a chance to run or volunteer at some excellent events coming up. Among them are the Maine Running Hall of Fame 5K, the Shortshoe Center Maine Marathon/Half Marathon, the 50 Miler and 50K, the Physical Therapy 8K, and the Hannaford Turkey Trot 5K. Check the newsletter for a complete list of races.

Be sure to read Race Director Howard Spear's article on our Marathon/Half Marathon. We need volunteers. This is the largest marathon in Maine and one of the finest running events in New England. Howard puts in hundreds of hours yearly with no paid help. Please show your support to him and the club.

Please check this newsletter for a change in our membership meeting date. The date is Tuesday, September 17th at 6:30 PM at SMTC. Please call me for directions, at 774-8868.

Enjoy the day,

Mel

Help! Help! Help! Volunteers Needed

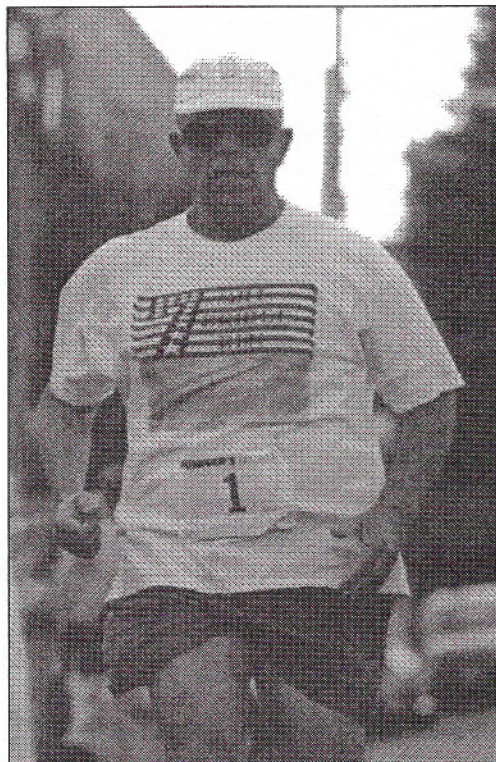
for

Maine Marathon October 5 & 6

See article on Page 6

MTC Race Schedule 2002

- Oct 6 **Sportshoe Center Maine Marathon/Half Marathon/Relay**
Portland, 8:00 am
Contact: Maine Track Club 741-2084 or
racedirector@mainemarathon.com
- Oct 19 **MTC 50-Miler and 50K**
Brunswick, 6:30 am
Contact: Maine Track Club 741-2084
- Oct 20 **Physical Therapy 8K**
Brunswick High School, 9:00 am
Contact: Scott Miller 373-2293 (days),
729-3299 (evenings) sklmiller@hotmail.com
- Nov 16 **Hannaford Turkey Trot 5K**
Cape Elizabeth Middle School
Contact: Maine Track Club 741-2084



MTC member Paul Pugh of Wellington, FL finishes the St. Peters Road Race August 9th. (Photo, Don Penta)

Vermont 100 Mile From Page 1

Death Valley. Mike Smith, from Indiana, is going to run Badwater and has two crews who will pace and supply his every need. There is NO support on this course.

Tuesday, July 23, 8:00 AM, 280 feet below sea level, 96 degrees, the 135 mile race, all on asphalt roads, starts at Badwater, Death Valley, the lowest point in the U.S.A. The first 42 miles are fairly flat, temperatures have reached 124 degrees, 146 on the road surface, the wind feels like a blast furnace drying out eyes, sinuses etc. Mike averages about a 15 minute pace the first 42 miles but is badly blistered. We cut off the bottom of the blisters with scissors so they won't reseal and re-tape his feet. This takes 20 to 30 minutes each of the 4 or 5 times it has to be done. A bathtub full of ice to cool Mike off and he is back on the road starting a 16.7 mile climb to 5,050'. He power walks this, then runs the 17 miles downhill. The sun is now rising as Mike starts up another 18 mile climb. Mike has been reduced to a slow walk, his blistered feet get uglier, Mike takes a 30 minute nap. Two crews have been alternating in shifts up to 6 hours long, stopping every mile to spray Mike down with cold water, fill a bandana with ice, give him food, liquids, etc.

At mile 90 it is downhill or flat until mile 122.4. Tuesday night was lit up with a full moon and this made running and crewing easier than tonight because smoke from distant fires fill the air.

