

Run with a friend...

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September / October 2003

Keihl's Badwater Ultra Marathon

By Mike Brooks

The picture shown at right was taken climbing Mt. Whitney about 52 hours after the 2003 Kiehl's Badwater 135 mile Ultramarathon had started, the race has a 60 hour time limit. Pam Reed, 42, of Tucson, AZ, had already won the race OVERALL in 28 hours 26 minutes 52 seconds beating her closest competitor by 25 minutes. This is the second year in a row that she has won it.



From left to right Mike Brooks, M.T.C., Badwater crew person 2002, pacer 2003, 2004 wannabe, Pam Reed Badwater overall winner 2002 and 2003, Mike Smith 2002 Badwater finisher (buckler) 2003 crew person, Walt Prescott crew 2002, pacer 2003, 2004 wannabe?

This year the thermometer rose to 130 degrees with 15% humidity and strong winds on the first day of this 135-mile race that starts in Death Valley 282' below sea level, the lowest point in the U.S.A. and ends on Mt. Whitney, the highest mountain in the lower 48 states.

There is 13,000' of cumulative altitude gain (it crosses two mountain ranges and ends on a third) and 4,700' of descent. There are no aid stations; in this race you have to depend on your "crew" that provides you with all the essentials for

See Ultra Marathon on page 12.

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They Have Seen the Little Old Lady — And it is I

By Pat Buckley

I think a lot of us runners now in the once faraway "senior" and "veteran" categories feel better than we thought we might at this time in life. And looking around, I'd say we older runners usually look better, perhaps even younger, than we expected to at a certain age. So it is that as a runner I've come to my mid-60s seeing myself not as elderly but rather as still in a large, amorphous middle-age category, which begins at about, well, I'd like to think 40 and ends heaven knows where. Gee, I still wear a size 10. And recently while I was walking with my small grandson who was trying to run ahead of me, a VERY nice man passing by said to him, "You'd better wait for your mother."

Imagine, then, my comeuppance recently on, of all unexpected places, the roads of Biddeford. Last June 20, running that pesky long upgrade toward the end of the first mile of the Doc's Tiger 3-miler, I was trying to keep a reasonable form and pace. At that point I was as usual in a place in the pack by myself among my fellow

See Little Old Lady, page 9.

-Maine Track Club Officers And Committee Chairs



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material to the newsletter is the
2nd Friday of the month
prior to the next publication.*

The next deadline is October 10, 2003

Virginia Wilder Cross, *New Run layout*

President's Corner

By Phil Meech, MTC President

I haven't been a very serious runner since my early twenties. There always seemed to be something more important or time-consuming that stood in the way of training. It was the need to work overtime as a telephone company technician, or attending night school classes, or spending time with the kids, or just watching my favorite (and very disappointing) St. Louis Cardinal Football Team on Sunday afternoons. That is before the Cards abandoned St. Louis for Arizona, where an actual Cardinal bird would die in five minutes from heat and thirst.

But running was always waiting for me. I'd see those folks out on the road and be reminded of how great it is. My training would resume. I heard of runners who had finally given it up and settled into disrepair. That would never happen to me, though. It couldn't — I wouldn't let it happen.

I have had injuries in the past. But that darned aching Achilles tendon. I went to see the doctor. It's not tendonitis- it's tendonosis! My body is trying to heal a spot that seems to resist healing. The result is a buildup of "junk" on the tendon. The doctor says "No running for three months." And then he mentions the unthinkable. "You know running is causing this, don't you? Perhaps you will need to consider taking up a different activity." Dreaded words!

I know this has happened to many of you out there. If it hasn't, you are probably too scared to visit the doctor with an injury because you might hear this, too. (You know who you are.) Well, my response is typical. I might take some time off. But I am not ready to call it quits just yet.

I still dream that soon I will get that training in order and surprise everybody with a tremendous effort. It is fun to dream. But this event with the doctor has made me really think about what running means to me. It is not just an exercise. It is the refuge I know I can always bring myself to. It defines much of my social environment- runners are very nice people. It is also time alone with my thoughts. And it seems that it is how I define myself- I am a runner. My jobs have changed. My personal life has gone through quite a metamorphosis through the years. But I always am a runner

Speaking of running, we are on the tail end of a very busy race schedule. As always, we don't force anyone, but we do request that you help out with at least three races a year. It is a lot of fun and you won't sweat nearly as bad as if you raced. Let's all do our part to continue the tradition of this wonderful sport. See you on the road.

Address Corrections

Please let us know if your address changes. The newsletter is usually mailed by bulk mail and will not be forwarded to you or returned to us.

Thank you.

1915 Road Race

by Douglas I. Hodgkin of Lewiston, Maine

(Reprinted with permission from the "Androscoggin History", Newsletter of the Androscoggin Historical Society June 2003, No. 39)

On Memorial Day, 1915, the Lewiston Evening Journal sponsored a ten-mile road race in Lewiston. This was a promotional for the newspaper as it hyped the event in the days before the race. The paper claimed that "thousands and thousands" of spectators, possibly as many as 40,000, did show up to watch. Police Chief McCarron and others used their automobiles to clear the course of enthusiastic fans for much of the route.

No entry fee was charged, but there were only thirty-four entrants. Only twenty lined up at the starting line, which was in front of the Journal Building on Lisbon Street where Androscoggin Bank is located today. From there the course proceeded to East Avenue and turned left, then right on Sabattus Road, left on Russell, right on College, left on Stetson, left on Main, left on Frye, right on College, left on Sabattus, left on Campus Avenue, and into the Lewiston Athletic Park (now occupied by Lewiston Middle School).

Various automobile dealers and other individuals donated the use of cars to enable race officials to monitor the runners for any infractions of the rules.

The paper reported conditions a bit inconsistently, "The day was ideal and while not as cool as the early days in the spring . . . was not blazing hot," and in another place, "The heat of the day was intense and the roads were as dry and sandy as the desert. The hundreds of autos that followed the race kicked up a sea of dust and gasoline the [sic] made the hardship of the runners greater."

