

Maine Track Club

Run with a friend...

www.mainetrackclub.com

October 2000

Harvard Pilgrim Women's Fitness 5K

Julia Kirtland
1st Overall
of Harpswell



Elise Moody-Roberts
2nd, 14 & under
MTC of Cape Elizabeth



Sindee Gozansky
MTC of Gorham



Rita Moulén
MTC of Brunswick



Harvard Pilgrim
Health Care

Martha Deprez
MTC of Portland



Esmé Deprez



MTC of Cumberland

Sarah Sudek-Sharpe
#144



October 2000

Dear MTC Members

Volunteers, THANK YOU, THANK YOU, we couldn't do races without you!

Thank you, to all the volunteers who worked the St. Peters Road Race in August, The Maine Running Hall of Fame Race in September, The Harvard Pilgrim Women's Distance Festival in September and The Maine Marathon, Half Marathon and Marathon Relay on October 1st. What a busy time this has been, and The 50 Miler is ahead of us!

A special thank you to the Marathon Committee who have been meeting for several months now, and every Wednesday for the last month. Thank you for your time and efforts to make this event as great as it is.

A special thank you to Sportshoe Center (Marathon, Half Marathon and Marathon Relay Sponsor) who at times held us together. Several times in our meetings working up to the marathon we were stuck over who could do things or we didn't have the money to do something. Every time Sportshoe Center stepped up and said they would take care of it. They didn't just hand us money and stand back to see if we could pull it off like many sponsors do. They were there for every meeting. They have worked with us every step of the way up to the marathon and on marathon weekend they put in as much time as the rest of us. They were right there with us, it is a pleasure to share working this event with them. I am very impressed with Sportshoe Center as our Sponsor. THANK YOU Sportshoe Center!

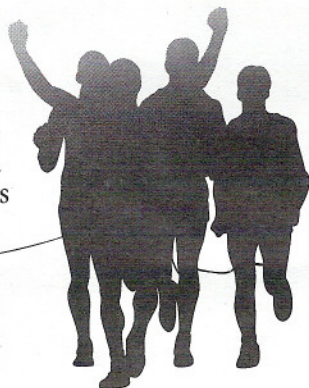
A special thank you to two very dedicated MTC volunteers. Everett Moulton who has done results for three races in a row now (St. Peters Race, The Maine Running Hall of Fame and The Harvard Pilgrim Women's Distance Festival). Mary Anne Champeon who has done results for four races in a row now (St. Peters Race, The Maine Running Hall of Fame, The Harvard Pilgrim Women's Distance Festival and The Maine Marathon/Half Marathon/Marathon Relay). Thank you both for all you do for The Maine Track Club and the Running Community.

THE MEMBERSHIP MEETING IN OCTOBER Will be held at the Falmouth Memorial Library on Tuesday Oct 17, 2000 at 6:30PM. We'll have a lot to talk about after the Marathon, Half Marathon, Marathon Relay and The 50 Miler/50K. I am sure some great stories will be told.

The next Board Meeting is on November 7th at 6PM at the Utterstrom house.

Good luck in your races!

Sandy Utterstrom



WE WANT YOU

Nominees Sought For The Year 2001 MTC Board of Directors

We encourage everyone to consider taking a more active role in your club. It can be both fun and rewarding.

Anyone in the club is eligible to run for a position, even those of you who have just joined. If you're interested in serving on the Board or if you would like to nominate a fellow club member, you can contact Sandy Utterstrom at 797-4710 or complete the enclosed nomination flyer

Nominations will be accepted right up until the election. See enclosed flyer for positions and job descriptions.



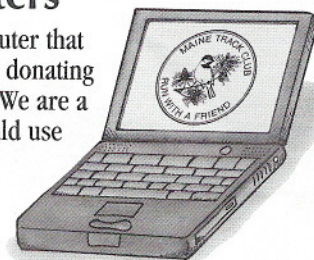
MEMBERSHIP MEETING IN OCTOBER

The October membership meeting will be held at the Falmouth Memorial Library on Tuesday Oct 17, 2000 at 6:30PM. We'll have a lot to talk about after the Marathon, Half Marathon, Marathon Relay and The 50 Miler/50K. I am sure some great stories will be told.



Laptop Computers

If you have a laptop computer that you no longer use, consider donating it to the Maine Track Club. We are a Non-profit club and you could use it as a tax deduction. Your donation would be used to do results at races, the computers we have are very old. We hope they keep working!



E-Mail

If you are not getting our E-mail messages, send us a note at www.mainetrackclub.com and we'll add you to our list. Many of the addresses we have are old or incorrect. We know there are people not getting our messages and notes, but we don't know who you are. Thank you.

Miler, Portland, 9 a.m. Contact: George Towle 780-5595.

February 4, 2001 - 20th annual Mid-Winter Classic 10Miler, Cape Elizabeth, 9:45 a.m. Contact: Don Penta 892-4526 or Ray Shevenell 799-4556



VOLUNTEERS NEEDED

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

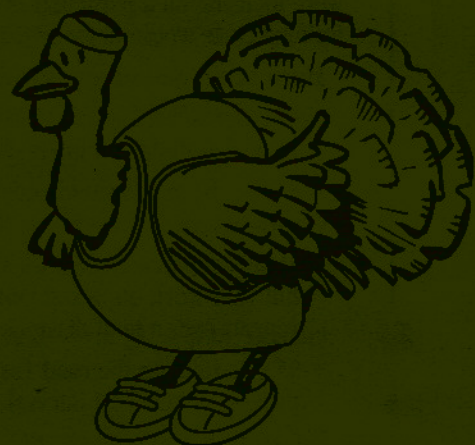
Announcement:

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

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

world at large, this race has seen dramatic changes since its inauguration in 1969. It began as one of several events put on each year by the Maine Masters, an informal, now-defunct group (mostly male, mostly over 40), led by local writer and running enthusiast Dick Goodie. The location, then as now, was Cape Elizabeth; the distance, however, was 5.8 miles. Rumor has it that race director Goodie disliked the thought of making the runners trudge up that final hill to the school, so he ended the race at the foot! And 5.8 miles the course remained until the mid-1980s when it became, hill added, a standard 10K. Although the 10K distance gave way to 5K a few years ago, today's competitors must still scale the same daunting slope to the finish line.