Now the fun starts. Mike is starting to act a little weird, asking strange questions, snapping at his crew - 30 minutes sleep in 40 plus hours, no wonder he is acting strange. It is 12 miles to the 8,360' finish line from the 3,610' elevation we are now at. It is a

steady climb as the temperature cools with elevation gain, some miles steeper than others. We stop every half mile or less to crew Mike who is now walking backwards up the mountain at about a 25 minute pace, determined to allow no runner to pass him. Mike wants to know constantly what elevation he is at, how much further to go and are any runners going to pass him. I start to run up to him with a water bottle and he picks up the pace because he thinks I am a runner who is going to pass him! Mike grows tougher with each step, madder at me each time I tell him the elevation and distance remaining. Mike is showing that to complete this race you have to be both physically and mentally tough. There will be no whiners at this finish line.

Forty five hours, 12 minutes from the start Mike Smith along with his crew cross the finish line. Mike not only finished Badwater but "buckles" with almost 3 hours to spare. He is one tough cookie and a pleasure to crew for.

It was quite an experience crewing and pacing. We all worked together to achieve one goal - getting Mike across the finish line. The goal in Vermont was for all three of us to finish, and also involved close friendships. In participating in these two events I gained closer friendships with these individuals that I truly value.

Note: On Mt. Whitney the vultures won't get you but the bears will. Two crew members slept in an SUV with windows open, as a bear was trying to get at food in a vehicle a short distance away. He missed an easy meal.

Maine Track Club Annual Membership Awards

Deadline for 2002 Award Nominations: December 1, 2002

The Maine Track Club solicits nominees for the awards listed below. Descriptions of the awards and criteria for nominations follow.

MOST IMPROVED RUNNER - A candidate must have been a club member for the entire year in which the award is given. This award is intended to give special recognition to a runner who has improved his/her running performance through hard work, training, discipline, perseverance and determination.

COMEBACK RUNNER OF THE YEAR - A candidate must have been a club member for the entire year in which the award is given. In the spirit of Winston Churchill's famous quotation "Never give in, never, never, never, never - in nothing great or small, large or petty," this award recognizes that special runner who has demonstrated mental and physical toughness in order to overcome an obstacle - and in the process, has served as a positive example to others.

OUTSTANDING CONTRIBUTION TO MAINE RUNNING - This award celebrates the individual who consistently shares their personal talents in an effort to support running in Maine and thereby serves as an inspiration to other runners in the state. Through his/her leadership, good example and unwavering dedication, this person has made a substantial and enduring contribution to the sport.

SPIRIT OF THE CLUB AWARD - A candidate must have been a club member for the entire year in which the award is given. This award celebrates that special club member who personifies the value of "running with a friend" through his/her encouragement of others, willingness to share his/her talents and gifts, and his/her ability to inject fun and good cheer in MTC events and social activities.

RACE DIRECTOR OF THE YEAR - A candidate must have been a club member for the entire year in which the award is given and must have directed at least one race during the year. This award recognizes the race director who did an outstanding job carrying out all the requirements of race preparation and execution - directing volunteers, safety, marketing, refreshments, results, post-race activities - and in addition, added something extra to the race through his/her creativity and leadership.

VOLUNTEER OF THE YEAR - A candidate must have been a club member for the entire year in which the award is given. This award is given to the individual who has made the

most significant overall volunteer contributions to the club during the year. It recognizes the volunteer who has demonstrated outstanding and sustained contributions, taking into account the amount of time spent, the enthusiasm and creativity exhibited by the individual and/or the results achieved by the volunteer.

SPECIAL ACHIEVEMENT AWARD - A candidate must have been a club member for the entire year in which the award is given. This award is intended to give special recognition to a club member's outstanding achievement or notable accomplishment that might not be properly covered by other awards.

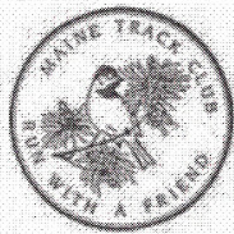
PRESIDENT'S AWARD - This award is presented at the discretion of the club president in order to recognize an outstanding club member's contributions.

JOHN FYALKA AWARD - A candidate must have been a club member for the entire year in which the award is given and may not be an officer or member of the board. This prestigious award is presented to a member who has made an outstanding contribution to the club in a variety of areas.

AGE-GROUP AWARDS (19 AND YOUNGER; 20-39; 40-49; 50-59; 60-69; 70-79; 80 AND OLDER) - A candidate must have been a club member for the entire year in which the award is given. These awards recognize the male and female runners in each age category who have demonstrated a high level of competitive performance while making positive contributions to the MTC in other areas.

MTC RUNNER OF THE YEAR (MAN AND WOMAN) - A candidate must have been a club member for the entire year in which the award is given. This award celebrates the man and woman who have demonstrated the highest level of competitive performance while making positive and substantial contributions to the club. These individuals are dedicated, disciplined, collegial toward other runners, and motivate others to become better athletes.

