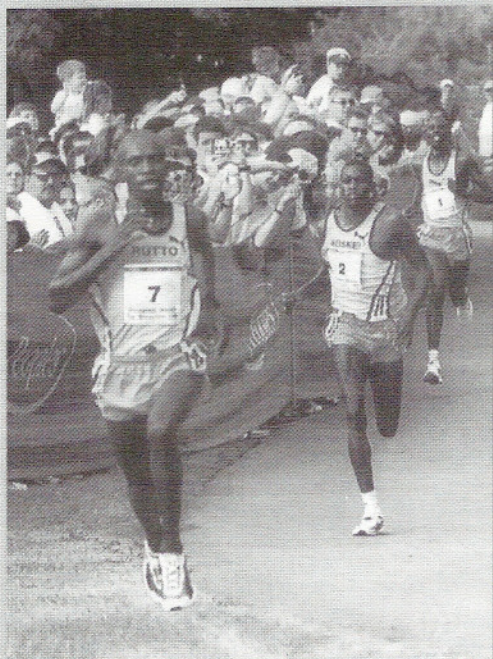


Run with a friend...

[www.mainetrackclub.com](http://www.mainetrackclub.com)

September 2001



# 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*

Next MTC Membership  
Meeting, October 10th  
See page 2  
for details



# 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](mailto: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.

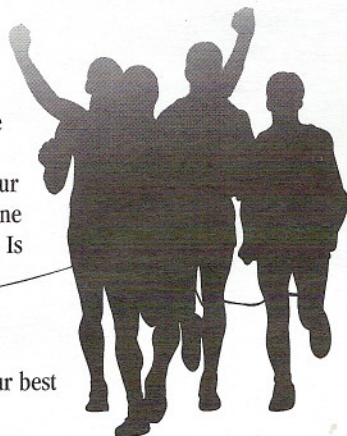
We have many deserving members in our club. They have worked hard for us so let's show them we appreciate what they have done.

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/RELAY/ MAINE HALF MARATHON



The Sport  
in You!

**SPORTSHOE  
CENTER®**

## 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.



# 4th Annual Beach to Beacon



**#214 David Chamberlain**  
*MTC of Falmouth*

**#976 David Williams**

**#1013 Mark Uliase**  
*of Oxford*



**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*



**Carol Hogan**  
*MTC of Portland*

## 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 Real (829-2014).

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

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

### **South Portland**

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

### **Biddeford, Saco**

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



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

**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

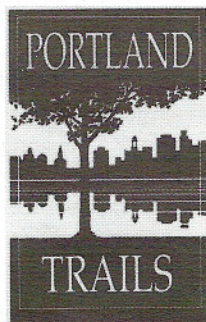
**November 17, 2001** - Hanaford Turkey Trot 5K; Pond Cove Elementary School, Cape Elizabeth, 9:00 AM, Contact: MTC 741-2084 or Maggie Soule 846-3631

**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, 8:30 AM**

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



## We Need Your Input

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

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

# Beach to Beacon Volunteers



Ron Cedrone  
MTC of Falmouth



Race Founder  
Joan Benoit-Samuels



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.



– *Christian Muentener*

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 .....55:58\*

\*= all PR's set this year

**Personal Statistics:** I was born 01/06/74 in Fort Walton 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 verrrrrrrrrrryyyy 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 going 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 aaaaaaaaaaaaaa 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!). Let's 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

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:

## High

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

## Moderate

Bran muffins  
Bran Chex, All-Brn Cereal  
Baked beans  
Sweet Potato, White Potato (boiled)  
Rice (brown or white)  
Pasta (no sauce)  
Bananas (ripe), Oranges  
Popcorn

## Low

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



*Stay energized!*



## 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.



## 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

#### Other Top Divisional Finishers

6 John Gagnon 30-34	34	Lewiston	23:24	5:51
7 Dave Howard (MTC) 35-39	35	Portland	23:26	5:52
11 Tom Menendez (MTC) 45-49	48	Lewiston	24:19	6:05
12 George Towle (MTC) 50-54	51	Portland	24:33	6:09
21 John Whitman (MTC) 55-59	56	Peaks Island	25:27	6:22
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 Maine Track Club Finishers