Clifton Horne of Dorchester, Massachusetts, led the entire race and finished in 59 minutes and 40 seconds. The drama was in the contest for second place between Willis P. Lane of Bates College 1:00:00.2 and Ezra Wenz of Colby College 1:01:18.4. Only seven more runners finished: Harold B. Moreau of Berlin, NH; Oswald Sparsam, local; Waldo DeWolfe, Bates College; Webster, GeBauer, McClellan, and Turner. One runner, DeCicco, was disqualified for riding an automobile part way. The others dropped out, one of whom, Frank Noyes of Bowdoin College, collapsed after eight miles and was taken to the hospital.

How things have changed. Far more runners of a wider range of ages, both male and female, participate now. For comparative purposes, let's look at two ten-mile races in Maine in 2002, the Mid-Winter Ten-Mile Classic in Cape Elizabeth and Tour du Lac 10-Miler at Bucksport. (We use 2002 rather than 2003 because weather badly hurt turnout at the Classic in 2003.) On 3 February 2002, the Classic had 592 finishers ranging in age from 14 to 80, including 216 women. The winner's time was 52:54. (<http://www.mainetrackclub.com/midwin02.html#Overall>) On June 29, the Tour du Lac had ninety finishers ranging from age 14 to 66, including 35 women. The winner's time was 55:55. (<http://www.mainetrackclub.com/tourdulac02.html>)

10K

By Lloyd Slocum

Big race, summer fun
Steaming hot, mid-day sun

City course, no shade
Macho jocks, not afraid

Gaunt runners, scarcely clad
Worried spouses, looking sad

Gun up, runners tense
Cheering fans crowd the fence

Gun barks, runners flee
Too late now, meant to pee

Settle down, tight pack
Up the hill, don't fall back

Pack narrows, single file
Water stop, next mile

Drink fast, quaff it down
Move out, don't lose ground

Three down, three to go
18:10, running slow

Pick it up, take the lead
Seems fast, don't concede

Almost home, feeling sick
Tuff it out, start to kick

Tying up, won't be first
Maybe third, fourth at worst

Past the line, nearly fall
Sick men, runners all

Through the chute, groaning loud
Stagger on, past the crowd

Eyes burning, legs weak
Throat raw, can't speak

Dry heaves, gasping air
Coughing blood, don't care

Turning blue, think I'll die
Diagnosis: "Runner's High"

A Celebrity in our Midst

Greater Portland's running community may be getting an interesting addition this winter. Scott Douglas, the former editor of *Running Times* magazine and still an occasional columnist, is planning to move to Portland in December or January along with his wife and two cats. Longtime readers of *Running Times* are no doubt familiar with Douglas' sarcastically humorous columns. Look out, John Rolfe!

The Douglasses, by the way, are looking for a house to rent for six months or so when they first move to Portland, while they look for a house of their own. If you have a place to rent or know of any leads for Scott, contact him at scottdouglas@mindspring.com.

Mark Your Calendar
Next MTC Meeting
Tuesday September 16
see page 12 for details!

Marine Corps Marathon Two Entries For Sale

Because of injury, Ted and Cathy Wirth are unable to run in the Marine Corps Marathon on October 26, so they're looking to sell their entries. The cost is \$80 for each entry, plus a \$20 transfer fee. If interested, please call 846-0909.

2003 Pat's Pizza Clam Festival Classic 5-Miler

For the 22nd annual Pat's Pizza Clam Festival Classic 5-Miler, the race's widespread appeal was never more evident. Runners from 26 states were among the 827 finishers — a group that included a two-time Footlocker national champion (Erin Sullivan of Jericho, Vt.) and two of the country's top Nordic skiers (Yarmouth native Scott Loomis of Park City, Utah, and Colby graduate Marc Gilbertson of Hyde Park, Vt.).

Of course the most famous runner, though, was Joan Benoit Samuelson, who proved again that she's still the woman to beat whenever she lines up for a road race in Maine. Even at age 46, Samuelson easily won the women's division in 29 minutes, 17 seconds, well ahead of runner-up Maggie Hanson (30:04) of Bowdoinham.

Christian Muentener of Yarmouth, meanwhile, continued his preparation for Beach to Beacon by cruising to an 11-second victory over Portland's Ethan Hemphill, finishing in 25:39. Loomis (26:13) was a distant third, followed by 2002 winner Todd Coffin (26:21) of Freeport.

Peaks Island 5 Miler Road Race

Mike Payson of Falmouth made it three straight wins at the July 26 Peaks Island Road Race, beating a field of almost 400 runners Saturday with a time of 28 minutes, 24 seconds. Payson, 40, finished 34 seconds ahead of fellow Falmouth resident David Chamberlain, 41.

While masters runners paced the men's field, a pair of 18-year-old runners finished 1-2 in the girls' division. Jessica Flinn of Sandown, N.H., won easily in 30:52, while Erin Colligan of Plymouth, Mass., was a distant second in 32:50.

Celebrate! September/October Birthdays...

September

- 3: Dennis Morrill,
David Skelton
- 6: Paul Toohey
- 8: Janet Crowe,
Wendy Williams
- 12: Erich Reitenbach
- 16: Maggie Soule, Jim Tyrrell
- 17: Glen Gallupe
- 19: Kathleen Harris, Thomas
Keating, Larry Perkins
- 26: Don Bessey, John Nichols
- 27: Colleen Salvo
- 30: Mel Fineberg

October

- 2: Mike Grant,
Malcolm Washburn
- 4: Jane Flynn
- 5: Bert Campbell,
George Campbell

- 6: Ellie Tucker
- 8: Sumner Weeks
- 9: David Colby Young,
Caroline Ann Young
- 12: Brian Cliffe, Nancy Kneeland
- 15: Julia Drinker, David Everest
- 16: Macgill Eldredge
- 18: John Legere
- 19: Liz Nelson, Carlton Mendell
- 20: Laura Cotton, John
Cullinane, Theresa Gallupe
- 21: Ray Hefflefinger,
John Stevens
- 24: Cathy Burnie,
- 25: Ronald Chase
- 27: Rae Pierce
- 28: Pat Buckley
- 29: Polly Kenniston



Patriots Day 5-Miler

by Phil Meech

This year's Portland Boys and Girls Club Patriots Day 5-Miler last April (I know- this is September) was favored once again with very nice weather and a few surprises. Chief among them was the victory in the women's overall division by 14-year-old Elise Moody-Roberts of Cape Elizabeth. Elise is one of the youngest winners ever of this historic race. The event was also honored with the return of an old star, Bob Hill. Bob last ran in this race in 1976, having by that time accomplished eight wins, more than by any other runner.