For the first five years, the Turkey Trot was pretty much a "guy thing." Legendary names like Ken Flanders, Danny Paul, Ralph Thomas and Bob Hillgrove led small, hardy bands of road warriors over hill and dale (once, Dick Goodie relates, "in a heavy, wet snowstorm."). In 1972, Maine running pioneer Diane Fournier became the first woman to enter the race. By the mid-1970s, Robin Emery, Joan Benoit, Barbara Hamaluk, Carol Roy, Kim Beaulieu and other outstanding Maine women athletes were revving up the



competition. Could anyone have imagined, then, future fields in the hundreds, a large percentage of them women? Could they have predicted the numbers of recreational runners, even walkers, participating in the Turkey Trot of 2000?

No longer the province of a hardy few, today's Shop 'n' Save Turkey Trot appeals to runners of all abilities, making it an ideal event for families. Younger children even have their own half-mile race, with free entry and T-shirt. Best of all, in the view of many, are the age-group prizes. Each winner receives a turkey from Hannaford, our generous sponsor. Back in the old days, if you won, you had to chase your turkey around the gym with an axe... (no, no, I'm kidding!). Actually the race director used to hand out the 12-pounders, well frozen, from a large cooler. One year Bob Coughlin almost dropped his prize on my foot. Today if you win, Mel and I just give you a "turkey certificate," which you can redeem at your nearest Shop 'n' Save. Not nearly as exciting, granted, but far less hazardous....

If you're a regular reader of running magazines, you know that nowadays there are many races throughout the country called "Turkey Trots." (Portland, as you may know, now even has a "Tukey Trot.") Each is a tribute to our own, the original, the race that grows with the times and never ends! So come and enjoy it, as competitor or volunteer. Our flyer's enclosed in this issue of NEWSRUN. If you're not running, but a family member is, or if you'd just like to do something fun and useful on a Saturday morning, please help us out. Call Mel Fineberg (774-8868) or Maggie Soule (846-3631); we'll be happy to hear from you.

NOTE: Some of the information in the article comes from Dick Goodie's book, The Maine Quality of Running.

How They Train – New England Style

Todd Coffin

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

Let's review what we've learned so far. The original premise of this series was: "to get back to basics and talk about proven training methods that work for real New England folks." We've met new friends and, in some cases, been reintroduced to long-time athletic colleagues by peering into their personal training manuals. We've learned that each of these outstanding runners have reached their goals using various mixtures of speed/distance/interval/cross-training, yet the consistent thread

Log Book: I have kept logs sporadically, including distance, time, pace and location. I have strayed from logs in the past because I have felt too inclined to track mileage numbers without enough consideration of how I felt and the need for rest or cross-training. Lately I have entered rough mileage equivalents when cross-training, such as swimming 1/2 hour equals about 5 miles running, or cycling two hours equals 8-10 miles running, etc.

Daily workouts: My base mileage is generally 55 to 65 miles

long run. I choose from a menu of favorite workouts and rotate to assure solid fitness year round. This would be different if I were focusing on a particular event, where a more refined training cycle would be beneficial.

Here are some of my favorites:

- 8X1/2 mile on the road (using a pacing watch) @ 2:22 pace; 3-minute rest intervals.
- 2X10-minute threshold runs (about 5 seconds per mile slower than 10K pace: 5:05-5:10)
- About 85 percent effort up and down a grassy or dirt road hill (hill work on a soft surface is much preferred!): 6 repeats over a total distance of about 1/2 mile
- 5X one-mile on the road (using a pacing watch): 5:50-5:00 pace; 3-minute rest interval
- 16X400m on the track at 68-70s pace.

I believe variety is key for well-rounded conditioning and peace of mind.

Favorite/best race: My favorite marathon is Houston, where I have run well on a course that is relatively flat. I lived for two years in Houston and got to know the terrain well.

I also enjoy the LL Bean 10K course which is always hot and challenging; it is nice to have a quality event in your home town!

Favorite running route: I like to train around Wolf's Neck State Park in Freeport, and the Maquoit Bay area of Brunswick. North Bath and Phippsburg are also superb running area with little traffic.

Running Hero(es): Bill Rodgers was my first running hero, too bad the U.S. opted out of the Moscow Olympics when he was "king of the roads."

Who inspired you to run? My brother (two years older) conspired with the Junior High coach to get me to run cross-country.

Why do I run? Running is an integral part of my lifestyle I cannot imagine being without. I feel good when I run, both physically and mentally. My heart rate is low, and I can eat pretty much whatever I want without weight gain. What more can I say?

ing training as well as racing at a high level. One such stellar example is this year's winner of the First Mainer award at People's Beach to Beacon 10K. Todd Coffin, a native of Bath, will become a master in May 2001 so look out all you forties males.

Name: Todd Coffin

College: Colby College

Club affiliation: CMS-Maine

Age: 39

Best Marks:

| Time | Distance |
|---------|--------------------------|
| 4:07 | mile |
| 8:51 | 2-mile |
| 14:27 | 5K |
| 24:22 | 5-mile |
| 30:12 | 10K |
| 50:51 | 10-mile |
| 2:19:38 | marathon (Houston, 1989) |

Personal Statistics:

Birth Date: May 29, 1961

Birth place: Bath, Maine

Married (Lorena) - sons Alex (6 years old) and Max (one year old)

I started racing in the 7th grade and haven't been able to stop yet...