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
118 Rodger Smith	55	Scarborough	33:48	8:27
119 John Watson	57	Portland	33:50	8:28
124 Matthew Govan	32	Portland	34:21	8:36
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
195 Julius Marzul	75	Gorham	53:19	13:20

## 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

## 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	GTime	NTime	Pace
28 Michael Payson 2,35-39	38	Falmouth	32:23	32:22	5:13
94 David Howard	35	Portland	36:02	35:59	5:48
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 USATF: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 USATF: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
408 Kim White	39	Falmouth	41:56	41:49*	6:44
424 Ogden Williams	46	Cape Elizabeth	42:20	42:01	6:46
435 Mark Woodsum	43	Portland	42:22	42:10	6:46
439 Robert DeWitt	57	Lisbon	42:35	42:11	6:48
448 Lloyd Slocum 1,65-69 USATF	68	South Portland	42:23	42:15	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



# RACE RESULTS (CONTINUED)

661 Henry Bindbeutel	53	West Paris	44:43	44:25	7:09	1800 Mike Brooks	55	Danville	53:25	51:56	8:22
663 Gregory Welch	50	South Portland	44:43	44:25	7:09	1801 Tammy Ryan	33	Portland	53:50	51:57*	8:22
672 Matt Flynn	39	Cape Elizabeth	44:51	44:27	7:10	1831 Todd Libby	26	Portland	54:52	52:13	8:25
674 James Corbett	37	Cape Elizabeth	44:21	44:29	7:10	1841 Loren Lathrop	52	South Portland	55:46	52:16	8:25
685 Harry White	59	Scarborough	44:49	44:34	7:11	1843 Shelley Lathrop	25	South Portland	55:47	52:16*	8:25
690 Glen Gallupe	41	Scarborough	46:41	44:36	7:11	1851 Polly Kenniston 2,60-64	64	Scarborough	52:43	52:20*	8:26
714 Betty Rines	44	Gorham	44:53	44:45*	7:13	1880 Robert Flynn	55	Cape Elizabeth	52:51	52:28	8:27
724 Chuck Burnie	47	Cumberland	46:18	44:51	7:13	1903 Pete Peters	36	Portland	53:31	52:33	8:28
734 Marnie Flynn	38	Cape Elizabeth	46:08	44:54*	7:14	1909 Greg Kesich	39	Portland	54:40	52:35	8:28
759 Rob Boudewijn	54	Portland	48:26	45:03	7:15	1919 Walter Webber 4,70&over	71	South Portland	53:54	52:38	8:29
764 Michael Doyle	36	Portland	45:53	45:05	7:16	1949 Jack Nichols	37	Falmouth	55:32	52:49	8:30
769 Kevin Callahan	48	Eaton Center,NH	45:25	45:08	7:16	1968 Paul LaVangie	43	South Portland	53:52	52:57	8:32
774 Jim Estes	52	Portland	45:55	45:11	7:17	1982 Elizabeth Shorr	48	Portland	53:59	53:03*	8:33
797 Ellen Labbe	31	Westbrook	46:19	45:23*	7:19	2041 Peggy McCloskey	46	Portland	55:51	53:23*	8:36
813 Kevin Butterfield	30	Portland	47:47	45:29	7:20	2051 Michele Flynn	52	Cape Elizabeth	55:32	53:26*	8:36
823 Don Bessey	55	Kennebunkport	46:20	45:33	7:20	2103 Margaret Hazlett	35	Portland	55:40	53:46*	8:40
833 Terry Clark	57	Windham	46:11	45:38	7:21	2134 Raleigh Blanchard	62	Scarborough	55:57	54:02	8:42
848 Christopher Rizzo	27	Cape Elizabeth	46:15	45:44	7:22	2155 Beth Quinlan	42	Portland	54:30	54:10*	8:43