30-year-old Ethan Hemphill of Portland returned to defend his title, winning with a time of 25:44. He was followed by Todd Coffin in 26:31 and Douglas Pelletier in 27:15. Female overall results included Elise Moody-Roberts in 32:04, followed by Kate Meyers in 32:20 and Tiki Humphries in 32:46. Female Masters was won by Carol Hogan in 33:56 while Male Masters was won by Danny Paul in 29:45.

As always, this race would not be possible without the help of lots of wonderful volunteers who gave up their time on this nice day. Thank you to all these great folks. As always, I hope I didn't leave anybody off the list.

Jill Story	Bob Connolly	Anne Marie
Bob LaNigra	John Watson	Cooke
Howard Spear	Will Davis	Donna Moulton
Mel Fineberg	Evie Strom	Pat Buckley
Ned Vadakin	Herb Strom	Ray Hefflefinger
Matt Flynn	Sandy	Amadeo Reali
Mary Anne	Utterstrom	Kathy McKenny
Champeon	Jean Thomas	Seth McKenny
Harry Fullerton	Terri Morris	Dan Hogan
Maggie Soule	Don Penta	Lisa Despres
Barbara Hintze	Chuck Burnie	Dick Lajoie
Robert Hintze	Mike Brooks	John Peverada
Karen Connolly	Peggy	Ron Chase
	McCloskey	

Planning for the 2004 race is already under way. That will be the 75th running and a stong effort will be made to have this be a very memorable race. So, get ready for a great event next year. See you there!



2003 Mount Washington Road Race

by Phil Meech

Having never attended the Mount Washington Road Race, I didn't understand all the hoopla associated with this event- or why anyone in their right mind would want to run in it. But now I understand. To many runners, this is some kind of holy pilgrimage or right of passage. An entry in the Mt. Washington is difficult to get and is in extremely high demand on a very broad geographical basis. Runners from all over the country, as well as from abroad, converge at the base of New England's largest hill to attempt a run up it. And it is over seven miles- all in an upward direction- NO RELIEF! "Just one hill" everyone says. I overheard some runners after their return exclaim that they would rather run a marathon.

The Maine Track Club has had an arrangement that they will be offered a number of guaranteed entry slots as long as we can furnish an equal number of volunteers. Well, we exceeded the number of volunteers this year. And we managed to fill all the race slots. Representing the Maine Track Club were Tom Prugar, Dave Cannons, Matt Flynn, Skip Kessler, Kathleen Robinson, Matthew Grandonico, Misty Verma, Mark Grandonico, Sherry Grandonico, and, as always, Carlton Mendell. Everyone made it to the top.

This year our volunteers had one of two assignments- parking lot patrol or food line. Either job was rewarding. But it was very hot so everyone worked extremely hard. I want to mention the names of these great folks who help us secure those race entry slots. Our hats are off to you all (and I hope I didn't miss anyone).

Eric Boucher	Nate Parsons
Chris Towle	Kathy Harris
Bob Branson	Don Penta
Diane Meech	Peg Rearick
Peter Rearick	Jim Estes
Karen Connolly	Bill Rice

A special thank you goes also to Mike Brooks who did all the "behind the scenes" work. Mike took care of all the technical stuff like making sure all the runners that applied to run had all the information they needed as well as insure their race participation. Mike also coordinated getting the volunteers. He was not able to attend the race because, as usual, he was traveling the countryside running all kinds of marathons. Thank you, also, for your hard work, Mike.



Race Photos by Don Penta



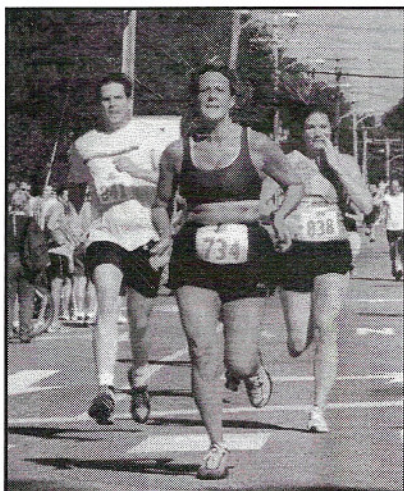
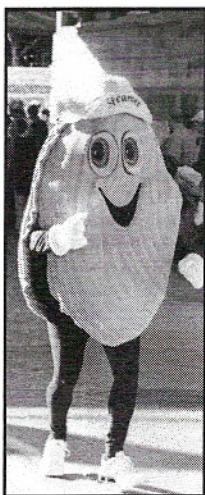
Part of the MTC volunteer crew at Mt. Washington Race



Beth and Jessie Wilcox of Topsham, 15-yr old twins won 15&under Females Time for both: 32:43



Julius Marzul serves up bagels



Tony Vaccaro #841; Barbara O'Connell #734, Stephanie McLarty #838



22nd Annual Pat's Pizza Clam Festival Classic 5 Miler
Yarmouth, Maine, July 19th, 2003

Maine Track Club Finishers:

Place/Name	AG/Sex	Town	Time	Pace
17 Scott Heffernan	3039M	Scarborough	28:59	5:48
22 Joan Samuelson 1,over.F	4049F	Freeport	29:17	5:52
33 Aaron Bishop	3039M	Falmouth	30:01	6:01
57 Larry Wold	4049M	Freeport	31:18	6:16
66 Richard Bryant	4049M	Cape Elizabeth	31:45	6:21
71 Patrick Connolly	4049M	Falmouth	32:01	6:25
73 Joseph Wagnis	3039M	Steep Falls	32:10	6:26
76 Dottie Michaud 1,4049F	4049F	Scarborough	32:14	6:27
83 Will Lund	4049M	Portland	32:25	6:29
98 Alison Kisch 2,3039F	3039F	Portland	32:51	6:35
105 John Keeley	5059M	Portland	33:04	6:37
110 Brendan Crowe	4049M	Brunswick	33:11	6:39
145 Stewart Jordan	4049M	North Yarmouth	34:01	6:49
149 Bob Coughlin 1,6069M	6069M	Cape Elizabeth	34:07	6:50
150 Gene Marquis	4049M	Yarmouth	34:09	6:50
172 Matt Flynn	4049M	Cape Elizabeth	34:57	7:00
177 Dennis Smith	5059M	Yarmouth	35:03	7:01
181 Philip Pierce 2,6069M	6069M	Falmouth	35:05	7:01
186 Leigh Primeau	3039F	Yarmouth	35:14	7:03
187 Gretchen Read 1,6069F	6069F	Portland	35:14	7:03
244 Neil Martin 3,6069M	6069M	Freeport	36:47	7:22
247 Marnie Flynn	4049F	Cape Elizabeth	36:52	7:23
268 Edward Charbonneau	4049M	Yarmouth	37:18	7:28
275 Harry Nelson	4049M	North Yarmouth	37:33	7:31
278 John Rolfe	4049M	Portland	37:36	7:32
282 Mark Foley	3039M	Boston, MA	37:37	7:32
283 Kitty Kelley 2,5059F	5059F	Portland	37:38	7:32
286 Don Bessey	5059M	Kennebunkport	37:40	7:32
308 Ogden Williams	4049M	Cape Elizabeth	38:02	7:37
311 Maureen Sproul	4049F	New Gloucester	38:03	7:37
312 Nathan Graham	3039M	North Yarmouth	38:03	7:37
318 Gail Saldanha	4049F	Scarborough	38:09	7:38
321 Harry Center	4049M	Freeport	38:10	7:38
334 Gregory Welch	5059M	South Portland	38:34	7:43
335 Stacy Cimino	2029F	Cape Elizabeth	38:36	7:44
342 Beth McAdams	3039F	Topsham	38:47	7:46
353 Janet Letalien	3039F	Portland	39:06	7:50
371 Abby Samuelson	0115F	Freeport	39:26	7:54
440 Peggy McCloskey	4049F	Portland	40:57	8:12
447 John McKenney	4049M	Portland	41:11	8:15
454 Ronald Chase	6069M	Durham	41:24	8:17
460 Robert Jolicoeur	6069M	Cape Elizabeth	41:38	8:20
462 Brenda Day	4049F	Brunswick	41:43	8:21
477 Heidi Graham	3039F	North Yarmouth	42:05	8:25
503 Polly Kenniston 3,6069F	6069F	Scarborough	42:47	8:34
540 Terence Musca	0115M	Falmouth	43:35	8:43
558 Mike Pugh	6069M	Wellington, FL	44:09	8:50
595 Mallory Brouwer	3039F	Yarmouth	44:49	8:58
596 Tony Vaccaro	3039M	Yarmouth	44:49	8:58
605 Robert DeWitt	5059M	Lisbon	45:11	9:03
611 David W. Barnard	6069M	Yarmouth	45:16	9:04
620 Cathy Burnie	5059F	Cumberland	45:36	9:08
720 Laura Bisbee	1619F	Princeton, MA	49:28	9:54
722 Donna Bisbee	4049F	Portland	49:39	9:56
736 Sally Paterson	6069F	Yarmouth	50:29	10:06
742 Matt McKenney	1619M	Portland	50:34	10:07
754 Karen Connolly	4049F	Hollis	51:17	10:16
796 Sharon Bass	5059F	Portland	56:27	11:18
802 Cathy McKenney	4049F	Portland	58:56	11:48
826 Julius Marzul 3,7099M	7099M	Gorham	72:58	14:36

26th Anniversary L.L. Bean 10K

Freeport, Maine, July 4th, 2003

Maine Track Club finishers: (**** after time: within USATF age-group guideline)

