

Run with a friend...

www.mainetrackclub.com

October 2001

Anthem Women's Distance 5K



*Donna Moulton
MTC
of South Portland*



*Karen Curtis
MTC
of Bethel*



*Georgette Stone
MTC
of South Portland*



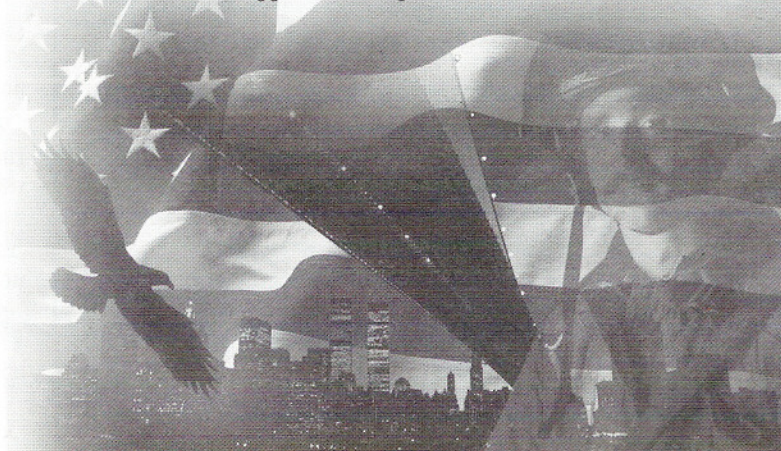
*Michele Flynn
MTC of
Cape Elizabeth*



*Kaitlynn Saldanha
MTC of
Scarborough*

*Meaghan Morris
of Portland*

*Our hearts, thoughts and prayers go out to
all those effected by the horrible events*



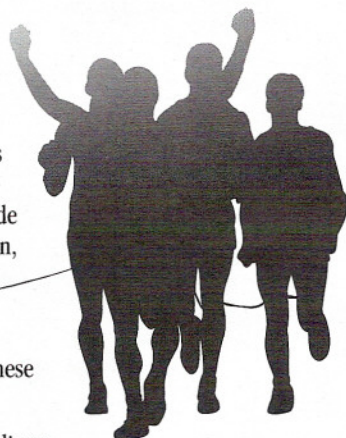
September 11, 2001

Presidential Message

October 2001

Dear Fellow Members,

As we go to press our hearts and prayers go out to the victims of the September 11th tragedy. Our prayers are with the families of those that perished in the New York World Trade Center, at the Pentagon in Washington, D.C. and in the Pennsylvania airplane downing. Our thanks and gratitude go to the hundreds of volunteers searching for victims of these terrorist attacks.



Our club did a small part in extending a helping hand on Sept. 25th. In a very short time span Kate Meyers set up a fun run and walk sponsored by the MTC and open to everyone. Despite the very heavy rain, people stopped by just to make a donation. Others huddled under umbrellas with friends, and others went for a "swim" around Back Cove. Over \$1,000.00 was collected for the 911 Firefighters Relief Fund. Kate did an excellent job in such a short time frame. We apologize if some people did not get the word about the event. We did try to reach as many people as possible.

Life and activities are coming back to "normal" or as close to that as possible. The RRCA Anthem Avon Women's race was a big winner with a record number of runners and walkers. It was a perfect morning weatherwise and a great day for everyone. Our race director was stranded in California as a result of the tragedy and became desperate when all of his options for returning did not include being in Portland in time for the race. Our club members closed ranks and with the leadership of John Gale we all pitched in to make the race a huge success. I would like to thank everyone for your help. It is a good feeling to know that we can depend on our members in an emergency.

I want to thank our new Maine Running Hall of Fame 5K race director, Dave Paul for guiding the race this year. Dave took over the reins and organized a fine race. Dave may be "new" as the director of this race but he is an old hand to our club and to racing in general. His experience paid off and he said to watch out for next year. He promises bigger things to come.

The Special Events committee is planning some great events for the next few months. Please try to take part in some. See the column to the right for additional information.

Wishing everyone a safe and happy day.

Mel Fineberg

THANK YOU

Anthem Women's Distance 5K Volunteers

Good Job!

Maine Track Club Special Events

Saturday – October 13

**Hike – Caribou Mountain in Evans Notch
(Easy to moderate level)**

Meet at 7:30 a.m. at the Back Cove Preble Street Extension Parking Lot in Portland. Bring a bag lunch and water bottle. (Will car pool)

Contact Ruth Hefflefinger for further information

797-4625 – ruthheff@maine.edu

Friday – November 16

**Mike Reali's Famous Pasta Dinner
and Maine Track Club Elections**

6:00 p.m. Columbia Club, 17 Wordsworth Street, Portland

Contact Sue Davenny @ 799-5781 for information and reservations

December

**Holiday Fun Run
(to be announced)**

January

**Maine Track Club Annual Awards Banquet
(date and details to follow)**



WE WANT YOU

Nominees Sought For The Year 2002 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 Mel Fineberg at 774-8868 or complete the enclosed nomination flyer.



Nominations will be accepted right up until the election.

See enclosed flyer for positions and job descriptions.

HELP WANTED

The MTC Race Committee is once again being organized as a functioning committee and we could use a few good folks. The committee is made up of approximately eight (8) voting members and ALL Race Directors are encouraged to attend meetings whenever they can.

The function of the Race Committee is to oversee all Maine Track Club Races. The race management fees are set by the committee and they decide if the MTC can handle putting on additional events that are presented to the club. A Race Committee budget is set up so management incomes and equipment budgets can be managed. The committee sets policies and guidelines for club participation required at every event the club is involved with.