852 Connie McLellan 3,50-54	50	Sinclair	46:13	45:47*	7:23	2189 John Littlefield	45	Scarborough	57:39	54:23	8:45
872 Jeffrey Stone	45	South Portland	46:09	46:00	7:25	2190 James Pederson	31	Portland	58:05	54:23	8:46
898 Kitty Kelley 4,50-54	54	Portland	46:57	46:10*	7:26	2191 Jim Tyrrell	53	Cape Elizabeth	55:52	54:24	8:46
899 Tony Salamone	52	South Portland	46:23	46:11	7:26	2202 Daniel Simpson	44	Buxton	56:06	54:28	8:46
931 Richard Scribner	50	Gorham	49:18	46:24	7:29	2215 Kathleen Tragert	42	Naples	55:55	54:34*	8:47
968 Lincoln Skelton	12	Topsham	47:34	46:42	7:31	2246 Lenny Poulin	53	Auburn	56:22	54:45	8:49
981 Theresa Gallupe	39	Scarborough	48:49	46:45*	7:32	2274 Matthew Govan	31	Portland	56:59	54:56	8:51
982 Laurie Nicholas	33	Westbrook	46:58	46:45*	7:32	2281 Constance Barrett	44	South Portland	57:24	54:59*	8:51
987 Whitney DeSena	15	Cape Elizabeth	48:46	46:49*	7:32	2284 Catherine Welch	36	South Portland	57:25	55:00*	8:52
988 Denise Robertson	40	Scarborough	47:11	46:49*	7:32	2290 Chris Conly	19	Cape Elizabeth	59:04	55:04	8:52
1000 Mick McCall	47	Cumberland	48:24	46:54	7:33	2296 Kristen Millar	29	Brunswick	57:39	55:07*	8:53
1029 Nelly Hall	33	Scarborough	49:19	47:06*	7:35	2358 Judy Reilly	52	Brownfield	59:03	55:29*	8:56
1036 Kimberly Bonsey	38	Falmouth	47:24	47:08*	7:36	2360 Cathy Burnie	52	Cumberland	56:46	55:29*	8:56
1072 Sarah MacColl	45	Cape Elizabeth	50:15	47:22*	7:38	2366 Philip Meech	50	Scarborough	57:26	55:30	8:56
1073 Daniela Daggy	30	Portland	48:09	47:22*	7:38	2374 David Skelton	43	Topsham	56:28	55:36	8:57
1091 Ron Pelton	48	Freeport	50:19	47:31	7:39	2415 Jim Parkinson	44	Scarborough	57:36	55:51	9:00
1099 Tike MacColl	12	Cape Elizabeth	48:02	47:34	7:40	2420 Meredith Greenlaw	28	Portland	57:38	55:53*	9:00
1108 Ken Ballette	54	West Hartford,CT	47:55	47:37	7:40	2421 Lynn Shorty	38	Gorham	58:22	55:53*	9:00
1111 Martha Drury	40	South Portland	48:26	47:38*	7:40	2425 Jeffrey Flynn	45	South Portland	58:30	55:55	9:00
1116 Merle Hartford	54	Scarborough	47:54	47:41	7:41	2426 Paul "Mike" Pugh	62	Wellington, FL	57:14	55:55	9:00
1119 Ken Cotton	52	Bristol	49:56	47:43	7:41	2482 Diane Dusini	38	Portland	57:22	56:13*	9:03
1127 Rachel Landry	33	Cumberland	49:50	47:46*	7:42	2497 Brian McCloskey	46	Portland	58:45	56:16	9:04
1137 Jessie Cotton	18		48:28	47:50*	7:42	2498 Jean Nichols	39	Falmouth	58:46	56:17*	9:04
1143 John Brady	42	Biddeford	48:32	47:53	7:43	2503 Denise Novotny	48	Portland	58:13	56:20*	9:04
1181 Cathleen Kilburn	35	Westbrook	48:42	48:05*	7:45	2508 Lynn Smith	35	Scarborough	60:07	56:25*	9:05
1217 Ed Doughty	52	Gray	51:03	48:19	7:47	2511 Janice Drinan	57	Scarborough	58:14	56:27*	9:05
1222 Payson Oberg	33	Portland	51:04	48:25*	7:48	2569 Laura Tyrrell	54	Cape Elizabeth	59:35	56:50*	9:09
