



Run with a friend...

www.mainetrackclub.com

September 2000

3rd Annual Peoples Beach To Beacon 10K



"A SPRINT TO THE FINISH!"

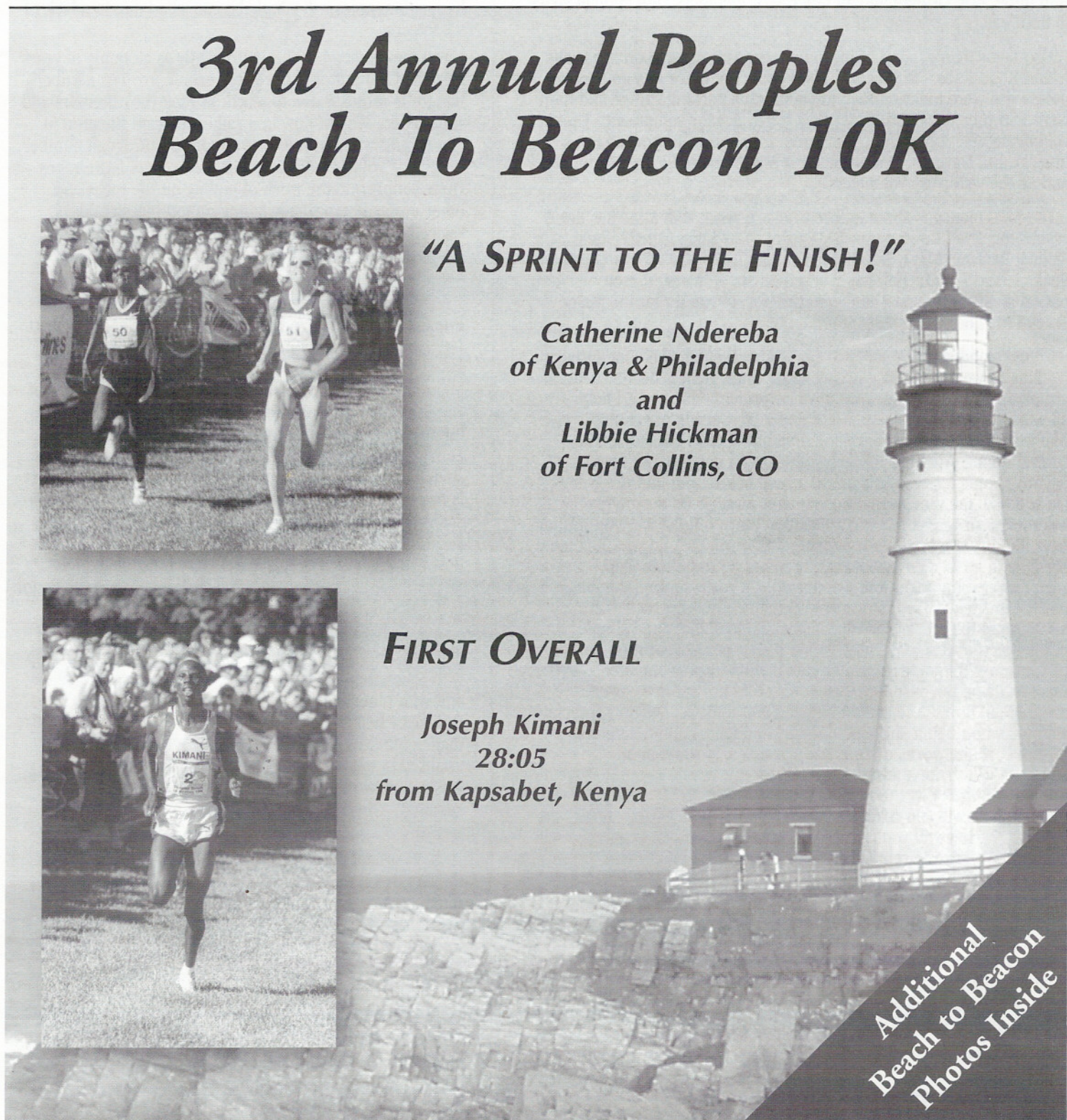
*Catherine Ndereba
of Kenya & Philadelphia
and
Libbie Hickman
of Fort Collins, CO*



FIRST OVERALL

*Joseph Kimani
28:05
from Kapsabet, Kenya*

***Additional
Beach to Beacon
Photos Inside***



Presidential Message

September 2000

Dear MTC Members

To the several MTC members who put in many hours working on the Beach to Beacon Race, THANK YOU. I want you all to know we really do appreciate the time and effort you put into this race for your fellow runners. Special project people and MTC members were: Jane Dolley (Medical Tent), Barbara Coughlin and Ruth Hefflefinger (Registration), Charlie Scribner and, John Gale (got 42 volunteers for the finish area), Bob Aube, Eric Ortman and all other MTC members (not enough space to list), again, thank you all!

Also many thanks to all of the volunteers who worked on the Peaks Island Road Race. With Opsail 2000 going on, there was no parking unless you were lucky enough to get into the parking garage and there were 150 race day entrants, it was a tough day for volunteers. Those volunteers are: Larry Dyer, Bob Aube, John Gale (he worked two timers), Bill Daveney, Jeanne Hackett, Maggie Soule, Marge Tension, and all the waterstop volunteers.

The MTC manages about a dozen races a year. Bob Aube has done results for; Irish Rover (March), Patriot's Day Race (April), Race Against Racism (May), Deering Ram Run (June), Pat's Pizza (July) and Peaks Island (July). Bob has worked on six of the eight races we have put on so far this year. Thank you Bob for all you do for the Maine Track Club and the running community.

I often wonder how much it is really appreciated when one gives up running to work on a race because they know help is needed. All races are made up of volunteers, we have no professional or paid help. They all work for a living, have families and a life outside of running. When one works a race, they are taking time out of their day, sometime several hours. Very few of our volunteers do not run, but they help anyway. Some have never worked a race before, but they are willing. Do you take the time to thank them after a race? Or do you just take volunteers for granted? Or if things don't turn out the way you would have liked (i.e. wrong place or time, no award, etc) do you then take the time to go to them and swear, rave and try to belittle them? I've seen this at some races and wonder does it really make a person feel better to verbally abuse a volunteer? Talk about road rage! Let's talk about Road Race Rage! We are just volunteers, plain and simple, we do not get paid for volunteering. We do not drop a tab, or miss ones' time, or transpose a number, or enter information into a computer incorrectly on purpose. And when mistakes are made we usually feel awful about it, but one cannot go back and undo it. We do appreciate runners who do take the time to come and tell us about a possible mistake. If one works or runs enough races, at some point someone will make a mistake, afterall we are human, aren't we? But when it does happen, how will you react if you are the volunteer? How will you react if you are the runner? We need to remember there are feelings on both sides. This is something all of us should consider. I think every runner should work in the chute at least once to see what it is like. I also wish more people would work on results one time too, but that's a personal thing!



Sandy Utterstrom

Desperately Seeking

I hope that you read John Rolfe's column of August 20th concerning the reliance of races on volunteers. I also hope that you will read this whole article and think about it. The Track Club, your club, has written several similar articles this year asking for your assistance in volunteering. So far, the response has been minimal to say the least. For the last several years, the Club has depended on a small handful of devoted individuals to organize all of its races and other events. Without these individuals, John's story of having to step over the skeletons at the water stop would become a far more common event. However, to keep this from happening, races will simply be cancelled due to a lack of volunteers.

You may remember that, as recently as a couple of years ago, the Club put on more races each year. The number had to be reduced due to a lack of race (co)directors and volunteers. We are now in a rather delicate situation in that should we lose one or two more of our small number of regular volunteers, we will have to cancel more races. Quite simply put, the work of putting on the races and other events is repeatedly falling on too few shoulders. Cancellation of many more of the Club's races will also have financial consequences to the Club that may not be too pleasant.

