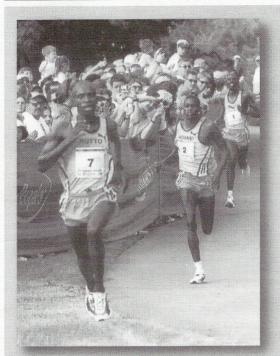


Run with a friend...

www.mainetrackclub.com

September 2001

Vest MC Membership Neetines October 10th Meetines See Page 2



4th Annual Peoples Beach to Beacon 10K

A Kenyan Sweep

1st - Evans Rutto (#7) 2nd - James Koskei (#2) 3rd - Joseph Kimani (#1)



Womens Winner

Catherine Ndereba Being Congratulated by Jennifer DeSena

Presidential Message

September 2001

Don't let what you cannot do interfere with what you can do.

John Wooden

As you read this issue of News-Run, the fall running season and the leaf peeping season will descend on our state. Our summer season has been a busy one with our work on races, preparing for fun runs and picnics. It has been busy and we have had fun doing it. The volunteer picnic at Two Lights State Park was a big success. The park facilities were very good, the food was great, and the large turnout of members made it all very pleasant for everyone. I wish to convey a big thank you to our two master chefs Phil Meech and Chuck Burnie. At the next cookout Phil will have to lend Chuck one of his master chefs hats. Thank you to Cathy Burnie for the volunteer cake and to Maryanne Champeon for taking care of all the details. Thanks to the entire special events committee for arranging the event and to the board of directors for hosting.

I would like to thank the following members for doing an outstanding job handling the finish line and results at the Breakaway 5K: Sandy Utterstrom, Maryanne Champeon, Lorraine Paradis, Charlie Scribner, Maryanne Peck, Ilene Dunfey, and Alyce Schultz. Please forgive me if I left anyone off the list. Let me know and I will make amends. Please remember that we can use all the help we can get for our upcoming races. The Sportshoe Maine Marathon and Half Marathon promises to be the biggest yet according to the early returns of applications. Please call to volunteer at 741-2084 or marathon@maine.rr.com

Please take some time to read about the RRCA awards nominations inserted in this issue. Submit names of members for various awards on the nomination form. Feel free to duplicate the form if you wish to submit more than one nomination. Please send your nominations to:

Maine Track Club—RRCA Awards P.O. Box 8008 Portland, ME 04104

Please send them in as soon as possible as we need to send them to the RRCA by October 1st.

We have many deserving members in our club. They have worked hard for us so let's show them we appreciate what they have done.

Our next general membership meeting will be held on Wednesday, October 10, at 6:30 p.m. in the Jewett Auditorium (machine tool building) on the campus of SMTC. We will be having bi-monthly

membership meetings. Surely everyone can plan to give two hours to your club every other month. Our club offers a lot to it's members, perhaps as much or more than most clubs our size. It is up to each member to take advantage of our offerings. It is painful to hear someone say the club has nothing to offer me. Is this just a means to justify the fact that they did not make the effort to get involved? Think about it.

This coming year will be one of our best yet. We need you to be a part of it.

Enjoy the day,

Mel Fineberg



MTC Membership Meeting Wednesday, October 10, 2001 6:30 PM

SMTC South Portland

Jewett Auditorium (machine tool building)

This is the first meeting of the fall season, please plan to attend. We have a lot of business to discuss plus a great speaker. We need your involvement.

Bob Brainerd will be the guest speaker, he will discuss cross training, injury prevention and related subjects on running. Bob has 17 years experience as a health educator and 10 years experience as a clinical therapist. He has coached runners and triathletes for the past 12 years. Bob is an accomplished triathlete and has completed 32 marathons. He has a BS degree in Exercise Science and Health Education.



MTC Volunteer Picnic August 16th Two Lights State Park Cape Elizabeth



Good food and conversation





Marathon update:

Entries are coming in a record levels. As of August 21st. marathon entries were at 410 (up 74% from last year at this time) and the half marathon entries were at 301 (up 29% from last year at this time). These totals do not include the 84 entrants from The Leukemia & Lymphoma Society, Team in Training. Last years entrants totaled 1500. We are looking for at least 1700 to 2000 entries this year. 39 states & DC plus 4 provinces are represented so far.

Volunteers:

We have heard comments from MTC members that because we have changed the course, and also adding the "chip" timing, people are assuming that we have plenty of help. NOT TRUE! This is still a huge undertaking and 300 to 400 volunteers are needed on race weekend. So here is our pitch for volunteers....WE STILL NEED YOU! So, if your not running, please volunteer....if you are running, please get a family member or friend to volunteer. Call MTC 741-2084 and leave a message, or e- mail Mike Musca at mmmmarathon@yahoo.com

Volunteers are needed for:

- 1. Traffic Control
- 2. Waterstops
- 3. Start/finish area
- 4. Registration
- 5. Course Cleanup

Howard Spear/Bob Aube

Co Directors

THANK YOU

St. Peter's Road Race and Maine Running Hall of Fame 5K Volunteers, Great Job!

2001 MTC RACE SCHEDULE

October 7 - Sportshoe Center Maine Marathon/Relay/Half Marathon; USM's Sullivan Gym, Portland, 8:00 AM, Contact: 741-2084 or marathon@maine.rr.com

October 20 - M.T.C. 50 Miler, Brunswick, 6:30AM, Contact: Maine Track Club 741-2084

November 17 - Hannaford Turkey Trot 5K; Pond Cove Elementary School, Cape Elizabeth, 9:00 AM, Contact: Maine Track Club - 741-2084 or Maggie Soule 846-3631

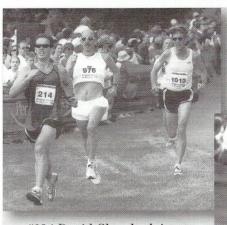
November 22 - Thanksgiving Day 4-Miler; One City Center, Portland, 9:00 AM, Contact: George Towle - 780-5595



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



Welcome Miss Molly The new member of the Mendell Family.



#214 David Chamberlain MTC of Falmouth #976 David Williams #1013 Mark Uliase of Oxford



Carol Hogan MTC of Portland

4th Annual Beach to Beacon

Elise Moody-Roberts MTC of Cape Elizabeth

> Jim Toulouse MTC of Cape Elizabeth

#2116 Joe Hermans of Portland #2982 Katie Meyers MTC of No. Yarmouth

Another Perfect Day



#137 Bobby Penny of Durham, NH #2810 Scott Samuelson MTC of Freeport #1048 Mark Jacobson of

Arlington, MA



Theresa Gallupe MTC of Scarborough

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.



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

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

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

September 29, 2001 - Eliot Festival Day 5K, Eliot, ME 8:30AM Eliot Fire Station, Route 103 (Also, Kids Run), Contact: Randy Bartlett, 2 Garrison Drive, Eliot, ME 03903, (207-439-3707) eliot5k@fcgnetworks.net

October 7, 2001 - 10th Sportshoe Center Maine Marathon/Relay/Half Marathon; Portland, ME, 8:00AM USM Sullivan Gym, Contact: Maine Marathon, PO Box 10836, Portland, ME 04104, (207-741-2084) marathon@maine.rr.com

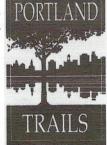
October 20, 2001 - M.T.C. 50 Miler, Brunswick, 6:30AM, Contact: Maine Track Club 741-2084

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

November 17, 2001 - Hanaford Turkey Trot 5K; Pond Cove Elementary School, Cape Elizabeth, 9:00 AM, Contact: MTC 741-2084 or Maggie Soule 846-3631

November 22, 2001 - Thanksgiving Day 4-Miler; One City Center, Portland, 9:00 AM, Contact: George Towle 780-5595

Portland Trails 2nd Annual "Tukey Trot" 10K Sunday September 23rd,



Run the scenic route along the Eastern Prom. and Back Cove Trails and help raise trail-building money. 100% organic cotton t-shirts to the first 200 applicants. Contact Laura 775-2411 for more information.

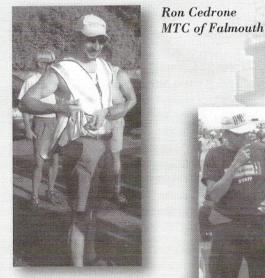
We Need Your Input

8:30 AM

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 <u>by calling</u> Mike Doyle at 871-0051, sending <u>e-mail</u> to mdoyle@synergentcorp.com, or <u>by mail</u> to:

Maine Track Club Newsletter P.O. Box 8008 Portland, Maine 04104

Beach to Beacon Volunteers







Race Founder Joan Benoit-Samuelson

John Gale MTC of Portland

Notice About Race Fliers

Anyone who wishes to have their race fliers included in the Maine Track Club newsletter must provide 500 fliers and a payment of \$40. Fliers will not be included in any mailing if not accompanied by the \$40 service fee. The fee applies only to races not run by the MTC, so if the race fee is already being paid to the club, there is no charge for race fliers. Please call or e-mail Mike Doyle to arrange for flier inclusion.



How They Train: New England Style – Christian Muentener

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

Last month, I asked several runners the question: "Who should I profile in this column for next month's issue?" The overwhelming majority chose Christian Muentener as the male runner. Next month's profile will feature their choice for favorite female runner.

Ahh, youth. Can't you just feel the youthful exuberance flowing from Christian's responses? When I asked why he was a walk-on at UNC's cross-country team, Christian said: "I'm not sure, but I am glad that I did. It was in part because I liked running, (but sad to say at that point I was just a jolly jogger). But the main reason was just looking for people to hang out



with. Having grown up moving around every-3-4 years (my father was in the USAF). I'm good at just jumping into a group of people and making friends. So I talked with the coach, and he told me that I could come out and give it a try. I did and after a summer of running with the team I made the practice team, and slowly got better and better, during my last year at UNCW I made the traveling team...wow that was fun!!!!"

Christian works at Maine Medical Center in a molecular biology laboratory and says he's "Not married yet, but I do have a wonderful girlfriend Elizabeth McMenamin, who is putting up with my sweaty shoes/shorts and my miles of trials and trials of miles. I love to run with most anybody....I run a lot with the PR racing team, Paul Johnson, John Cooper, Paul Green. I like to run with anybody who can spin a good story. It kind of gets boring logging mile alone.

Keep up the good work, Christian, you haven't bored us yet....

Name: Christian Sean Muentener Age: 27

College: University of North Carolina at Wilmington

Club affiliation: I am running for Whirlaway, but am part of the Maine chapter "PR-Racing" Coached by Scott Brown.

Best Marks:	Marathon	2:45 Maine '98 (first marathon)				
	Half-Marathon	1:14:53 Melrose, MA				
	10k	33:28*				
	5k	15:45* Red Hook, NH				
	5 miles	26:16* Boy's Club				
	4 miles	21:24* St. Peter's				
	Mile	4:36 indoors at BU				
	(this was my first time racing the mile, and my first time running indoors)					
	10 mile					
	*= all PR's set the	is year				

Personal Statistics: I was born 01/06/74 in Fortwalton Beach FL, I'm 6'1" and weigh 167. I ran a little bit in high school, but only during the season, busting out 19 min 5k's....then didn't run again till my junior year in college when I walked onto the UNCW, X-C team..I ran through that year and the next two....then took a couple years off to be a beach bum..doing more surfing and sitting than anything.....I moved back up to Maine the summer of 1998 and started to run a little bit when ever I felt like it (mostly when it was nice out, or I had nothing better to do) that's when I ran the



Maine marathon I think that might have been my first race in Portland.....that's when I first hooked up with Jerry Conley, Al, Jim and the rest of the "Rat Pack".

Pre-Training Warm-up: If I am doing a workout ... I just get in 2-3 miles easy running, then some form work and a couple striders.....

If I am warming up for a race I normally do 2 miles early in the morning, then have breakfast, check the Red Sox score and head to the race...once I'm at the race I do 15-20 min verrrrrrrrryyyyy easy jogging, some striders and I'm set for the race.

Stretching?: I do a lot of stretching...20 min. total each day in the shower.or just when I'm waiting for something.....I stretch extra pre/post workout/race

Injuries: No real major injuries...just your average runner ache's.....

Log Book: I keep a log book, mostly because Scott is nice enough to print out each weeks work-outs with pace/distance...etc. So I just have to hang on to them....but I try to note what was hard about the workout or easy..what I need to work on.

Daily workouts: Again here I have to give ton's of props to Scott, we try to work on all the systems...speed, strength, endurance.....In the winter I was just happy to get in miles (60-70 week) but after the big thaw I settle into a pattern that I keep most of the year..changing things only for big races or on our down weeks...I am running 80 or so miles/week now in six day's...I take every Monday off

Tuesday is interval day, Thursday I do threshold work, Saturday I do interval work or race, and get in a nice easy long run on Sunday....other than that I just fill in the week with easy runs.