Pre-Training Warm-up: Easy stretching before long runs; easy stretching, followed by 15 minute warm-up, then more stretching before interval sessions.



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

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

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

October 29 - CISV 5K, Orono, 1 p.m. Contact: Peter Millard 973-8386.
- Great Pumpkin 10K, Camp Ellis, Saco, 9:30 a.m. Contact: Bob LaNigra 883-8662.

November 11 - Capital City 5K, Augusta, 9:30 a.m. Contact: Tom Wells 685-3332.
- 19th Great Osprey Ocean Run 10K, Freeport, 10:00 a.m., Contact Phil Wagner 865-6171.

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

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

November 23 - Thanksgiving Day 4-Miler, Portland, 9 a.m. Contact: George Towle 780-5595.
- Gasping Gobbler 10K and Turkey Two-Miler, Augusta, 10 a.m. Contact: John Schwerdel 623-8086.

The 2000 Breakaway 5K



Bob LaNigra
MTC
of Scarborough
1st, 55-59



Larry Kinner
MTC
of Old Orchard
Beach



Mel Fineberg
#76
MTC of Portland

Lennie Stack
#8
Westbrook

We Need Your Input

ing e-mail to mdoyle@mainecul.org, or by mail to:

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

About Race Fliers

o wishes to have their race fliers included in the Maine Track
tter must provide 500 fliers and a payment of \$40. Fliers will
ided in any mailing if not accompanied by the \$40 service fee.
lies only to races not run by the MTC, so if the race fee is
ng paid to the club, there is no charge for race fliers. Please call
ike Doyle to arrange for flier inclusion.

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

December 3 - Jingle Bell Run For Arthritis 5K, Freeport, 10:00 a.m. Contact Carol Lee 603-224-9322.

February 4, 2001 - 20th Annual Mid-Winter 10 Mile Classic, Cape Elizabeth, 9:45 a.m. Contact: Don Penta 892-4526 or Ray Shevenell 799-4556.

May 20, 2001 - Sugarloaf/USA Marathon, Eustis, 7:00 a.m. Contact Sue Foster 237-6830.

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Notice

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or e-mail M

Five Runners Inducted Into The Maine Running Hall Of Fame

Five memorable runners, past and present, will be inducted into the Maine Running Hall of Fame at the 11th Annual Banquet which is scheduled for Sunday, November 5th, from 12:30 – 4:00 p.m. at the Ramada Inn and Conference Center, Lewiston, Maine, just off Exit 13 of the Maine Turnpike.

On June 20, 2000, the Maine Running Hall of Fame Selection Committee selected the following runners to be inducted:

Ann-Marie Davee, of Pownal, Maine: Ann-Marie Davee has run competitively for more than 30 years and is very well known to the running community. She qualified for the first Women's Olympic Trials in 1983 with a personal best of 2:50:40 at the Bostonfest Marathon.

As a registered dietitian, TV personality, and columnist, Ann-Marie's nutrition columns appeared in many New England publications, and her TV appearances were sponsored by Hannaford Brothers throughout the 1980's. She helped many runners with her sage advice.

Bruce Freme, of Caribou, Maine: Bruce Freme has run brilliantly for more than 30 years. He still holds the Caribou High School 2-mile record (9:50). During college, he set several school and course records, and was All New England and ICLA.

In 1979 he co-founded the Aroostook Mustards and is still active with the club. He holds the Bowdoin College 3-mile record (14:21) and has run a 5K in 14:51 and a 10K in 30:13. His half-marathon record is 1:07:19 and his marathon record is 2:27:12.

Andy Palmer, of Atlanta, Georgia: Andy competed in the U.S. Olympic Trials in 1984 & 1988. He set an American Record for the 30K in 1984. Other personal bests include a 3:55 1500-meter run, a 4:13 mile, and a 29:04 10K run.

Andy has a Ph.D. in Educational Psychology from Florida State University and has organized and directed the Maine Running Camp at Bar Harbor for many years. Andy is currently developing a world class running and exercise center in Lenoir, North Carolina. The goal is for the new facility to support four athletes with Olympic Trial aspirations, as well as to train dozens of young aspiring distance runners.

Michael Gaige, of Westbrook, Maine: Michael became a full-time resident of Maine when he moved from Pennsylvania to Bangor in February of 1980 to work as a paralegal in a law firm. Michael was quickly befriended by the local running community and helped establish the Downeast Striders Running Club in the Bangor area. As a member of the Downeast Striders and later the Sub 5 Track Club, Michael helped direct many road races in Eastern Maine, including Benjamins 10K in Bangor, which was recognized as one of the top races in the country by Runners World in the mid-1980's.

Michael won his share of road races and set several course records in Eastern Maine. Michael has also devoted many hours over the past 20 years as a track official at high school and collegiate track meets around the state, as well as coaching runners of all ages.

Leo Cloutier, formerly of Brunswick, Maine: Leo Cloutier died on June 7, 2000 at the age of 95. In 1975, Leo set world records for his age group and earned gold medals. He ran the 100 meters in 13.4, threw the 12-pound shot 25'8", and 16-pound hammer 56', all world records. He continued to compete until 1995 at the age of 86.

Leo spent his whole life in the Brunswick area. He was an outstanding all-around athlete and excelled in boxing, baseball, running and weight lifting. He was a familiar face around Bowdoin College for many years, and frequently ran for the Bath Iron Works Corporate Team competing against runners, many of whom were 30+ years younger than he was.

The November 5th, 2000 banquet is open to the public. Anyone wishing to attend should make reservations with Phil Pierce (781-3769 evenings), Chair, Maine Running Hall of Fame, at 79 Waites Landing Road, Falmouth, Maine 04105-1939. Tickets are \$20.00.

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.

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.