Place/Name	Age/Sex	Town	Time	Pace
5 Michael Payson 1,4049	40 M	Falmouth	33:11	5:22
19 Joan Samuelson 1,over	46 F	Freeport	37:02*	5:58
21 Tom Ryan	47 M	Cape Elizabeth	37:15	6:00
25 Steve Reed 1,5059	55 M	Wiscasset	37:40*	6:04
34 Aaron Bishop	31 M	Falmouth	38:31	6:12
43 Richard Bryant	45 M	Cape Elizabeth	39:50	6:25
50 Carl Hefflefinger	43 M	Amherst, NH	40:37	6:33
55 Joseph Wagnis	30 M	Steep Falls	40:46	6:34
61 Alison Kisch 2,3039	37 F	Portland	41:13	6:38
62 Ellie Tucker 2,4049	48 F	North Yarmouth	41:13*	6:38
65 Matt Lund	48 M	Portland	41:30	6:41
69 Sean Keough	47 M	Cumberland	41:39	6:43
86 Juli Garber 3,2029	27 F	Portland	42:21	6:49
89 Jim Harmon	48 M	Portland	42:27	6:52
94 Brendan Crowe	46 M	Brunswick	42:55	6:55
98 Rich Robinov	43 M	Cumberland	43:05	6:56
105 Bob Coughlin 2,6069	64 M	Cape Elizabeth	43:16	6:58
106 Robert Hefflefinger	45 M	Niantic, CT	43:21	6:59
116 Scott Samuelson	45 M	Freeport	43:52	7:04
118 Ronald Deprez	59 M	Portland	43:57	7:05
123 Tom Noonan	47 M	Montpelier, VT	44:05	7:06
130 Harry White 3,6069	61 M	Scarborough	44:25	7:09
133 Gretchen Read 1,6069	60 F	Portland	44:29*	7:10
136 Terry Sutton	41 F	Cumberland	44:33	7:11
141 David Cannons	36 M	Portland	44:41	7:12
156 Jeffrey Preble	49 M	Hallowell	45:15	7:17
162 Les Berry	55 M	Gorham	45:29	7:20
201 Rachel Landry	35 F	Cumberland	46:58	7:34
205 Peter Rearick	51 M	Hebron	47:16	7:37
207 Charles Garber	34 M	Portland	47:25	7:38
210 Stephen Lauritson	42 M	Saco	47:31	7:39
241 Glen Gallupe	43 M	Scarborough	48:31	7:49
244 Mary Martin	46 F	Freeport	48:36	7:50
245 Harry Nelson	49 M	North Yarmouth	48:37	7:50
251 Terry Clark	59 M	Windham	48:46	7:51
262 Terry Gallupe	41 F	Scarborough	49:12	7:56
264 Dale Rines	51 M	Gorham	49:15	7:56
269 Harry Center	40 M	Freeport	49:26	7:58
272 Stacy Cimino	28 F	Cape Elizabeth	49:39	7:58
291 Gregory Welch	51 M	South Portland	50:09	8:05
295 Janet Letalien	39 F	Portland	50:12	8:05
299 Dick Lajoie	63 M	Durham	50:20	8:06
332 Howard Spear	53 M	Westbrook	51:39	8:19
333 John Rolfe	49 M	Portland	51:39	8:19
334 Ron Pelton	50 M	Freeport	51:40	8:19
339 Robert Jolicoeur	66 M	Cape Elizabeth	51:53	8:21
384 Polly Kenniston 2,6069	66 F	Scarborough	53:47*	8:40
385 Kathleen Reid	34 F	South Portland	53:51	8:40
395 Gina Harmon	43 F	Portland	54:14	8:44
405 Richard Hallstein	M	Freeport	54:40	8:48
462 Mark Coughlin	39 M	South Portland	57:04	9:11
465 Jason Hill	33 M	South Portland	57:05	9:12
475 Cathy Burnie	54 F	Cumberland	57:30	9:16
483 Robert DeWitt	59 M	Lisbon	57:56	9:20
491 Elizabeth McAdams	37 F	Topsham	58:37	9:26
534 Pam Dutremble	41 F	Portland	61:37	9:55
536 Ron Chase	62 M	Durham	61:45	9:57
545 Deb Riggins	42 F	Brunswick	62:09	10:01
556 Donna Bisbee	46 F	Portland	63:33	10:14
558 Barbara Hinze	60 F	South Freeport	64:31	10:23
559 Bill Davenney	58 M	Portland	64:33	10:24
565 Karen Connolly	44 F	Hollis	65:36	10:34
566 Sally Paterson	61 F	Yarmouth	65:49	10:36
573 Cynthia Barnard	58 F	Yarmouth	67:59	10:57
585 Carlton Mendell	81 M	Portland	72:44	11:43
597 Julius Marzul	77 M	Gorham	95:22	15:21

Race Results / Photo Clips



Clam Festival Kids Run



Larry Wold



Bob Coughlin



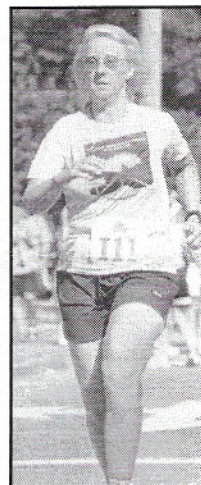
John Jensenius, Sr. #24; Richard Davee #11; Brendan Crowe #318



Laurence Fischman #125; Dan Reynolds #621; Neil Martin #768



Sharon Bass



Karen Connolly



Cathy Burnie

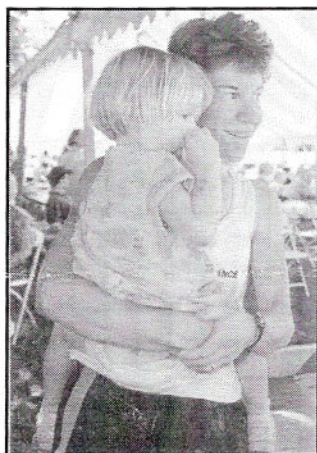
Race Results

The 9th Annual Goose Rocks Beach 5K Road Race & Walk

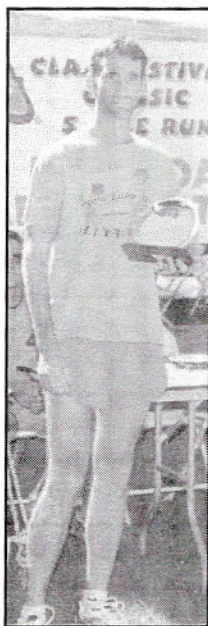
Kennebunkport, Maine, July 4th, 2003

Maine Track Club Finishers (by Age Group):

Age Group	Name	Age/Sex	Time
{1, 14&under}	Kaitlynn Saldanha	14 F	20:37
{40 to 49F}	Gail Saldanha	47 F	21:22
{40 to 49F}	Lisa Despres	40 F	22:06
{1, 50 to 59F}	Carol Weeks	54 F	21:00
{2, 50 to 59F}	Kitty Kelley	56 F	21:24
{50 to 59F}	Sandy Utterstrom	59 F	29:54
{50 to 59F}	Denise Locke	50 F	32:42
{2, 60 to 69F}	Pat Buckley	65 F	34:20
{40 to 49M}	Floyd Lavery	46 M	18:36
{40 to 49M}	Phillip Pierce	47 M	20:13
{2, 50 to 59M}	John Keeley	51 M	19:12
{3, 50 to 59M}	Roger Borduas	51 M	19:39
{50 to 59M}	Don Bessey	57 M	21:05
{50 to 59M}	Tony Salamone	54 M	21:52
{60 to 69M}	Tom Wilson	60 M	35:38
{60 to 69M}	Mel Fineberg	67 M	36:24
{1, 70 and over M}	Reggie Van Buckley	(?)99 M	25:37