Favorite/Best Race: I like any race that I do well in! ha ha ha.....the Mid-winter freeze fest is fun, but other than that I don't think I have raced enough or consistently around New England to have a favorite race.....I like the Red Hook 5k, Stowe 8-Mile Race and the bigger races, because you get to hang around with other runner and talk, grab a beer and enjoy the day....now that I think about it I love the Thanksgiving Day 4 mile race in Portland, because the race is great and after, the fun starts down in the Village Garden hanging out with the mayor of that day "Mr. Conley" ton's O fun!!!!!

Favorite Race Course: Anything in the rain... I love to run in the rain.

Favorite workout: My favorite workouts are the ones that I have to really work through, the ones where I show up at the track and really have to gut things out..I like the feeling of pushing through the thoughts and feelings of "I'm hurting," "I'm tired".... It makes me happy to surprise myself....Scott Brown has a way of knowing exactly how to push the limits, or how to find them, then work on your weaknesses.....we do a lot of mixed work-outs...some (1/4)'s, and miles....then you have the "death ladder" of 400/800/1200/800/400 at interval pace.....lot's of fun.

Favorite Running Route: Anything in the woods......

Running Hero: All the great Olympic runners in the past/present.

Why Do I Run? Because it's fun...and what else are you gong to do on a Sunday morning ? I guess besides sleep in, drink coffee and read about the Sox blowing another game.....I love running because it makes me feel alive...I enjoy the competition, and pushing my limits.....My best friends are runners. I think for the most part runners are the best people.....running with friends is like nothing else, it's the only place where you can get dumped on and have fun......take a race for example. It might only be a 5k, but as soon as TJ Hessler (who is the minister of post race beverages on the PR-Racing Team) breaks out the cooler aaaaaaaaaaaaa that's when the fun starts...It's fun to hang around have a cold one and enjoy the day!! Look for us at the next race.

"CARBS TO KEEP YOU GOING"

Denise Robertson RD

As you know, carbohydrates are best for fueling your muscles as well as for overall good health. Whether you are young or old, a runner or a spectator, we all should strive for the proper balance of carbohydrate, protein and fat in our daily diet. Sadly, there is a lot of mixed information about carbohydrates in the media. Questions such as...what kinds to eat? How much to eat? What are they anyway? It can become quite the "complex" subject (excuse the pun!). Lets' try and simplify the subject shall we?

Carbohydrates are commonly known as sugars and starches. The two basic types are simple and complex. Simple carbohydrates are generally thought of as sugars. We think of these as table sugar but there are lots of types of sugar, such as the sugar in milk, fruits and vegetables. So, simple sugars can be found in a wide variety of foods under various names – candy, sugar coated cereals, sugar sweetened drinks (soda and fruit drinks) milk, fruits and vegetables, honey, brown sugar, molasses, syrups, jams/jellies and many desserts.

Complex carbohydrates are found in the starches we consume – here are some examples: breads, rice, beans, pasta, potatoes, corn, and peas. How much should we have of these "carbs"? Current recommendation is: 50-60% of our dietary calories should be from carbohydrate sources. What are the best types of carbohydrates to fuel our muscles (and let's not forget carbs also fuel our brain!)? Whether simple or complex – the body breaks down carbohydrates into a simple sugar called glucose. Both types break down at about the same speed. The glucose then goes into the bloodstream and circulates to the cells in your body. The cells use this glucose for

High

Baked potatoes White bread, white bagels Cornflakes, Cheerios Cream of Wheat, Oatmeal Raisins, Watermelon Gatorade Jelly Beans, Ice Cream Rice Cakes

Stay energized!

Moderate

Bran muffins Bran Chex, All-Bran Cereal Baked beans Sweet Potato, White Potato (boiled) Rice (brown or white) Pasta (no sauce) Bananas (ripe), Oranges Popcorn immediate energy or store it for later use. Think of glucose as this: glucose in your cells is like gas in the tank of your car. Without it – you won't "run" (another pun?!).

So back to answering the question – what types are best for fuel? Think of the food pyramid – the majority of our carbohydrate sources should come from these food groups: the starch/grain, fruit, vegetable and the milk/yogurt group (low- fat choices of course!). Keep the sweets and candy to a minimum, as these don't contain the important vitamins and minerals the body needs (think of vitamins/minerals as the spark plugs in your car).

Have you heard of the glycemic index? First, the glycemic index pertains to the foods' ability to give glucose to the bloodstream. This was first designed to help people with diabetes closely control their blood sugars. Because people with diabetes tend to eat foods in "meal combinations", the glycemic index can be less predictable. So what does it have to do with running? Well, athletes tend to eat "single" food items for snacks before, during and after a workout or event. Therefore, it could be beneficial to look at the glycemic index ranking system. High-glycemic-index carbohydrates enter the bloodstream quickly and are best to eat during or after exercise. Low-to-moderate glycemic-index foods enter the bloodstream slowly, therefore are best eaten before exercise as they provide sustained energy. If eaten before exercise, low-glycemic index foods may eliminate the need to consume carbohydrates during long-term workouts/events — these help to maintain normal blood sugar levels. Here are just some examples of each:

Low Apples, Pears Chocolate Milk Skim Milk Fruited Yogurt Lentils Kidney Beans Green Bananas Power Bars



15TH Year of Maine's Premier (and only) UltraMarathon

Saturday, October 20th

Brunswick, Maine

On October 20th, the Track Club will again sponsor and run Maine's only UltraMarathon, one of several Ultra's in New England. This year, like last year, the Ultra will include a 50-Kilometer race along with the traditional 50-mile event.

Both events will be run simultaneously on a scenic course beginning on the Pennellville Road in Brunswick, Maine. It's a USA Track and Field certified 50 mile (ME-85011-GN) 4-mile flat loop. 50-mile runners go out and back one mile and then complete 12 loops. 50km runners go out and back 1.6 miles and then complete 7 loops.

Sandy and Al Utterstrom have managed this race for 10 years. The Ultra Running Community and the Maine Trace Club thank Al and Sandy for their tireless efforts and great results in organizing and managing this race. As one of only several Ultra's in New England, the MTC Ultra is very important to the running community.

VOLUNTEERS ARE NEEDED for the morning and afternoon of the 20th. The race starts at 6:30 am and ends when the last runner finishes or at sunset. Please contact Ned Vadakin at 865-6617 if you can help.

If you are interested in running the race and need an application, please call Ned. Entry fee is \$32 and includes a long sleeved T-shirt for runners registered by Oct. 1st. Post race showers and massage will be available and the Awards ceremony will be held after the race at a local Brunswick restaurant.

RACE RESULTS

The Maine Track Club, The Village, & Amato's Present

The 2001 Saint Peter's Four Mile Road Race 195 Finishers (59 Female & 136 Male)

Fairly Challenging Certified Loop Course in Portland's Original Italian-American Community 7:00 p.m., Friday, August 10th, 2001 Complete Results Courtesy Of The Maine Track Club

...

Top	Overall	Finishers		
Place/Name	Age	Town	Time	Pace
1 Christian Muentener 1,20-29	27	Freeport	21:24	5:21
2 Gerald Jordan 1,19&under	19	Scarborough	21:34	5:24
3 Tom Hathaway 1,40-44	41	Scarborough	23:05	5:47
4 Richard Cotta 2,20-29	22	West Gardner	23:11	5:48
5 Hans Brandes (MTC) 2,40-44	42	Falmouth	23:13	5:49
32 Ellen Davies 1,19&under	15	Camden	26:38*	6:40
34 Lindy King 1,40-44	40	Cumberland Fsd	26:44*	6:41
36 Amy Kretz 1,30-34	30	Westbrook	26:53*	6:44
43 Jessica Germano 2,19&under	19	Windham	27:47*	6:57
47 Nancy Nally 1,20-29	20	Portland	28:21*	7:06
	for Divisio	onal Finishers		
6 John Gagnon 30-34	34	Lewiston	23:24	5:51
	35	Portland	23:24	5:52
7 Dave Howard (MTC) 35-39	35 48	Lewiston	24:19	6:05
11 Tom Menendez (MTC) 45-49		Portland	24:33	6:09
12 George Towle (MTC) 50-54	51			6:22
21 John Whitman (MTC) 55-59	56	Peaks Island	25:27	
38 Lloyd Slocum (MTC) 65&over	68	South Portland	27:06	6:47
41 Chan Robbins 60-64	64	Arlington, VA	27:39	6:55
78 Louisa Wickard 35-39	37	Portland	30:30*	7:38
86 Mary Davies 50-54	50	Camden	31:11*	7:48
143 Joan Tremberth (MTC) 55-59	56	Scarborough	36:26*	9:07
176 Yumi Dearth 45-49	45	Falmouth	40:38*	10:10
Other Mair	e Track	Club Finisher	s	
10 Britt Wolfe 3,35-39	36	Saco	24:05	6:02
17 Floyd Lavery 2,40-44	44	Gorham	25:16	6:19
24 Mike Grant	43	Scarborough	25:46	6:27
35 Barry Fifield	44	Gray	26:44	6:41
46 Bob Payne 2,60-64	63	Raymond	28:16	7:04
51 Tom Keating	45	Brunswick	29:05	7:17
53 Chuck Burnie	47	Cumberland	29:11	7:18
61 Harry White 3,55-59	59	Scarborough	29:27	7:22
62 John Keeley	49	Portland	29:29	7:23
72 Dale Rines	49	Gorham	30:01	7:31
74 John Morse	56	Phippsburg	30:16	7:34
91 Steve DiPalma	45	Portland	31:38	7:55
94 Mike Brooks	55	Danville	31:43	7:56
105 Pete Peters	36	Portland	32:47	8:12
107 Sherry Missig 2,50-54	50	Yarmouth	32:59*	8:15
109 Neil Chivington	54	Hollis Center	33:08	8:17
	55	Scarborough	33:48	8:27
118 Rodger Smith 119 John Watson	57	Portland	33:50	8:28
	-	Portland	34:21	8:36
124 Matthew Govan	32			
126 Jim Estes	52	Portland	34:33	8:39
136 Mike Pugh 3,60-64	62	Wellington, FL	35:19	8:50
137 Cathy Burnie	52	Cumberland	35:24*	8:51
138 Denny Morrill	61	Portland	35:28	8:52
139 Robert DeWitt	57	Lisbon	35:45	8:57
140 Jason Hill	31	Portland	36:10	9:03
159 Janice Drinan 2,55-59	57	Scarborough	38:01*	9:31
166 Carlton Mendell 2,65&over	79	Portland	39:01	9:46
172 Jennifer McGeoghegan	33	Gray	40:09*	10:03
178 Michelle Durgin	30	Westbrook	40:49*	10:13
184 Kathleen Reid	32	South Portland	41:51*	10:28
194 James Higgins	47	Portland	50:53	12:44
		0.1	F2 10	12 00

Gorham

75

Fourth Annual Peoples Beach To Beacon 10K - Top Maine Finishers:

Place/Name	Age	Town	GTime	NTime	Pace
19 Andy Spaulding	30	Freeport	31:29	31:28	5:04
102 Christine Snow-Reaser	35	Dayton	36:13	36:10*	5:50

1

13:20

53:19

CONGRATULATIONS!!! TO THE 228 MAINE TRACK CLUB FINISHERS OF THE PEOPLES BEACH TO BEACON 10K!