RACE RESULTS

The Maine Track Club & Eastland Park Hotel Present The Harvard Pilgrim Women's Fitness 5K RRCA Women's 5K Series, Sponsored by Avon

232 Finishers

USAT&F Certified, Challenging Modified Loop Course
From Downtown Portland to the Eastern Prom & Back

9:00 A.M., Sunday, September 17th, 2000

Weather: Sunny, Humid, 70's Fahrenheit

Top Overall Finishers

| Place/Name | Division | Time | Pace |
|------------------------------------|----------|-------|------|
| 1 Julia Kirtland 1,overall USAT&F | 35-39 | 17:43 | 5:42 |
| 2 Christine Snow-Reaser (Hon.MTC) | 30-34 | 18:08 | 5:51 |
| 3 Mya Mangawang 3,overall | 25-29 | 18:12 | 5:52 |
| 4 Nicole Way 4,overall | 20-24 | 18:40 | 6:01 |
| 5 Carol Hogan (MTC) 5,over. USAT&F | 45-49 | 18:54 | 6:05 |
| 6 Kelly Rodrigue 1,35-39 | 35-39 | 19:16 | 6:12 |
| 7 Katherine Chabot-Boucher 1,25-29 | 25-29 | 19:38 | 6:19 |
| 8 Denise Harlow 2,25-29 | 25-29 | 19:45 | 6:22 |

| | | | |
|----------------------------|----------|-------|-------|
| 165 Cheryl McCall | 40-44 | 29:28 | 9:29 |
| 179 Melissa Kane | 25-29 | 30:32 | 9:50 |
| 191 Lana Holtan | 14&under | 31:06 | 10:01 |
| 192 Kimberly Bonsey | 14&under | 31:13 | 10:03 |
| 197 Martha Deprez 2,55-59 | 55-59 | 31:24 | 10:03 |
| 198 Esme Deprez | 15-19 | 31:25 | 10:07 |
| 202 Elizabeth Miller | 45-49 | 31:34 | 10:10 |
| 206 Pat Buckley 2,60-64 | 60-64 | 32:08 | 10:21 |
| 208 Leigh Mundhenk | 50-54 | 32:20 | 10:25 |
| 212 Virginia Cross 3,55-59 | 55-59 | 33:15 | 10:43 |
| 218 Maggie Soule | 55-59 | 34:38 | 11:09 |
| 221 Diane Dusini | 35-39 | 34:58 | 11:16 |
| 228 Kate Harris | 55-59 | 36:24 | 11:43 |

*Many thanks to RRCA Eastern Director Everett Moulton for
Complete results!*

The 2000 Breakaway 5K

192 Finishers

| | | | | | | | | | |
|------|-------|-------|---|-------------------------------------|----|--------|------|-------------------------------------|----------|
| nder | 21:30 | 6:56 | ↓ | 2 C. Muelenber 1,25-29 | 20 | 15:33 | 5:07 | 2 / Samantha Bowden 14&under | 14&under |
| 0-54 | 23:11 | 7:28 | ↕ | 3 T.J. Hesler 1,30-34 | 31 | 16:12 | 5:14 | 52 Jeanne Weber 50-54 | 50-54 |
| 0-64 | 25:43 | 8:17 | ↑ | 4 Kraigg Jones-Weaver 1,15-19 USATF | 17 | 16:18 | 5:15 | 89 Polly Kenniston (MTC) 60-64 | 60-64 |
| 5-59 | 26:11 | 8:33 | | 5 Blake Davis 2,15-19 USAT&F | 16 | 16:30 | 5:19 | 102 Nancy Mills 55-59 | 55-59 |
| 5-69 | 31:22 | 10:06 | | 14 Christine Snow-Reaser (Hon.MTC) | 34 | 17:24* | 5:37 | 196 Nancy Wilson 65-69 | 65-69 |
| over | 37:15 | 12:00 | | 24 Carol Hogan (MTC) 1,45-49 USAT&F | 49 | 18:31* | 5:58 | 229 Ruth Hefflefinger (MTC) 70&over | 70&over |

| | | | | | | | | | |
|---------------------|----------|-------|------|-------------------------------------|----|--------|-------|-----------------|----------------|
| gy | 25-29 | 21:40 | 6:59 | 16 Paul Roohy (MTC) 40-44 | 42 | 17:52 | 5:46 | 29 Daniela Dag | |
| 3,40-44 | 40-44 | 22:00 | 7:05 | 17 Steve Reed (MTC) 50-54 | 52 | 17:57 | 5:47 | 33 Judith Kane | |
| er | 40-44 | 22:09 | 7:08 | 19 Adam Johnson 20-24 | 20 | 18:03 | 5:49 | 37 Kathy Hepn | |
| -Roberts 2,14&under | 14&under | 22:29 | 7:15 | 23 Stephen Chaloner 14&under USAT&F | 13 | 18:25 | 5:56 | 41 Elise Moody | |
| burn | 30-34 | 23:09 | 7:28 | 43 Bob LaNigra (MTC) 55-59 | 58 | 19:46 | 6:23 | 51 Cathleen Kil | |
| | 40-44 | 23:46 | 7:39 | 45 Melissa Rioux 15-19 | 18 | 19:55* | 6:25 | 59 Diane Daley | |
| | 45-49 | 24:11 | 7:47 | 61 Emily Back 14&under | 14 | 20:25* | 6:35 | 66 Marla Keefe | |
| gie | 40-44 | 24:15 | 7:49 | 64 Bobbie Cokendolfer 25-29 | 28 | 20:34* | 6:38 | 68 Diane LaVar | |
| anyson | 45-49 | 24:50 | 8:00 | 65 Kimberly Bonsey (MTC) 35-39 | 38 | 20:35* | 6:38 | 74 Marjorie Te | |
| y | 35-39 | 26:08 | 8:23 | 122 Denny Morrill 60-64 | 60 | 24:34 | 7:55 | 101 Lynn Short | |
| e | 45-49 | 26:35 | 8:34 | 142 Linda Hunt 50-54 | 53 | 25:43* | 8:18 | 111 Dee Benvie | |
| t | 40-44 | 27:27 | 8:50 | 165 Carlton Mendell (MTC) USAT&F | 78 | 27:24 | 8:50 | 123 Carol Gran | |
| enny | 50-54 | 27:48 | 8:57 | 180 Pat Buckley (MTC) 60-64 | 62 | 30:33* | 9:51 | 129 Susan Dav | |
| n | 40-44 | 27:52 | 8:59 | 191 Ruth Hefflefinger (MTC) 70&+ | 71 | 35:45* | 11:32 | 131 Rita Moule | |
| orton | 45-49 | 28:00 | 9:01 | 192 Julius Marzul (MTC) 70&over | 74 | 35:46 | 11:32 | 134 Kathleen N | |
| e Aube | 45-49 | 28:07 | 9:03 | Other Maine Track Club Finishers | | | | | 137 Marguerite |
| Call | 14&under | 28:25 | 9:09 | 22 Dick Graves 2,45-49 | 45 | 18:12 | 5:52 | 141 Allison Mc | |
| ilionis | 40-44 | 28:41 | 9:14 | 68 Harry White 3,55-59 | 58 | 20:43 | 6:41 | 146 Dianne Ka | |
| an | 40-44 | 28:46 | 9:16 | 92 Don Bessey | 54 | 22:19 | 7:12 | 149 Beth Quinl | |
| ndonico | 45-49 | 28:58 | 9:20 | | | | | 151 Sherry Gra | |