MTC LIFETIME ACHIEVEMENT AWARD - This award is the highest honor that the Maine Track Club can bestow and acknowledges the extraordinary efforts of an individual who has made profound and substantial contributions to the Maine Track Club and the sport of running. The recipient of this award represents the ideals of the club, exemplifies camaraderie and good sportsmanship and through his/her dedication to the sport of running serves as an inspiration to other club members.



Maine Track Club Award Nomination Form

The Maine Track Club Awards Committee invites you to recognize outstanding club members by recommending deserving men and women for the following awards:

MOST IMPROVED RUNNER

COMEBACK RUNNER OF THE YEAR

OUTSTANDING CONTRIBUTION TO MAINE RUNNING

RACE DIRECTOR OF THE YEAR

VOLUNTEER OF THE YEAR

SPIRIT OF THE CLUB AWARD

SPECIAL ACHIEVEMENT AWARD

JOHN FYALKA AWARD

AGE-GROUP AWARDS 19 AND YOUNGER; 20-39; 40-49; 50-59; 60-69; 70-79; 80 AND OLDER

MTC RUNNER OF THE YEAR (MAN AND WOMAN)

MTC LIFETIME ACHIEVEMENT AWARD

***Please see attachment for award description, eligibility and criteria for each award.*

Your Name: _____

Nominee: _____

Award: _____

Briefly state why you feel this person is deserving of the award. Please keep in mind the eligibility and selection criteria and try to be specific as possible.

You may recommend candidates for more than one award category. Kindly send your completed nomination form by December 1, 2002 to:

Maine Track Club
Attn: Awards Committee
P.O. Box 8008
Portland, ME 04104

Or send by email to: bobaube@mainetrackclub.com

**11th Anniversary Sportshoe Center
Maine Marathon/Relay/Half-Marathon**

Needs Your Help!

As you know, the Maine Marathon, Relay & Maine Half Marathon is growing. Almost 2,000 entries last year!

With success comes the need for more and more volunteers, for without you,
ROAD RACES WOULD NOT EXIST!

So, here we are again asking for hundreds of volunteers for race weekend,
Saturday Oct 5th & Sunday Oct 6th

Please volunteer. Running? Get a family member or friend to volunteer. Even if you are running, you can help at registration on race morning.

Help is needed for the following:

****Traffic in Portland****

****Traffic in Falmouth****

****Traffic in Yarmouth****

****Waterstops****

****Registration****

****Finish Line****

****Finish Line Clean-up Crew****

****Trail vehicle 1st half of marathon****

****Trail vehicle 2nd half of marathon****

****Trail vehicle for half marathon****

Keep in mind you don't have to give the entire day.
Some of these positions are done in shifts.

Interested?

Contact Mike Musca, email:

mmmarathon@yahoo.com

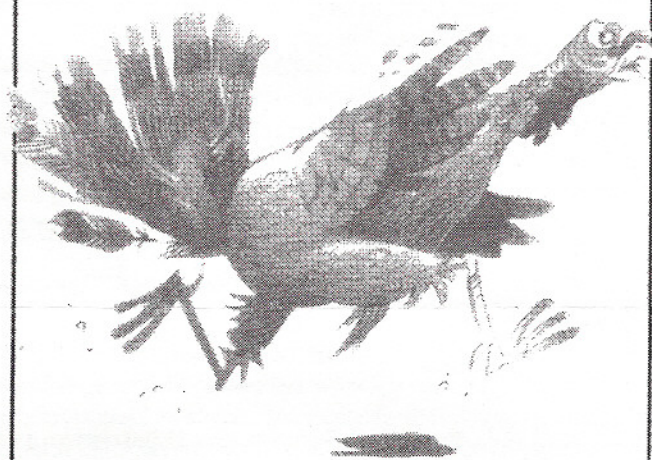
or Howard 856-6496; Bob 829-5079 or
email: racedirector@mainemarathon.com

**DESPERATELY NEEDED:
RACE COMMITTEE MEMBERS
OVERALL TRAFFIC COORDINATOR,
SIGNAGE COORDINATOR,
RELAY COORDINATOR**



**THE 34TH ANNUAL
TURKEY TROT
5K ROAD RACE**

**PRESENTED BY HANNAFORD AND
THE MAINE TRACK CLUB**



**SATURDAY,
NOVEMBER 16, 2002**

**CAPE ELIZABETH MIDDLE SCHOOL
CAFETERIUM
CAPE ELIZABETH, ME**

**CHILDREN'S FUN RUN - 8:30 AM
5K RACE & WALK - 9:00 AM**



The Hannaford Turkey Trot - a Time Honored Tradition

Only two other Maine races - the Portland Boys and Girls Club (1930) and the Bangor Labor Day (1963) - are older than the former Shop 'n Save Turkey Trot - now the Hannaford Turkey Trot - which holds its 34th annual running on Saturday, November 16, 2002.