{Complete Results Courtesy Of Granite State Race Services}

Place/Name	Age	Town Falmouth	GTime 32:23	NTime 32:22	Pace 5:13
28 Michael Payson 2,35-39	35	Portland	36:02	35:59	5:48
94 David Howard 117 Richard Flagg	32	Portland	36:39	36:31	5:53
134 Bill Reilly 4,50-54	54	Brownfield	37:02	36:59	5:57
135 Hans Brandes	42	Falmouth	37:07	37:01	5:58
146 John Mollica	48	Freeport	37:23	37:19	6:01
161 Jim Toulouse	53	Cape Elizabeth	37:50	37:44	6:05
166 Michael Gordon	39	Portland	37:54	37:48	6:05
186 David Chamberlain	39	Falmouth	38:21	38:16	6:10
189 Michael Bosse	30	Portland	38:28	38:21	6:11
192 Ken Norton	48	Bath	38:44	38:25	6:11
207 Stu Kelly	16	Westbrook	38:56	38:42	6:14
214 Larry Wold	42	Freeport	38:57	38:47	6:15
215 Kevin Tierney	39	Cape Elizabeth	38:58	38:47	6:15
236 Don Foshay, Jr.	42	South Portland	39:20	39:14	6:19
255 Sam Crocker	17	Yarmouth	41:19	39:31	6:22
256 Jeff Rand	41	Cape Elizabeth	39:49	39:32	6:22
259 Mark Dugas	37	Scarborough	39:38	39:35	6:23
261 Richard Bryant	43	Cape Elizabeth	40:07	39:39	6:23
267 Ellie Tucker USAT&F:Age	46	North Yarmouth	39:46	39:41*	6:24
270 Barry Fifield	44	Gray	39:52	39:44	6:24
279 Gerard Conley, Jr.	47	Portland	39:53	39:53	6:25
281 Robert Brooks	36	Portland	40:28	39:54	6:26
305 Tom Shorty	39	Gorham	41:24	40:20	6:30
311 Paul Toohey	43	Scarborough	40:31	40:26	6:31
320 Carrie McCusker	31	South Portland	40:42	40:39*	6:33
332 Lorna Humphries	36	North Yarmouth	40:58	40:51*	6:35
341 Curt Moulton	38	Sanford	41:11	40:58	6:36
349 Sean Keough	45	Cumberland	41:16	41:06	6:37
353 Carol Hogan USAT&F:Age	50	Portland	41:15	41:11*	6:38
354 Travis Beaudoin	30	Portland	41:36	41:11	6:38
371 Peter Ryan	15	Cumberland	41:35	41:24	6:40
377 Jeanne Hackett	42	Peaks Island	41:41	41:27*	6:41
383 Ronald Deprez	57	Portland	41:40	41:30	6:41
388 Charles Iselborn	44	Portland	41:45	41:34	6:42
405 Danforth DeSena	46	Cape Elizabeth	42:21	41:47	6:44 6:44
408 Kim White	39 46	Falmouth	41:56	41:49*	6:44
424 Ogden Williams	40 43	Cape Elizabeth Portland	42:20 42:22	42:01 42:10	6:46
435 Mark Woodsum	43 57	Lisbon	42:22	42:10	6:48
439 Robert DeWitt 448 Lloyd Slocum 1,65-69 USAT		South Portland	42:23	42:11	6:48
458 Kurt Nielsen	46	Cape Elizabeth	42:57	42:24	6:50
464 Katie Meyers	41	New Gloucester	42:37	42:28*	6:51
467 Scott Samuelson	43	Freeport	43:06	42:29	6:51
500 Chris Salamone	41	South Portland	43:09	42:48	6:54
501 Brian Cliffe	40	Cape Elizabeth	43:19	42:48	6:54
505 Stanis Moody-Roberts	12	Cape Elizabeth	43:19	42:52	6:54
529 Colin Robertson	38	Scarborough	43:20	43:09	6:57
577 Bob Coughlin 1,60-64	62	Cape Elizabeth	43:37	43:35	7:01
580 Kathy Hepner	41	Gorham	44:00	43:37*	7:02
595 Kimberly Moody	46	Cape Elizabeth	44:07	43:47*	7:03
598 Jennifer DeSena	47	Cape Elizabeth	43:56	43:49*	7:03
602 Bob Payne 2,60-64	63	Raymond	43:55	43:50	7:04
612 Dina Potter	38	Yarmouth	44:16	43:55*	7:04
629 George Welch	36	Portland	45:16	44:03	7:06
649 John Rolfe	47	Portland	46:04	44:18	7:08
650 Maureen Sproul	45	New Gloucester	44:35	44:18*	7:08
651 William Sproul	43	New Gloucester	44:36	44:19	7:08
658 Elise Moody-Roberts USATF	12	Cape Elizabeth	44:52	44:25*	7:09
660 Beth Rand	41	Cape Elizabeth	44:49	44:25*	7:09

NEWS 🍇 RUN 8

195 Julius Marzul

RACE RESULTS (CONTINUED)