Alison Kisch with her daughter



*Overall Men Winner
Christian Muentener*



Ron Pelton and Joan Benoit Samuelson



Welcome New MTC Members

Jan Conley Buxton
 Michael, Tyler & Mathew Mills Arundel
 Scott Whited So Portland
 Betsey, Laura, Dan & Jill Greenstein Portland
 Catherine Saltz Portland
 Sarah Muscat Cape Elizabeth
 Heather & Jeff Zachau Freeport
 Valerie, Rick, Ryan & Sam Abradi Lisbon

New Member, Sarah Muscat, writes:

"I am joining the club so I can receive information about local races, events, etc. I also feel so positive about running and it has had such a wonderful impact on my life that I was drawn to the idea of joining the club. I am interested in anything that promotes/encourages running! I helped organize the Pond Cove 5K in Cape Elizabeth.

I only really began to run two years ago and I am very slow but trying to go faster and farther. (Best 5K is 28:54.) I am planning to run the Maine Half Marathon in October. (Maybe a marathon in a few years.) I work and have three children so finding time to run can be challenging."

Hannaford Turkey Trot

Proceeds Will Benefit Charity

Fifty per cent of the proceeds from the 35th annual Hannaford Turkey Trot, scheduled for Saturday, November 15, will go to a charitable organization, race director Maggie Soule has announced. "In previous years," she points out, "all the profits have gone back into the MTC treasury, but this year the MTC board has agreed with our sponsor, Hannaford Brothers, that donating part of them to a charity is beneficial to everyone." The charity has yet to be named, but will probably be a program based in Cape Elizabeth, where the race is held.

To help support this new endeavor, the preregistration fee has been bumped up from \$7 to \$8, with a race-day registration fee of \$10. The children's race will continue to be free of charge.

Race applications will be printed shortly, and runners may also register online.

"Also, it's never too early to add your name to the new volunteer list," says Maggie.

Incidentally, we've never had a chance to thank all of last year's helpers by listing them in the Newsrun. They were: Denise Allen, Bob Aube, Marge Aube, Beth Birch, Peter Bottomley, Henrietta Bradley, Russ Bradley, Denise Brooks, Mike Brooks, Pat Buckley, Chuck Burnie, MaryAnne Champeon, Karen Connolly, Sue Davenny, Lisa Despres, Mike Detscher, Peter Drivas, Eileen Dunfey, Michelle Durgin, Matt Flynn, Terri Gallupe, Mark Grandonico, Ward Grossman, Charlie Grunden, Mary Ann Healey, Ray Hefflefinger, Barbara Hintz, eRobert Hintze, Dan Hogan, Bob LaNigra, Loren Lathrop, Dee Lawrence, Terry McGovern, Phil Meech, Dennis Morrill, Terri Morris, Donna Moulton, Tom Noonan, Lorraine Paradis, Don Penta, Bob Perkins, Gretchen Read, Ron Read, Herb Strom, Evie Strom, Sandy Utterstrom, John Watson, Brenda Webster, TJ Whitcomb and Jan Wilcox.

New Membership Chair Needed

We are looking for someone to become membership chair for 2004. This position includes being on the MTC Board. Election of officers is in November. If you are interested or know someone who might be, please contact Susan Slocum at 929-6116 or suslocum@sacoriver.net.

Little Old Lady, from page 1.

stragglers. Vaguely aware of a few young teenage males watching, straddling their bikes on the opposite sidewalk, I passed by and then heard the air pierced with...."Gawwwd, even little old ladies do it!" Yikes, was there right in back of me another female runner, white-haired and bent, with the will to have one last gasp before they bring her back to her room in the nursing home? I hesitantly turned to look back. The road was empty but for the distant forms of the last two or three guys in the race. And way ahead was the back of Carleton. Uh-oh. They had seen the little old lady — and it was I.

Well...maybe being seen as a "little old lady" — notwithstanding that a 12 or 13-year-old might think anyone old enough to vote is — is a message that maybe now I might relax a little. Advance up to a size 12...or 14. Spend less money on hair-color products. Suspend some of those early morning crunches, especially now that they are demanding more for less return. Maybe play some Bingo instead of my Thursday night run. Well, young man in Biddeford, I'll take all of these things under advisement. As long as I get to run in next year's Beach to Beacon!

Maine Track Club Discounts

The following area sporting goods stores have agreed to give MTC member discounts on running shoes and clothes. Your club ID must be presented 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 Call Ron Kelley 772-4530
George & Phillips Inc. Rt. 1 Kittery • 295 Water St. Exeter, NH	Shoes 20% off
Lamey Wellehan Maine Mall • Falmouth Shopping Center • Cook's Corner • Auburn Mall	10% on running shoes
MVP Sports 333 Clarks Pond, S. Portland	10% on non-sale running shoes and clothing
Famous Footware 330 Clarks Pond, S. Portland • Auburn • Kittery	10% on running shoes

September-October Race Schedule

(This is not a complete schedule of Maine Road Racing. This list does contain more than the Maine Track Club Schedule. You should check our web site for more information: www.mainetrackclub.com/)

September 1 - Monday Bangor Labor Day 5Miler, Bangor Parks & Recreation Center, Bangor, 9am, Contact: Parks & Rec Dept 947-1018

Caribou Labor Day 8K, 11am, Caribou High School, Caribou, Contact: Leo Kashian 498-3995
Contact: Leo Kashiam 498-3995

September 3 Back Cove 5K series, Back Cove path, Portland, 6 p.m. Contact: Stu Palmer 725-5178.