The committee is used for guidance in proper race management strategies and handles all the necessary record keeping paperwork. Each person wishing to be a Race Director/facilitator of an event involving the MTC will have to attend at least one Race Committee Meeting and provide the necessary paperwork mandated by appropriate laws etc, therefore the Race Directors become an intricate part of the Race Committee.

The Race Committee will be setting up training for those interested in learning Computerized Results, Race Application Design and Content, Race Course Measurement and/or Course Certification, as well as Finish Line and Traffic Control Procedures.

Anyone interested please contact:

Everett Moulton

39 Bonnybank Terrace
South Portland, Me 04106

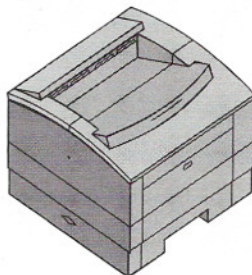
phone (207) 799-2894
fax (207) 741-2084

EvMoulton@aol.com



MTC Wish List

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



GOOD LUCK TO ALL MEMBERS RUNNING FALL MARATHONS

2001 MTC RACE SCHEDULE

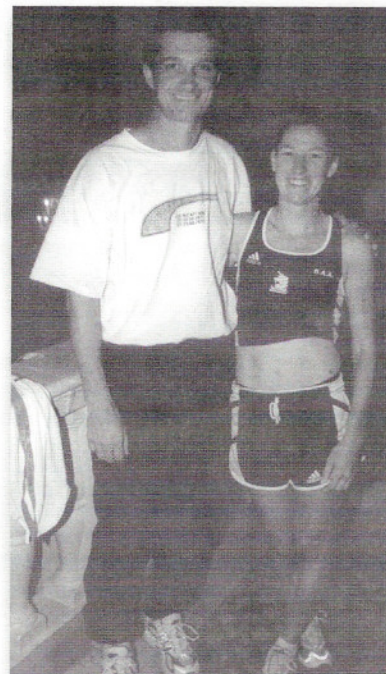
October 20 - M.T.C. 50 Miler, Brunswick, 6:30AM, Contact: Maine Track Club 741-2084

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"



1st Overall Anthem Women's 5K finisher, Amy Lyman, with Bruce Bickford

4th Annual Rotary Bridge 4 Mile Road Race



Jack Nyhan
MTC of
Portland



Kim White #184
MTC of Falmouth
Beth Rand #122
MTC of Cape Elizabeth
Jennifer DeSena #166
MTC of Cape Elizabeth



Kelly Fernald
MTC of
Cape Elizabeth



Matt Rand
MTC of
Cape Elizabeth



Walter Bull #61
of Topsham
Laura Tyrrell #156
MTC of Cape Elizabeth
Jim Tyrrell #35
MTC of Cape Elizabeth



Elizabeth Miller
MTC of
Portland

GROUP RUNS

The **Maine Track Club** includes all kinds of runners doing many different distances and paces ... from the weekend jogger to the daily 20-minute runner to the serious road racer. Whatever your pleasure may be (social, speed, long distance), we probably have a running/training group near your area. For more information, contact any of the following:

Kennebunk

The Kennebunk Thursday Night group runs every Thursday night year-round, rain or shine. Welcome to MTC members and fellow runners. Our group size ranges from 7 or 8 to over 20 depending on the weather and time of year. Pace ranges from some running 7s to several running 8s to 9s and sometimes slower. Distance is up to 6.5 miles. Following the run, tradition insists on a trip to Federal Jack's Brew Pub in K'port for libations and dinner and we are always home by 9. Several of the group also run Sunday mornings in Kennebunk or in No. Berwick. Please try to join us, we would love the company. For more info call Steve Jacobsen, 985-4107 PM or 985-3244 Days.

Portland

The **Rat Pack** runs Sunday mornings at 7 a.m. from Payson Park. Contact Ron Deprez (772-4312) or Mike Reali (829-2014).

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

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

South Portland

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

Biddeford, Saco

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

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

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

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.

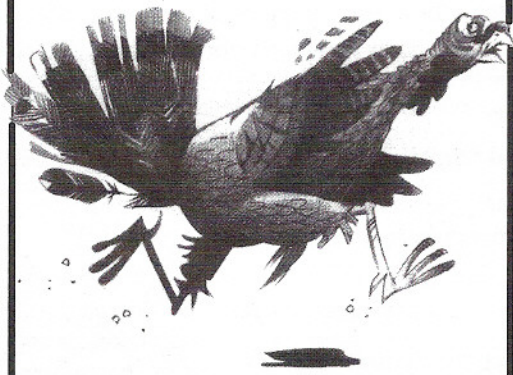
We Need Your Input

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

**THE 33RD ANNUAL
TURKEY TROT
5K ROAD RACE**

PRESENTED BY HANNAFORD AND
THE MAINE TRACK CLUB



**SATURDAY,
NOVEMBER 17, 2001**

CAPE ELIZABETH MIDDLE SCHOOL
CAFETORIUM
CAPE ELIZABETH, ME



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 Track 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.

How They Train: New England Style

– Christine Reaser

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

By overwhelming demand, this month's column features Chris Reaser. Take it away, Chris....

"I started running in Summer track when I was 13 years old. I was a sprinter/jumper. I ran cross-country my freshman year to get in shape for basketball and I had success in it. I kept running cross-country, playing basketball and running track. I was a state champion in cross-country, in sprinting and the long jump. My dad encouraged me to move up to the distance events, saying if I wanted to get a college scholarship this would be the way because sprinters are a dime a dozen. He said, you're fast for Maine but once you get out of Maine, forget it. So, I moved up and had success and earned a full four year scholarship to Eastern Kentucky University. My dad told me there's a lot of people that can run fast and a lot of people that can run long, but there are very few that can do both and you are one of them. I love running."