1229 Larry Barker	52	South Portland	48:49	48:27	7:48	2590 Ed Reagan	48	Portland	58:53	56:57	9:10
1240 Sophia Payson-Rand	32	South Portland	48:59	48:31*	7:49	2614 Frank Wright	56	Scarborough	60:21	57:06	9:12
1242 Hayden Williams	16	Cape Elizabeth	49:18	48:33	7:49	2617 Colleen Brady	37	Biddeford	59:55	57:07*	9:12
1273 Howard Spear	51	Westbrook	51:29	48:41	7:51	2676 Donna Cormier	47	Fryeburg	61:07	57:35*	9:16
1298 Diane LaVangie	42	South Portland	49:35	48:48*	7:52	2704 Katy Littlefield	37	Scarborough	61:00	57:44*	9:18
1300 Douglas Couper	40	Falmouth	50:02	48:48	7:52	2787 Harry Fullerton	53	Portland	61:40	58:29	9:25
1313 Leslie Couper	38	Falmouth	50:07	48:53*	7:52	2827 Bob Smith	72	Bristol	62:55	58:54	9:29
1324 Terrance Hartford	28	South Portland	49:03	48:58	7:53	2843 Sherry Carl	54	Gray	63:04	59:04*	9:31
1330 Karla Stockmeyer	13	Portland	50:04	49:02*	7:54	2848 Thomas Carl	57	Gray	63:04	59:05	9:31
1333 John Tragert	44	Naples	50:23	49:02	7:54	2856 Carlos Ramirez	39	Topsham	62:15	59:07	9:31
1348 Stacey Huntley	33	Portland	50:46	49:07*	7:55	2859 Sherry Grandonico	47	Portland	61:05	59:10*	9:32
1372 Gail Saldahna	45	Scarborough	50:26	49:18*	7:56	2863 William Nyhan	75	LaJoia, CA	60:03	59:12	9:32
1416 Kelly Fernald	39	Cape Elizabeth	50:54	49:32*	7:59	2868 Gayle Desjardins	37	Portland	61:15	59:16*	9:33
1472 Laurie Bowring	38	Gorham	51:19	49:57*	8:03	2883 Phillips Sargent	55	Yarmouth	61:45	59:24	9:34
1532 Christin Burnham	26	Kennebunk	51:26	50:19*	8:06	2932 Pamela Dutremble	39	Portland	63:18	59:46*	9:37
1543 Diane Daley	45	Casco	51:15	50:23*	8:07	2941 Carlton Mendell	79	Portland	61:43	59:51	9:38
1565 Theresa Wysocki	30		51:51	50:29*	8:08	2976 Donna Bisbee	44	Portland	63:49	60:10*	9:41
1637 Matthew Foss	31	Portland	51:07	50:56	8:12	3006 Kathleen Norton	47	Bath	64:12	60:25*	9:44
1641 Bob Jolicoeur	64	Cape Elizabeth	53:20	50:58	8:13	3013 David Pedersen	36	Ann Arbor, MI	64:14	60:31	9:45
1671 Patty Medina	43	Cape Elizabeth	54:13	51:13*	8:15	3014 James Pedersen	31	Portland	64:14	60:32	9:45
1682 James Robbins	39	Cape Elizabeth	52:48	51:17	8:16	3022 Don Burnham	60	Kennebunk	63:23	60:35	9:45
1688 Scott Hilton	39	Dayton	51:54	51:20	8:16	3024 Sindee Gozansky	36	Gorham	64:18	60:36*	9:46
1705 Marla Keefe	47	Casco	52:15	51:24*	8:17	3059 Mel Uchenick	70	Kennebunk	63:47	60:57	9:49
1718 Drew Cheney	47	Cumberland	53:12	51:33	8:18	3114 Celia Grand	41	Cape Elizabeth	64:45	61:35*	9:55
1730 Don Conry	47	Waterville	52:19	51:33	8:18	3152 Shelby Browning	31	Portland	66:00	62:09*	10:01
1759 Neil Chivington	54	Hollis Center	52:09	51:45	8:20	3177 George Conly	53	Cape Elizabeth	66:22	62:22	10:03
1779 Sheryl Watson	36	Yarmouth	53:00	51:51*	8:21	3179 Skip Stewart-Dore	57	Sanford	63:52	62:25	10:03
1786 Dana Kelly	49	Westbrook	52:35	51:53	8:21						
1797 Bob LaNigra	59	Scarborough	54:42	51:55	8:22						