A special mailing was recently sent to all Club members, E-mails were sent to roughly 150 members, and an insert (yes, the bright pink one) was included in the last newsletter – all asking for Help Help Help with the Marathon and Half Marathon – that event that so many of you look forward to (at least until the last few miles). So far, no one has stepped up to help with any of the coordinating positions and relatively few individuals have signed up to help with water, traffic and registration. This is our main event, attracting runners from most of the 50 states as well as a dozen or so foreign countries. More than 400 volunteers are needed for this race – before, during and after. The marathon relay race, which has grown each year, may have to be cancelled if a coordinator is not found.

In the past, Club members have been asked, as part of their membership, to volunteer at three races a year, help with race related activities that take place before race day, and with other Club related events such as being a Club Officer or becoming otherwise involved. The Club has also made countless phone calls to members asking if they could help out. This is tiring work made all the more frustrating by the large number of negative responses received. Obviously, none of these approaches have worked.

So, as a final effort I write to ask you to help, or to accept the fact that if our rather short list of volunteers declines much further there will be less races to run. If you do not like this very real possibility, then get involved. It is interesting to note that while Club membership has been gradually increasing (we are now more than 500 strong) the number of regular volunteers has stayed the same.

I realize that the wording of this article may annoy some. That has not been my intent. However, gentle and kind pleading has been to no avail. The fact of the matter is that more volunteers are needed on a regular basis for the Club to remain viable and healthy and to continue providing you

with what you have asked for. The choice is yours – get involved or accept having less races in which to run – perhaps including that special race that you look forward to running each year.

Call any board member or race director to volunteer, particularly Bob Aube or Howard Spear (co-directors of Maine Marathon) who desperately need help for the marathon – particularly a traffic coordinator for the Town of Falmouth. Helping is, for most of us, a fun, social, and rewarding effort as well as a chance to give something back to the running community. Feel free to call me if you wish to discuss this article.

Eric Ortman



GET READY!

MAINE MARATHON/RELAY/HALF MARATHON



PORTLAND
Oct. 1, 2000

*The Sport
in You!*

**SPORTSHOE
CENTER®**

REGISTRATION INFO

Location: Sullivan Gym, University of Southern Maine, 96 Falmouth Street, Portland

Directions: 295 North or South, Exit 6B, Forest Avenue, Left at 1st or 2nd light

When: Saturday, September 30, 2000, 11:00 a.m. - 4:00 p.m.
Sunday, October 1, 2000, 6:00 a.m. - 7:30 a.m.

For More Information: Call: 207-741-2084,

Website: www.mainemarathon.com (Register Online)

E-mail: marathon@maine.rr.com

Howard Spear
Co-Race Director

Bob Aube
Co-Race Director

2000 MTC RACE SCHEDULE

September 17 - Harvard Pilgrim
Women's Fitness 5K, Portland, 9 a.m.
Contact: Maine Track Club 741-2084.

October 1 - Sportshoe Center Maine
Marathon/Relay/Half Marathon, Portland,
8 a.m. Contact: Maine Track Club 741-
2084 or www.mainemarathon.com

October 14 - MTC 50-Miler, and 50K
Brunswick, 6:30 a.m. Contact: Al or
Sandy Utterstrom 797-4710

November 18 - Turkey Trot 5K,
Cape Elizabeth, 9:00 a.m. Contact:
Mel Fineberg 774-8868

November 23 - Thanksgiving Day 4-
Miler, Portland, 9 a.m. Contact: George
Towle 780-5595.



VOLUNTEERS NEEDED

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

Announcement:

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

This is one of the longest consecutive running
races in New England (only Boston beats it.) I think
this year was its 71st running without missing a
single year. Right now this race does not have a
MTC Director. Call 741-2084 if you are interested.

BACK OF THE PACK

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

Still Crazy After All These Years

Hi. I'm the crazy fool running by your home every morning as you unceremoniously bend over to retrieve your newspaper, clad only in your boxer shorts or nightgown (or both!)

I'm the crazy fool running the trails of your local park, head down and grimacing with each tortuous step.

I'm the crazy fool you hear mumbling a mantra of nonsensical monotone syllables.

I'm the crazy fool wearing a faded Grateful Dead tee-shirt and tattered shorts of a brand not sold since 1978.

I'm the crazy fool with the brim of my generic baseball cap pulled low as I run into the sun and hat gripped tightly in my left hand when the sun is at my back.

I'm the crazy fool emerging from the wooded trail with mud-caked shoes and scarred & bloody ankles.

I'm the crazy fool you chuckled at on your drive to church as I sprinted up & down the 1/4 mile hill at the end of your street.

I'm the crazy fool who was still sprinting up that same hill on your drive home from church.

Please don't mistake my outward demeanor for anger or pain. I'm in my natural state of bliss. This is my time of day and I'm selfishly possessive.

On my runs I'm as free as a bird in flight. I'm young and trouble free, injury free and stress free.

No one is trying to contact me on my cell phone, pager, two-way radio, e-mail or web site.

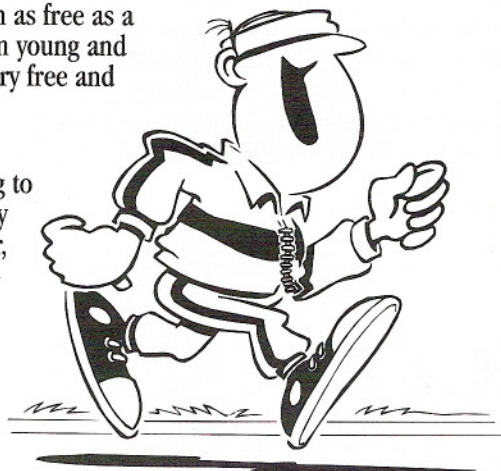
I may be exorcising demons, solving complex equations or reminiscing a conversation with a long past friend.

Depending on the day, my mind may be active as an atom accelerator or as peaceful as a Kansas wheat field.

You see me everyday on the streets & trails of your town. I'm your local grocery store clerk, cop, firefighter, doctor, teacher, engineer, butcher, baker and candlestick maker.

I don't ask for much; a smile, a wave and few feet of open road.

I'm the crazy fool who passed you in the third mile of last weekend's race.



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 Reali (829-2014).

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

The Maine Front Runners, a gay and lesbian running club, runs from Back Cove across from Shop & Save on Saturday mornings at 9 a.m. Contact Jim Estes (761-2059).

South Portland

South Portland Road Runners run Thursday nights at 5:30 p.m. from the high school. Contact Russ Bradley (799-3864) or Donna Moulton (799-2894).

Biddeford, Saco

Anyone interested in weekly morning runs and weekend early afternoon runs, contact Guy Roy (284-8036). **If you know of a group run that isn't listed above, please contact either Colleen Redmond or Mike Doyle (871-0051) to let us know where, when and a contact person for inclusion in the monthly newsletter.**

2000 RACE SCHEDULE

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

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

September 17 - Harvard Pilgrim Women's Fitness 5K, Portland, 9 a.m. Contact: Maine Track Club 741-2084.

- Race for the Cure 5K, Bangor. Contact: Rosemary Baldacci 947-2582.

- 1st Annual Waterford Fall 5K and 1 Mile Fun Run; 11:00 a.m., Contact: Martha Eaton 583-4611.

September 24 - Common Ground Fair 5K, Unity, 8 a.m. Contact: Chris Bovie 622-1267 or Skip Howard 223-4715.

- Portland Trails 5/10K Race, Portland, 8:00 a.m., Contact Laura Newman 775-2411 or Mike Musca 781-8081.