No longer the province of a hardy few, today's Hannaford Turkey Trot appeals to runners of all abilities, making it an ideal event for families. Younger children even have their own half-mile race, with free entry and T-shirt. Best of all, in the view of many, are the age-group prizes. Each winner receives a turkey from Hannaford, our generous sponsor.

So come and enjoy it, as competitor or volunteer. If you are not running, but a family member is, or if you'd just like to do something fun and useful on a Saturday morning, please help us out. Call 846-3631. We'll be happy to hear from you. Maggie Soule - Race Director

Hannaford Turkey Trot 5K Race Application

NAME: _____

Male ____ Female ____ Age On Race Day _____

Runner ____ Walker ____

ADDRESS: _____

STATE: _____ ZIP: _____

TELEPHONE: _____

\$7 ENTRY FEE: Please make check payable to the Maine Track Club and mail to: MTC Turkey Trot, c/o Maggie Soule, 142 Portland Street, Yarmouth, ME 04096.

FOR MORE INFO: Call 207-846-3631

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume risks associated with running this event including, but not limited to: falls, contact with other participants, the effect of weather (including rain, wind, and snow) traffic, and the conditions for the road, in consideration of your accepting my entry. I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club of America, the Town of Cape Elizabeth, Hannaford Bros., the Road Runners Club of America, and all other sponsors, their representatives, and successors from all claims of liabilities arising out of my participating in this event.

SIGNATURE: _____

PARENT (if under 18) _____

Hannaford Turkey Trot Kid's Fun Run Application

Runner 1

NAME: _____

Age: _____

Runner 2

NAME: _____

Age: _____

Runner 3

NAME: _____

Age: _____

Runner 4

NAME: _____

Age: _____

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume risks associated with running this event including, but not limited to: falls, contact with other participants, the effect of weather (including rain, wind, and snow) traffic, and the conditions for the road, in consideration of your accepting my entry. I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club of America, the Town of Cape Elizabeth, Hannaford Bros., the Road Runners Club of America, and all other sponsors, their representatives, and successors from all claims of liabilities arising out of my participating in this event.

PARENT SIGNATURE: _____

Race Results

Pat's Pizza, Yarmouth Clam Festival & MTC Present 2002 Clam Festival Classic Five Mile Road Race 820 Finishers (298 Female, 520 Male & 2 Bandits) 8:00 a.m., Saturday, July 20th, 2002