RACE RESULTS (CONTINUED)

| | | | |
|----------------------------|----|--------|-------|
| 94 Sindee Gozansky 3,35-39 | 35 | 22:36* | 7:14 |
| 109 Larry Kinner | 51 | 23:54 | 7:43 |
| 189 Mel Fineberg | 64 | 35:43 | 11:31 |

Many thanks to MTC President Sandy Utterstrom for complete results!

**The Cape Elizabeth/ South Portland & Portland Rotarys
And Split-Time Race Management Present**

The Third Annual Rotary Bridge

4 Mile Road Race

To Benefit the Travis Roy Foundation

271 Finishers

Scenic, Certified Loop Course From Waterfront Park,
South Portland Across the Casco Bay Bridge to Portland and Back
9:00 A.M., Sunday, August 27th, 2000

Top Overall Finishers

| Place/Name | Age | Time | Pace |
|-------------------------------------|-----|--------|------|
| 1 Byrne Decker overall | 33 | 19:25 | 4:51 |
| 2 Don Legere 1,35-39 | 38 | 20:51 | 5:12 |
| 3 Andrew Van Hoogenstyn 1,15-19 | 16 | 21:26 | 5:22 |
| 4 Dave Howard (MTC) 1,30-34 | 34 | 21:40 | 5:25 |
| 5 Tom Wolff 1,40-44 | 44 | 22:00 | 5:30 |
| 20 Katherine Chabot-Boucher overall | 27 | 23:47* | 5:56 |
| 21 Mary Meehan-Bates 1,30-34 | 34 | 23:57* | 5:59 |
| 25 Tina Michaud 1,25-29 | 28 | 24:23* | 6:06 |
| 32 Sarah Randall 2,25-29 | 26 | 25:22* | 6:21 |
| 51 Betty Rines (MTC) 1,40-44 | 43 | 26:23* | 6:36 |

Other Top Divisional Finishers

| | | | |
|---------------------------------|----|--------|-------|
| 7 George Towle (MTC) 50-54 | 50 | 22:23 | 5:36 |
| 16 Darrell Turcotte 20-24 | 21 | 23:35 | 5:54 |
| 19 Scott Gorneau 25-29 | 27 | 23:45 | 5:56 |
| 27 Ron Deprez (MTC) 55-59 | 56 | 24:42 | 6:11 |
| 33 Kurt Jones 45-49 | 45 | 25:31 | 6:25 |
| 34 Kevin Roy 14&under | 13 | 25:32 | 6:23 |
| 42 Lloyd Slocum (MTC) 60-69 | 67 | 25:57 | 6:29 |
| 58 Amy Crowley 15-19 | 16 | 26:36* | 6:39 |
| 68 Cindy Andrews 45-49 | 48 | 27:07* | 6:47 |
| 110 Nan Cummings 35-39 | 39 | 28:40* | 7:10 |
| 144 Earlene Neureuther 20-24 | 21 | 30:19* | 7:35 |
| 169 Michele Flynn 50-54 | 52 | 31:33* | 7:43 |
| 171 Jessica Danielson 14&under | 12 | 31:37* | 7:54 |
| 259 Kate Harris 55-59 | 55 | 41:52* | 10:28 |
| 262 Julius Marzul (MTC) 70&over | 74 | 42:09 | 10:32 |

Other Maine Track Club Finishers

| | | | |
|---------------------------|----|--------|------|
| 8 Mark Woodbury 2,35-39 | 35 | 22:25 | 5:36 |
| 59 Ned Ayers | 50 | 26:44 | 6:26 |
| 142 Vicki Gayton | 38 | 30:16* | 7:34 |
| 145 Bob Jolicoeur 2,60-69 | 63 | 30:19 | 7:35 |
| 161 Mike Brooks | 54 | 31:13 | 7:48 |
| 176 Lincoln Skelton | 11 | 31:56 | 7:59 |
| 185 Mike Pugh | 62 | 32:12 | 8:03 |
| 191 Ed Reagan | 47 | 32:29 | 8:07 |

| | | | |
|---------------------|----|--------|------|
| 194 David Skelton | 42 | 32:41 | 8:10 |
| 200 Jim Tyrrell | 52 | 32:59 | 8:15 |
| 217 Laura Tyrrell | 53 | 34:23* | 8:36 |
| 219 Lisa Kelley | 36 | 34:31* | 8:38 |
| 235 Cynthia DeWitt | 41 | 35:37* | 8:54 |
| 236 Deborah Stewart | 40 | 35:41* | 8:55 |
| 239 Nancy Hewett | 53 | 36:06* | 9:02 |

Many thanks to Charles Scribner of Split-Time Race Management and Coolrunning.com for complete results!