Personal Statistics:

Birthplace: Landstuhl, West Germany
(born to a French mother and
American father)

Age: 35 **D.O.B:** January 12, 1966

Schooling: Old Orchard Beach H.S.;
Eastern Kentucky University '88

Height/Weight: 5'5" / 112 lbs.

Married to Rick Reaser, college
sweetheart, with two children, Mark (10)
and Erica (8)

Years running: 22

Best Marks:

Marathon	2:47	Mile	4:46
10k	34:12	800	2:11.0
5k	16:24	400	58.0
2 mile	10:16		

Pre-Training Warm-up:

2-4 miles with easy stretching and lots of strides.

Log Book:

I used to keep detailed log books but haven't in the last five years. I keep it all in my head.

Daily workouts:

Monday: Mile repeats, 3-5 reps with 3 minute jog between reps.

Tuesday: 15 miles moderate pace with 8 x 100m strides

Wednesday: Speed work. Long intervals on grass – 2 to 3 minutes.
Or, speed work on track – either 12 x 400m or 12 x
200m, depending on phase of training, with 200m jog
between reps.

Thursday: 12-15 miles. Easy to moderate with 8 x 100m strides.

Friday: Tempo run, or easy day if racing on Saturday, with 8 x
100m strides.

Saturday: Race or 5-6 miles easy if racing on Sunday.

Sunday: Race or long run 16-20 miles.



Depending on whether I'm running track or x-c or 10K training, I alter my training schedule. I race on the track, roads and trails.

Mileage:

100 mile weeks. I'm fortunate because I have both the leg speed and the endurance. I don't break down with high mileage.

Favorite workout:

5-6 mile repeats. 10 x 200m in 10 minutes. A workout if you run a 200m in 35 seconds, you have 25 seconds rest. So, you have to get in 10 x 200m within 10 minutes. I always do strides after all runs.

Favorite races:

Thanksgiving Day 4-Miler, Marine Corps Marathon, Ocean Park 5K,
European Cross-Country Race at Camp Lejeune, NC. Any track or cross-
country race.

Best races:

Maine High School State track meet. I won the 800m, mile and 2-mile and
set state records in all three races. Our team won the state championship for
the first time in my senior year.

National TAC 10K Junior Olympic Championships (1984) in Baton Rouge,
LA 35:12.

I just ran a 17:16 at Great Bay 5k in NH beating Cathy O'Brien for the first
time and Kenyan, Victoria Kanga. It felt like one of the best races I have ever
run. I was in shock and almost embarrassed.

Favorite Running Routes:

The trail behind my home, major network of snowmobile trails. Country
roads in Dayton. Thornton Academy fields...lots of grass to run on. East
Grand Ave. in OOB, where I grew up. Mackworth Island.

Running Heroes:

Mary Decker Slaney, Cecci Hopp, Suzy Favor Hamilton, Judi St. Hillaire,
Joan Samuelson, Bruce Bickford.

Who inspired you to run?

1) My dad. He was a state champion sprinter/jumper/hurdler at
Kennebunk in the 50s. He was also the track coach at OOB high school and
told me to go out for cross-country to get in shape for basketball. Dad was
an all-sport standout in football, played semi-pro basketball, ran track and
he got me and my brothers into sports. He was such a positive influence.

2) Larry Frank, my high school cross-country coach. I was the only female
runner and I ran with the boys. Larry was my mentor.

3) Rick Erdmann, my college coach. Rick helped me realize my potential
and he gave me the belief that I could run with anyone.

4) Peggy & Sally Perkins and Michelle Hallet. When I was just starting out
in high school, I looked up to them and wanted to be like them.

Why do I run?

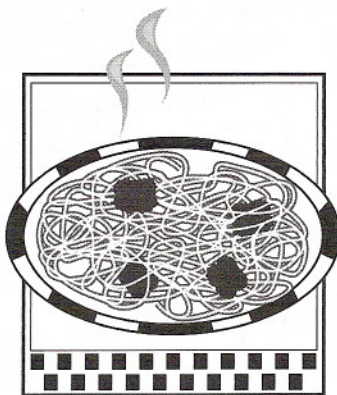
I run because I love to run. It's such a part of me. I guess it defines me. I
can't imagine how my life would be without running in it. I love competing. I
have such a fierce competitive nature, plus it keeps me healthy and fit. Plus,
I get to meet all kinds of great people.

Feed Your Muscles.....Feed Your Brain

Denise Robertson RD

Last month, we defined the two types of dietary carbohydrates and took a look at some examples of carbohydrate food choices for before, during and after exercise. So, it's obvious that the carbohydrates we eat daily affect our well being and performance most profoundly! I ask you to reflect a moment and think back: ever felt tired, unable to concentrate midmorning or late afternoon? Halfway through a training run or race – you find you simply couldn't keep up the pace the way you could at other times? Start a workout but quit early because you are more tired than usual? I have (more often than I should admit!). If I think about my dietary habits on that given day – I ask myself – “Did I forget to eat breakfast? Was I too busy at work to get lunch? Most often the answer is YES. I did it again – I skipped a meal – not intentionally of course but it happened again and I pay for it during my run or cross training. Maybe if we think about what happens inside our body – we would take the time to fuel it better!

Generally, our body keeps blood sugar levels normal during the day and night, but “sporadic eating patterns can play havoc and work against your body's best efforts. Our muscles are the major consumer of carbohydrates and can store the most amount of glycogen. As the muscles become saturated with glycogen, the liver gets the “leftovers” (a much smaller amount of glycogen is stored in the liver). The liver supplies glycogen (otherwise known as “stored” sugar) to the bloodstream when the “sugar” level is low. For example, when you skip a meal – breakfast for instance, your body has to draw on the liver's supply of glycogen for energy. The liver glycogen stores begin running low and your blood sugar levels drop. This may be about the time you are feeling tired and hungry. This lowering of fuel supply to the brain can have a negative effect on your mental power. It has been shown that productivity at work is diminished in people who skip their morning meal. Yet there are still many regular breakfast skippers that are convinced this “style” of eating is best for them! Hit-or-miss eating can



put your brain into a state of slow motion. Well, I think you get the picture that the muscles aren't the only area needing carbs. The brain needs carbs for mental energy!