661 Larce, Pitcher 963 Larce, Pitcher 963 Mick Brooks 95 Durnlin 53.5 15.7 672 Marthynn 90 Gapt Blacketh 44.23 7.09 1801 Manny (mp. 33.8) Pirtulan 53.9 51.57 673 Marthynn 90 Gapt Blacketh 44.31 44.27 7.10 1831 Marthynn 30 Pirtulan 53.9 51.57 673 Marthynn 90 Gapt Blacketh 46.3 44.31 7.11 1835 Marthynn 56 52.28 691 Marthynn 91 Gapt Blacketh 46.1 44.35 7.11 1835 Marthynn 56 52.28 7.23 52.28 7.23 7.24 1933 Marthynn 56 52.28 7.23 7.24 1933 Marthynn 56 52.33 7.23 7.24 1933 Marthynn 57 7.23 7.23 7.24 1933 Marthynn 58 7.23 7.24 712 Marthynn 80 Portinal 55.5 4.53 7.21 1938 Marthynn 58 7.24 58.5 7.24 <th></th> <th>en della sen del an</th> <th></th>												en della sen del an	
$ \begin{array}{c} 622 \ \text{km} \ \text{Sch} \ \text{max} \ \text{Cohe} \ \text{Sch} \ \text{max} \ \text{Cohe} \ \text{Sch} \ \text{max} \ \text{Sch} \ \text{Sch} \ \text{max} \ \text{Sch} \ \text{Sch}$									55				8:22
67) Jame Tubes 9 Content with the second				-									8:22
665 Early White 99 Schrörough 44-49 44-54 7-11 1815 Helly stalting 25 South Portugi 52-32 52-20* 714 Birg Might Stalting 44 Gorham 44-55 44-54 7-13 1805 Note Might Stalting 55 Graph Endowship 55 Graph Endowship 54 62-20 7-21 1005 Note Might Stalting 55 7-21 7-21 Note Might Stalting 55 7-21 1005 Note Might Stalting 52-35 7-22 7-21 Note Might Stalting 55-35 7-22 7-21 1005 Note Might Stalting 55-35 7-22 7-22 Note Might Stalting 55-35 7-22 7-22 1005 Note Might Stalting 55-35 7-22 7-22 7-22 1005 Note Might Stalting 55-36 7-22 7-22 7-22 1005 Note Might Stalting 55-36 7-22 2105 Note Might Stalting 55-36 7-22 2105 Note Might Stalting 55-36 7-22 2105		39											8:25 8:25
Gri Galage ii Scarborogin 46-44 44-56 7-11 118 Publy Kamslon 2.0-64 6-56 Scarborogin 52-28 52-28 724 Orach Burnle 47 Gambetand 46-18 44-51 7-13 1900 Sing Kein Prors 50 Portland 53-31 52-35 724 Martin Film 38 Berlinkeh 46-18 44-51 7-13 1900 Sing Kein Prors 50 Portland 55-32 52-39 724 Martin Film 38 Berlinkeh 46-55 45-31 7-16 1909 Tang Keinh Aynober 73 Balanch 55-32 52-37 74 In Takas 52 Portland 45-52 7-10 2021 Filesy Markinsh 48 Portland 55-32 52-37 74 In Takas 51 Portland 47-37 45-22 7-20 2011 Filesy Markinsh 52 52-37 52-37 72 In Takas 51 Portland 47-37 45-22 7-20 2013 Markene Markinsh 52-38 52-38 82 Don Revs 55-35													8:25
714 For Nume 94 Gorham 44-55 94-164 75.1 1989 Robert Hynn 95 Cape Elizabet 32-33 52-33 744 Gard, Burnie 47 Carde, Burnie 47 1990 Fore (Feisch 59 Portland 54-33 72-33 1990 Fore (Feisch 59 Portland 54-33 72-33 1990 Fore (Feisch 59 Portland 55-33 52-33 73-33 73-34 1990 Fore (Feisch 59 Portland 55-33 73-33 73-34 1990 Fore (Feisch 59 Portland 55-33 53-33 73-94 1983 Elizabet Sort 48 Portland 55-33 53-33 73-94 1993 Mager (Feisch 55-33 53-34 73-94 213 Marger (Feisch 55-34 53-34 <td></td> <td></td> <td>0</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>8:26</td>			0										8:26
724 Concert 95 Perturbat 64:18 44:51 71:4 1990 Step Periors 95 Perturbat 53:31 52:35 793 Bob boulsering 54 Portland 45:35 15:55 751 1999 State Webber 4, W			0									•	8:27
74 Martine Figure 88 Cape Elizabeth 46/88 45/47 7.14 1090 Greg Residu 39 Pertual 54/30 55/34 52.35 759 Mb. Roundlessing 54 Pertual 55/34 <td>· · · · · · · · · · · · · · · · · · ·</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>36</td> <td></td> <td></td> <td>52:33</td> <td>8:28</td>	· · · · · · · · · · · · · · · · · · ·								36			52:33	8:28
76 Matcal Dopin 65 Pertinal 45:52 52:49 716 1049 Jack Nichols 37 Patinal 55:32 52:32 72:48 77 Jin Eastes 52 Pertinal 45:55 45:81 717 101 1049 Jack Nichols 37 Patinal 55:32 52:37 77 Jin Tatses 52 Pertinal 45:32 52:30 72 102 Pertinal 52:32 52:35 53:35 53:35 53:36 <td>734 Marnie Flynn</td> <td></td> <td>Cape Elizabeth</td> <td>46:08</td> <td>44:54*</td> <td>7:14</td> <td></td> <td>1909 Greg Kesich</td> <td></td> <td></td> <td></td> <td></td> <td>8:28</td>	734 Marnie Flynn		Cape Elizabeth	46:08	44:54*	7:14		1909 Greg Kesich					8:28
79/ Start Calladian ess Eaton CatterNI 45.25 45.16 1968 Paul Labange 46.3 South Portland 55.27 57.37 771 Illin Lable 31 Westbrook 46.19 45.23* 7.19 1902 Elabeth Shore 46.09 7.21 1912 Elabeth Shore 2011 Pegg McGaskey 46 Portland 55.21 55.22 55.22 55.22 55.22 55.22 55.22 55.22 55.22 55.22 55.22 55.22 55.22 55.22 55.23 55.20 55.23 55.20 55.23 55.20 55.23 55.20 55.23 55.20 55.20 55.20 55.20 55.23 55.20 55.23 55.20 55.23 55.20 55.23 55.20 55.23 55.20 55.24 55.20 55.24 55.29 55.24 55.29 55.24 55.20 55.24 55.29 55.24 55.29 55.24 55.30 55.21 55.21 55.21 55.21 55.21 55.21 55.21 55.21 55.21 55.2													8:29
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$										a contact of contact			8:30
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$													8:32 8:33
81% Even Durachical 90 Portand 97:7 92:09 Michae Pran 92 State 55:80 </td <td></td> <td>8:36</td>													8:36
823 Don Besser 55 Kennebundport #6.20 45.33 7.20 210 Margert Rizkelt 55 5402 55.7 5402 843 Chrishpher Rizzo 27 Gape Rizkelt 46.15 45.54 7.21 2135 Berh Qinilan 42 Scarborovy 55.7 5402 843 Chrishpher Rizzo 27 Gape Rizkelt 46.15 45.74 7.22 2135 Berh Qinilan 42 Scarborovy 55.7 54.23 823 Comit Michaelt 50.55 5 Scarborovy 45.60 7.22 219 Junis Yerel 33 Cape Rizkelt 55.2 54.24 890 Bary Kindy 45.0 - 54 Fordinal 46.23 46.11 7.26 219 Junis Yerel 220 Dauki Simpson 44 Nuples 55.5 54.34 981 Birking Karba 33 Kenthorugh 46.44 46.47 7.21 224 Leony Poulan 51 47.22 54.54 981 Birking Karba 35 Kenthorugh 46.44 7.31 224 Garberine Wich 56 55.94 55.94 981 Birking Karba 35 Kenthorugh 46.44 7.32 2240 Garberine Wi													8:36
833 Ferry Cark 97 Windbam 46:11 45:28 7:21 2134 Radeji Blanchard 62 Porcland 54:30 54:32 54:30 54:32 54:31 54:32 54:32 54:31 54:32 54:31 54:32 54:31 54:32 54:31 54:33 54:33 54:33 54:33 54:33 54:33 54:33 54:33 54:33 54:33 54:33 54:33 56:31 56:35 54:33 52:31 53:36 52:33 53:36	-												8:40
sig Grapher Rizzo 27 Cape Elizabeth 6615 6544 7.23 2155 Beth Quinlan 42 Penthal 5523 5523 852 Comits (Acids 56)-54 5 South Penthal 6609 7.25 2190 Janes Pederson 31 Penthal 5523 5523 899 Toxy Subanone 52 South Penthal 66.23 46.11 7.26 2191 Janes Pederson 31 Penthal 5555 55.1434 981 Bichard Schon 12 Topstam 47.34 46.612 7.31 2274 Interess Galant 45.23 55.55 55.54 981 Bichard Schon 12 Topstam 47.34 46.612 7.31 2274 Interess Galant 45.25 55.55 55.55 55.55 55.55 55.55 55.55 55.59 55.29 52.20 55.20 55.20 55.20 55.20 55.20 55.20 55.20 55.20 55.20 55.20 55.20 55.20 55.20 55.20 55.20 55.20 55.20 55.20 10.75 12.42													8:42
832 Control Matching 50 Sinchar 64 (-1) 72.7 2189 (John Infuelled) 64 Scarborough 57.39 54.33 898 Kin Kullev (50-54) 54 South Portland 66.57 64.10" 72.56 219 (Jin Kurvelled) 55.52 54.24 898 Kin Kurkellev (50-54) 54 South Portland 66.25 66.11 72.56 2215 (kithen Tragert 44 Button 55.05 54.34 981 Kinchard Stechen 15 Gopham 49.18 46.42 7.29 2215 (kithen Tragert 44 Button 56.05 54.34 981 Theress Gallupe 39 Scarborough 48-49 7.32 224.64 (Lamy Polini 53 Auburn 56.25 54.34 987 Winking Discan 15 Cape Elizabeth 48.46 (49" 7.32 224.64 (Lamy Polini 53.04 Fraide 56.36 55.39 55.36 5												54:10*	8:43
872 Gene 30. Portland 6:609 7:26 2:199 Jame Pederson 31 Portland 6:57 6:101 7:26 2:199 Jame Pederson 31 Cape Elizabeth 55:25 5:424 899 Torsskannone 52 South Portland 6:23 6:11 7:26 2:200 Daniel Simpson 44 Naples 5:55 5:54* 958 Bit ChartS Canton 7:34 4:64:2 7:51 2:245 Lons Nather 7:24 5:54* 981 Torsskannone 46:48* 4:64:57 7:32 2:245 Lons Nather 5:42* 5:54* 982 Eanie Robertson 40 Scarborough 4:61:46* 7:32 2:24% Lons Nather 5:04* 5:50* 983 Bate Robertson 40 Scarborough 4:11:46*0* 7:32 2:24% Lons Nather 5:00* Eanie Robertson 5:00* 5:00* 5:00* 5:00* 5:00* 5:00* 5:00* 5:00* 5:00* 5:00* 5:00* 5:00* 5:00* 5:00* 5:00* 5:00* 5:00*										Scarborough	57:39		8:45
sp3 sp3 sp3			South Portland	46:09									8:46
913 Grand 913 Grand 913 Grand 913 2215 Rutheor Tagett 223 Faitheor 53 Auburn 55:25 54:34 981 Incrass Gallape 39 Scarborough 48:49 46:45* 7:32 2246 Lander Notholas 33 Auburn 56:22 54:45 987 Weshtrook Gase Elizabeth 48:54 46:54* 7:32 2246 (Langt Notholas 35 Auburn 56:29 51:56 55:50 75:30 55:50 75:30 55:50 75:30 55:51 75:30 55:51 75:30 55:51 75:30 55:51 75:30 55:51 75:30 55:51 75:30 55:51 74:40 74:40 74:40 74:40 <td>898 Kitty Kelley 4,50-54</td> <td>54</td> <td>Portland</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>8:46</td>	898 Kitty Kelley 4,50-54	54	Portland										8:46
958 Lineux 12 Topsian 47:54 46:62 7:31 2246 Lemp Poulin 53 Aubren 56:22 54:45 981 Lineux 6: dublas 35 Westbrook 46:58 46:64* 7:32 2247 Mathee Woon 31 Portland 57:62 55:44 982 Lineux Gunetizand 48:46 46:64* 7:32 2296 (carben Welch 36 South Portland 57:24 55:04 988 Densise Robertson 40 Scarbrorugh 47:11 46:40* 7:32 2296 Kristen Millar 29 Enromited 50:30 55:30* 1029 Molty fall 35 Scarbrorugh 49:19 47:24 7:38 2360 (arby Burile 52 Burwafield 59:03 55:51 1073 Danied Lagger 30 Portland 48:09 47:24 7:38 2366 (arby Burile 52 Burwafield 59:03 55:51 1097 Bon Alcola 12 Cape Elizabeth 94:19 47:34 7:40 42:04 24:06 45:24 55:53 1097 Bon Alcola 12 Cape Elizabeth 94:17 7:41 7:44 <													8:46
981 Threes callupe 99 Scarbrough 48:39 46:45* 7:32 221 Manfree Ocean 31 Portland 56:50 5:50 987 Winspro Decena 15 Cape Flizabeth 48:64 46:40* 7:32 2281 (castance Reart 44 South Portland 5:72.55 5:500* 988 Deck McCall 47 Marketh 47:14 4:640* 7:32 2290 (chris Condy 19 Gare Elizabeth 5:507* 1000 Mck McCall 47 Outherhand 48:24 4:540* 7:33 2296 (chris Condy 5:0 5:507* 1073 Stank Macroll 45 Cape Elizabeth 9:19 4'7:2* 7:88 2:366 Hulin Meech 50 scarbrough 5:2:36 5:5:36 1073 Stank Macroll 12 Cape Elizabeth 4:0:19 4'7:34 7:40 4:2:366 Hulin Mikeeh 50 scarbrough 5:5:36 1097 Bink Macroll 12 Cape Elizabeth 4:1:4:7:4 4'7:35 7:4:7 2:315 Imar Anclosity 4:8 5:5		-		-									8:47
$\begin{array}{cccccccccccccccccccccccccccccccccccc$													8:49 8:51
937 938 Desk Roherson 95 224 (atherine Welch 96 South Fordual 97-52 2230 (atherine Welch 96 5504 1000 Mick Mcall 47 Curberland 48.24 46.54 7.33 2200 (atherine Welch 90 Brunswick 57.39 55.07 1028 Mick Mcall 43 Scarborough 49.19 47.064 7.52 2358 (bit Role 50 55.30 1073 Sunah Maccoll 45 Cape Elizabeth 51.15 47.22* 7.88 2366 (bith) Mecch 50 Scarborough 57.36 55.30 1073 Sunah Maccoll 45 Preport 51.19 47.23* 7.84 2366 (bith) Mecch 50 Scarborough 57.36 55.31 109 Rio Maccoll 45 Derge Elizabeth 48.20 47.31 7.90 2415 [im Markinson 43 Gorban 58.22 55.53 118 Marka Dargy 49 South Portland 48.26 47.36* 7.41 2425 [iffler] Pipm 45 South Portland 58.25 55.31 </td <td></td> <td>8:51</td>													8:51
988 Densite Roberson 40 Scarborough 47:11 46:40* 7:32 2200 Chris Conly 19 Cape Hinke 59:40* 55:30* 1009 Mick Mcdull 33 Scarborough 49:19 47:66* 7:53 2358 Iko'R Reilly 236 Ginkerson Milar 52 Browsvick 55:30* 1073 Daniela Dzgg 50 Protiand 48:09 47:31 7:79 2356 Ginky Branie 52 Camberland 56:28* 55:36 1073 Daniela Dzgg 50 Protiand 48:09 47:31 7:79 2451 Jim Parkinson 44 Scarborough 57:38 55:35* 1099 The MacColl 12 Cape Hizabeth 49:04 47:34 7:40 V 2420 Iderce MacColl 56:28* 55:35* 1108 Ken Ralicet 54 west Hardrod, CT 47:35 7:40 V 2420 Iderce MacColl 56:28* 55:35* 1108 Ken Ralicet 54 west Hardrod, CT 7:45 24:14 Bardro Miker Pugh 60:41 mat 57:14 55:55 11137 Jessic O	,												8:52
$ \begin{array}{c} 1000 \mbox{ Mccall } 47 \mbox{ Carborage} 424 \mbox{ 4654 } 733 \mbox{ 235 kmbox} 226 \mbox{ kmbox} 236 \mbox{ kmbox} 237 \mbox{ kmbox} 238 \mbox{ kmbox} 238 \mbox{ kmbox} 238 \mbox{ kmbox} 238 \mbox} 236 \mbox{ kmbox} 236 \mbox} 236 \mbox{ kmbox} 237 \mbox} 236 \mbox} 236 \mbox} 236 \mbox} 236 \mbox} 237 \mbo$													8:52
1028 (with Flam) = 33 Scarborough 49:19 47:06* 7:55 238 (udy Relly 52 Brownfield 59:03 55:29* 1072 starh MacColl 45 Cape Elzabeth 50:15 47:22* 7:58 2366 Philip Meech 50 Scarborough 57:26 55:30* 1073 Daniela Dargy 30 Portland 48:09 47:22* 7:58 2366 Philip Meech 50 Scarborough 57:26 55:36* 1091 Ron Pelon 48 Program 54:28 57:36* 2366 Philip Meech 50 Scarborough 57:36 55:51* 1090 Pite MacColl 12 Cape Elzabeth 48:02 47:34* 7:40 7:40 7:41* 10* 10* 10* 10* 10* 10* 10* 10* 10* 1	-		0										8:53
1936 Emberly Bonsey 38 Falmouth 47.24 47.08^{+} 75.6^{-} 2500 Cafuy Burnie 52 Cumberland 56.46^{-} 55.30^{-} 1073 Earch MacColl 43 Poreland 48.09^{-} 77.22^{+} 73.84^{-} 2374^{-} David Skelon 43^{-} Stemportup 57.36^{-} 55.30^{-} 109 The MacColl 12 Cape Elizabeth 48.09^{-} 47.34^{-} 77.40^{-} $\sqrt{2420}$ Meredifi Greenlaw 28 Portland 57.38^{-} 55.53^{-} 110 Marcha Baltete 54 West Hardroft,Cf 47.35^{-} 77.40^{-} $\sqrt{2420}$ Meredifi Greenlaw 28 Portland 88.22^{-} 55.53^{-} 1110 Marcha Druy 40 South Portland 48.24^{-} 77.44^{-} 77.44^{-} 77.44^{-} 77.44^{-} 74.44^{-} 77.44^{-} 77.44^{-} 77.44^{-} 77.44^{-} 57.51^{-} 1112 Kachel Landry 33 Cumberland 49.50^{-} 77.42^{-} 2497 Brian McGlocker 48 89.0^{-} 77.44^{-} 57.45^{-} 57										Brownfield		55:29*	8:56
1072 starh MacColl 1072 Starh MacColl 1073 Daniel Darger 30 Portland 4809 4722* 778 2366 Philip Meech 50 Starborough 5736 5536 2376 David Selcon 43 Topsham 5628 2415 Jim Parkinson 44 Starborough 5736 5536 2415 Jim Parkinson 44 Starborough 5736 5537 2415 Jim Parkinson 442 Starborough 5736 5736 5737 7740 4425 Jeffrey Plym 445 Jeffrey Plym			0		47:08*			2360 Cathy Burnie		Cumberland	56:46	55:29*	8:56