Verizon And The Maine Track Club Present

The 2000 Maine Running Hall-of-Fame 5K

198 Finishers

New, Certified Counter-clockwise Loop of
The Back Cove Path, Portland, Maine
6:45 P.M., Friday, September 1st, 2000, 90°

Top Overall Finishers

| Place/Name | Division | Time | Pace |
|----------------------------------|----------|--------|------|
| 1 Michael Payson (MTC) 1,overall | 30-39 | 15:53 | 5:07 |
| 2 Scott Brown 2,overall | 40-49 | 16:21 | 5:16 |
| 3 Jesse Randall 3,overall | 19-29 | 16:51 | 5:26 |
| 4 Michael Mageles 1,30-39 | 30-39 | 17:05 | 5:30 |
| 5 Kraigg Jones-Weaver 1,14-18 | 14-18 | 17:09 | 5:32 |
| 13 Maggie Hanson 1,overall | 19-29 | 18:11* | 5:51 |
| 34 Judy Milesen 2,overall | 30-39 | 20:01* | 6:27 |
| 51 Laura Zukowski 3,overall | 14-18 | 21:06* | 6:48 |
| 55 Melissa Manzone 1,14-18 | 14-18 | 21:16* | 6:51 |
| 58 Kimberly Moody (MTC) 1,40-49 | 40-49 | 21:23* | 6:53 |

Other Top Divisional Finishers

| | | | |
|---------------------------------|----------|--------|-------|
| 6 Ryan McCalmon 19-29 | 19-29 | 17:14 | 5:33 |
| 7 Lance Guliani 40-49 | 40-49 | 17:29 | 5:38 |
| 16 Steve Reed (MTC) 50-59 | 50-59 | 18:28 | 5:57 |
| 52 Lloyd Slocum (MTC) 60-69 | 60-69 | 21:11 | 6:49 |
| 62 Maddie Shellgren 13&under | 13&under | 21:33* | 6:56 |
| 69 Justine Clegg Carlin 19-29 | 19-29 | 21:38* | 6:58 |
| 79 Kelly Conley 30-39 | 30-39 | 21:59* | 7:05 |
| 123 Faye Gagnon 50-59 | 50-59 | 24:21* | 7:51 |
| 128 Andy Shellgren 13&under | 13&under | 24:59 | 8:03 |
| 185 Pat Buckley (MTC) 60-69 | 60-69 | 33:55* | 10:55 |
| 196 John Linscott (MTC) 70&over | 70&over | 39:40 | 12:47 |

Other Maine Track Club Finishers

| | | | |
|-----------------------------------|----------|--------|------|
| 39 Curtis Moulton | 30-39 | 20:21 | 6:33 |
| 49 Michael Doyle | 30-39 | 20:57 | 6:45 |
| 57 Jim Harmon | 40-49 | 21:22 | 6:53 |
| 61 Ryan Burnie | 14-18 | 21:31 | 6:56 |
| 63 Dennis Smith | 50-59 | 21:33 | 6:56 |
| 64 Jim Thornton | 50-59 | 21:34 | 6:57 |
| 66 Harry White | 50-59 | 21:36 | 6:57 |
| 70 Chuck Massie | 40-49 | 21:39 | 6:58 |
| 83 Ray Shevenell | 50-59 | 22:08 | 7:08 |
| 86 John Morse | 50-59 | 22:17 | 7:11 |
| 87 Colleen Redmond 2,30-39 | 30-39 | 22:18* | 7:11 |
| 89 Don Bessey | 50-59 | 22:23 | 7:13 |
| 99 Elise Moody-Roberts 2,13&under | 13&under | 22:49* | 7:21 |

RACE RESULTS (CONTINUED)

| | | | |
|------------------------------|----------|--------|-------|
| 119 Ron Chase | 50-59 | 24:11 | 7:47 |
| 124 Matthew Govan | 30-39 | 24:24 | 7:51 |
| 130 Mike Brooks | 50-59 | 25:11 | 8:07 |
| 141 Robert DeWitt | 50-59 | 26:11 | 8:26 |
| 146 Robert Jolicoeur 2,60-69 | 60-69 | 26:44 | 8:37 |
| 148 Ed Reagan | 40-49 | 26:53 | 8:40 |
| 150 Mike Pugh | 60-69 | 27:06 | 8:44 |
| 158 David Skelton | 13&under | 28:06 | 9:03 |
| 159 David Skelton, Sr. | 40-49 | 28:06 | 9:03 |
| 170 Donna DeWitt 2,50-59 | 50-59 | 30:13* | 9:44 |
| 177 Sally Paterson 3,50-59 | 50-59 | 32:31* | 10:28 |
| 197 Julius Marzul 2,70&over | 70&over | 40:35 | 13:04 |

Many thanks to Everett Moulton for complete results!