# 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 Trough	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

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 Top Divisional Finishers

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
130 Justin Cates 11-13	13	Hampstead, NH	27:50	6:58

161 Connie McLellan (MTC) 50-54	50	Sinclair	28:26*	7:07
179 Patricia Robinson 45-49	48	Waban, MA	28:45*	7:12
193 Rebecca Hopkins 11-13	12	Bridgton	29:08*	7:17
348 Jeff Lathrop 10&under	10	Denmark	32:05	8:02
353 Faye Gagnon 55-59	56	Minot	32:09*	8:03
395 Christine Curtis 60-64	63	Bridgton	32:58*	8:15
465 Bill Tribou 75&over	80	Granby, CT	34:15	8:34
540 Mallory Bannon 10&under	9	Hopkinton, MA	35:31*	8:53
558 Maggie Solomon 65-69	67	Glen, NH	35:51*	8:58
686 Richard Dam 70-74	73	Bridgton	38:28	9:37
1005 Bobbie MacLean 70-74	71	Bridgton	49:19*	12:20
1251 Perry Martin 75&over	75	Bridgton	68:06*	17:02
1295 Josephine Fiske 2,75&over	96	Harrison	84:33*	21:09

### Other Maine Track Club Finishers

16 Dave Howard	35	Portland	22:36	5:39
24 Steve Reed 2,50-54	53	Wiscasset	23:15	5:49
26 Mike Grant 2,40-44	42	Scarborough	23:21	5:51
31 Brandon Bonsey 2,14-18	15	Falmouth	23:34	5:53
36 Bill Reilly 3,50-54	53	Brownfield	23:44	5:56
46 Larry Wold	42	Freeport	24:10	6:03
47 Russell Boisvert	50	Bridgton	24:11	6:03
62 David Chamberlain	39	Falmouth	25:01	6:16
69 Tom Noonan	29	Steep Falls	25:38	6:25
120 Bob Payne 2,60-64	63	Raymond	27:40	6:55
121 Allyson Grant	19	Scarborough	27:41*	6:56

134 Kevin Callahan	48	Eaton, NH	27:54	6:59
166 Don Bessey 3,55-59	55	Kennebunk	28:34	7:09
202 Rachael Blanchard	16	Scarborough	29:12*	7:18
215 Bill Spirer, Jr.	20	Portland	29:25	7:22
218 Kimberly Bonsey	39	Falmouth	29:28*	7:22
223 Dick Lajoie 3,60-64	61	Durham	29:32	7:23
224 Kitty Kelley 2,50-54	54	Kennebunk	29:32*	7:23
248 Richard Scribner	50	Gorham	30:16	7:34
262 John Tragert	42	Naples	30:33	7:39
288 John Howe 2,65-69	66	Waterford	31:08	7:47
298 Greg Bates	29	Sebago	31:19	7:50
299 Thomas Carl	57	Gray	31:19	7:50
317 Chris Conly	19	Cape Elizabeth	31:36	7:54
344 Marla Keefe	47	Casco	32:00*	8:00
346 Diane Daley	45	Casco	32:02*	8:01
365 William Dexter	45	Cumberland	32:21	8:06
375 Neil Chivington	54	Hollis Center	32:34	8:09
402 Don Conry	47	Waterville	33:01	8:16
409 Jim Thornton	43	Waterford	33:08	8:17
454 Bob McCarthy	38	Hampton, NH	33:49	8:28
488 Sherry Carl	54	Gray	34:43*	8:41
512 Judy Reilly	52	Brownfield	35:05*	8:47
519 Kathleen Tragert	42	Naples	35:13*	8:49
597 Phil Bartlett	53	Gorham	36:43	9:11
622 George Conly	53	Cape Elizabeth	37:06	9:17
625 Dana Brown	49	Gorham	37:09	9:18
658 Carlton Mendell 2,75&over	79	Portland	37:50	9:28
696 Rebecca Conry	38	Waterville	38:36*	9:39
711 Beth Quinlan	42	Portland	38:56*	9:44
739 Drew Blanchard	13	Scarborough	39:37	9:55
761 Jennifer McGeoghegan	33	Gray	40:10*	10:03
783 Mark Grandonico	42	Portland	40:44	10:11
808 Kenneth Spirer, Sr.	58	Portland	41:30	10:23
845 Sandy Utterstrom	58	Falmouth	42:42*	10:41
851 Virginia Cross	58	Gorham	42:50*	10:43
852 Kristen Grandonico	8	Portland	42:52*	10:43
875 Pat Buckley	63	Portland	43:16*	10:49
929 Debbie Howe Race Walker	55	Waterford	44:57*	11:15
1050 Julius Marzul 3,75&over	75	Gorham	50:52	12:43
1080 Donna Cormier	47	Fryeburg	53:06*	13:17
1098 Don Penta	55	Windham	53:47	13:27