1091 Run Pelton 48 Freeport 50:19 47:34 7:99 2415 Jin Partinson 44 Scarborough 57:36 55:51 1009 Tike Maccoll Cape Elizabeth 48:20 47:34 7:40 2421 Sum Portland 57:35 55:53 1110 March Intrad 46 Scarborough 47:34 7:40 2425 Jeffrey Flynn 45 South Portland 58:30 55:55 1110 March Intrado 52 Briskol 49:56 47:41 7:41 2425 Jeffrey Flynn 62 Wellanon, IL 55:55 11137 Jessic Cotton 18	1072 Sarah MacColl	45	Cape Elizabeth	50:15									8:56
109911012Cape Bizabeth480247:347:402420 Meredih Greenkaw28Portland57:3855:53110110Marcha Druy40South Portland48:2647:387:402421 Jun Shorty38Gorham58:2255:551116Mercle Hardord54Scarborough47:5447:417:412420 Paul' Mike" Pugh62Wellington, PL57:1455:551117Marche Landry30Cumberland49:5047:46"7:412420 Paul' Mike" Pugh62Wellington, PL57:1455:551127Rasche Coton1849:5047:46"7:422499Brain Micholsey46Portland58:4556:16"1137Jessic Coton1848:257:737:432503Denise Novotony48Portland58:4656:17"1143Cathelen Billum52Gray51:0348:197:472511Jance Dorinan57Scarborough60:0756:25"1217Hobrigh52South Portland48:197:472511Jance Dorinan57Scarborough60:0756:25"1220Lary Barker52South Portland48:397:482509Laraz Invreil56Scarborough60:2157:05"1220Lary Barker51Westbrook51:1248:817:5126'0Laraz Mirght56Scarborough60:2157:05"1220Lary Barker <t< td=""><td></td><td></td><td></td><td>-</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>8:57</td></t<>				-									8:57
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$													9:00
1111 Martha Druny 40 South Portland $48:26$ $47:38^{**}$ $7:40^{**}$ 242) Effers (Phyn) 45 South Portland $58:30$ $55:55$ 1116 Meet Interford 54 Scarborough $47:44$ $7:41$ 2425 (Dincy Phyn) 62 Wellington, PL $57:14$ $55:55$ 1113 Resite Cotton 18 $49:56$ $47:46^{**}$ $7:42$ 2492 Bram Mclobis 39 Portland $58:46$ $56:17^{**}$ 1143 John Brady 42 Biddeford $48:32$ $47:53$ $7:44$ 2508 brans Noronup 48 Portland $58:46$ $56:17^{**}$ 1143 John Brady 42 Biddeford $48:32$ $7:475$ 2508 blams Noronup 48 Portland $58:46$ $56:27^{**}$ 1127 Pathole Millum 52 Gray $51:03$ $48:19$ $7:47$ 2509 Ed laura Tyrrell 56 $56:56^{**}$ 1222 Payon Oherg 33 Portland $88:39$ $7:49$ 2614 Parank Wright 55 $56:57^{**}$ 1220 P							V	a/at a di					9:00
1116 Merle Hartford 54 Scarborough 47:54 47:41 7:41 A 2426 Paul "Mike" Pugh 62 Wellington, FL 57:14 55:55 1117 Ruchel Ladry 33 Cumberland 49:50 47:45 7:41 2482 Dam "Mike" Pugh 62 Wellington, FL 57:14 55:55 1137 Ruchel Ladry 33 Cumberland 49:50 47:45 7:44 2493 Brain Nctooksey 46 Portland 58:45 56:16 1137 Dissic Coton 18 48:23 47:50 7:43 2503 Denise Novolny 48 Portland 58:13 56:20* 11413 John Brady 42 Biddeford 48:32 7:45 2506 Jann Smith 55 Scarborough 60:07 56:23* 1222 Payson Oberg 33 Portland 48:27 7:48 2590 Elacegan 48 Portland 58:53 56:57 1224 Dayon Dherg 33 South Portland 48:33 7:49 261 Cale Braik Wright 56 Scarborough 61:00 57:35* 1224 Dayonbray Spean 16							E.S.		38				9:00 9:00
1119 Rar Cotton52Beristol $49:56$ $47:46^{\circ}$ $7:42$ 2482 Bane Dusini38Portland $57:22$ $56:18^{\circ}$ 1127 Rachel Landry33Cumberland $49:50$ $47:46^{\circ}$ $7:42$ 2493 Brain McCloskey46Portland $58:45$ $56:16^{\circ}$ 1137 Jessic Cotton18 $48:28$ $47:50^{\circ}$ $7:42$ 2493 Brain McCloskey46Portland $58:45$ $56:17^{\circ}$ 1143 John Brady42Biddeford $48:32$ $47:53$ $7:43$ 2303 Denise Novoluy48Portland $58:45$ $56:25^{\circ}$ 1217 Ed Doughty52Geray $51:03$ $48:19$ $7:47$ 2504 Dinn Smith 55 Scarborough $58:14$ $56:25^{\circ}$ 1229 Laryy Barker52South Portland $48:59$ $48:31^{\circ}$ $7:48$ 2569 Datarca Jyrrell 54 Cape Elizabeth $59:35$ $56:570^{\circ}$ 1224 Enydew Williams132South Portland $48:49$ $48:27$ $7:48$ 2560 Laraca Jyrrell 56 Scarborough $60:21$ $57:06^{\circ}$ 1224 Enydew Williams132South Portland $48:53$ $7:52$ 2704 Katy Littlefield 37 Biddeford $59:55$ $57:07^{\circ}$ 1238 Diaga Couper51Westbrook $51:29$ $48:41$ $7:51$ 267 Dorna Cormier 47 Fryeburg $61:07$ $57:35^{\circ}$ 1298 Diane LaVangie42South Portland $50:02$ $48:48$ $7:52$ $270'6$ Katy Littlefield 37 Biddeford <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>A</td> <td>=> j</td> <td></td> <td></td> <td></td> <td></td> <td>9:00</td>							A	=> j					9:00
1127 Rachel Landry 33 Cumberland 49:50 47:46* 7:42 2497 Bran McCloskey 46 Portland 58:45 56:16* 1137 Jessie Cotton 18 Biddeford 48:28 47:50* 7:42 2498 Bran McCloskey 48 Portland 58:45 56:17* 1181 Cathleen Kilburn 35 Westbrook 48:42 48:05* 7:45 2503 Benise Novotny 48 Portland 58:45 56:27* 1217 Ed Doughty 52 Gray 51:04 48:25* 7:48 2569 Laura Tyrrell 54 Cape Elizabeth 59:35 56:50* 1229 Larry Barker 52 South Portland 48:29 48:31* 7:49 2616 Trans Mrtight 56 Scarborough 68:14 56:17* 1240 Sopha Payson-Rand 16 Cape Elizabeth 49:18 48:33* 7:49 2617 Ghoma Cornier 47 Fryeburg 61:00 57:4* 1240 Sopha Payson-Rand 16 Cape Elizabeth 50:12 48:48* 7:52 2704 Katy Itrlefield 37 Scarborough 61:00 57:4* 1230 Isalic Couper 30			0				T						9:03
1137 Jessie Coton1848.2847:507:422498 Jen Nichols39Falmouth58:4656:17*1143 John Brady42Biddeford48:3247:537:432503 Jenise Novotny48Portland58:1556:20*1217 Ed Doughty52Gray51:0348:197:472510 Janice Drinan57Scarborough60:0756:25*1221 Pason Oberg33Portland51:0448:297:472510 Janice Drinan57Scarborough60:0756:25*1220 Jary Barker52South Portland48:4948:277:482509 Laura Tyrrell54Cape Hizabeth59:3556:50*1240 Sophia Payson-Rand32South Portland48:31*7:492617 Collecen Brady37Biddeford59:5557:07*1231 Bloward Spear51Weshrook51:2948:48*7:522704 Kay Littlefeld37Scarborough61:0757:35*1298 Diane Lavangie42South Portland9:0248:487:522708 Harry Fullerton53Portland61:4058:291313 Leslie Couper38Falmouth50:0248:487:522878 Harry Fullerton53Portland61:4058:291333 John Tragert44Naples50:0248:587:522878 Horry Full54Gray63:0459:051333 John Tragert43Scarborough50:0249:02*7:542843 Sherry Gradonico47Portland <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>46</td> <td></td> <td></td> <td></td> <td>9:04</td>									46				9:04
1143 John Brady 42 Biddeford 48:32 47:53 7:43 2508 Lynn Smith 35 Scarborough 68:13 56:25* 1181 Cathleen Kilburn 35 Westbrook 48:42 48:05* 7:45 2508 Lynn Smith 35 Scarborough 60:07 56:25* 1217 Ed Doughy 32 Portland 51:03 48:19 7:47 2501 Jance Drinan 57 Scarborough 60:07 56:27* 1229 Lary Barker 32 South Portland 48:29 7:48 2509 Ed Reagan 48 Portland 58:33 56:57 1240 Sophia Payson-Rand 32 South Portland 48:59 48:31* 7:49 2614 Frank Wright 56 Scarborough 60:21 57:06* 1242 Bayden Williams 16 Cape Elizabeth 49:18 48:38 7:51 2676 Donan Cornier 7 Fryeburg 61:00 57:35* 1230 Bane LaVangie 42 South Portland 49:35 7:52 2787 Harry Fullerton 53 Portland 61:00 57:35* 130 Lacits Couper 38 Falmouth 50:02										Falmouth		56:17*	9:04
1217 Ed Doughly52Gray51:0348:197:4725111 Janice Drinan57Scarborough58:1456:27*1222 Payson Oberg33Portland51:0448:25*7:482509 Latra Tyrrell54Cape Elizabeth59:3556:50*1220 Larry Barker52South Portland48:5948:31*7:482509 Latra Tyrrell54Cape Elizabeth59:3556:571240 Sophia Payson-Rand32South Portland48:5948:31*7:492617 Colleen Brady37Biddeford59:5557:07*1238 Ibane LaVangie42South Portland49:1848:437:512676 Donna Cornier47Fryeburg61:0757:35*1208 Dane LaVangie42South Portland49:0348:48*7:522767 Harry Fulletron53Portland61:4057:45*1300 Douglas Couper38Falmouth50:0748:53*7:522287 Bob Smith72Bristol62:5558:291313 Leslie Couper38Falmouth50:0748:53*7:522287 Bob Smith72Bristol62:5558:291333 Leslie Couper38Falmouth50:0748:587:522287 Bob Smith72Bristol62:1559:071330 karla SockAmeyer39Portland50:0449:02*7:542848 Sherry Carll54Gray63:0459:051333 John Tragert44Naples50:2649:12*7:552859 Sherry Grandon	1143 John Brady		Biddeford	48:32	47:53	7:43		2503 Denise Novotny	48	Portland	58:13	56:20*	9:04
1222 Payson Öherg 33 Portland 51.04 48.27 7.48 2569 Laura Tyrrell 54 Cape Elizabeth 59.35 56:50* 1240 Sophia Parson-Rand 32 South Portland 48:59 48:31* 7.48 2569 Laura Tyrrell 54 Cape Elizabeth 57.36 1240 Sophia Parson-Rand 51 Westbrook 51:29 48:41 7.51 2617 Colleen Brady 37 Biddeford 59:55 57.07* 1298 Diane LaVangie 42 South Portland 50:02 48:48* 7:52 2704 Katy Littlefield 37 Scarborough 61:07 57:35* 1298 Diane LaVangie 42 South Portland 50:07 48:48* 7:52 2704 Katy Littlefield 37 Scarborough 61:07 57:35* 1331 Leslie Couper 38 Falmouth 50:07 48:53* 7:52 2827 Bob Smith 72 Bristol 62:55 58:54 1332 Iohr Targert 44 Naples 50:23 49:02 7:54 2843 Shorry Cardl 54 Gray 63:04 59:05* 1333 John Tragert 44 Naples <td></td> <td></td> <td>Westbrook</td> <td>48:42</td> <td></td> <td></td> <td></td> <td>2508 Lynn Smith</td> <td>35</td> <td></td> <td></td> <td></td> <td>9:05</td>			Westbrook	48:42				2508 Lynn Smith	35				9:05
1229 Larry Barker 52 South Portland 48:49 48:27 7:48 2590 Ed Reagan 48 Portland 56:57 1240 Sophia Payson-Rand 32 South Portland 48:39 7:49 2614 Frank Wright 56 Scarborough 60:21 57:076 1242 Hayden Willams 16 Cape Elizabeth 49:18 48:33 7:49 2617 Colleen Brady 37 Biddeford 59:55 57:07* 1273 Howard Spear 51 Westbrook 51:29 48:44* 7:51 2676 Donna Cormier 47 Fryeburg 61:07 57:35* 1200 Douglas Couper 38 Falmouth 50:07 48:48 7:52 2877 Harry Fullerton 53 Portland 61:04 58:29 58:54 1324 Leslie Couper 38 Falmouth 50:07 48:48 7:52 2843 Shorty Curl Hard 61:04 59:07 133 Lastock Gray 63:04 59:04 59:05 133 John Frager 44 Naples 50:23 49:	0,									0			9:05
1240 Sophia Payson-Rand 32 South Portland 48:59 48:31* 7:49 2614 Frank Ŵright 56 Scarborough 60:21 57:06* 1242 Hayden Williams 16 Gape Elizabeth 49:18 48:31 7:49 2617 Colleen Brady 37 Biddeford 59:55 57:07* 1273 Howard Spear 51 Westbrook 51:29 48:41 7:51 2076 Donna Cornier 47 Fryeburg 61:00 57:34* 1300 Douglas Couper 40 Falmouth 50:02 48:48 7:52 2704 Katy Littlefield 37 Scarborough 61:40 58:29 1313 Leslie Couper 38 Falmouth 50:02 48:58 7:53 2843 Sherry Carll 54 Gray 63:04 59:05 1330 John Tragert 44 Nagles 50:23 49:02 7:54 2850 Sherry Grandonico 47 Portland 61:05 59:10* 1332 John Tragert 44 Nagles 50:26 49:18* 7:55 2859 Sherry Grandonico 47 Por													9:09
1242 Hayden Williams 16 Cape Elizabeth 49:18 48:33 7:49 2617 Colleen Brady 37 Biddeford 59:55 57:07* 1273 Howard Spear 51 Westbrook 51:29 48:41 7:51 26/76 Donna Cormier 47 Fryeburg 61:00 57:35* 1298 Diane Lavangie 40 50:02 48:48 7:52 2767 Harry Fullerton 53 Portland 61:40 58:29 1313 Leslie Couper 38 Falmouth 50:07 48:53* 7:52 2787 Harry Fullerton 53 Portland 61:40 58:29 1324 Terrance Hartford 28 South Portland 49:03 48:58 7:53 2843 Sherry Carll 54 Gray 63:04 59:05 59:07 1330 Karla Stockmeyer 13 Portland 50:04 49:02* 7:54 2848 Thomas Carll 57 Gray 63:04 59:05 59:07 1332 Karla Stockmeyer 13 Portland 50:04 49:02* 7:59 2865 Garlos Ramirez 39 Topsham 62:15 59:07 1348 Stacey Huntley 33													9:10
1273 Howard Spear 51 Westbrook 51:29 48:41 7:51 2676 Donna Cormier 47 Fryeburg 61:07 57:35* 1298 Diane LaVangie 42 South Portland 49:35 48:48* 7:52 270* Katy Littlefield 37 Scarborough 61:00 57:44* 1300 Douglas Couper 40 Falmouth 50:02 48:48* 7:52 2787 Harry Fullerton 53 Portland 61:40 58:29 1313 Leslie Couper 38 Falmouth 50:02 48:58 7:53 2847 Bob Smith 72 Bristol 62:55 58:54 1330 Karla Stockmeyer 13 Portland 50:04 49:02* 7:54 2867 Carlos Ramirez 39 Topsham 62:15 59:07 1333 John Tragert 44 Naples 50:26 49:18* 7:55 2865 Carlos Ramirez 39 Topsham 61:15 59:10* 1334 Batackpluna 45 Scarborough 50:26 49:32* 7:59 2866 Gayle Desjardins 37 Portland 61:05 59:10* 1372 Cail Saldahna 45 Scarborough <td></td> <td>34</td> <td></td> <td>9:12 9:12</td>		34											9:12 9:12
1298 Diane LaVangie42South Portland49:3548:48*7:522704 Katy Littlefield37Scarborough61:0057:44*1300 Douglas Couper40Palmouth50:0248:487:522787 Harry Fullerton53Portland61:4058:29131 Leslie Couper38Falmouth50:0748:53*7:522827 Bob Smith72Bristol62:5558:541324 Terrance Hartford28South Portland49:0348:587:532843 Sherry Carll54Gray63:0459:04*1330 John Tagert44Naples50:2349:02*7:542856 Carlos Ramirez39Topsham62:1559:071348 Stacey Huntley33Portland50:4649:02*7:552863 William Nyhan75LaJoia, CA60:0359:121372 Gail Saldahna45Scarborough50:2649:18*7:562863 Gayle Desjardins37Portland61:1559:10*1472 Laurie Bowring38Gorham51:1949:32*7:592866 Gayle Desjardins37Portland61:1559:16*1543 Stacey45Casco51:1550:23*8:072941 Carlton Mendell79Portland61:4359:311565 Theresa Wysocki3051:1550:29*8:062932 Pamela Dutremble39Portland63:1459:14*1637 Mathew Ross31Portland51:1050:29*8:133015 David Pedersen36								2676 Donna Cormier					9:12
1300 Douglas Couper 40 Falmouth 50:02 48:48 7:52 2787 Harry Fullerton 53 Portland 61:40 58:29 1313 Leslie Couper 38 Falmouth 50:07 48:58 7:52 2827 Bob Smith 72 Bristol 62:55 58:54 1324 Terrance Hartford 28 South Portland 50:04 49:02* 7:54 2843 Sherry Carll 54 Gray 63:04 59:04* 1330 Karla Stockmeyer 13 Portland 50:04 49:02* 7:54 2843 Sherry Carll 57 Gray 63:04 59:05* 1333 John Tragert 44 Naples 50:23 49:02* 7:54 2856 Carlos Ramirez 39 Topsham 62:15 59:07* 1348 Stacey Huntley 33 Portland 50:26 49:18* 7:55 2863 William Nyhan 75 LaJoia, CA 60:03 59:12* 1416 Kelly Fernald 39 Cape Elizabeth 50:54 49:32* 7:59 2868 Gayle Desjardins 37 Portland 61:45 59:24* 1542 Diane Daley 48 Gorham <t< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>9:18</td></t<>													9:18
1313 Leshe Couper38Falmouth50:0748:53*7:522827 Bob Smith72Bristol62:5558:541324 Terrance Hartford28South Portland49:0348:587:532843 Sherry Carll54Gray63:0459:04*1330 Karla Stockmeyer13Portland50:0449:02*7:542848 Thomas Carll57Gray63:0459:04*1333 John Tragert44Maples50:2349:027:542864 Carlos Ramirez39Topsham62:1559:071348 Stacey Huntley33Portland50:2649:18*7:552869 Sherry Grandonico47Portland61:0559:10*1372 Gail Saldahna45Scarborough50:2649:18*7:562866 Gayle Desjardins37Portland61:1559:16*1472 Laurie Bowring38Gorham51:1949:57*8:032888 Phillips Sargent55Yarmouth61:4559:241532 Christin Burnham26Kennebunk51:2650:19*8:062932 Pamela Dutremble39Portland63:1859:46*1543 Diane Daley45Casco51:1550:23*8:072941 Carlton Mendell79Portland61:14559:11*1657 Theresa Wysocki3051:5150:29*8:082076 Donna Bisbee44Portland63:4960:10*1641 Bd Dilcoeur64Cape Elizabeth51:2050:588:123006 Kathleen Norton47 <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>0</td><td></td><td></td><td>9:25</td></td<>										0			9:25