September 30 - Eliot Festival Day 5K, 8:30 a.m. Contact: Randy Bartlett 439-3707

October 1 - Sportshoe Center Maine Marathon/Relay/Half Marathon, Portland, 8 a.m. Contact: Maine Track Club 741-2084 or www.mainemarathon.com.

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

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

- St. Peter's School 5K Trail Run/Walk 10:00 a.m. Contact: Mike Lecompte 777-3724.

October 8 - Belfast Pancake 5K, 9 a.m. Contact: Sandra Gordon or Hugh McLean 338-1724.

October 14 - MTC 50-Miler and 50K, Brunswick, 6:30 a.m. Contact: Al and Sandy Utterstrom 797-4710.

October 15 - 11th Hannah Jackson Harvest Fest 5K, York, 1:00 p.m., Contact: Robin Cogger 363-1040.

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

October 22 - Father Mac 5K, Old Town-Orono YMCA, 9 a.m. Contact: John Milligan 827-9622.

October 28 - Halloween 5K Run and Kids Fun Run, Bar Harbor, 9:30 a.m. (fun run at 9 a.m.). Contact: Bruce Weir 288-8369 or Beth Lawson 244-7251 (day), 244-9041 (evening).

October 29 - CISV 5K, Orono, 1 p.m. Contact: Peter Millard 973-8386.

- Great Pumpkin 10K, Camp Ellis, Saco, 9:30 a.m. Contact: Bob LaNigra 883-8662.

November 11 - Capital City 5K, Augusta, 9:30 a.m. Contact: Tom Wells 685-3332.

November 18 - Turkey Trot 5K, Cape Elizabeth, 9 a.m. Contact: Mel Fineberg 774-8868.

November 19 - Brewer Turkey Trot 5K, 1 p.m. Contact: Dave Jeffrey 825-3403.

November 23 - Thanksgiving Day 4-Miler, Portland, 9 a.m. Contact: George Towle 780-5595.

- Gasping Gobbler 10K and Turkey Two-Miler, Augusta, 10 a.m. Contact: John Schwerdel 623-8086.

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

- Burn off the Turkey 5K Race/Walk, 8:30 a.m., G.H.S., Gorham, Contact: Don Cross 839-5034

December 2 - Season's Greetings 5.5-Miler, Madison, 11 a.m. Contact: Ron Paquette 437-9237.



We Need Your Input

NEWS•RUN features news of interest about fellow MTC members. If you have some news to share about yourself or someone else in the club, please pass along the information by calling Mike Doyle at 871-0051, sending e-mail to mdoyle@mainecul.org, 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.

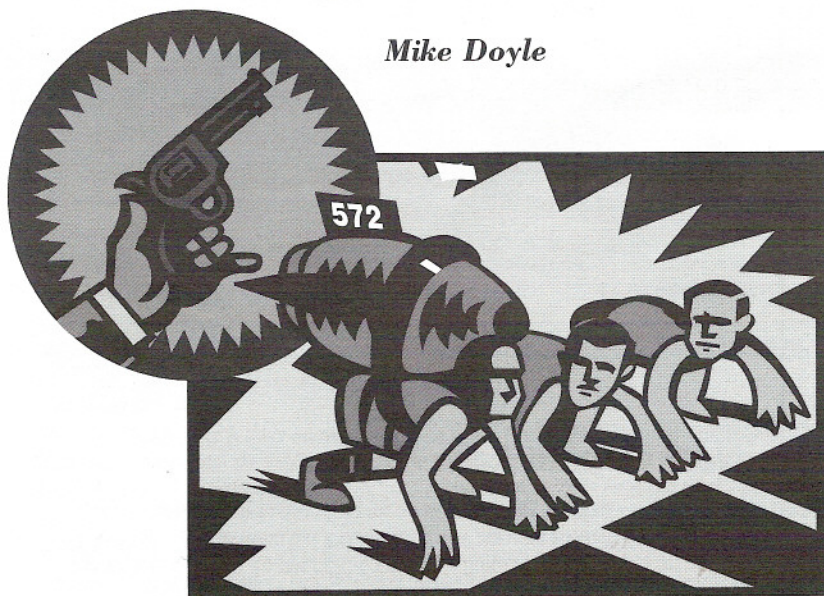
Khalid, Kimani and I

In the May 1999 issue of News Run, MTC member Will Lund wrote the article *Winning for Dummies*. Will detailed tactics for winning races and age groups "without the blazing leg speed and work ethic of Bob Winn or Joan Benoit-Samuels". I remember writing to Will that even his most extreme examples or perfect scenarios for winning a race would never allow me to win anything. Realizing there are many more facets of a race than just the finish, I began to explore other areas for victory. If all went well, the 3rd Annual Peoples Beach to Beacon 10K would be my moment to shine. The size and notoriety of this race would add credibility to my accomplishment. Simply put I knew winning the finish was impossible, winning the start was my goal. The 3rd Annual B2B was the biggest ever. When I arrived and saw the magnitude of runners I began to have second thoughts. Starting at the back and concentrating on the task at hand, I began my struggle without much effort, the first half of the field was easily navigated. Wading through the next two thirds became more of a challenge but I was determined. I hit the wall with about 10 feet to go. At a standstill I changed strategy, recognizing fellow MTC runners and other notables in the running community I began picking them off one by one. Move over Musca, I said, step aside Snow-Reaser, pardon me Payson, behind me Byrne and comin' through Coffin. A couple elbows later and the last few feet on my hands and knees I stood up on the sacred startline. There I was, toe to toe and shoulder to shoulder with two time winner Khalid Khannouchi, I must admit he looked a little surprised to see me, then the gun sounded and we were off.

Where I finished is unimportant, let the records show I won the start! Correction, Khalid, Kimani and I won the start. If you don't believe me check the Newsletter or better still check online. Khalid, Kimani and I are the only three that have the same guntime and nettime, everyone else is at least one second different. Victory at last.

Now the confession, the above story is untrue, Khalid and Kimani won the start, I was twenty nine seconds back along with my wife and a few other runners who will testify to my whereabouts when the gun went off. I have no idea how my guntime and nettime remained the same and it does not matter. I enjoyed the race and appreciate everyone's efforts that helped make it possible. As for my slant on *Winning for Dummies* the pressure is off this year, I was the first person to register for the September 24th Tukey Trott 10K. I won the registration, after all a win is a win.

Mike Doyle



Race Committee Update

Well, we made it through the busiest portion of our racing schedule without any major problems. I heard few complaints in regards to the Clam Festival Classic, the Peaks Island Road Race and the St. Peter's Road Race, which usually is a good sign that everything ran smoothly. Thanks to Ron Pelton, Larry Dyer and Mike Reali for their work organizing those races, and thanks to all the volunteers who helped make the events a success.

By the time this newsletter reaches you, the Maine Running Hall of Fame 5K will be history, but two more important club events are coming up -- the Harvard Pilgrim Women's Fitness 5K on Sept. 17, and the Sportshoe Center Marathon/Half Marathon/Relay on Oct. 1. Both events require lots of volunteer help. The Women's Fitness 5K is a good chance for the men in the club to support the women members by coming out to help on race day. If you'd like to volunteer, please contact Ron Deprez at 772-4312. As for the marathon, this is the club's signature event, and we'd like all members to be involved, either as a runner or a volunteer. Entries are still well ahead of normal for both the marathon and half marathon, so we're expecting a record field. If you're not running, though, we desperately need your help as a volunteer. Please see the enclosed flyer for more information.

Good luck to everyone who is training for these and other fall races!

Bob Aube



Camp Experience

The Maine Black Bear track & field camp was an awesome experience for me. The coaches there were great. They always want you to have fun, and make sure you do. I made a lot of friends, and I enjoyed myself.