September 6 Maine Senior Games - Portland, Maine Track & Field Events contract Maine Senior Games, 136 US Route 1, Scarborough, ME 04074 or call 207-396-6500

September 7 L/A 5K Bridge Run, Auburn-Lewiston Boys and Girls Club, Auburn, 8:30 a.m. Contact: Mike Lecompte 777-3724.

Hannaford Lobsterman Triathlon (1.5K swim, 40K bike, 10K run), Winslow Park, Freeport, 8:30 a.m. Contact: 617-423-4317.

September Stampede 5K, Sanford-Springvale YMCA, 9 a.m. Contact: Emile Levasseur 324-4942.

Sockalexis Memorial 5K Run/Walk 2003 10am, The Penobscot Nation Community Building, Indian Island. Contact:

Leo Kashian 498-3995 Contact: Carla Fearon at 827-7776 ext 7355 or email: cfearon@penobscotnation.org

Run for Hope 5K Walk & Run 11:30am, Best Western White House Inn. Contact: 862-8000 (Hampden, Maine)

September 10 (Wednesday) Craig Cup 5K Cross Country Race Series New Gloucester 6:00PM Pineland Farm Recreation Area, Morse Road (Second of Five Races) Contact: Peak Performance Sports, 59 Middle Street, Portland, ME 04101. 207-780-8200 info@peaksportsme.com

Back Cove 5K series, Back Cove path, Portland, 6 p.m. Contact: Stu Palmer 725-5178.

September 13 Ogunquit Beach Lobster Dash, 8 a.m. Contact: Charlie Farrington (978)686-6937.

September 14 Dan Cardillo Memorial 5K, Falmouth High School, 9 a.m. Contact: Jeanne Hackett 766-5026 or Marsha Greenberg 766-2602.

Waterford Fall Foliage 5K, 8 a.m. Contact: Martha Eaton 583-4611.

Mt. Agamenticus Challenge (7.3 miles), York Beach Fire Station, 9 a.m. Contact: Joe Hardy 676-9460.

The Black House X-Country Race, Time TBA, Ellsworth, Contact: Judson Cake (Crow Series)

Wolfeboro, NH Metric Marathon 26.2K (16.3 miles) 10:00AM Kingswood Regional High School, 396 South Main Street (Route 28) Wolfeboro, NH contact: Fergus Cullen 603-520-5450 or ferguscullen@aol.com

September 17 Back Cove 5K series, Back Cove path, Portland, 6 p.m. Contact: Stu Palmer 725-5178.

September 21 Portland Trails 10K, Eastern Prom Trail, 1 India St., Portland, 8:30 a.m. Contact: 775-2411.

Wells High School Alumni Association 5K Wells 8:00AM Wells Urgent Care, 114 Sanford Road Contact: Laura Hasty, 507 Emerys Bridge Road, South Berwick, ME 03908. 207-384-7106 lhasty@disabilityrms.com

Komen Maine Race for the Cure 5K, Bangor, ME Contact: <http://www.komenmaine.com/raceinfo.html>

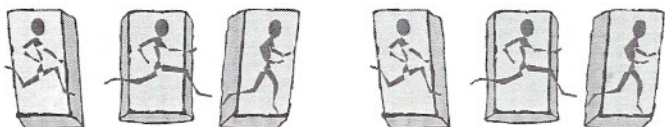
Common Ground Fair 5K, 8am, Common Ground Fair Grounds, Unity, Contact: Skip Howard 223-4715

September 24 (Wednesday) Craig Cup 5K Cross Country Race Series Cumberland 6:00PM Twin Brook Recreation Area, 189 Tuttle Road (Third of Five Races) Contact: Peak Performance Sports, 59 Middle Street, Portland, ME 04101. 207-780-8200 info@peaksportsme.com

Back Cove 5K series, Back Cove path, Portland, 6 p.m. Contact: Stu Palmer 725-5178.

September 26 Rise 'N Shine 5K, Kennebec Savings Bank, State St., Augusta, 6:30 a.m. Contact: Trish Phair 622-9622

September 27 Seahawk 5K Boothbay Harbor 10:00AM Boothbay Region High School, 236 Townsend Ave. (5K Run/ Kids 1/2M) Contact: Julianne Daley c/o BRHS, 236 Townsend Ave., Boothbay Harbor, ME 04538. 207-633-7203 jdaley@bres.boothbay.k12.me.us



September-October Race Schedule

- September 27 Eliot Festival Day 5K, Eliot Fire Station, Route 103, 8:30 a.m. Contact: Randy Bartlett 439-3707.
- 5th Annual Acadia Trail Blazer 50 Mile Trail Run Eagle Lake Parking Lot 6:00 am. Limited to 20 Runners Contact: Peter Keeney 288-8381(Crow Series)
- October 1 Back Cove 5K series, Back Cove path, Portland, 6 p.m. Contact: Stu Palmer 725-5178.
- October 4 Fall Foliage 5K Trail Race, Pineland Farms, New Gloucester, 9:30 a.m. (1K fun run at 9 a.m.) Contact: Lori Munro 688-4953 ext. 14.
- October 4 4th Annual Race to End Domestic Abuse Bangor 8:00AM Bangor (Races Across Maine) Contact: Spruce Run, USA. 2079455102
- 4th Annual Race to End Domestic Abuse Bar Harbor 8:00AM Bar Harbor (Races Across Maine) Contact: The Next Step, USA. 2076674606
- 4th Annual Race to End Domestic AbuseBelfast, Damariscotta, and Rockland 8:00AM Belfast, Damariscotta, and Rockland (Races Across Maine) Contact: New Hope for Women 2075942128
- 4th Annual Race to End Domestic Violence Guilford 8:00AM Guilford (Races Across Maine) Contact: Womancare, USA. 2075648165
- 4th Annual Race to End Domestic Abuse Skowhegan 8:00AM Skowhegan (Races Across Maine) Contact: Family Violence Project, USA. 2074748860
- The 5K To End Domestic Violence, Ellsworth, 9:00am,Contact: Ellsworth Next Step 667-0176
- 7th Annual Womancare 5K River Run, 9am, Piscataquis Community Middle School, Guildford Contact: Carrie 564-8165
- October 5 Sportshoe Center Maine Marathon/Relay/Half Marathon, Portland, 7:45 a.m. Contact: Maine Track Club 741-2084 or Howard Spear.
- October 8 (Wednesday) Craig Cup 5K Cross Country Race SeriesNew Gloucester 5:30PM Pineland Farm Recreation Area, Morse Road (Fourth of Five Races) Contact: Peak Performance Sports, 59 Middle Street, Portland, ME 04101. 207-780-8200 info@peaksportsme.com
- Back Cove 5K series, Back Cove path, Portland, 6 p.m. Contact: Stu Palmer 725-5178.
- October 11 2003 Mount Desert Island Lions Club Triathlon, 9:30am, National Park Canoe Rental, Somesville, 4.1 mile run, 13 mile bike & 4 mile canoe, Contact: MDI YMCA 288-3511