1324 Terrance Hartford 28 South Portland 49:03 48:58 7:53 2843 Sherry Carll 54 Gray 63:04 59:04* 1330 Karla Stockmeyer 13 Portland 50:04 49:02* 7:54 2843 Thomas Carll 57 Gray 63:04 59:05* 1333 John Tragert 44 Naples 50:23 49:02 7:54 2865 Carlos Ramirez 39 Topsham 62:15 59:07 1346 Stacey Huntley 33 Portland 50:26 49:18* 7:56 2865 William Nyhan 75 LaJoia, CA 60:03 59:12* 1416 Kelly Fernald 39 Cape Elizabeth 50:54 49:32* 7:59 2866 Gayle Desjardins 37 Portland 61:15 59:16* 1532 Christin Burnham 26 Kennebunk 51:26 50:23* 8:07 2941 Carlton Mendell 79 Portland 63:45 59:51 1543 Diane Daley 45 Casco 51:15 50:23* 8:07 2941 Carlton Mendell 79 Portland 63:45 59:51 1543 Diane Daley 45 Casco	1313 Leslie Couper	38	Falmouth	50:07	48:53*	7:52		2827 Bob Smith	72		62:55	58:54	9:29
1333 John Tragert44Naples50:2349:027:542856 Carlos Ramirez39Topsham62:1559:071348 Stacey Huntley33Portland50:4649:07*7:552859 Sherry Grandonico47Portland61:0559:10*1372 Gail Saldahna45Scarborough50:2649:18*7:562863 William Nyhan75Lajoia, CA60:0359:121416 Kelly Fernald39Cape Elizabeth50:5449:32*7:592866 Gayle Desjardins37Portland61:1559:16*1472 Laurie Bowring38Gorham51:1949:57*8:032883 Phillips Sargent55Yarmouth61:4559:241532 Christin Burnham26Kennebunk51:2650:19*8:062932 Pamela Dutremble39Portland63:1859:46*1543 Diane Daley45Casco51:5150:29*8:082976 Donna Bisbee44Portland63:4960:10*1637 Matthew Foss31Portland51:0750:568:123006 Kathleen Norton47Rath64:1260:25*1641 Bob Jolicoeur64Cape Elizabeth53:2050:588:133013 David Pedersen31Portland64:1460:311671 Patty Medina43Cape Elizabeth52:4851:178:163022 Don Burnham60Kennebunk63:2360:351688 Scott Hilton39Dayton51:5451:208:163024 Sindee Gozansk	1324 Terrance Hartford	28											9:31
1348 Stacey Huntley 33 Portland 50:46 49:07* 7:55 2859 Sherry Grandonico 47 Portland 61:05 59:10* 1372 Gail Saldahna 45 Scarborough 50:26 49:18* 7:56 2869 Sherry Grandonico 47 Portland 61:05 59:10* 1416 Kelly Fernald 39 Cape Elizabeth 50:54 49:32* 7:59 2868 Gayle Desjardins 37 Portland 61:15 59:10* 1472 Laurie Bowring 38 Gorham 51:19 49:57* 8:03 2883 Phillips Sargent 55 Yarmouth 61:45 59:24* 1532 Christin Burnham 26 Kennebunk 51:26 50:23* 8:07 2941 Carlton Mendell 79 Portland 63:18 59:51 1565 Theresa Wysocki 30 51:51 50:29* 8:08 2976 Donna Bisbee 44 Portland 63:49 60:10* 1637 Matthew Foss 31 Portland 51:07 50:56 8:12 3006 Kathleen Norton 47 Bath 64:12 60:25* 1641 Bob Jolicoeur 64 Cape Elizabeth	1330 Karla Stockmeyer			-							-		9:31
1372 Gail Saldahna45Scarborough50:2649:18*7:562863 William Nyhan75LaJoia, CA60:0359:121416 Kelly Fernald39Cape Elizabeth50:5449:32*7:592868 Gayle Desjardins37Portland61:1559:16*1472 Laurie Bowring38Gorham51:1949:57*8:032883 Phillips Sargent55Yarmouth61:4559:241532 Christin Burnham26Kennebunk51:2650:19*8:062932 Pamela Dutremble39Portland63:1859:46*1543 Diane Daley45Casco51:1550:23*8:0729/41 Carlton Mendell79Portland61:4359:511657 Theresa Wysocki3051:5150:29*8:082976 Donna Bisbee44Portland63:4960:10*1637 Matthew Foss31Portland51:0750:568:123006 Kathleen Norton47Bath64:1260:25*1641 Bob Jolicoeur64Cape Elizabeth52:4851:178:163022 Don Burnham60Kennebunk63:2360:351682 James Robbins39Cape Elizabeth52:1551:24*8:173059 Mel Uchenick70Kennebunk63:4760:571718 Drew Cheney47Cumberland53:1251:338:183114 Celia Grand41Cape Elizabeth64:4561:35*1739 SherJ Watson36Yarmouth53:2051:458:203177 George Conly									39				9:31
1416 Kelly Fernald39Cape Elizabeth50:5449:32*7:592868 Gayle Desjardins37Portland61:1559:16*1472 Laurie Bowring38Gorham51:1949:57*8:032883 Phillips Sargent55Yarmouth61:4559:241532 Christin Burnham26Kennebunk51:2650:19*8:062932 Pamela Dutremble39Portland63:1859:46*1543 Diane Daley45Casco51:1550:23*8:072941 Carlton Mendell79Portland61:4359:511565 Theresa Wysocki3051:5150:29*8:082976 Donna Bisbee44Portland63:4960:10*1637 Matthew Foss31Portland51:0750:568:123006 Kathleen Norton47Bath64:1260:321641 Bob Jolicoeur64Cape Elizabeth54:1351:13*8:153014 James Pedersen31Portland64:1460:321682 James Robbins39Cape Elizabeth52:4851:178:163022 Don Burnham60Kennebunk63:2360:35*1705 Marla Keefe47Casco52:1551:24*8:173059 Mel Uchenick70Kennebunk63:4760:571718 Drew Cheney47Cumberland53:1251:338:183114 Celia Grand41Cape Elizabeth64:4561:35*1730 Don Conry47Waterville52:1951:338:183114 Celia Grand41C													9:32
1472 Laurie Bowring38Gorham51:1949:57*8:032883 Phillips Sargent55Yarmouth61:4559:241532 Christin Burnham26Kennebunk51:2650:19*8:062932 Pamela Dutremble39Portland63:1859:46*1543 Diane Daley45Casco51:1550:23*8:072941 Carlton Mendell79Portland61:4359:511565 Theresa Wysocki3051:5150:29*8:082976 Donna Bisbee44Portland63:4960:10*1637 Matthew Foss31Portland51:0750:568:123006 Kathleen Norton47Bath64:1260:25*1641 Bob Jolicoeur64Cape Elizabeth53:2050:588:133013 David Pedersen36Ann Arbor, MI64:1460:311671 Patty Medina43Cape Elizabeth51:2751:24*8:153014 James Pedersen31Portland63:2360:351682 James Robbins39Cape Elizabeth52:4851:178:163022 Don Burnham60Kennebunk63:2360:351688 Scott Hilton39Dayton51:5451:24*8:173059 Mel Uchenick70Kennebunk63:4760:571718 Drew Cheney47Casco52:1551:338:183114 Celia Grand41Cape Elizabeth64:4561:35*1730 Don Conry47Waterville52:1951:338:183152 Shelby Browning31			0										9:32 9:33
1532 Christin Burnham26Kennebunk51:2650:19*8:062932 Pamela Dutremble39Portland63:1859:46*1543 Diane Daley45Casco51:1550:23*8:072941 Carlton Mendell79Portland61:4359:511565 Theresa Wysocki3051:5150:29*8:082976 Donna Bisbee44Portland63:4960:10*1637 Matthew Foss31Portland51:0750:568:123006 Kathleen Norton47Bath64:1260:25*1641 Bob Jolicoeur64Cape Elizabeth53:2050:588:133013 David Pedersen36Ann Arbor, MI64:1460:311671 Patty Medina43Cape Elizabeth52:4851:178:163022 Don Burnham60Kennebunk63:2360:351682 James Robbins39Dayton51:5451:208:163024 Sindee Gozansky36Gorham64:1860:36*1705 Marla Keefe47Casco52:1551:24*8:173059 Mel Uchenick70Kennebunk63:4760:571718 Drew Cheney47Cumberland53:1251:338:183114 Celia Grand41Cape Elizabeth64:4561:35*1730 Don Conry47Waterville52:1951:338:183152 Shelby Browning31Portland66:0062:09*1779 Sheryl Watson36Yarmouth53:0051:51*8:213177 George Conly53Cape Eli		39							55				9:55 9:34
1543 Diane Daley 45 Casco 51:15 50:23* 8:07 2941 Carlton Mendell 79 Portland 61:43 59:51 1565 Theresa Wysocki 30 51:51 50:29* 8:08 2976 Donna Bisbee 44 Portland 63:49 60:10* 1637 Matthew Foss 31 Portland 51:07 50:56 8:12 3006 Kathleen Norton 47 Bath 64:12 60:25* 1641 Bob Jolicoeur 64 Cape Elizabeth 53:20 50:58 8:13 3013 David Pedersen 36 Ann Arbor, MI 64:14 60:31 1671 Patty Medina 43 Cape Elizabeth 52:248 51:17 8:16 3022 Don Burnham 60 Kennebunk 63:23 60:35 1682 James Robbins 39 Dayton 51:54 51:20 8:16 3024 Sindee Gozansky 36 Gorham 64:14 60:32 1688 Scott Hilton 39 Dayton 51:54 51:24* 8:17 3059 Mel Uchenick 70 Kennebunk 63:47 60:57 1705 Marla Keefe 47 Casco 52:15 51:33													9:34
1565 Theresa Wysocki 30 51:51 50:29* 8:08 2976 Donna Bisbee 44 Portland 63:49 60:10* 1637 Matthew Foss 31 Portland 51:07 50:56 8:12 3006 Kathleen Norton 47 Bath 64:12 60:25* 1641 Bob Jolicoeur 64 Cape Elizabeth 53:20 50:58 8:13 3013 David Pedersen 36 Ann Arbor, MI 64:14 60:31 1671 Patty Medina 43 Cape Elizabeth 52:48 51:17 8:16 3013 David Pedersen 31 Portland 64:14 60:32 1682 James Robbins 39 Cape Elizabeth 52:48 51:17 8:16 3022 Don Burnham 60 Kennebunk 63:23 60:35 1688 Scott Hilton 39 Dayton 51:54 51:20 8:16 3024 Sindee Gozansky 36 Gorham 64:18 60:36* 1705 Marla Keefe 47 Casco 52:15 51:24* 8:17 3059 Mel Uchenick 70 Kennebunk 63:47 60:57 1730 Don Conry 47 Waterville 52:19 5									79				9:38
1637 Matthew Poss31Portland51:0750:568:123006 Kathleen Norton47Bath64:1260:25*1641 Bob Jolicoeur64Cape Elizabeth53:2050:588:133013 David Pedersen36Ann Arbor, MI64:1460:311671 Patty Medina43Cape Elizabeth54:1351:13*8:153014 James Pedersen31Portland64:1460:321682 James Robbins39Cape Elizabeth52:4851:178:163022 Don Burnham60Kennebunk63:2360:351688 Scott Hilton39Dayton51:5451:208:163024 Sindee Gozansky36Gorham64:1860:36*1705 Marla Keefe47Casco52:1551:24*8:173059 Mel Uchenick70Kennebunk63:4760:571718 Drew Cheney47Cumberland53:1251:338:183114 Celia Grand41Cape Elizabeth64:4561:35*1730 Don Conry47Waterville52:0951:458:203177 George Conly53Cape Elizabeth66:2262:221779 Sheryl Watson36Yarmouth53:0051:51*8:213179 Skip Stewart-Dore57Sanford63:5262:251780 Dana Kelly49Westbrook52:3551:538:213179 Skip Stewart-Dore57Sanford63:5262:25		30											9:41
1641 Bob Jolicoeur 64 Cape Elizabeth 53:20 50:58 8:13 3013 David Pedersen 36 Ann Arbor, MI 64:14 60:31 1671 Patty Medina 43 Cape Elizabeth 54:13 51:13* 8:15 3014 James Pedersen 31 Portland 64:14 60:32 1682 James Robbins 39 Cape Elizabeth 52:48 51:17 8:16 3022 Don Burnham 60 Kennebunk 63:23 60:35 1688 Scott Hilton 39 Dayton 51:54 51:20 8:16 3024 Sindee Gozansky 36 Gorham 64:18 60:36* 1705 Marla Keefe 47 Casco 52:15 51:24* 8:17 3059 Mel Uchenick 70 Kennebunk 63:47 60:57 1718 Drew Cheney 47 Cumberland 53:12 51:33 8:18 3114 Celia Grand 41 Cape Elizabeth 64:45 61:35* 1730 Don Conry 47 Waterville 52:19 51:33 8:18 3152 Shelby Browning 31 Portland 66:00 62:09* 1759 Neil Chivington 54 Hollis Cente		31	Portland						47				9:44
1671 Patty Medina43Cape Elizabeth54:1351:13*8:153014 James Pedersen31Portland64:1460:321682 James Robbins39Cape Elizabeth52:4851:178:163022 Don Burnham60Kennebunk63:2360:351688 Scott Hilton39Dayton51:5451:208:163024 Sindee Gozansky36Gorham64:1860:36*1705 Marla Keefe47Casco52:1551:24*8:173059 Mel Uchenick70Kennebunk63:4760:571718 Drew Cheney47Cumberland53:1251:338:183114 Celia Grand41Cape Elizabeth64:4561:35*1730 Don Conry47Waterville52:1951:338:183152 Shelby Browning31Portland66:0062:09*1759 Neil Chivington54Hollis Center52:0951:458:203177 George Conly53Cape Elizabeth66:2262:221779 Sheryl Watson36Yarmouth53:0051:51*8:213179 Skip Stewart-Dore57Sanford63:5262:251786 Dana Kelly49Westbrook52:3551:538:213179 Skip Stewart-Dore57Sanford63:5262:25		64		53:20	50:58				36			60:31	9:45
1688 Scott Hilton 39 Dayton 51:54 51:20 8:16 3024 Sindee Gozansky 36 Gorham 64:18 60:36* 1705 Marla Keefe 47 Casco 52:15 51:24* 8:17 3059 Mel Uchenick 70 Kennebunk 63:47 60:57 1718 Drew Cheney 47 Cumberland 53:12 51:33 8:18 3114 Celia Grand 41 Cape Elizabeth 64:45 61:35* 1730 Don Conry 47 Waterville 52:19 51:33 8:18 3152 Shelby Browning 31 Portland 66:00 62:09* 1759 Neil Chivington 54 Hollis Center 52:09 51:45 8:20 3177 George Conly 53 Cape Elizabeth 66:22 62:22 1779 Sheryl Watson 36 Yarmouth 53:00 51:51* 8:21 3179 Skip Stewart-Dore 57 Sanford 63:52 62:25 1786 Dana Kelly 49 Westbrook 52:35 51:53 8:21 3179 Skip Stewart-Dore 57 Sanford 63:52 62:25	1671 Patty Medina											60:32	9:45
1705 Marla Keefe 47 Casco 52:15 51:24* 8:17 3059 Mel Uchenick 70 Kennebunk 63:47 60:57 1718 Drew Cheney 47 Cumberland 53:12 51:33 8:18 3114 Celia Grand 41 Cape Elizabeth 64:45 61:35* 1730 Don Conry 47 Waterville 52:19 51:33 8:18 3152 Shelby Browning 31 Portland 66:00 62:09* 1759 Neil Chivington 54 Hollis Center 52:09 51:45 8:20 3177 George Conly 53 Cape Elizabeth 66:22 62:22 1779 Sheryl Watson 36 Yarmouth 53:00 51:51* 8:21 3179 Skip Stewart-Dore 57 Sanford 63:52 62:25 1786 Dana Kelly 49 Westbrook 52:35 51:53 8:21 3179 Skip Stewart-Dore 57 Sanford 63:52 62:25		39											9:45
1718 Drew Cheney 47 Cumberland 53:12 51:33 8:18 3114 Celia Grand 41 Cape Elizabeth 64:45 61:35* 1730 Don Conry 47 Waterville 52:19 51:33 8:18 3114 Celia Grand 41 Cape Elizabeth 64:45 61:35* 1730 Don Conry 47 Waterville 52:19 51:33 8:18 3152 Shelby Browning 31 Portland 66:00 62:09* 1759 Neil Chivington 54 Hollis Center 52:09 51:45 8:20 3177 George Conly 53 Cape Elizabeth 66:22 62:22 1779 Sheryl Watson 36 Yarmouth 53:00 51:51* 8:21 3179 Skip Stewart-Dore 57 Sanford 63:52 62:25 1786 Dana Kelly 49 Westbrook 52:35 51:53 8:21 3179 Skip Stewart-Dore 57 Sanford 63:52 62:25		39	•										9:46
1730 Don Conry 47 Waterville 52:19 51:33 8:18 3152 Shelby Browning 31 Portland 66:00 62:09* 1759 Neil Chivington 54 Hollis Center 52:09 51:45 8:20 3177 George Conly 53 Cape Elizabeth 66:22 62:22 1779 Sheryl Watson 36 Yarmouth 53:00 51:51* 8:21 3179 Skip Stewart-Dore 57 Sanford 63:52 62:25 1786 Dana Kelly 49 Westbrook 52:35 51:53 8:21 3179 Skip Stewart-Dore 57 Sanford 63:52 62:25													9:49
1759 Neil Chivington 54 Hollis Center 52:09 51:45 8:20 3177 George Conly 53 Cape Elizabeth 66:22 62:22 1779 Sheryl Watson 36 Yarmouth 53:00 51:51* 8:21 3179 Skip Stewart-Dore 57 Sanford 63:52 62:25 1786 Dana Kelly 49 Westbrook 52:35 51:53 8:21 3179 Skip Stewart-Dore 57 Sanford 63:52 62:25	· · · · · · · · · · · · · · · · · · ·												9:55 10:01
1779 Sheryl Watson 36 Yarmouth 53:00 51:51* 8:21 3179 Skip Stewart-Dore 57 Sanford 63:52 62:25 1786 Dana Kelly 49 Westbrook 52:35 51:53 8:21 3179 Skip Stewart-Dore 57 Sanford 63:52 62:25													10:01
1786 Dana Kelly 49 Westbrook 52:35 51:53 8:21													10:03
								J17 Jour ouwar-Dore	57	ounoru	05.74	(4.4)	10.05
										r	NEWS	B. RI	JN 9
							I						