The stuff that I learned is really what made this an awesome experience. Before the camp, I was strictly a sprinter, I wanted to try jumping. Not only did they teach me a lot about sprinting from blocks, I also learned how to be a pretty good long and triple jumper. My week long experience at camp makes me want to go back next year. Thanks for the awesome scholarship!

3rd Annual Peoples Beach to Beacon



Britt Sinclair #3992
MTC of Auburn
Teresa Sinclair #3995
MTC of Sidney



Kathy Hepner #1227
MTC of Gorham
Nancy Fischman #3359
from Freeport



Richard Bryant #2219
MTC of Cape Elizabeth
John Osborn #2517
from Portland



Matthew Flynn #3256
MTC of Cape Elizabeth
Mitzi Tucker #1157
from Laconia, NH



Alyson Grant
5th 19 and under
MTC of Scarborough



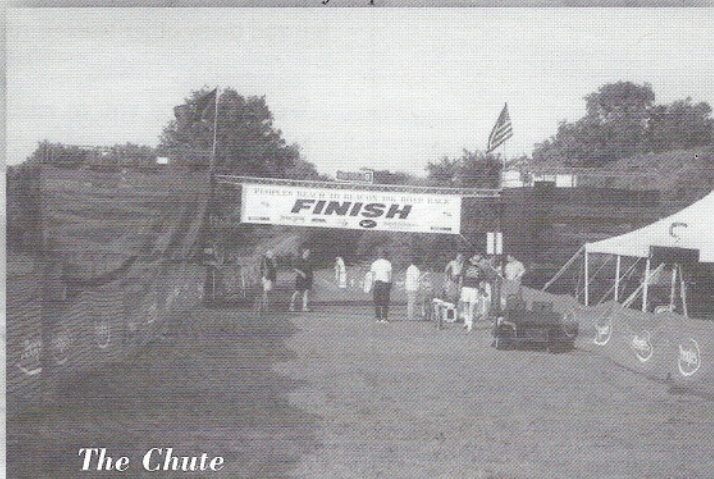
Margaret Flynn #3257
MTC of Cape Elizabeth
Stanis Moody-Roberts #2278
MTC of Cape Elizabeth



Matthew Lunt #4214
MTC of Cape Elizabeth



Carrie McCusker
MTC of South Portland



The Chute



Sarah Macoll
MTC of Cape Elizabeth
Beach to Beacon
Chief Coordinator
of Volunteers

How They Train – New England Style

Julia Kirtland

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

Julia Kirtland, 35, owns the unique distinction of being the "one and only" winner of the First Maine Woman division of the Peoples Beach to Beacon 10K in each of the popular race's three years of existence. A graduate of Macalester College and a member of the Moving Comfort running team, Julia and her husband Paul Hickey live in Harpswell, Maine, where Julia coaches the recreational program for children ages 6 to 12 years. Julia was the 23rd place finisher at this year's Olympic marathon trials in Columbia, SC, in a time of 2:45:28. We caught up with Julia at her home, following an easy 6 mile trail run.



Name: Julia Kirtland

College: Macalester College

Club affiliation: Moving Comfort

Age: 35

Best Marks:

Time	Distance
2:37:46	Marathon
34:09	10K
16:26	5K

Personal Statistics:

Birth Date: 3/15/65

Birth place: Auburn, NY

Height: 5'3"

Weight: 105lbs

Married (Paul Hickey) - no kids

I help coach the rec. running program in Harpswell (kids age 6-12)

Started running: in 1978 or 1979

How did you come to live in Maine?

I came here in 1989 to go to grad school at UMO.

Pre-Training Warm-up & Stretching:

I might stretch a little before I run, but I usually stretch for 15 – 30 min afterwards.

Log Book:

I write in a running journal every day. It includes time, distance, where I ran, how I felt, weather, and anything else that is relevant.

Daily workouts:

My training varies a lot, depending on if I am preparing for a marathon. In general I have 3 hard days a week - 1) hill repeats (earlier in season) or shorter track interval (later in season), 2) longer intervals, and 3) a long run. I do doubles when I am training for a marathon - but usually only 2-3 days a week, and it is a shorter and easier effort than the other workout of the day. My mileage when training for a marathon has been usually 70 - 90 miles/week. Now, I am not training for a marathon, and I am running 50-60 miles/week. However, I often adjust my workouts and schedule to accommodate how my body feels. Pace really depends on what shape I am in, and of course, what I am doing.

Favorite race:

My favorite race is the Boston Marathon - although there are many other races that I also really enjoy running. Boston (I ran in 1999) - has the great history and a fantastic atmosphere in which to run.

Beach to Beacon is certainly another one of my favorite races. It is just so wonderful to have such a world-class event in Maine - and they do a fantastic job.

Favorite workout:

There is really no one favorite/toughest workout. But, I really do like the long runs.

Running Hero:

Joanie has, and continues to be, a wonderful role model for me and many other women runners.

Who inspired you to run?

No one inspired me to run. I played on a coed soccer team as a kid, and the coach suggested I run in a local road race - and I loved it from the very beginning. I didn't know of Joanie then.

Why do I run?

I run because I love it!

RACE RESULTS

Peoples Bank and Joan Benoit Samuelson Present

The Third Annual

Peoples' Beach To Beacon 10K Road Race

3436 Finishers (1555 Female {3 Wheelchair} & 1878 Male {4 wheelchair} & 3 Bandits)

Scenic, Certified Point-To-Point Course From Crescent

Beach To The Portland Head Light In Cape Elizabeth

8:00 A.M., Saturday, August 5th, 2000

Weather: Sunny, Humid, 70's Fahrenheit

Results Courtesy of Granite State Race Services

Top Overall Finishers

Place/Name	Age	Guntime	Pace	Chiptime
1 Joseph Kimani 1,over. USAT&F:op.	27	28:05	4:32	28:05
2 Simson Limaring 2,over. USATF:op.	23	28:20	4:34	28:17
3 William Kiptum 3,over. USAT&F:op.	29	28:21	4:34	28:19
4 Reuben Cheriuyot 4,ov. USAT&F:op.	24	28:37	4:37	28:36
5 Khalid Khannouchi 5,ov. USATF:op.	28	28:39	4:37	28:39
6 Abel Ondeyo 6,overall USAT&F:op.	22	28:42	4:38	28:41
7 Hezron Otwor 7,overall USATF:op.	23	28:54	4:40	28:53
8 German Silva 8,overall USAT&F:op.	32	29:04	4:41	29:02
9 Andrew Masai 9,overall USAT&F:op.	40	29:12	4:42	29:11
10 Patrick Kiptum 10,ov. USAT&F:op.	28	29:23	4:44	29:21
26 Catherine Ndereba 1,ov USATF:op.	28	32:19*	5:13	32:17
27 Libbie Hickman 2,over. USATF:op.	35	32:19*	5:13	32:18
31 Natalie Nalepa 3,over. USATF:op.		32:28*	5:14	32:25
37 Jane Ngotho 4,overall USAT&F:op.	30	32:27*	5:15	32:34
38 Svetlana Zakharova USAT&F:open	30	32:40*	5:16	32:38
45 Anne Marie Lauck 6,ov. USATF:op.	31	33:11*	5:21	33:09
50 Wilma Van Onna 7,over. USATF:op.	35	33:23*	5:23	33:20
51 Yuko Arimori 8,overall USATF:op.	33	33:28*	5:24	33:27
53 Marian Sutton 9,over. USAT&F:op.	36	33:36*	5:25	33:34
55 Judi St. Hilaire 10,ov.USATF:op.	40	33:37*	5:25	33:36