# Abomination

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.

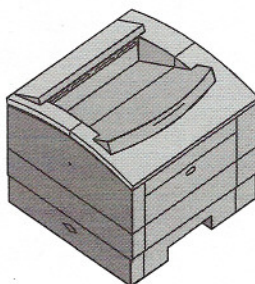
I went home, did a sit-up, had a lite beer and rationalized that the bitter battle axe must have been put on earth to spread hate and discontent. After my second sit-up and second lite beer I started coming up with snappy comebacks that made me feel a little better (perhaps it was the dehydration and 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: mordecamel@AOL.com



## MAINE TRACK CLUB OFFICERS & COMMITTEE CHAIRS



USA Track & Field



<b>Mel Fineberg</b>	PRESIDENT	774-8868
<b>Mike Brooks</b>	VICE PRESIDENT	783-3414
<b>Sandy Utterstrom</b>	PAST PRESIDENT	797-4710
<b>Carlton Mendell</b>	TREASURER	797-7806
<b>Gayle Desjardins</b>	SECRETARY	871-0132
<b>Everett Moulton</b>	MEMBERSHIP	799-2894
<b>Bob Aube</b>	RACE COMMITTEE & WEB PAGE	829-5079
<b>Cathy Burnie</b>	AT-LARGE	829-5208
<b>Cathy Kilburn</b>	AT-LARGE	854-9441
<b>Lorraine Paradis</b>	AT-LARGE	878-4465
<b>Don Penta</b>	STATISTICIAN AND PHOTOGRAPHY	892-4526
<b>Chuck Burnie</b>	EQUIPMENT	829-5208
<b>Mike Doyle</b>	NEWSLETTER	871-0051
<b>Colleen Redmond</b>	NEWSLETTER	871-0051
<b>Phil Meech</b>	CLOTHING	839-4946
<b>M.T.C. Phone Number</b>		741-2084

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



*Michelle Durgin*  
MTC of Westbrook



*Pete Peters*  
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

## M.T.C. Singlets

*Aasics 100% Coolmax*

*M.T.C. logo silkscreened front and back*

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

**sold below cost \$15.00**

Contact Colleen Redmond or Mike Doyle 871-0051



## MAINE TRACK CLUB DISCOUNTS

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

### Peak Performance Sports

59 Middle St., Portland

**15% ON ALL PURCHASES**

### Olympia Sporting Goods

Maine Mall, S. Portland

**10% ON SHOES ONLY**

### Coastal Athletics

84 Cove St, Portland

**AASICS SHOES EXCLUSIVELY  
DISCOUNTS ACCORDING TO MODEL CALL  
AHEAD FOR RON KELLEY 772-4530**

### George & Phillips, Inc.,

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

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

**SHOES 20% OFF**

### Lamey Wellehan

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

**10% ON RUNNING SHOES**

### MVP Sports

333 Clarks Pond Pkwy., South Portland

**10% ON NON-SALE RUNNING  
SHOES AND CLOTHING**

### Famous Footware

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

**10% ON RUNNING SHOES**

## 2001 Membership Information

Send check or money order to:

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

or call Everett Moulton (799-2894)  
for more information

*Individual or Family=\$20.00 • Student=\$12.00*

## REMINDER

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