RACE RESULTS (CONTINUED)

3185 Cheryl McCall	45	Cumberland	65:38	62:28*	10:04
3249 Michele Flagg	32	Portland	65:55	63:20*	10:12
3297 Laura Filgate	25	Biddeford	67:50	64:00*	10:18
3324 Sally Paterson	60	Portland	67:35	64:24*	10:22
3347 Kenneth Spirer	58	Portland	67:42	64:45	10:26
3384 Judy Cotton	52	Bristol	67:35	65:43*	10:35
3385 Audrey Flynn	19	South Portland	68:20	65:46*	10:35
3408 John Martis	48	Hollis	69:25	66:26	10:42
3419 Lois Martin	51	South Portland	70:46	66:53*	10:46
3468 Joe Stockmeyer	12	Portland	68:39	67:37	10:53
3527 Deb Stewart	41	Brunswick	73:26	69:58*	11:16
3546 Pat Buckley	63	Portland	74:17	70:26*	11:20
3547 Lisa Despres	39	South Portland	74:18	70:26*	11:20
3574 Ken Troubh	33	Scarborough	73:53	71:24*	11:30
3595 Elizabeth Miller	47	Portland	75:59	72:31*	11:41
3659 Janeth Filgate	59	Biddeford	82:44	78:55*	12:42
3664 Julius Marzul	75	Gorham	84:02	80:25	12:57
3676 Cindy DiPalma	43	Portland	86:57	83:46*	13:29
3680 James Higgins	47	Portland	89:06	89:06	13:43
3684 Beverly Doughty	50	Gray	90:02	86:10*	13:52
3685 Lennie Stack	65	Westbrook	90:03	86:10	13:52
3699 Rebecca Conry	38	Waterville	99:14	95:47*	15:25