Other Maine Track Club Finishers

| | | | |
|--------------------------|----|------------------|----------|
| 9 Pete Bottomley 2,35-39 | 38 | Cape Elizabeth | 1:19:21 |
| 16 David Chamberlain | 38 | Falmouth | 1:22:48 |
| 18 Tim Clement | 39 | South Portland | 1:23:19 |
| 21 Michael Gordon | 38 | Portland | 1:25:04 |
| 33 Gerard Conley, Jr. | 46 | Portland | 1:28:06 |
| 44 Ken Cotton | 51 | Bristol | 1:30:13 |
| 53 John Rolfe | 46 | Portland | 1:31:21 |
| 55 Bob Stuart | 45 | Cumberland | 1:31:59 |
| 80 Kim White 2,35-39 | 38 | Falmouth | 1:36:27* |
| 98 Don Foshay | 41 | South Portland | 1:39:19 |
| 135 Theresa Wysocki | 30 | Northeast Harbor | 1:43:40* |
| 199 Emily Stuart | 41 | Cumberland | 1:49:15* |
| 219 Bob LaNigra | 58 | Scarborough | 1:51:07 |
| 256 Neil Chivington | 53 | Hollis Center | 1:54:13 |
| 262 Chuck Bessie | 46 | Cumberland | 1:55:07 |

| | | |
|----|------------|----------|
| 53 | Cumberland | 2:20:32* |
| 51 | Bristol | 2:33:08* |

Results Courtesy of the Bar Harbor Half Marathon:
Eileen Bartlett and Sharyn Kingma - Race Directors

loaded from COOLRUNNING.COM!

MONTH

Marathon, Maine Half Marathon, Maine Marathon
Run 5K, Portland Trails Tukey Trot 10K, and Eliot

THANK YOU MARATHON VOLUNTEERS

er of individuals stepped forward in response to the
ers that were sent out asking for Marathon
behalf of the Club, I want to thank each of you for
ng co-ordinated the registration for the last
must say that it was refreshing to have new faces
While I cannot speak for those individuals, I believe
d themselves. And thank you Sportshoe Center for
or the registration volunteers.

olunteered during the last few days before the
uch to do in the last few days before the race, we
get back to all of these individuals. If we did not
your offer of help was still very much appreciated.
aturday night before the race, we are still thin in a
as traffic control in Falmouth. Hopefully, we will be
more people to help with this.

on all for helping to make this another successful
number of entrants as of Saturday night, the day
is around 1,400 including all three events. This
more than we have ever had.

an

Top Overall Finishers

| Place/Name | Age | City | Time |
|---------------------|-----|------------------|----------|
| 1 Byrne Decker | 33 | Yarmouth | 1:09:42 |
| 2 Todd Coffin | 39 | Freeport | 1:11:42 |
| 3 Jeremy Lisee | 30 | Milbridge | 1:14:44 |
| 4 Robert Ashby | 32 | Brunswick | 1:17:07 |
| 5 Lance Gulliani | 41 | West Bath | 1:17:35 |
| 37 Cynthia Gaudere | 40 | Hudson, MA | 1:28:26* |
| 38 Sherry Christoff | 39 | Middletown, CT | 1:28:44* |
| 40 Diane Kenna | 35 | New York, NY | 1:29:17* |
| 41 Donna Hurley | 43 | Spruce Head | 1:29:21* |
| 50 Sue Foster | 42 | Carrabassett Va. | 1:31:10* |

Other Top Divisional Finishers

| | | | |
|-------------------------------|----|------------------|----------|
| 7 Stan Clark 45-49 | 45 | Pence Valley, KY | 1:18:59 |
| 8 Jeff Todd 35-39 | 35 | Biddeford | 1:19:06 |
| 10 Bill Gaudere 40-49 | 42 | Hudson, MA | 1:20:07 |
| 11 Ervin Reid 50-54 | 50 | Campebello, SC | 1:21:31 |
| 19 William Freeman 20-29 | 27 | Lancaster, MA | 1:23:40 |
| 56 Sarah Randall 20-29 | 26 | Scarborough | 1:32:08* |
| 68 Susan Kenney 40-44 | 44 | Somerset, MA | 1:34:23* |
| 74 Tyche A. Hotchkiss 30-34 | 32 | South Portland | 1:35:53* |
| 78 Katrina Bisheimer 35-39 | 35 | Bangor | 1:36:08* |
| 81 Donald Bell 60-64 | 62 | Bellingham, MA | 1:36:43 |
| 87 Carol Manley 45-49 | 46 | Washington | 1:37:25* |
| 88 Bill Pinkham 55-59 | 57 | Lamoine | 1:37:46 |
| 124 Jane Rau 50-54 | 50 | Augusta | 1:42:44* |
| 244 Art Warren 65-69 | 65 | Camden | 1:53:17 |
| 257 Faye Gagnon 55-59 | 55 | Minot | 1:54:17* |
| 353 Rebekah Stephens 60-64 | 64 | Wilmington, NC | 2:06:08* |
| 389 Yuckie Mochida 70-79 | 70 | Walnut, CA | 2:11:02* |
| 431 Doris Beatty 65-69 | 65 | Falmouth, MA | 2:20:33* |
| 472 Julius Marzul (MTC) 70-79 | 74 | Gorham, ME | 2:49:24 |

Results down

NEXT M

Look for the Mar
Relay, L/A Bridge
Festival 5K Result

THAN

A large numbe
E-mails and lett
volunteers. On
your help. Ha
several years, I
help this year.
that they enjoye
providing pizza

Many people v
race. With so m
were not able to
get back to you.
As I write this S
few areas such
able to get a few

Again, thank y
Marathon. The
before the race,
number is 300

Eric Ortm

Thank You To The Volunteers

Co-race directors, Bob Payne and myself wish to thank the Maine Track Club, Verizon (our sponsor), and especially over twenty five volunteers for the time, work and money provided to ensure a successful outcome of the Maine Running Hall of Fame 5K Race in Portland on September 1, 2000. This Friday evening race raised in the neighborhood of \$1,500 to help the Maine Running Hall of Fame Committee finance our upcoming awards ceremony and banquet for inductees into the hall. This ceremony will be held at the Ramada Inn, in Lewiston on Sunday, November 5, 2000 from 12:30 p.m. to 4:00 p.m.