Maine Track Club Finishers

Place/Name	Sx/Age	Town	Time	Pace
16 Claton Conrad	M 20-29	NYarm	28:37	5:44
18 Charlie Humphries	M 40-49	NYarm	28:44	5:45
19 Hans Brandes	M 40-49	Falmouth	28:53	5:47
36 Marc Dugas	M 30-39	Scarboro	30:28	6:06
54 Floyd Lavery	M 40-49	Gorham	31:07	6:14
59 Michael Musca	M 40-49	Falmouth	31:18	6:16
62 David Chamberlain	M 40-49	Falmouth	31:28	6:18
65 Matt Foss	M 30-39	Portland	31:39	6:20
67 Ellie Tucker 1,40-49	F 40-49	NYarm	31:41	6:21
80 Lorna Humphries 3,30-39	F 30-39	NYarm	32:12	6:27
88 Alison Kisch	F 30-39	Portland	32:26	6:30
89 John Morey 3,50-59	M 50-59	Portland	32:33	6:31
96 Carrie McCusker	F 30-39	Cape Eliz	32:40	6:32
97 Ogden Williams	M 40-49	Cape Eliz	32:42	6:33
112 Dennis Smith	M 50-59	Yarmouth	33:22	6:41
115 Charles Iselborn	M 40-49	Portland	33:32	6:43
121 Brian Cliffe	M 40-49	Cape Eliz	33:43	6:45
125 Michael Boss	M 30-39	Portland	33:50	6:46
127 Kathy Hepner 3,40-49	F 40-49	Gorham	33:52	6:47
131 Kendra Emery 3,20-29	F 20-29	Portland	33:56	6:48
133 Will Lund	M 40-49	Portland	33:59	6:48
142 Bob Coughlin 2,60-69	M 60-69	S Port	34:10	6:50
150 Kim White	F 40-49	Falmouth	34:23	6:53
159 Donald Price	M 40-49	Buxton	34:32	6:55
172 Harry White 3,60-69	M 60-69	Scarboro	34:46	6:58
176 Rex Holtan	M 50-59	Auburn	34:54	6:59
182 Gretchen Read 1,50-59	F 50-59	Portland	34:58	7:00
183 Matt Flynn	M 40-49	Cape Eliz	34:58	7:00
207 Phil Pierce	M 60-69	Falmouth	35:41	7:09
210 John Rolfe	M 40-49	Portland	35:49	7:10
214 Don Bessey	M 50-59	Kennebunk	35:54	7:11
217 Colleen Redmond	F 30-39	Portland	35:56	7:12
224 Harry Nelson	M 40-49	NYarm	36:12	7:15
238 Denise Allen	F 30-39	Cumberld	36:36	7:20
242 Marlin Conrad	M 50-59	NYarm	36:40	7:20
248 John Keeley	M 50-59	Portland	36:42	7:21
257 Les Berry	M 50-59	Gorham	36:50	7:22
261 Neil Martin	M 50-59	Freeport	36:53	7:23
277 Travis Lee	M 15&-	Yarmouth	37:12	7:27
281 Michael Doyle	M 30-39	Portland	37:17	7:28
287 Peter Child	M 50-59	Freeport	37:28	7:30
290 Dale Rines	M 50-59	Gorham	37:29	7:30
297 Maureen Sproul	F 40-49	New Glou	37:38	7:32
302 Harley Lee	M 40-49	Yarmouth	37:47	7:34
305 Joan Lee	F 40-49	Yarmouth	37:53	7:35
325 John Morse	M 50-59	Phippsbrg	38:21	7:41
343 Geoffrey Scott	M 40-49	Camden	38:46	7:46
358 Jim Estes	M 50-59	Portland	39:10	7:50
367 Kathleen Kilburn	F 30-39	Westbrk	39:20	7:52
372 Janet Letalien	F 30-39	Portland	39:23	7:53
405 Ron Chase	M 60-69	Durham	39:55	7:59
407 Bob LaNigra	M 50-59	Scarboro	39:55	7:59
422 Lisa Camp	F 20-29	Portland	40:11	8:03
426 Kaitlynn Saldanha	F 15&-	Scarboro	40:14	8:03
433 Gail Saldanha	F 40-49	Scarboro	40:23	8:05
445 Gregory Welch	M 50-59	SPortland	40:43	8:09
446 Richard Cavanaugh	M 60-69	Freeport	40:46	8:10
464 Kathleen Robinson	F 30-39	Saco	40:59	8:12
484 Bob Jolicoeur	M 60-69	Cape Eliz	41:15	8:15
512 Janice Drinan	F 50-59	Scarboro	41:56	8:24

524 Polly Kenniston 1,60-69	F 60-69	Scarboro	42:12	8:27
534 Bethany Hanley	F 30-39	Cumberld	42:26	8:30
548 Michele Flynn	F 50-59	Cape Eliz	42:39	8:32
586 Suzy Gifford	F 30-39	Yarmouth	43:28	8:42
587 Jenny Gifford	F 30-39	Yarmouth	43:28	8:42
591 David Skelton	M 40-49	Brunswick	43:32	8:43
593 Cathy Burnie	F 50-59	Cumberld	43:35	8:43
606 Mike Pugh	M 60-69	WellgtnFL	44:08	8:50
634 Kathleen Reid	F 30-39	S Port	45:01	9:01
657 Brooke Cox	F 30-39	Bowdoin	45:49	9:10
671 Gayle Desjardins	F 30-39	Portland	46:08	9:14
681 John Stevens	M 50-59	Wells	46:29	9:18
687 Joe O'Donnell	M 50-59	Falmouth	46:52	9:23
792 Sally Paterson	F 60-69	Yarmouth	53:10	10:38
813 Nelson Soule 1,70&+	M 70&+	Freeport	64:04	12:49
820 Julius Marzul 2,70&+	M 70&+	Gorham	97:32	19:30