Glycogen and Exercise – When we are inactive – sitting, sleeping or lying around – only small amounts of carbohydrate are used for energy (we use mostly fat as the energy source here). As you increase activity level – running, swimming, power-walking etc. your muscles start to use the stored carbs (glycogen) to power your “moving limbs”. The harder you exercise, the more carbohydrate you use. So, your performance depends on the amount of glycogen stores in your liver and muscles. You need to keep your carb tanks filled! If you eat a low carb diet – you will have low glycogen

stores and exercise will be met with fatigue. Now, consider what happens when you combine daily exercise, “hit-or-miss” eating, and therefore inadequate glycogen stores – you are asking for poor performance!

You might have heard this story about the runner who “carbo-loaded” 3 days before his first Boston Marathon. He ate a good dinner the evening before, went to bed early but tossed and turned all night (as many of us do before an event), got up early and didn't eat breakfast – even though the marathon wasn't until noon. By the start of the marathon his limited glycogen stores were depleted, he lost his mental drive about mile 8 and quit at mile 12. Although his muscles were well fueled, the liver glycogen stores were not – therefore not enough “sugar” to feed the brain (the brain has to signal the muscles to “go”!). So he lacked the mental stamina to endure the marathon.

So, what's the moral of the story? Simple this: do the best by your body and feed it every 3-4 hours during “waking” hours. Replenish those muscles and liver stores by eating at least half of your daily intake from carbohydrate food sources! And be sure to eat some type of “carb” food before events in order to supply sugar to the blood, or the brain won't function properly. Performance success depends on both well-fueled muscles and a well-fueled mind!



The Inside Track on Books

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

Power Eating – 2nd Edition by Susan Kleiner, Maggie Greenwood-Robinson, 288pp.

Lactate Threshold Training by Peter Janssen, 312pp.

(both books available through www.humankinetics.com)

As I've stated previously, I hate science. It's not that science doesn't intrigue me. Hey, as I grow older and slower I'll rely on any available crutch – including scientific research. However, most science-based training books are about as interesting as reading the dictionary. Surprise! Two new books from Human Kinetics, “Power Eating” and “Lactate Threshold Training”, offer tips on nutrition and training in a readable and highly-organized manner.

Don't let the front cover of a well-chiseled muscleman on “Power Eating” throw you off. This book will guide you through the aisled forest of your local health food store's supplement and vitamin section. Using easily understood terms such as “this works” and “this doesn't work”, the authors have written a useful tool for athletes of all sports. Buy this book and bring it along on your next health food shopping trip.

If you're young and full of boundless energy and free time, then by all means train your butt into the ground day after day after day. On the other hand, like most of my training mates, running has to fit somewhere amongst the phalanx of family, work, soccer, hockey, church and a little sleep. With ever-dwindling daily time we need to maximize our training. Dr. Janssen's easy-to-understand manual explains the oft-used theories of lactate threshold, heart-rate monitoring and, yes, even how to avoid overtraining (oh, if I'd only read this book last winter). Again, science for dummies – like me.

I Run, Therefore I Am Nuts by Bob Schwartz

(www.humankinetics.com)

This book is for those runners who can look in the mirror and laugh uproariously. This book will be appreciated by the runner who can use the term ‘fartlek’ in casual conversation, take a drink from a squirt bottle hidden behind a rock and unashamedly shove a half-dozen Gu's in her shorts for a Sunday run. In short, read this book between all of your science-for-dummies research. Take a few minutes and laugh at yourself and your crazy running friends. After all, scientific research has proven that laughter is the best medicine.

RACE RESULTS

The Maine Track Club And Eastland Park Hotel Present

The Anthem Women's Distance 5K

Race & Walk

A RRCA Women's 5K Series Event, Sponsored By Avon

387 Female Finishers

USAT&F Certified, Challenging Modified Loop Course

From Downtown Portland To The Eastern Prom & Back

9:00 a.m., Sunday, September 16th, 2001

Compiled From Complete Results Courtesy Of The Maine Track Club

Top Overall Finishers				
Place/Name	Age	Town	Time	Pace
1 Amy Lyman 1,overall	26	Amherst, MA	17:21	5:35
2 Mimi Corcoran 2,overall	36	Mendon, MA	17:35	5:40
3 Christine Snow-Reaser 3,overall	35	Dayton	17:49	5:44
4 Julia Kirtland 4,overall	36	Brunswick	17:58	5:47
5 Susannah Landreth 5,overall	33	Newburyport,MA	18:34	5:59
6 Rose Prest-Morrison 1,35-39	38	Limerick	19:03	6:08
7 Libby Christensen 2,30-39	39	Cumberland	19:09	6:10
8 Carol Hogan (MTC) 1,50-54	50	Portland	19:21	6:14
9 Kelly Rodrigue 3,35-39	37	Lewiston	19:32	6:17
10 Lorna Humphries (MTC)	36	North Yarmouth	19:34	6:18