Other Top Divisional Finishers

Tony Nogueira wheelchair CR	32	24:34	3:58	
11 Bryan Spoonire 5,25-29 USATF:op.	28	29:31	4:45	29:30
14 Simon Karori 2,40-44 USAT&F:age	41	30:01	4:50	29:57
15 Graeme Fell 3,40-44 USAT&F:age	40	30:11	4:52	30:10
Laurie Stephens wheelchair	16	30:25*	4:54	
16 Sammy Ngathia 4,40-44 USAT&F:age	41	30:43	4:57	30:42
20 Andrey Kuznetov 5,40-44 USATF:ag.	43	31:18	5:03	31:15
21 Todd Coffin 1,35-39 USATF:ag.1,ME	39	31:36	5:06	31:33
29 Paul Hammond USAT&F:age	40	32:24	5:13	32:21
40 Jeff Gaudette 1,19&- USAT&F:age	17	32:53	5:18	32:49
43 Jerry Johnson 2,19&- USAT&F:age	18	33:05	5:20	32:53
58 Rachel Sauder 2,25-29 USATF:open	26	33:49*	5:27	33:45
59 Laura Baker 3,25-29 USAT&F:open	26	33:50*	5:27	33:47
62 Kim Pawelek 4,25-29 USAT&F:open	26	33:57*	5:28	33:55
65 Robert Gomez USAT&F:age	17	34:15	5:31	34:09
68 Marina Belyaeva 2,40-44 USATF:ag.	41	34:38*	5:35	34:36
71 Elena Viazova 3,40-44 USAT&F:age	40	34:41*	5:35	34:38
91 Ronald Newbury 1,50-54 USATF:age	50	35:32	5:43	35:27
92 Bob Sholl 2,50-54 USAT&F:age	53	35:32	5:43	35:27
93 Mimi Corcoran 4,35-39 USAT&F:age	35	35:34*	5:44	35:30

95 Julia Kirtland 5,35-39 1,ME USATF	35	35:35*	5:44	35:32
99 Mark Page USAT&F:age	14	35:36	5:44	35:37
104 Gordon Terwilliger 3,50-54 USATF	51	35:42	5:45	35:38
109 Eric Johnson USAT&F:age	15	35:57	5:48	35:51
126 George Towle (MTC) USAT&F:age	50	36:29	5:53	36:22
128 David Williams 5,50-54 USATF:ag.	50	36:31	5:53	36:25
170 Mary Proulx 1,19&under USATF:ag.	19	37:22*	6:01	37:15
176 Maggie Hanson 1,20-24	20	37:32*	6:03	37:12
238 Carol Hogan (MTC) 1,45-49 USATF	49	38:54*	6:16	38:49
260 Joel Croteau 1,55-59	56	39:14	6:19	39:04
277 Rebecca Ransom-Ferguson USAT&F	46	39:37*	6:23	39:31
295 Ellie Tucker (MTC) 3,45-49 USATF	45	39:51*	6:25	39:44
298 Bill Springer 1,60-64 USAT&F:age	60	39:52	6:25	39:34
396 Gretchen Read 1,55-59 USAT&F:age	57	41:37*	6:42	41:17
441 Joe Fernandez 1,70&+ USAT&F:age	71	42:08	6:47	42:04
691 Wendy Burbank 2,55-59 USAT&F:age	57	44:45*	7:12	44:39
729 Joan Lavin (MTC) 1,50-54	52	45:06*	7:16	44:51
752 Bill Engle 1,65-69	69	45:15	7:17	44:58
1144 Don Ross 2,70&over USAT&F:age	70	48:42	7:50	48:02
1164 Imme Dyson 1,60-64 USAT&F:age	63	48:49*	7:52	48:29
2354 Len Locke USAT&F:age	75	58:10	9:22	56:51
2397 Beverly McCoid 1,65-69 USATF:age	65	58:28*	9:25	56:28
2550 Carlton Mendell (MTC) USAT&F:age	78	59:51	9:38	58:01

Top Maine Finishers

21 Todd Coffin 1,35-39 USAT&F:open	39	31:36	5:06	31:33
23 Byrne Decker	33	31:47	5:07	31:45
25 Michael Payson (MTC) 3,35-39	35	32:15	5:12	32:12
28 Stephen Sarkozy	32	32:21	5:13	32:19
30 Rod Hemingway	24	32:27	5:14	32:24
33 Barry Logan	31	32:30	5:14	32:28
34 Morgan Laidlaw	28	32:32	5:14	32:29
35 Kevin Way	31	32:36	5:15	32:33
40 Jeff Gaudette 1,19&- USAT&F:age	17	32:53	5:18	32:49
42 Paul Johnson	23	32:54	5:18	32:51
95 Julia Kirtland 5,35-39 USATF:age	35	35:35*	5:44	35:32
130 Christine Snow-Reaser (Hon.MTC)	34	36:32*	5:53	36:28
164 Mya Mangawang	27	37:10*	5:59	37:07
176 Maggie Hanson 1,20-24	20	37:32*	6:03	37:12
190 Jo-Ann Nealey	39	37:55*	6:07	37:51
238 Carol Hogan (MTC) 1,45-49 USAT&F	49	38:54*	6:16	38:49
245 Susan Foster 4,40-44	42	39:02*	6:17	38:54
258 Donna Hurlay 5,40-44	43	39:12*	6:19	39:07
263 Kelly Rodrigue	36	39:20*	6:20	39:17
277 Rebecca R.-Ferguson 2,45-49 USATF	46	39:37*	6:23	39:31

Other Maine Track Club Finishers

84 Peter Bottomley	38	35:20	5:42	35:14
87 Dave Howard	34	35:26	5:42	35:22
108 Britt Wolfe	35	35:55	5:47	35:48
113 Michael Gordon	38	36:11	5:50	36:05
118 Mark Steege 4,45-49	45	36:17	5:51	36:12
133 David Chamberlain	38	36:34	5:53	36:26
134 John Mollica 5,45-49	47	36:14	5:54	36:28
136 James Toulouse	52	36:36	5:54	36:31
145 Timothy Clement	39	36:45	5:55	36:32
161 Mark Woodbury	35	37:07	5:59	37:00

RACE RESULTS (CONTINUED)