The Twenty-Fifth Annual Bridgton Four On The Fourth Road Race To Benefit The Children's Room At The Bridgton Public Library Congratulations To Jay And Loraine Spenciner For Twenty Years Of Outstanding Directorship 1311 Finishers (639 Female & 672 Male) Fairly Challenging Certified Modified Loop Course In Charming Bridgton 8:00 a.m., Wednesday, July 4th, 2001

Complete Results Courtesy Of Granite State Race Services

Top Overall Finishers

Top Overall Finishers									
Place/Name	Age	Town	Time	Pace					
1 Rusty Snow 1, open	31	Randolph, MA	20:01	5:01					
2 Dan Verrington 1,35-39	39	Bradford, MA	20:05	5:02					
3 Mark Mayall 2,open	29	Maynard MA	20:40	5:10					
4 Kevin Way 3, open	32	Hollis	20:51	5:13					
5 TJ Hesler	32	Steep Falls	21:02	5:16					
6 Kyle Rhoads	31	Windham	21:15	5:19					
7 Christian Muentener	27	Yarmouth	21:25	5:22					
8 Don Legere 2,35-39	39	Portland	21:33	5:24					
9 Pete Bottomley (MTC) 3,35-39	39	Naples	21:39	5:25					
10 Tim Livingston	27	Conway, NH	21:55	5:29					
44 Kristin Pierce 1, open	27	Arlington, VA	24:08*	6:02					
50 Rose Prest-Morrison 1,35-39	38	Limerick	24:22*	6:06					
53 Laurtel Valley 2,35-39	38	Parsonsfield	24:35*	6:09					
59 Kelly Rodrigue 3,35-39	37	Lewiston	24:47*	6:12					
65 Christine Snow-Reaser	35	Dayton	25:14*	6:19					
70 Michela Adrian 2, open	20	Portland	25:39*	6:25					
71 Kasie Wallace 3, open	21	Harrison	25:39*	6:25					
88 Heather Worley	25	Harrison	26:43*	6:41					
92 Kate Meyers (MTC) 1,40-44	41	New Gloucester	26:54*	6:44					
102 Lindsay Schuff 1,14-18	15	Denmark	27:08*	6:47					
Other T	op Divi	isional Finishe	rs						
14 Stephen Nickerson 40-44	44	Salem, MA	22:24	5:36					
17 Tom Wolff 45-49	45	Cape Elizabeth	22:36	5:39					
20 Ron Newbury 50-54	51	Auburn	22:46	5:42					
23 Kendrick Ribeiro 14-18	18	Falmouth	23:05	5:47					
84 Gary Goss 55-59	55	York	26:30	6:38					
94 Lloyd Slocum (MTC) 65-59	68	South Portland	26:55	6:44					
104 Davis Van Winkle 60-64	60	South Casco	27:13	6:49					
				(=0					

13

Hampstead, NH

27:50

6:58

28:26* 7:07 161 Connie McLellan (MTC) 50-54 50 Sinclair 28:45* 7:12 48 Waban, MA 179 Patricia Robinson 45-49 Bridgton 29:08* 7:17 193 Rebecca Hopkins 11-13 12 348 Jeff Lathrop 10&under 10 Denmark 32:05 8:02 32:09* 8:03 353 Faye Gagnon 55-59 56 Minot 32:58* 63 Bridgton 8:15 395 Christine Curtis 60-64 Granby, CT 34:15 8:34 80 465 Bill Tribou 75&over 9 Hopkinton, MA 35:31* 8:53 540 Mallory Bannon 10&under 8:58 558 Maggie Solomon 65-69 67 Glen, NH 35:51* 9:37 686 Richard Dam 70-74 73 Bridgton 38:28 49:19* 12:20 71 Bridgton 1005 Bobbie MacLean 70-74 68:06* 17:02 75 Bridgton 1251 Perry Martin 75&over 96 Harrison 84:33* 21:09 1295 Josephine Fiske 2,75&over **Other Maine Track Club Finishers** Portland 22:36 5:39 16 Dave Howard 35 53 Wiscasset 23:15 5:49 24 Steve Reed 2,50-54 Scarborough 23:21 5:51 42 26 Mike Grant 2,40-44 5:53 15 Falmouth 23:34 31 Brandon Bonsey 2,14-18 23:44 5:56 Brownfield 36 Bill Reilly 3,50-54 53 42 Freeport 24:10 6:03 46 Larry Wold Bridgton 6:03 47 Russell Boisvert 50 24:1139 Falmouth 25:01 6:16 62 David Chamberlain 25:38 6:25 69 Tom Noonan 29 Steep Falls 6:55 27:4063 Raymond 120 Bob Payne 2,60-64 Scarborough 27:41* 6:56 19 121 Allyson Grant 6:59 48 27:54 134 Kevin Callahan Eaton, NH 7:09 55 Kennebunk 28:34 166 Don Bessey 3,55-59 7:18 202 Rachael Blanchard 16 Scarborough 29:12* 215 Bill Spirer, Jr. 20 Portland 29:25 7:22 7:22 218 Kimberly Bonsey 39 Falmouth 29:28* 7:23 61 Durham 29:32 223 Dick Lajoie 3,60-64 Kennebunk 29:32* 7:23 54 224 Kitty Kelley 2,50-54 248 Richard Scribner 50 Gorham 30:16 7:34 Naples 30:33 7:39 262 John Tragert 42 7:47 288 John Howe 2,65-69 66 Waterford 31:08 7:50 298 Greg Bates 29 Sebago 31:19 31:19 7:50 57 299 Thomas Carll Gray 317 Chris Conly 19 Cape Elizabeth 7:54 31:36 47 Casco 32:00* 8:00 344 Marla Keefe 346 Diane Daley 45 Casco 32:02* 8:01 8:06 45 Cumberland 32:21 365 William Dexter 375 Neil Chivington 54 **Hollis Center** 32:34 8:09 47 Waterville 8:16 402 Don Conry 33:01 409 Jim Thornton 43 Waterford 33:08 8:17 8:28 Hampton, NH 33:49 454 Bob McCarthy 38 488 Sherry Carll 54 Gray 34:43* 8:41 Brownfield 35:05* 8:47 512 Judy Reilly 52 519 Kathleen Tragert 42 Naples 35:13* 8:49 53 Gorham 36:43 9:11 597 Phil Bartlett 53 Cape Elizabeth 37:06 9:17 622 George Conly Gorham 9:18 49 37:09 625 Dana Brown 658 Carlton Mendell 2,75&over 79 Portland 37:50 9:28 9:39 Waterville 38:36* 696 Rebecca Conry 38 42 Portland 38:56* 9:44 711 Beth Quinlan Scarborough 39:37 9:55 739 Drew Blanchard 13 761 Jennifer McGeoghegan 33 Gray 40:10* 10:03 Portland 10:11 783 Mark Grandonico 42 40:44 58 Portland 41:30 10:23 808 Kenneth Spirer, Sr. 58 Falmouth 42:42* 10:41 845 Sandy Utterstrom Gorham 42:50* 10:43 851 Virginia Cross 58 42:52* 8 Portland 10:43 852 Kristen Grandonico 43:16* 10:49 875 Pat Buckley 63 Portland Waterford 44:57* 11:15 929 Debbie Howe Race Walker 55 50:52 12:43 75 Gorham 1050 Julius Marzul 3,75&over 47 Fryeburg 53:06* 13:17 1080 Donna Cormier 55 Windham 53:47 13:27 1098 Don Penta

NEWS 🍇 RUN 10

130 Justin Cates 11-13

Abbomination

by Mike Doyle

That's it, I can't stand it anymore. The fitness industry is absolutely obsessed over abdomens. Last week we received Men's Health, Running Times and Women's Sports Illustrated and all three had a man's abdomen pictured on the front. A Men's Health cover is an abdominal no-brainer, but Running Times and Women's Sports Illustrated, come on! What's next, Dick Cheney on the cover of Time showing off his newly begotten rock hard abs? I'm jealous, ok, lazy and jealous. We are bombarded daily by abdominal infomercials, experts and insane products all aimed at transforming our tummy into rippling trunks. As for me, my solution, over the past five years, keep a shirt on when in public.

Bright and early one Sunday morning five years ago I was happily cruising through a 16 mile training run. It was a fresh summer morning that held promise for a glorious afternoon. Traffic was light and I had settled into a comfortable peaceful pace when one hurtful, hateful, curmudgeonly old woman turned my world upside down. Let me stop here and say I had always fancied myself as a somewhat fit person. Fit to the point of actually thinking I looked relatively good shirtless. Replaying the event as if it were yesterday..."The red four door Chevette started slowing down and simultaneously the driver's side window started rolling down. My first impression was that the sweet old lady, dressed for church needed directions. All at once a time lapse, gruesome transformation took place. Her soft, elderly features hardened, her eyes narrowed, her mean mouth opened wide and four horrific spittle laden words erupted from deep within her "PUT A SHIRT ON!"

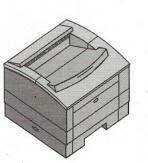
The birds stopped singing, the sun stopped shining, the sweet air turned sour and my ego was shattered. As the shrew drove away my stunned silence turned to anger and I shouted "Thank You" after her with the appropriate "thank you" hand gestures. I sucked in my "gut" and continued running, laboring and lumbering under diminished lung capacity with my intestines occupying most of my chest cavity.

I went home, did a sit-up, had a lite beer and rationalized that the bitter battle axe must have been put on earth to spread hate and discontent. After my second sit-up and second lite beer I started coming up with snappy comebacks that made me feel a little better (perhaps it was the dehydration and beer combination). "Put a bag over your face" "Covens meet Sunday mornings?" "Don't look" "Nice Car" and many more too long ago to remember.

Five years and five sit-ups later all I have to show (or not) of my abdominal progress is about 10 extra pounds and a drawer full of extra large race T-shirts. The magazine delivery trifecta was a message from the abominator, (the god of the abdomen) to get on the floor and start paying homage. I have been doing a lot of planning, reading and preparing for my abdominal assault which will begin any day now. If for some reason (any reason) I don't achieve my rock hard ab goal, I have a back-up plan. The Maine Track Club Men's extra-large singlets are now in stock.

MTC Wish List

Our computers and printers get a lot of hard use at our races. We can always use an extra laser or ink jet printer. If you have one that you are not using please call Mel at 774-8868 or: mordecaimel@AOL.com



MAINE TRACK CLUB OFFICERS & COMMITTEE CHAIRS



	Mel FinebergPRESIDENT	3
	Mike BrooksVICE PRESIDENT	4
	Sandy Utterstrom PAST PRESIDENT	0
	Carlton MendellTREASURER	6
	Gayle DesjardinsSECRETARY	2
	Everett Moulton MEMBERSHIP	4
	Bob Aube	9
	Cathy BurnieAT-LARGE	8
	Cathy KilburnAT-LARGE	1
	Lorraine ParadisAT-LARGE	5
	Don PentaSTATISTICIAN AND PHOTOGRAPHY .892-4520	6
	Chuck BurnieEQUIPMENT	8
5	Mike DoyleNEWSLETTER	1
	Colleen Redmond NEWSLETTER	1
	Phil Meech	6
	M.T.C. Phone Number	í

See web site for Board Members' E-Mail Addresses

UPCOMING MTC BIRTHDAYS

HAPPY BIRTHDAY MTC MEMBERS!!

SEPTEMBER:

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

OCTOBER:

- 2: Mike Grant, Michael Musca, Malcolm Washburn
- 4: John Cole, Jennifer Crocker, Don Duncanson, Jane Flynn, Peter Gordon
- 5: Bert Campbell, George Campbell, Nick Daly, Dan Dearing,
- Colin Robertson 6: Burt Kettle, Ellie Tucker
- 7: Kurt Nielsen
- 8: Sumner Weeks
- 10: Gerald Kazilionis
- 11: Gretchen Read
- 12: Peter Bottomley, Brian Cliffe, Nancy Kneeland
- 13: Kristen Bryant
- 14: Alyson Grant, Judith Kane



St. Peter's Road Race





Jennifer McGeoghegan MTC of Gray

James Higgins MTC of Portland



Pete Peters MTC of Portland

Michelle Durgin MTC of Westbrook

M.T.C. Clothing Available

 $\bullet\,$ 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 fastner, embroidered M.T.C. logo \$8.00

M.T.C. Singlets

Aasics 100% Coolmax

M.T.C. logo silkscreened front and back

• Mens Victory Singlet - Med./Lrg/XL.

• Women's Diamond Mesh Singlet - Small/Med./Lrg./XL.

sold below cost \$15.00

Contact Colleen Redmond or Mike Doyle 871-0051

NEWS 🍇 RUN 12



The following area sporting goods stores have agreed to give MTC members discounts on running shoes and running clothing. It is necessary that you show your 2001 club ID card when requesting discounts.

Peak Performance Sports 59 Middle St., Portland

15% ON ALL PURCHASES

Olympia Sporting Goods

Maine Mall, S.Portland

10% ON SHOES ONLY

Coastal Athletics

84 Cove St, Portland

Aasics shoes exclusively Discounts according to model Call ahead for Ron Kelley 772-4530

George & Phillips, Inc.,

Route 1, Kittery • 295 Water St., Exeter, N.H.

These are Nike Outlet Stores featuring slightly defective or blemished shoes at reduced prices. All top quality regularly.

SHOES 20% OFF

Lamey Wellehan

Maine Mall ~ Falmouth Shopping Center~Cook's Corner~ Auburn Mall

10% on running shoes

MVP Sports 333 Clarks Pond Pkwy., South Portland

> 10% ON NON-SALE RUNNING SHOES AND CLOTHING

Famous Footware

330 Clarks Pond Pkwy., South Portland • Also Auburn & Kittery

10% ON RUNNING SHOES

2001 Membership Information Send check or money order to: Maine Track Club • P.O. Box 8008 Portland, Maine 04104

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

REMINDER

MTC Membership Meeting
 October 10th, 2001, 6:30 PM
 SMTC (See pg. 2)