The Maine Track Club Presents

The 2002 St. Peter's Four Mile Road Race

209 Finishers (78 Female & 131 Male)

7:00 p.m., Friday, August 9th, 2002

Maine Track Club Finishers

Place/Name	Age/Sx	Town	Time	Pace
3 Dave Howard 1,35-39	36 M	Portland	22:51	5:14
10 Floyd Lavery 2,45-49	45 M	Gorham	24:48	6:12
11 Tom Menendez 3,45-49	49 M	Lewiston	24:50	6:13
13 Ray Veroneau	46 M	Portland	25:29	6:23
22 David C. Young	49 M	Danville	26:16	6:34
50 Harry White 1,60-64	60 M	Scarboro	28:22	7:06
54 John Keeley	50 M	Portland	28:30	7:08
58 Scott Treadwell	21 M	Lyman	29:01	7:16
60 Louisa Wickard 2,35-39	38 F	Portland	29:09	7:23
63 Maureen Sproul 1,45-49	46 F	New Glou	29:14	7:19
65 Dale Rines	50 M	Gorham	29:20	7:20
67 Nelly Hall	34 F	Scarboro	29:28	7:22
72 John Morse 2,55-59	57 M	Phippsbg	29:51	7:28
78 Jim Estes	53 M	Portland	30:16	7:34
92 Bob LaNigra 3,60-64	60 M	Scarboro	30:57	7:45
102 Mike Brooks	56 M	Danville	31:41	7:56
106 John McKenny	45 M	Portland	31:48	7:57
114 Neil Chivington	55 M	Hollis Ctr	32:41	8:11
120 Jason Hill	32 M	SPortland	33:15	8:19
127 Rodger Smith	56 M	Scarboro	33:33	8:24
128 Janice Drinan 1,55-59	58 F	Scarboro	33:43	8:26
129 Michele Flynn 3,50-54	53 F	Cape Eliz	33:45	8:27
130 Joan Tremberth 2,55-59	57 F	Scarboro	33:57	8:30
135 Mike Pugh	63 M	WellgtnFL	34:28	8:37
139 Matt McKenny	15 M	Portland	34:47	8:42
150 Larry Perkins	57 M	Portland	35:41	8:56
152 Jim Tyrrell	54 M	Cape Eliz	35:50	8:58
161 Kathleen Reid	33 F	SPortland	36:29	9:08
165 Harry Fullerton	54 M	Portland	36:52	9:13
169 Laura Tyrrell	55 F	Cape Eliz	36:56	9:14
176 Robert DeWitt	58 M	Lisbon	37:33	9:24
191 Roberta Bass	50 F	Cape Eliz	40:22	10:06
193 Jennifer McGeoghegan	34 F	Falmouth	40:31	10:08
209 Julius Marzul 3, 65&+	76 M	Gorham	60:22	15:06

Race Results

Due to the lack of space available in NEWS*RUN we will limit race results to Maine Track Club Members. There will be exceptions, in cases such as the Maine Marathon and Half Marathon. If you are searching for more race information than is available in the newsletter, please consider browsing our outstanding Maine Track Club website (www.mainetrackclub.com) or the Coolrunning website (www.coolrunning.com).

The 2002 Clam Festival 5-Mile Road Race



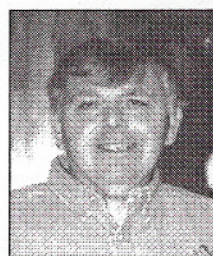
Runners emerge from the smoke as the race begins.



Karren Fagan (#428) of Falmouth and MTC member Kendra Emery (#597) of Portland.



(Above) Chris Salamone (#878) of S. Portland, Tom Hedstrom (#491) of Yarmouth and MTC member Colleen Redmond (#120) of Portland.

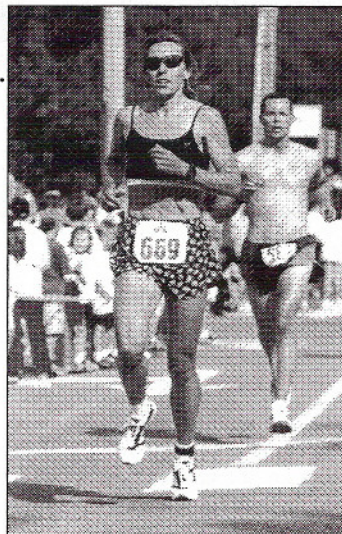
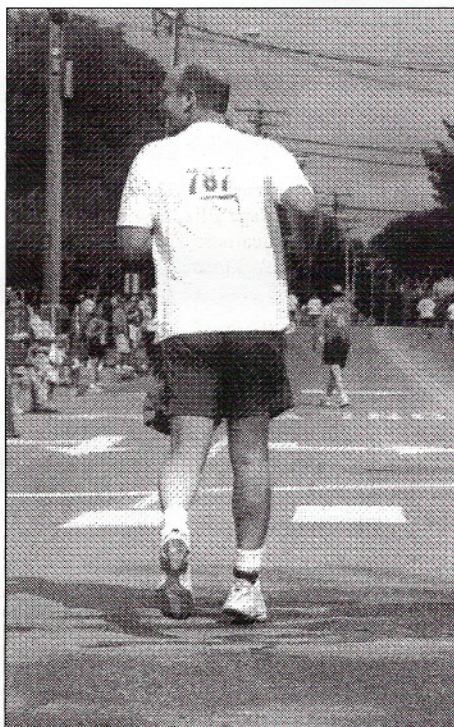


Through the
Lens of

**D o n
P e n t a**

William
Young
(#787) of
Yarmouth
ran the
entire
course ...
backwards.