186 Michael Musca	42	37:48	6:05	37:37
198 William Sproul	42	38:08	6:09	37:11
204 Paul Toohey	42	38:15	6:10	38:06
212 Dick Graves	45	38:19	6:10	38:14
225 Larry Wold	41	38:41	6:14	38:28
229 Hans Brandes	41	38:45	6:15	38:34
250 Donald Foshay	41	39:04	6:18	38:58
261 Sean Keough	44	39:15	6:19	39:11
303 Tom Shorty	38	39:58	6:26	39:46
312 Anne Marie Boisvert	36	40:11*	6:28	40:02
327 Richard Bryant	42	40:24	6:31	40:07
340 Carrie McCusker	30	40:44*	6:34	40:32
351 Kurt Nielsen	45	40:53	6:35	40:24
364 Ogden Williams	45	41:11	6:38	40:54
375 Kate Meyers	40	41:16*	6:39	41:09
397 Kimberly Moody 4,45-49	45	41:38*	6:42	41:22
408 Rich Robinov	40	41:48	6:44	41:40
417 Amy Tchao	35	41:54*	6:45	41:45
421 Danforth DeSena	45	41:58	6:46	41:49
428 Bob Payne 2,60-64	62	42:07	6:47	41:59
456 Kim White	38	42:15*	6:48	42:07
480 Sindee Gozansky	35	42:29*	6:51	42:17
517 Alyson Grant 5,19&under	18	42:56*	6:55	42:25
519 Maureen Sproul	44	42:58*	6:55	42:38
528 Gene Fitzpatrick	40	43:04	6:56	42:56
525 Brian Cliffe	39	43:07	6:57	42:46
530 Daniel Tucker	36	43:09	6:57	42:41
534 Jeanne Hackett	41	43:10*	6:57	42:22
537 Bob Coughlin 3,60-64	61	43:13	6:58	42:57
545 Stewart Jordan	43	43:17	6:58	43:06
553 Mike Lecompte	39	43:23	6:59	42:55
555 Kimberly Bonsey	38	43:26*	7:00	43:14
558 Jennifer DeSena 5,45-49	46	43:28*	7:00	43:17
564 Curtis Moulton	37	43:33	7:01	43:14
568 Sarah MacColl	44	43:35*	7:01	43:13
572 Michael Doyle	35	43:39	7:02	43:39
600 Matthew Flynn	38	43:59	7:05	43:47
608 Ron Cedrone	51	44:04	7:06	43:56
610 Charles Massie, Jr.	46	44:05	7:06	43:48
630 Loren Lathrop	51	44:18	7:08	43:54
635 Bill Spirer	19	44:21	7:09	43:45
665 James Corbett	36	44:34	7:11	43:57
687 Bill Punsky	30	44:43	7:12	44:12
702 Harry White	58	44:49	7:13	44:38
711 Brent Graham	30	44:52	7:14	44:14
718 Don Bessey	54	44:56	7:14	44:40
720 Kathy Hepner	40	44:59*	7:15	44:30
734 Colleen Redmond	35	45:08*	7:16	44:39
737 Daniella Daggy	29	45:08*	7:16	44:55
750 Chris Salamone	40	45:14	7:17	44:44
756 George Cooper	44	45:18	7:18	44:46
782 Betty Rines	43	45:32*	7:20	45:19
795 James Estes	51	45:38	7:21	44:48
815 Rob Boudewijn	53	45:49	7:23	44:45
819 Eve Harrison	35	45:50*	7:23	45:49
821 Kitty Kelley 2,50-54	53	45:51*	7:23	45:36
830 Glen Gallupe	40	45:53	7:24	44:19

834 Neil Martin	57	45:55	7:24	45:25
848 Judith Kane	41	46:04*	7:25	45:53
853 Janet Kane	25	46:06*	7:26	45:32
863 Guy Roy	49	46:12	7:26	45:18
866 Jay Wilson	42	46:13	7:27	45:30
911 Ed Doughty, Jr.	51	46:38	7:31	45:31
947 Mick McCall	46	46:55	7:34	45:52
958 Richard Scribner	49	47:01	7:34	46:07
963 James Harmon	40	47:03	7:35	46:11
989 Kevin Butterfield	29	47:16	7:37	45:45
1010 Denise Robertson	39	47:34*	7:40	46:22
1018 Elise Moody-Roberts	11	47:39*	7:41	46:41
1019 Theresa Wysocki	29	47:40*	7:41	47:26
1058 Leslie Couper	37	47:58*	7:44	47:32
1060 Theresa Gallupe	38	47:58*	7:44	46:29
1087 Douglas Couper	39	48:19	7:47	47:53
1152 Stanis Moody-Roberts	11	48:43	7:51	47:01
1163 Diane Daley	44	48:49*	7:52	47:49
1166 George Campbell, Jr.	53	48:50	7:52	46:55
1172 Gail Kolbe	47	48:54*	7:53	47:51
1173 John Tragert	43	48:55	7:53	47:37
1179 Marla Keefe	46	48:57*	7:53	48:00
1197 Julia Dunfey {Maryanne's Niece}	16	49:05*	7:54	48:49
1198 Maryanne Dunfey	39	49:05*	7:54	48:49
1206 Amanda Wood	25	49:07*	7:55	48:37
1234 Robin Schulte	44	49:16*	7:56	48:03
1235 Kelly Fernald	38	49:17*	7:56	49:03
1238 Roger Fenn	54	49:18	7:56	48:42
1257 Diane LaVangie	41	49:25*	7:58	48:37
1384 Whitney DeSena	14	49:38*	8:00	48:53
1292 Ron Perry	62	49:43	8:01	48:54
1323 Mary Brandes	42	49:55*	8:02	48:52
1326 Chester Matthews	54	49:56	8:03	49:26
1333 Neil Chivington	53	50:01	8:03	49:20
1339 Andrew McCusker	52	50:06	8:04	48:42
1344 Jeanie Campbell	40	50:08*	8:05	46:51
1365 Larry Barker	51	50:16	8:06	49:37
1373 Gregg Frame	28	50:18	8:06	49:09
1374 Linnea Olsen	45	50:18*	8:06	49:09
1378 Sarah Entwistle	29	50:19*	8:06	49:20
1393 Thomas Carll	56	50:23	8:07	49:32
1418 Ronald Pelton	47	50:32	8:08	49:19
1446 Edward DiBiase	38	50:46	8:11	49:29
1463 Tyke MacColl	11	50:55	8:12	49:57
1527 David Roberts	45	51:29	8:17	50:22
1529 Joseph Shinnick	37	51:30	8:18	50:07
1555 Laura Kelley	23	51:44*	8:20	50:45
1565 Howard Spear	50	51:51	8:21	50:39
1574 James Robbins	38	51:54	8:22	50:06
1613 Anthony Salamone	50	52:10	8:24	51:30
1629 Chuck Burnie	46	52:17	8:25	51:00
1658 Nelly Hall	32	52:32*	8:28	49:57
1715 Polly Kenniston 2,60-64	63	52:56*	8:32	52:26
1729 John Littlefield	44	53:07	8:33	51:50
1731 Elizabeth Shorr	47	53:09*	8:34	52:34
1742 Michael Brooks	54	53:15	8:35	52:02
1753 Terry Clark	56	53:19	8:35	50:30
1757 George Spatoulas	49	53:21	8:36	51:55

RACE RESULTS (CONTINUED)

1759 Bob Jolicoeur	63	53:21	8:36	50:31
1773 Kristen Millar	28	53:29*	8:37	51:59
1826 Jill Shinnick	33	53:50*	8:40	52:27
1852 Rebecca Sargent	22	54:04*	8:43	52:25
1859 Christin Burnham	25	54:06*	8:43	51:35
1873 David Everest	34	54:14	8:44	51:39
1889 Catherine Squires	33	54:21*	8:45	51:19
1914 John Nichols	36	54:34	8:47	52:59
1950 Patty Medina	42	54:54*	8:50	52:54
1990 Bob McCormack	49	55:12	8:53	53:46
2020 Les Berry	52	55:23	8:55	55:03
2050 Kathleen Harris	37	55:38*	8:58	53:53
2084 Robert DeWitt	56	55:55	9:00	54:30
2095 Karen Connolly	41	56:03*	9:02	54:36
2096 Deniece Hallstein	37	56:03*	9:02	54:41
2097 Lynn Hallstein	37	56:04*	9:02	54:41
2098 Dick Hallstein	60	56:04	9:02	54:43
2109 Joan Tremberth??	55	56:09*	9:03	54:48
2128 Lynn Shorty	37	56:19*	9:04	53:39
2129 Russ Connors	68	56:19	9:04	54:37
2130 Jeff Flynn	44	56:19	9:04	54:18
2123 Cathy Burnie	51	56:20*	9:04	55:03
2173 Bob Boothe	37	56:35	9:07	54:15
2208 Jim Tyrrell	53	56:51	9:09	55:36
2218 Katy Dydowitz	33	56:55*	9:10	53:38
2245 David Skelton	42	57:07	9:12	55:09
2264 Donald Burnham	59	57:14	9:13	56:04
2275 Kathleen Tragert	41	57:20*	9:14	56:02
2283 Keith Sheehan	43	57:26	9:15	54:00
2303 Lenny Poulin	52	57:39	9:17	55:12
2309 Lisa Kelley	35	57:43*	9:18	54:33
2315 Mark Grandonico	41	57:45	9:18	55:30
2320 Diane Dusini	37	57:48*	9:19	56:01
2381 Sherry Carll	53	58:18*	9:23	56:53
2383 Christine Morrison	34	58:19*	9:23	56:51
2385 J. Bart Morrison	38	58:19	9:23	56:51
2426 Kelley Ryder-Herzog	27	58:37*	9:26	56:19
2445 Amy Ives	28	58:46*	9:28	56:56
2462 Katy Littlefield	36	58:55*	9:29	57:04
2485 Jodi Benvie	25	59:07*	9:31	56:15
2492 Harry Fullerton	52	59:09	9:32	56:57
2512 Sherry Grandonico	46	59:23*	9:34	57:06
2518 Brian Dudley	46	59:27	9:34	57:05
2548 Nancy Hewett	53	59:50*	9:38	57:58
2566 Shelley Lathrop	24	59:56*	9:39	58:03
2585 George Conly	52	60:06	9:41	56:34
2605 Laura Tyrrell	53	60:19*	9:43	57:51
2611 Sean O'Hare	32	60:22	9:43	57:44
2627 Phillips Sargent	54	60:30	9:45	58:48
2656 Gayle Desjardins	36	60:42*	9:46	58:34
2718 Cheryl McCall	44	61:15*	9:52	58:09
2749 Edmund Zuis	34	61:40	9:56	58:34
2778 Patrice Sheehan	38	61:59*	9:59	59:11
2824 Joni Hewitt	44	62:29*	10:04	60:37
2840 Robert Daggy	54	62:46	10:07	60:32
2883 Anne Picard	34	63:25*	10:13	60:08
2895 Beth Quinlan	41	63:36*	10:14	61:06
2897 Terry Keough	43	63:37*	10:15	60:48