- October 12 10:00 am U Maine at Augusta 5 mile +/- Adult race Fall Maine USATF Cross-Country Race Series contact Ron Kelly at 883-2747
- October 12 Pancake 5K Road RaceBelfast 9:30AM Belfast Area High School, Waldo Avenue Contact: Anna Wood-Cox, 87 Higgins Hill Road, Morrill, ME, 04952. 207-342-5204 annawood@ghi.net
- Great Island 5K New Castle, NH 10:00AM Great Island Common, Wentworth Road (Also Kids Fun Runs) Contact: Guy Stearns, 22 Lavengers Lane, New Castle, NH 03854.603-431-0839 info@greatisland5k.org
- October 12 Moose on the Run 5K, Greenville, 10 a.m. Contact: Moosehead Lake Region Chamber of Commerce 695-2702 or 695-2421.
- October 15 Back Cove 5K series, Back Cove path, Portland, 6 p.m. Contact: Stu Palmer 725-5178.
- October 18 MTC 50-Miler and 50K, Brunswick, 6:30 a.m. Contact: Ned Vadakin 865-6617.
- Bridges 4 Friendship 10K Road Race Portsmouth 10:00AM Seacoast Mental Health Center, 1145 Sagamore Ave. (2 mile walk, Kids Fun Run) Contact: Wendy Segit, 1145 Sagamore Ave., Portsmouth, NH 03801.603-431-6703 bridges10k@seacoastmentalhealth.org
- October 19 Physical Therapy 8K, Brunswick High School, 9 a.m. Contact: Scott Miller 373-2293 (days) or 729-3299 (evenings).
- October 22 Back Cove 5K series, Back Cove path, Portland, 6 p.m. Contact: Stu Palmer 725-5178.
- October 25 Jack O'Lantern 5K and One mile Fun Run, St. Andre's Church, Biddeford, Maine 8 a.m.. Contact 283-3333 or fax 286-8679 or write: St. Andre's Church, 41 Sullivan St., Biddeford, Maine
- October 26 Great Pumpkin 10k Road Race Camp Ellis 9:30AM Wormwood's By The Breakwater, Wormwood's Restaurant Contact: Bob LaNigra, 7 High Bluff Lane, Scarborough, ME 04074 207-883-8662 runnar@ghi.net
- 10:00 am U Maine at Augusta 5 miles +/- Adult race Fall Maine USATF Cross-Country Race Series contact Ron Kelly at 883-2747
- White Mountain Milers Half Marathon & Kids' Fun Run North Conway, NH 10:00AM Eastern Slope Inn, Main Street (walkers 9am / Kids' 12:15 / Clydesdales) Contact: Barb Renda, 1664 Passaconaway Rd., Albany, NH 03818. 603-447 8933 half@whitemountainmilers.com
- October 26 ScareCrow 5k at 9:00 A.M. start at the MDI YMCA. Email: keeneye@midmaine.com (Peter Keeney) 25 Woodbury Rd, Bar Harbor, ME 04609

MTC News and Notes...

Next MTC Meeting September 16

Carlton Mendell, will be the guest speaker at the September 16 membership meeting. He holds several age group records including the 60-64 age group for 24 hours, 125 miles 1,044' at age 62.

Carlton will talk about his years of running and how he manages to still run 70 + races a year, including marathons and ultramarathons. Carlton is in his 80s, does this many races and is very seldom injured. How does he do it? Come to the membership meeting and find out.

New address for Siocums

Hi Friends,

Susan and I have finally joined the 21 st century through the purchase of a Dell 8300 computer and high speed DSL line to the outside world. Our new e-address is fastfeet @sacoriver.net And the postal mailing address is:

Susan and Lloyd Slocum
222 Old Alfred Road
Hollis, ME 04042

Get Well Wish

We wish a speedy recovery to Clyde Coolidge of Rollinsford, NH. All of your many friends are thinking of you and hope to see you soon at a club event.

If you have items of interest to membership, be sure to send them along to us before the next deadline (October 10). Thanks!

David & Eliz. Young Family
PO Box 152
Danville ME 04223

Ultra marathon, from page 1

a race like this. Race director Chris Kostman does not have aid stations because of worries about the health of those who would be there in the extreme heat and wind. Of the 73 runners who started the race this year 46 finished in the allotted 60 hours, that is a 37% drop out rate.

This race is considered by many to be the toughest foot race in the world. For Pam Reed to win this race is like a woman winning the Boston Marathon, for Pam to win it twice in a row is phenomenal! On the David Letterman show when asked how she won she did not give the real reason just that woman can naturally take pain because they bare children and she likes the heat. She was too modest to say she won because she was the toughest and wisest competitor. Pam kept a fairly conservative pace not leading until late in the race and ran through the pain any runner will face in a race like this.

Congratulations to Pam Reed for an unbelievable performance two years in a row and to All the runners that were at Kiehl's Badwater Ultramarathon whether they finished or not they all trained hard, gave 100% and had what it takes to try one of the toughest races in the world.