MTC member Lorna
Humphries (#569) of North
Yarmouth leads Steve Clegg
(#582) from Libertyville, IL.



Polly Kenniston a MTC member from Scarborough, passes Cleaves Street.

Club News

Welcome New Members!

Please welcome our most recent new members at meetings, races, and special events:

Rebecca Warsinsky	Portland
Ernest Tracy	Sullivan
Sarah Collins	Portland
Denise Allen	Cumberland
Donald Smith	Lyman
Michael Iyer	Portland
David & Cynthia Barnard	Yarmouth
Bob & Emily Stuart Family	Cumberland
Roxanne Fakhouri	Scarborough
Jessica Hallett	Portland
Joshua Cushman	Portland

Membership Renewals

Individual.....\$25

Family.....\$25

Student.....\$17

Send check or money order to the Maine Track Club, PO Box 8008, Portland, ME 04104. Membership form can be found on our website www.mainetrackclub.com

Upcoming MTC Birthdays SEPTEMBER

16: Maggie Soule, Jim Tyrrell
17: Glen Gallupe
19: Kathleen Harris, Thomas Keating, Larry Perkins
21: John Stevens
22: Harley Lee
24: Allison McCall
26: Don Bessey, John Nichols
27: Marby Payson, Colleen Salvo
28: Diane LaVangie
30: Mel Fineberg

OCTOBER

2: Mike Grant, Michael Musca, Malcolm Washburn
4: Jennifer Crocker, Jane Flynn, Peter Gordon
5: Bert Campbell, George Campbell, Colin Robertson
6: Burt Kettle, Ellie Tucker
7: Kurt Nielsen
8: Sumner Weeks
11: Gretchen Read
12: Peter Bottomley, Brian Cliffe, Nancy Kneeland
13: Kristen Bryant
14: Alyson Grant
15: Julia Drinker, David Everest
16: Macgill Eldredge
18: John Legere
19: Liz Melson, Carlton Mendell
20: Laura Cotton, John Cullinane, Theresa Gallupe
21: Ray Hefflefinger, John Stevens
22: David Chamberlain, Melanie Doughty
24: Cathy Burnie
25: Ronald Chase
27: Rae Pierce
28: Pat Buckley
29: Polly Kenniston

NOVEMBER

2: Dan Hogan, Nelson Soule
3: Rodger Smith
4: Eugene Gendron, Jr
6: Olivia DeSena
9: Colleen Redmond
10: Hans Brandes, Patricia Coolidge, Robert DeWitt, Ken Norton
11: Danforth DeSena
13: Russ Bradley, Jane Lathrop, Terri Morris



Runners begin one of the most challenging races in the Portland area. The St. Peters Road Race, held August 9th seems to climb uphill for nearly all of the course. (Photo, Don Penta)

Ray-Key to Energy

Reiki II Practitioner
Energy Therapy

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Tel: (207) 797-4710

Traditional Usui System of Reiki
Releases Stress Balances Energy
Relieves Pain Promotes Whole Healing
Treatments by Appointment Only

Other Area Races

As a service to our members, the following non-MTC races are listed.

September 7 North Yarmouth Mile, North Yarmouth Congregational Church, 8:30 a.m. (kids' fun run at 8 a.m.) Contact: Shari Elder 829-2816.

September 8 L/A 5K Bridge Run, Boys & Girls Club of Auburn/Lewiston, Auburn, 8 a.m. Contact: Mike Lecompte 777-3724 or mjlecompt@aol.com.

September 8 September Stampede (5K), Sanford-Springvale YMCA, 11 a.m. (kids' run at 10:30 a.m.) Contact: YMCA 324-4942 or Bob Randall 490-1386 or hansonridgeroad@loa.com.

September 15 Mt. Agamenticus Challenge (7.3 miles), York Beach, 9 a.m. Contact: Joe Hardy 676-9460 or joealice@cybertours.com.