Other Top Divisional Finishers

11 Krystal Douglas 14&under	13	Harpwell	19:36	6:19
12 Julie Lagin-Nasse 20-24	22	Starks	19:46	6:22
13 Kate Meyers (MTC) 40-44	41	New Gloucester	19:53	6:24
14 Kymie Johnson 30-34	30	Scarborough	20:19	6:32
28 Bonnie Hoag 45-49	49	Portland	21:56	7:04
30 Jennifer Sawyer 25-29	25	Portland	22:21	7:12
48 Rosalyn Randall 50-54	51	Portland	23:26	7:33
54 Breana Hodgkins 15-19	16	Scarborough	24:16	7:49
79 Polly Kenniston (MTC) 60-64	64	Scarborough	25:39	8:15
111 Janice Drinan (MTC) 55-59	57	Scarborough	26:59	8:41
235 Nancy Wilson 65&over	66	Nahant, MA	34:06	10:59

Other Maine Track Club Finishers

16 Terry Sutton 2,40-44	40	Cumberland	20:30	6:36
19 Beth Rand 3,40-44	41	Cape Elizabeth	20:58	6:45
24 Colleen Redmond	36	Portland	21:48	7:01
27 Kimberly Bonsey	39	Falmouth	21:52	7:02
35 Laurie Bowring	38	Gorham	22:41	7:18
41 Cathleen Kilburn	35	Westbrook	23:01	7:24
43 Lauri Dugas	35	Scarborough	23:07	7:26
50 Gail Saldhana 3,45-49	45	Scarborough	23:30	7:34
55 Rachael Blanchard 2,15-19	16	Scarborough	24:16	7:49
66 Diane LaVangie	42	South Portland	24:47	7:59
71 Kaitlynn Saldanha	12	Scarborough	25:10	8:06
86 Cindy Hilton	38	Dayton	25:45	8:17
87 Angel Hilton	28	Hollis	25:50	8:19
90 Kathleen Tragert	42	Naples	26:08	8:25
106 Michele Flynn	53	Cape Elizabeth	26:52	8:39
107 Joan Lee	47	Yarmouth	26:55	8:40
109 Betsy Barrett	50	Scarborough	26:58	8:41
114 Laura Tyrrell	54	Cape Elizabeth	27:06	8:43
116 Carol Grant	43	Scarborough	27:12	8:45
121 Kathleen Norton	47	Bath	27:31	8:51
147 Marge Aube	49	Cumberland Ctr	29:07	9:22
158 Cheryl McCall	45	Cumberland	29:25	9:28
168 Kathleen Reid	32	South Portland	29:39	9:33
172 Michelle Durgin	50	Westbrook	29:59	9:39
174 Susan Davenny	53	South Portland	30:10	9:43
211 Ronda LeCompte	36	Lewiston	31:47	10:14
217 Lois Martin	51	South Portland	32:15	10:23
236 Paulette Holtan	42	Portland	34:10	11:00
237 Lana Holtan	9	Portland	34:12	11:00
238 Georgette Stone	27	South Portland	34:13	11:01
253 Donna Moulton	52	South Portland	36:47	11:50
265 Katy Littlefield	37	Scarborough	41:14	13:16
275 Cindy DiPalma	43	Portland	44:49	14:25

336 Bethlynn Durgin	22	Weatbrook	52:57	17:03
361 Kristie Durgin	48	Westbrook	55:03	17:43

The Cape Elizabeth/ South Portland And Portland
Rotary And Split-Time Race Management Present

The Fourth Annual Rotary Bridge

Four Mile Road Race

To Benefit The Travis Roy Foundation

253 Finishers (75 Female & 178 Male)

Scenic Certified Loop Course From Waterfront Park,

South Portland Across The Casco Bay Bridge To Portland & Back

9:00 a.m., Sunday, August 26th, 2001

Compiled From Complete Results Courtesy Of Split-Time Race Management

Top Overall Finishers				
Place/Name	Age	Town	Time	Pace
1 Paul Johnson, Jr. overall	24	Gorham	21:05	5:16
2 Christian Muentener 1,25-29	27	Yarmouth	21:17	5:19
3 Derek Veilleux 1,20-24	23	Saco	21:23	5:21
4 Scott Brown 1,40-44	43	Lewiston	21:37	5:24
5 Don Legere 1,35-39	39	Portland	21:40	5:25
18 Christine Reaser overall	35	Dayton	23:26*	5:52
36 Katherine Chabot-Box 1,25-29	28	Windham	25:33*	6:23
40 Lauren Lohmeyer 1,20-24	20	Portland	25:49*	6:27
44 Andrea Giddings 1,16-19	16	South Portland	26:13*	6:33
50 Melinda Harder 1,45-49	46	Auburn	26:54*	6:44

Other Top Divisional Finishers

6 Danny Paul 45-49	47	Yarmouth	22:00	5:30
8 Andrew Van Hoogenstyn 16-19	17	Scarborough	22:39	5:40
12 Steve Reed (MTC) 50-54	53	Wiscasset	22:55	5:44
16 Richard Flagg (MTC) 30-34	32	Portland	23:17	5:49
25 Kevin Roy 15&under	14	Phippsburg	24:39	6:10
33 John Whitman 55-59	56	Peaks Island	25:12	6:18
45 Lloyd Slocum (MTC) 65-69	68	South Portland	26:16	6:34
49 Chan Robbins 60-64	64	Arlington, VA	26:46	6:42
58 Beth Rand (MTC) 40-44	41	Cape Elizabeth	27:19*	6:50
63 Kim White (MTC) 35-39	39	Falmouth	27:48*	6:57
67 Christine Mellor 30-34	34	Windham	28:02*	7:01
121 Whitney Morrow 15&under	14	South Portland	30:17*	7:34
195 Janice Drinan (MTC) 55-59	57	Scarborough	35:44*	8:56
225 Jack Nyhan (MTC) 70&over	70	Portland	39:21	9:50