2904 Annette Elowitch	57	63:43*	10:16	61:25
2951 Sally Paterson	59	64:30*	10:23	62:00
2957 Kenneth Spierer	57	64:32	10:24	62:14
2999 Terry Young	39	65:26*	10:32	63:15
3024 Janice Drinan	56	66:11*	10:40	63:54
3035 Constance Poulin	51	66:23*	10:41	63:56
3116 Marby Payson	61	68:04*	10:58	65:29
3148 Carol Perry	53	68:57*	11:06	65:24
3234 Pat Buckley	62	70:43*	11:23	67:39
3270 Donna Moulton	51	72:25*	11:40	69:23
3271 Maggie Soule	58	72:26*	11:40	69:20
3338 James Sinclair	14	76:42	12:21	73:46
3339 Michael Sinclair	27	76:43	12:21	73:25
3376 Julius Marzul	74	80:51	13:01	79:37
3378 Walter Webber	70	81:18	13:06	78:44
3380 Doreen Morrow	47	81:33*	13:08	80:29
3381 Kate Harris	55	81:39*	13:09	78:17
3393 Beverly Doughty	49	84:00*	13:31	80:39
3405 Britt Sinclair	27	87:53*	14:09	84:37
3406 Teresa Sinclair	12	87:53*	14:09	84:38

**CONGRATULATIONS TO THE OVER TWO-HUNDRED MAINE
TRACK CLUB MEMBERS AND THEIR RELATIVES WHO RAN
THE
PEOPLES BEACH TO BEACON THIS YEAR!**

Many thanks to Bob and Bill Teschek of Granite State Race
Services and COOLRUNNING.COM for complete results!

The Maine Track Club Presents The RRCA Maine State Championship 2000 Saint Peter's Festival Four Mile Road Race

Challenging Modified Loop Course In
Portland's Scenic West End and Old Port Area
190 Finishers (55 Female & 135 Male)
6:45 P.M., Friday, August 11th, 2000

Top Overall Finishers

Place/Name	Division	Time	Pace
1 Jerry Johnson 1,overall	19&under	20:35	5:09
2 Scott Brown 2,overall	40-44	21:06	5:17
3 Dave Howard (MTC) 1,30-34	30-34	22:27	5:37
4 John Gagnon 2,30-34	30-34	22:40	5:40
5 Dan Hoffman	30-34	22:51	5:43
22 Gayla Underkoffler (MTC) 1,over.	35-39	24:41*	6:11
26 Katherine Chabot Boucher 2,over.	20-29	25:20*	6:20
28 Tina Michaud 1,20-29	20-29	25:27*	6:22
41 Alyson Grant (MTC) 1,19&under	19&under	26:32*	6:38
51 Jessica Germano 2,19&under	19&under	27:31*	6:53

Other Top Divisional Finishers

6 Britt Wolfe (MTC)	35-39	23:03	5:46
7 George Towle (MTC)	50-54	23:11	5:48
11 Tom Menendez (MTC)	45-49	24:01	6:01
13 Larry Deans	40-44	24:13	6:04

RACE RESULTS (CONTINUED)

14 Seth Harrow	20-29	24:22	6:06
29 Lawson Noyes	55-59	25:28	6:22
43 Bob Payne (MTC)	60-64	26:38	6:40
52 Sindee Gozansky (MTC)	35-39	27:32*	6:53
54 Eli Shank	19&under	27:44	6:56
60 Mary Stewart-Wong	40-44	27:52*	6:58
67 Amy Nason	30-34	28:12*	7:03
71 Lloyd Slocum	65&over	28:31	7:08
91 Marla Keefe (MTC)	45-49	30:21*	7:36
137 Rosemary Clark	50-54	34:27*	8:37
168 Janice Drinan (MTC)	55-59	37:58*	9:30

Other Maine Track Club Finishers

8 Steve Reed 2,50-54	50-54	23:27	5:52
12 Russell Boisvert 2,45-49	45-49	24:10	6:03
16 Hans Brandes 2,40-44	40-44	24:25	6:07
17 Marlin Conrad	45-49	24:28	6:07
31 Mike Grant	40-44	25:35	6:24
40 Curtis Moulton	35-39	26:23	6:36
45 Philip Pierce 2,55-59	55-59	26:58	6:40
49 Jay Wilson	40-44	27:28	6:52
69 Dale Rines	45-49	28:16	7:04
94 Neil Chivington	50-54	31:06	7:47
106 William Rice	40-44	31:48	7:57
110 Drew Cheney	45-49	32:04	8:01
113 Mike Brooks	50-54	32:07	8:02
117 Matthew Govan	30-34	32:45	8:12
118 Denny Morrill 2,60-64	60-64	32:49	8:13
128 Mark Coughlin	35-39	33:35	8:24
129 Lisa Kelley	35-39	33:35*	8:24
132 Robert DeWitt	55-59	33:46	8:27
134 Russ Connors 2,65&over	65&over	34:11	8:33
136 John Watson	55-59	34:25	8:37
141 Bob Jolicoeur	60-64	34:45	8:42
143 Mike Pugh	60-64	34:53	8:44
145 Chuck Burnie	45-49	35:07	8:47
148 Harry Fullerton	50-54	35:25	8:52
150 Gayle Desjardins	35-39	35:44*	8:56
151 Cathy Burnie	50-54	35:46*	8:57
160 Carlton Mendell	65&over	36:18	9:05
163 Gina DiBiase	35-39	36:46*	9:12
175 Frank DiBiase	65&over	39:04	9:46
190 Julius Marzu	165&over	51:32	12:53

Many thanks to MTC Chief Computer Operator Everett Moulton
for complete results!