September 15 Waterford Fall Foliage 5K, Waterford Flat, noon (1-mile fun run at 11:30 a.m.). Contact: Martha Eaton 583-4611.

September 22 Portland Trails 10K, Eastern Prom path, Portland, 8:30 a.m. Contact: Sarah McNair 775-2411 or sarah@trails.org.

September 27 Rise 'N Shine 5K, Kennebec Savings Bank, Augusta, 6:32 am Contact: John Coughlin 626-3488.

September 28 Gift of Life 5K, Androscoggin River Pathway, 9 a.m. Contact: Tammy Atwood 772-7270

September 28 Roger Willey Memorial Road Race, Downeast Family YMCA, Ellsworth, 9 am Contact: 667-3086

September 28 Eliot Festival Day 5K, Fire Station, Route 103, 8:30 a.m. Contact: Randy Bartlett 439-3707 or eliot5k@fcgnetworks.net.

November 9 Great Osprey Ocean Run 10K, Wolfe's Neck State Park, Freeport, 10 a.m. Contact: Beth Taylor 865-6171 or bat5ny@hotmail.com.

November 30 Burn Off the Turkey 5K, Gorham High School, 8:30 a.m. Contact: Don Cross 839-6595.

November 30 Great Confluence Race (5K and 10K), Mid Coast Hospital, Brunswick, 9 a.m. Contact: Donna Clukey 373-6033 or dclukey@midcoasthealth.com.

Training Tips:

1) *Consistent training is one of the major keys to running improvement. Conversely, inconsistent training can lead to a variety of injuries. It is vital that you do not miss several days in a row of running and then jump right back into your training program. Doing so greatly increases your risk of injury, as you must build your mileage gradually.*

2) *During the cooler seasons, runners face the dangers of dehydration just like in the warmer months. Unfortunately, the cold deprives the body of its "thirst reflex." Staying hydrated during the Autumn and Winter is just as important as during the Spring and Summer.*

Maine Track Club Discounts

The following area sporting goods stores have agreed to give MTC member discounts on running shoes and cloths. Your club ID must be presented when requesting discounts.

Peak Performance Sports 15% on all purchases
59 Middle St., Portland

Olympia Sporting Goods 10% on shoes only
Maine Mall, S. Portland

Coastal Athletics Asics shoes exclusively
84 Cove St., Portland Call Ron Kelley 772-4530

George & Phillips, Inc. Shoes 20% off
Rt. 1 Kittery ~ 295 Water St, Exeter, NH

Lamey Wellehan 10% on running shoes
Maine Mall ~ Falmouth Shopping Center ~ Cook's Corner ~ Auburn Mall

MVP Sports 10% on non-sale running shoes & clothing
333 Clarks Pond, S. Portland

Famous Footware 10% on running shoes
330 Clarks Pond, S. Portland ~ Auburn ~ Kittery

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Next Membership Meeting

Tuesday, Sept 17

6:30 PM

SMTC Campus

*Call Mell at 774-8868
for directions*

Mike Brooks Family
P.O. Box 95
Danville ME 04223

04223+0093 01



Upcoming Events

- | | |
|---------|--|
| Sept 17 | MTC Membership Meeting, 6:30 pm, SMTC Campus |
| Oct 6 | Sportshoe Center Maine Marathon/Half Marathon, 8:00 am, Portland |
| 19 | MTC 50-Miler and 50K, 6:30 am, Brunswick |
| 20 | Physical Therapy 8K, 9:00 am, Brunswick High School |
| Nov 16 | Hannaford Turkey Trot 5K, 9:00 am, Cape Elizabeth Middle School |

Group Runs

The Maine Track Club includes all kinds of runners doing many different distances and paces...Whatever your pleasure may be (social, speed, long distance), we have a running/training group near you.

Kennebunk Every Thursday night year-round, rain or shine. Group size ranges from 7 to over 20. Pace ranges from 7's to 8-9's. Distance is up to 6.5 miles. Following the run, a trip to Federal Jack's Brew Pub in K'port for libations and dinner, and home by 9. Several of the group run Sunday mornings. Contact Steve Jacobsen (985-4107pm or 985-3244 days).

Portland The Rat Pack runs Sunday mornings at 7 am from Payson Park. Ron Deprez (722-4312) or Mike Reali (829-2014)

YMCA Noon Runs from the YMCA on Forest Ave. Contact Marla Keefe (775-9620) or Mike Pratico (874-1111)

The Maine Front Runners, a gay and lesbian running club, runs from the Back Cove across from Hannafords on Saturday at 9 am. Contact Jim Estes (761-2059).

South Portland South Portland Road Runners run Thursday nights at 5:30 pm 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).