One last word of thanks to the volunteers - you all are the life's blood of our racing programs! If you have been a runner or are just beginning - WE NEED YOU! Volunteers who are runners not only save a race director from hiring a professional team (for an out of sight amount of money), but runners know the ins and outs of a race. Have you been running races for years without volunteering to help with two or three a year? Have you, whether a top finisher or middle of the packer, ever been to certain races where you have a complaint or complaints about how the race was set up, about the course or about the awards ceremony? You might have once or twice? Well, racing needs you as a volunteer. You are an expert. We need your input Mr. Runner and Ms. Runner. Don't runners want races to flourish? If you don't help out, racing may decline.

Volunteers:

Everett Moulton
Mary Anne Champeon
Ruth Hefflefinger
Jean Thomas

Rae Pierce
Bob Aube
Don Penta
Dave Paul

CONGRATULATIONS

Kristy Wechter of South Berwick received the John Fyalka Memorial Scholarship Award. She is attending the University of Southern Maine in Gorham.

WANTED

Equipment Manager

If you are interested in helping out, contact Sandy Utterstrom at 797-4710

NEW MEMBERS

Please Welcome NEW MEMBERS:

Jeff Stone
Carlos Ramirez Family
Christopher McDonald Family

Kevin Doran
Steve DiPalma Family
Shelby Browning

Monday, October 16, 5:30 PM

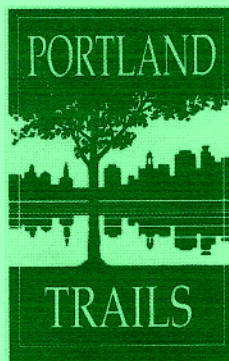
PORTLAND TRAILS' ANNUAL MEETING

We'll start with a harborfront tour led by Ben Snow, Portland's Waterfront Manager, who will tell us about the new marine terminal and master planning for Portland's waterfront.

Meet at 5:30 p.m. in front of Portland Trails' office at One India Street. Our annual meeting will begin at 6:30 p.m. at the Flatbread Company, 72 Commercial Street, the new pizza place on the waterfront. Come and hear about our achievements and our challenges, including an update on work we are doing to create the Presumpscot River Preserve.

Have dinner at a fun new place and enjoy some complimentary appetizers!

Please RSVP by October 12 to Kevin at 775-2411 or kevin@trails.org



John Gale
George Liming

George Towle
Al Utterstrom

GOOD LUCK TO ALL MEMBERS RUNNING FALL MARATHONS



Harvard Pilgrim Women's Fitness 5K



Off And Running



Samantha Bowden
1st 14 & under
of Cumberland

Kimberly Bonsey
MTC of Falmouth



Virginia Cross
MTC of Gorham



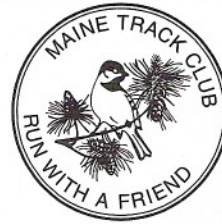
Marla Keefe
MTC of Casco



Kate Harris

Race Volunteer
Russ Bradley
MTC

MAINE TRACK CLUB OFFICERS & COMMITTEE CHAIRS



USA Track & Field



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

UPCOMING MTC BIRTHDAYS

HAPPY BIRTHDAY MTC MEMBERS!!

OCTOBER

- 14: Alyson Grant, Judith Kane
- 15: Julia Drinker, David Everest
- 16: Macgill Eldredge
- 18: Jeanne Hackett, John Legere
- 19: James Kazilionis, Carlton Mendell
- 20: Laura Cotton, Theresa Gallupe
- 21: Carlene Anderson, Ray Hefflefinger, John Stevens
- 22: David Chamberlain
- 24: Cathy Burnie, Steve Jacobsen, William A. Shaw
- 25: Ronald Chase
- 27: Rae Pierce
- 28: Kerry Tobias
- 29: Stewart Jordan, Polly Kenniston
- 30: Terrence Connelly, Kari Richardson



11: Stewart Jordan, Jr.,

- 6: Olivia DeSena, Cathy Squires
- 8: Liz Monaghan
- 9: Colleen Redmond
- 10: Hans Brandes, Patricia Coolidge, Robert DeWitt, Ken North
- 11: Danforth DeSena
- 13: Russ Bradley, Diane L. Kazilionis

Maine Running Hall of Fame 5K



Kraig Jones-Weaver
1st 14-18



Chuck Massie
MTC of Saco



THE START!



Ed Reagan
MTC of Portland



Maggie Hanson
1st, Overall Female

MAINE TRACK CLUB DISCOUNTS

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

Peak Performance Sports

59 Middle St., Portland

15%

ON ALL PURCHASES

Olympia Sporting Goods

Maine Mall, S. Portland

10% ON SHOES ONLY

Coastal Athletics

84 Cove St., Portland

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

George & Phillips, Inc.,

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

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

SHOES 20% OFF

Lamey Wellehan

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

10% ON RUNNING SHOES

MVP Sports

333 Clarks Pond Pkwy., South Portland

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

Famous Footware

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

10% ON RUNNING SHOES

2000 Membership Information

Send check or money order to:

Maine Track Club • P.O. Box 8008

Portland, Maine 04104

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

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

REMINDER

- Membership Meeting, October 17th, 6:30 p.m.,
Falmouth Memorial Library

- Board Meeting, November 7th, 6:00 p.m. at the
Utterstrom House (797-4710)

- Nominees sought for the 2001 MTC Board of
Directors (See enclosed flyer)

M.T.C. Clothing Available

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

Contact: Colleen Redmond or Mike Doyle 871-0051

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

Aasics 100% Coolmax

M.T.C. logo silkscreened front and back

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

Being sold at cost \$15.00

Contact Colleen Redmond or Mike Doyle 871-0051