The Casco Firemen's Association, Hancock Lumber And SPLIT-TIME RACE MANAGMENT Present *The 22nd Annual Casco Days Country Run 4 Miler*

330 Finishers

Challenging Point-To-Point Certified Course From
The Otisfield Line Over The Mayberry Hill Road To Casco Village
9:30 A.M., Saturday, July 29th, 2000

Top Overall Finishers

Place/Name	Age	Time
1 Adam Boardman overall	21	21:02
2 Kyle Rhoads 1,30-39	30	21:03
3 Josh Dyer 1,20-29	22	21:29
4 Michael T. Megeles 2,30-39	33	22:30
5 Eric Johnson 1,14-16	15	22:25
29 Caroline Newcomb overall	21	26:24*
37 Michelle Carrigan 1,30-39	35	26:56*
39 Beth Murphy 1,17-19	19	26:59*
41 Alora Johnson 2,17-19	17	27:15*
50 Kathryn Brown 2,30-39	35	27:51*

Other Top Divisional Finishers

6 Dave Levine 17-19	17	22:31
9 Russell Boisvert (MTC) 40-49	49	22:51
26 Chase Pray 50-59	56	26:13
46 Bob Payne (MTC) 60&over	62	27:30
81 Diane Willey 40-49	43	29:54*
85 Lauren McCarthy 20-29	22	30:04*
87 Robby Edminston 13&under	11	30:13
130 Betsy Lindstrom 13&under	13	32:41*
170 Caroline Lally 50-59	53	34:52*

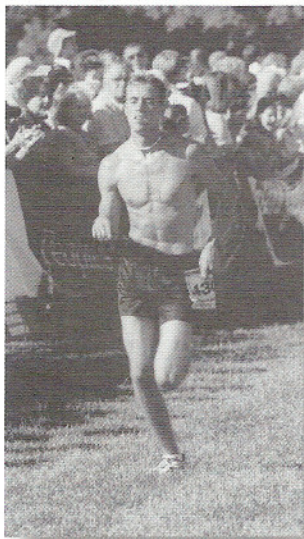
Other Maine Track Club Finishers

11 Brandon Bonsey 2,14-16	14	24:32
33 Rex Holtan	48	26:34
78 Richard Scribner	49	29:43
99 Diane Daley	44	30:41*
101 Marla Keefe	46	30:45*
106 Kevin Callahan	40	31:16
122 Amanda Wood	25	32:21
129 Denny Morrill 2,60-69	60	32:40*
199 Kathleen Callahan	39	36:28*
230 Kenneth Spirer	57	39:34
236 Sandy Utterstrom 3,50-59	56	40:01*
255 Virginia Cross	57	42:25*
259 Debbie Howe fitness walker	54	44:01*
290 Donald Penta	54	55:56

Many thanks to COOLRUNNING.COM



3rd Annual Peoples Beach to Beacon



*Jeff Gaudette
1st 19 & under, 9th Maine finisher
of Biddeford*



*German Silva
1st 30-34, 8th overall
from Toluca, Mexico*



Hello Everyone,

As the Maine State representative for the RRCA and a member of the Maine Track Club I am pleased to announce that the MTC has received the RRCA Children's Running Grant. Stay tuned for upcoming information on the allocation of this grant. Congratulations to Mike Reali and the volunteers and sponsors for putting on a great RRCA State Championship St. Peter's 4 miler. I would also like to congratulate all the runners who ran the Beach to Beacon, the Breakaway 5k and the Falmouth Cape Cod Race, special thanks to my husband, Everett who ran with me.

Donna Moulton
Maine State Rep. for the RRCA

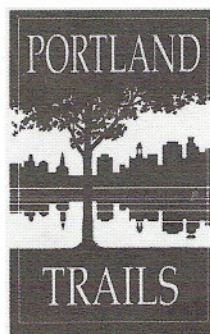


Portland Trails Tukey Trot 10K Run/Walk

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

All volunteers receive T-shirts.

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



MAINE TRACK CLUB OFFICERS & COMMITTEE CHAIRS



USA Track & Field



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

UPCOMING MTC BIRTHDAYS

HAPPY BIRTHDAY MTC MEMBERS!!

SEPTEMBER:

- 15: Claire Fontaine
- 16: Stephen Podgajny, Maggie Soule, Jim Tyrrell
- 17: Glen Gallupe
- 19: Larry Perkins
- 22: Christine DeTroy, Harley Lee
- 23: Jonathan Gale
- 24: Allison McCall
- 26: Don Bessey, Nora Daly, John Nichols
- 27: Nancy Libby, John Linscott, Colleen Salvo
- 28: Diane LaVangie, Bob Stuart
- 30: Mel Fineberg, Byron Little

OCTOBER

- 1: Leah Edwards
- 2: Mike Grant, Michael Musca
- 4: Marjorie Batten, John Cole, Don Duncanson, Jane Flynn, Katherine Tibbetts
- 5: Bert Campbell, George Campbell, Nick Daly, Dan Dearing
- 6: Ellie Tucker
- 7: Kurt Nielsen
- 8: Sumner Weeks
- 10: Amy Cohan, Gerald Kazilionis
- 12: Peter Bottomley, Brian Cliffe, Nancy Kneeland
- 13: Gloria Alcorn, Kristen Bryant
- 14: Alyson Grant, Judith Kane



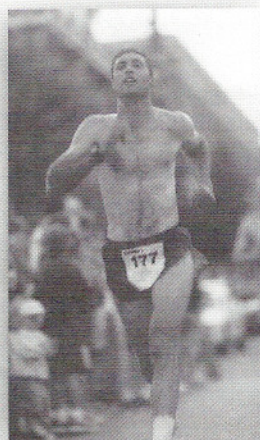
St. Peter's Church 4 Miler



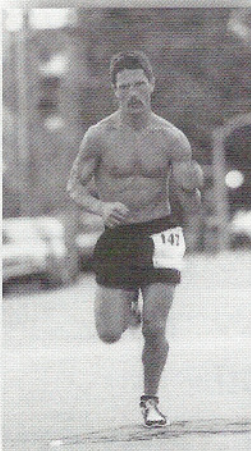
Tina Michaud
1st 20-29, 3rd overall
of Biddeford



Gayla Underkoffler
1st female overall
MTC of Scarborough



Hans Brandes
2nd 40-44
MTC of Falmouth



Dave Howard
1st 30-34
MTC of Portland



Frank DiBiase
MTC of Portland

M.T.C. Clothing Available

- Jerzee Heavyweight Cotton Forest Green Sweatshirts with the M.T.C. logo embroidered on the left chest. M/L/XL/XXL \$20.00
 - Caps, 6 Panel unconstructed, pigment dyed, khaki/Dark Green adjustable leather strap with brass-look buckle snap fastener, embroidered M.T.C. logo \$8.00
 - Lighthouse short sleeve T-shirts - Hanes Beefy-T, 100% Pre-shrunk cotton M/L \$8.00
- Contact: Colleen Redmond or Mike Doyle 871-0051

New M.T.C. Singlets Available To Members Only

Aasics 100% Coolmax

M.T.C. logo silkscreened front and back

- Mens Victory Singlet - Med./Lrg./X-Lrg.
- Womens Diamond Mesh Singlet Small/Lrg./X-Lrg.

Being sold at cost \$15.00

Contact Colleen Redmond or Mike Doyle 871-0051



MAINE TRACK CLUB DISCOUNTS

The following area sporting goods stores have agreed to give MTC members discounts on running shoes and running clothing. It is necessary that you show your 2000 club ID card when requesting discounts.

Peak Performance Sports

59 Middle St., Portland

**15%
ON ALL PURCHASES**

Olympia Sporting Goods

Maine Mall, S. Portland

10% ON SHOES ONLY

Coastal Athletics

84 Cove St, Portland

**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

2000 Membership Information

Send check or money order to:

**Maine Track Club • P.O. Box 8008
Portland, Maine 04104**

or call Everett Moulton (799-2894) for more information
Individual or Family=\$20.00 • Student=\$12.00

REMINDER

- Volunteers needed for the October 1st
SPORTSHOE Center Maine
Marathon Relay/Half
Marathon., Contact The
M.T.C. 741-2084