Other Maine Track Club Finishers

21 Bill Reilly 3,50-54	54	Brownfield	23:52	5:58
31 Jeff Rand	41	Cape Elizabeth	24:59	6:15
38 Randall Boucher	27	Windham	25:38	6:25
55 Will White	10	Falmouth	27:14	6:49
64 Jennifer DeSena 2,45-49	47	Cape Elizabeth	27:55*	6:59
75 Ned Ayers	51	Falmouth	28:31	7:08
76 John Keeley	49	Portland	28:33	7:08
79 Henry Bindbeutel	53	West Paris	28:35	7:09
80 Chris Bowring	8	Gorham	28:36	7:09
86 Tony Salamone	52	South Portland	28:46	7:12
113 Leslie Couper	38	Falmouth	29:46*	7:27
115 Stephen DiPalma	45	Portland	29:50	7:28
117 Richard Scribner	50	Gorham	29:58	7:30
123 Lincoln Skelton	12	Topsham	30:26	7:37
125 Jeff Stone	45	South Portland	30:34	7:39
137 Kelly Fernald	39	Cape Elizabeth	31:10*	7:48
141 Bob Jolicoeur	64	Cape Elizabeth	31:36	7:54
157 Douglas Couper	40	Falmouth	32:12	8:03
165 Ron Chase	60	Durham	32:45	8:11
168 Beth Nichols	41	Falmouth	32:54*	8:14
172 Matt Rand	10	Cape Elizabeth	33:09	8:17
173 Michele Flynn	52	Cape Elizabeth	33:18*	8:20
183 Denny Morrill	61	Portland	34:07	8:32
188 David Skelton	43	Topsham	34:43	8:41
189 Jim Tyrrell	53	Cape Elizabeth	34:52	8:43
192 Cathy Burnie	52	Cumberland	35:00*	8:45

RACE RESULTS (CONTINUED)

196 Chuck Burnie	47	Cumberland	36:00	9:00
214 Matthew Govan	32	Portland	37:55	9:29
235 Elizabeth Miller	47	Portland	42:12*	10:33
238 Julie Skelton	43	Topsham	43:00*	10:45
243 Julius Marzul 3,70&over	75	Gorham	51:55	12:59
244 Lennie Stack	65	Westbrook	53:49	14:12

The Maine Track Club And Peaks Island Lions Club Present

The 2001 Peaks Island Five Mile Road Race

377 Finishers (142 Female & 235 Male)

Rolling Certified Loop Course On Scenic Peaks Island, Maine

10:30 a.m., Saturday, July 28th, 2001

Compiled From Complete Results Courtesy Of The Maine Track Club

Top Overall Finishers

Place/Name	Age	Town	Time	Pace
1 Michael Payson (MTC) 1,overall	38	Falmouth	26:40	5:20
2 Ryan Webb 2,overall	22	Atlanta, GA	27:02	5:24
3 David Patterson 3,overall	22	Yarmouth	27:29	5:30
4 Andrew Van Hoogenstyn 1,19&under	17	Scarborough	28:52	5:46
5 Devin Shaw 2,19&under	18	Scarborough	29:14	5:51
25 Jeanne Hackett (MTC) 1,overall	42	Peaks Island	32:18*	6:28
39 Erin Colligan 2,overall	16	Plymouth, MA	34:04*	6:49
40 Claire McManus 3,overall	44	J'mca Plain,MA	34:05*	6:49
47 Hallie Applebaum 1,15&under	14	Falmouth	34:24*	6:53
49 Pamela Hall 1,40-49	47	Litchfield, NH	34:25*	6:53

Other Top Divisional Finishers

6 Mike Grant (MTC) 40-49	43	Scarborough	29:30	5:54
10 George Towle (MTC) 50-59	51	Portland	30:04	6:01
51 Pamela Hewett 30-39	34	Peaks Island	34:32*	6:54
74 Jacquelyn Drummey 20-29	26	Topsham	35:54*	7:11
118 Heidi McGaffigan 50-59 USATF:AG	56	Milford, NH	38:06*	7:37
160 Bob Jolicoeur (MTC) 60-69	64	Cape Elizabeth	40:17	8:03
170 Christine Curtis 60-69 USATF:AG	63	Bridgton	40:41*	8:08
366 Julius Marzul (MTC) 70&over	75	Gorham	66:38	13:20

Other Maine Track Club Finishers

18 Jeff Rand	41	Cape Elizabeth	31:49	6:22
22 John Whitman 2,50-59	56	Peaks Island	32:06	6:26
23 Gerard Conley	47	Portland	32:09	6:26
28 Charles Iselborn	44	Portland	33:03	6:37
71 Chuck Burnie	47	Cumberland	35:47	7:09
79 Beth Rand 2,40-49	41	Cape Elizabeth	36:07*	7:13
81 Dan Hogan	50	Portland	36:10	7:14
85 Steve Jacobsen	51	Kennebunk	36:38	7:20
92 Mick McCall	47	Cumberland	36:59	7:24
94 Christopher Rizzo	27	Cape Elizabeth	37:00	7:24
96 Daniela Daggy 2,30-39	30	Portland	37:03*	7:25
103 John Keeley	49	Portland	37:19	7:28
112 Jeff Stone	45	South Portland	37:51	7:34
143 Merle Hartford	54	Scarborough	39:28	7:54
152 Sophia Payson-Rand	32	South Portland	39:52*	7:58
154 Gail Saldanha	45	Scarborough	39:55*	7:59
167 Scott Hilton	39	Dayton	40:29	8:06
171 Tom Mundhenk	51	Portland	40:44	8:09
192 Matthew Govan	31	Portland	41:46	8:21
229 Robert DeWitt	57	Lisbon	43:21	8:40
246 Philip Meech	50	Scarborough	44:49	8:58
251 Adam Perron	26	South Portland	45:04	9:01
252 Brett Perron	24	South Portland	45:06*	9:01
258 Mike Pugh	62	Wellington, FL	45:25	9:05
260 Cathy Burnie	52	Cumberland	45:28	9:06
264 Diane Daley	45	Casco	45:44*	9:09
266 Marla Keefe	47	Casco	45:47*	9:09
275 Cindy Hilton	38	Dayton	46:37*	9:19
301 Joe O'Donnell	50	Freeport	50:19	10:04
313 Cheryl McCall	46	Cumberland	51:51*	10:22
325 Marby Payson 2,60-69	62	Falmouth	53:49*	10:46
350 Georgette Stone	27	South Portland	58:05*	11:37

The Casco Firemen's Association, Hancock Lumber And Split-Time Race Management Present The Twenty-Third Annual Casco Days Country Run Four Miler

329 Finishers (104 Female & 225 Male)

Scenic Challenging Point-To-Point Course From Otisfield Over

Mayberry Hill To Casco Village

9:30 a.m., Saturday, July 28th, 2001

Compiled From Complete Results Courtesy Of Split-Time Race Management

Place/Name	Age	Town	Time	Pace
1 Kyle Rhoads overall	31	Windham	21:25	5:22
2 Pete Bottomley (MTC) 1,30-39	39	Naples	21:51	5:28
3 Atichs Miles 1,20-29	22	Auburn	22:25	5:37
4 Jim Elwell 1,40-49	41	Fort Collins,CO	22:39	5:40
5 Jonathan Volpi 1,14-16	16	Casco	22:45	5:42
9 Jacur Jogi 1,50-59	50		24:18	6:05
13 Floyd Lavery (MTC) 2,40-49	44	Gorham	24:46	6:12
19 Gary Weber 2,50-59	55	Lewiston	25:43	6:26
20 Caroline Newcomb overall	22	Cape Elizabeth	25:47*	6:27
23 Noah Levinson 1,17-19	17	Port Washington	25:57	6:30
26 Mike LeCompte (MTC)	40	Lewiston	26:20	6:35
31 Ben Moltey 1,13&under	13		27:08	6:47
34 Lloyd Slocum (MTC) 1,60&over	68	South Portland	27:21	6:52
45 Mandy Ivey 1,13&under	13	Oxford	28:12*	7:03
46 Anne Ivey 1,40-49	40	Oxford	28:13*	7:03
56 Cathy Erwin 2,40-49	41	Santa Cruz, NM	28:40*	7:10
64 Melissa Weber 1,20-29	24	Lewiston	29:19*	7:20
65 Rachel Feldman 1,17-19	17	Poland	29:24*	7:21
76 Anne Smith 1,30-39	31	Horseshoe	29:58*	7:30
109 Jeanne Weber 1,50-59	52	Lewiston	32:08*	8:02
122 Megan McCrellish 1,14-16	15		33:05*	8:17
142 Denny Morrill (MTC) 3,60&over	61	Portland	34:20	8:35
220 Kenneth Spier (MTC)	57	Portland	38:16	9:34
237 Rosaline Hermos 1,60&over	60	Brookline, MA	40:29*	10:08
259 Virginia Cross (MTC) 3,50-59	58	Gorham	43:08*	10:47
272 Debbie Howe (MTC) race walker	55	Waterford	44:23*	11:06
293 Don Penta (MTC)	55	Windham	51:20	12:50

The Greater Lewiston/ Auburn YMCA And Split-Time Race Management Present

The 2001 L/A 5K Bridge Run

243 Finishers (104 Female & 139 Male)

Certified 5K Rolling Loop Course Crossing The Androscoggin River

From Auburn To Lewiston Over Many Bridges - Including A

Pedestrian Railroad Bridge - And Back To Auburn

8:30 a.m., Sunday, September 9th, 2001

Compiled From Complete Results Courtesy Of Split-Time Race Management

Top Overall Finishers

Place/Name	Age	Town	Time	Pace
1 Paul Johnson, Jr. overall	24	Gorham	16:12	5:13
2 Atticus Miles 1,20-29	22	Auburn	16:48	5:24
3 Josh Dyer 2,20-29	24	Gorham	17:08	5:31
4 Ronald Newbury 1,50-59	51	Auburn	17:17	5:34
5 John Gagnon 1,30-39	34	Lewiston	17:41	5:41
11 Vanessa McGowan overall	24	Orono	18:21*	5:54
13 Tina Meserve 1,30-39	34	Livermore	18:35*	5:59
22 Kelly Rodrigue 2,30-39	37	Lewiston	19:17*	6:12
25 Carol Hogan (MTC) 1,50-59	50	Portland	19:33*	6:18
34 Melinda Harder 1,40-49	47	Auburn	20:02*	6:27

Other Top Divisional Finishers

7 Michael Trundy 40-49	41	Hebron	17:54	5:46
8 Nick Grenier 16-19	17	Lewiston	18:09	5:51
21 Matt Strout 15&under	15	Lewiston	19:17	6:12
51 Mandy Ivey 15&under	13	Oxford	21:14*	6:50

RACE RESULTS (CONTINUED)

73 Lisa Winters 16-19	18	Poland	22:38*	7:17
82 Douglas Hodgkin 60-69	62	Lewiston	23:00	7:24
105 Jen McCausland 20-29	23	Lewiston	24:04*	7:45
204 Carlton Mendell (MTC) 70&over	79	Portland	30:44	9:54
218 Catherine Sabine 60-69	64	Lewiston	32:57*	10:36

Other Maine Track Club Finishers

10 Tom Menendez 2,40-49	48	Lewiston	18:16	5:53
49 Willie Sproul	43	New Gloucester	20:59	6:45
58 Joan Lavin 2,50-59	53	Portland	21:42*	6:59
63 Lincoln Skelton	12	Topsham	21:59	7:05
68 Chuck Burnie	47	Cumberland	22:11	7:08
86 John Howe 2,60-69	66	Waterford	23:08	7:27
112 Ronald Chase	60	Durham	24:26	7:52
133 William Jarvey	55	Raymond	25:57	8:21
135 Robert DeWitt	57	Lisbon	26:01	8:22
145 David Skelton	43	Topsham	26:17	8:28
158 Cathy Burnie	52	Cumberland	26:47*	8:37
199 Donna DeWitt	58	Lisbon	30:13*	9:44
216 Julie Skelton	43	Topsham	32:11*	10:22
221 Ronda LeCompte	36	Lewiston	33:16*	10:42
228 Debbie Howe race walker	55	Waterford	35:23*	11:23
239 Janice Bilodeau 2,60-69	68	Auburn	39:18*	12:39
240 Julius Marzul	75	Gorham	39:28	12:42
242 Lennie Stack	65	Westbrook	40:54	13:10
243 Don Penta	55	Windham	42:02	13:12

The Twenty-Fourth Annual Bar Harbor Half-Marathon

368 Finishers (154 Female & 214 Male)
Beautifully Scenic Certified Course Over Carriage Trails
In Acadia National Park On Mount Desert Island
Saturday, September 15th, 2001
Compiled From Complete Results Courtesy Of
The Bar Harbor Half Marathon Technical Committee

Top Overall Finishers

Place/Name	Age	Town	Time
1 Kevin Krause	30	Shoreham, MA	1:11:53
2 Brian Hyde	28	Richmond, VA	1:14:21
3 Judson Cake	23	Bar Harbor	1:14:23

4 Tom St. Germain	34	Bar Harbor	1:15:30
5 Pete Bottomley (MTC)	39	Cape Elizabeth	1:16:21
23 Cynthia Gaudere	41	Hudson, MA	1:28:17*
40 Carrie McCusker (MTC)	32	South Portland	1:33:25*
42 Alison Kisch (MTC)	35	Portland	1:33:39*
43 Eileen Greeley	36	Portsmouth, NH	1:33:49*
46 Kristel Dunphy	29	Kents Hill	1:34:25*

Other Top Divisional Finishers

9 Hugh McLean	42	Belfast	1:19:55
20 Philip Schena	46	Voluntown, RI	1:28:03
29 Fred Miller	50	Liverpool, NY	1:30:38
30 Tom McGuire	55	Oakland	1:30:59
56 Pamela Hall	48	Litchfield, NH	1:36:04*
82 Connie McLellan (MTC)	50	Sinclair	1:40:09*
100 Donald Bell	63	Bellingham, MA	1:42:51
135 Marcy White	24	Bar Harbor	1:47:06*
142 Don Bergman	69	Princeton, NJ	1:47:55
158 Faye Gagnon	56	Minot	1:50:20*
203 Louisa Dunlap	60	Belfast	1:54:52*
286 Elizabeth Thibodeau	19	Monmouth	2:05:54*
335 Doris Beatty	66	Falmouth, MA	2:21:38*
363 Julius Marzul (MTC)	75	Gorham	2:51:49
368 Annalise Monniere	75	Pleasant Vly, CT	3:20:00*

Other Maine Track Club Finishers

14 David Chamberlain 2,35-39	39	Falmouth	1:25:56
17 Mark Foley	36	Portland	1:27:47
18 Michael Gordon	39	Portland	1:27:54
28 Gerard Conley, Jr.	47	Portland	1:30:35
58 John Rolfe	47	Portland	1:37:06
88 Don Foshay	42	South Portland	1:40:41
103 Mickey Lackey	56	Raleigh, NC	1:43:05
120 Chuck Burnie	47	Cumberland	1:45:20
137 Don Derby	57	North Hampton, NH	1:47:21
202 Tully Derby	38	North Hampton, NH	1:54:49*
266 Kari Richardson	39	Raleigh, NC	2:02:07*
296 Cathy Burnie	52	Cumberland	2:08:16*
307 John Stevens	58	Wells	2:09:58
317 Mike Pugh	63	Wellington, FL	2:13:22
359 Karen Connolly	42	Hollis	2:42:38*
367 Robert Connolly	46	Hollis	3:18:22

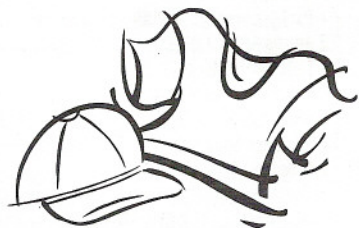
MTC Clothing Report

Cold weather is coming. This is a great time to take a look at your running wardrobe. We presently have a large supply, in all sizes of Maine Track Club Sweatshirts, T-Shirts, Hats and Singlets. Pricing is as follows:

Sweatshirts.....	\$20.00
T-Shirts	8.00
Hats	8.00
Singlets	15.00

These items are usually available at our membership meetings and can be purchased at that time. You can also arrange to purchase by contacting Phil Meech at 207-839-4946 or reach him at email address pmeech@pivot.net (home) or pmeech@uinc.com (work).

Let's show all those runners out there that we are proud members of the Maine Track Club. Order your MTC clothing today!



United We Stand!



The Road Runners Club of America's FIFTEEN TIPS FOR RUNNING SAFETY

1. **DON'T WEAR HEADSETS.** Use your ears to be aware of your surroundings.
2. Carry a quarter for a phone call.
3. Run with a partner.
4. Write down or leave word of the direction of your run. Tell friends and family of your favorite running routes.
5. Run in familiar areas. In unfamiliar areas contact a local RRCA club or running store. Know where telephones are, or open businesses or stores. Alter your route pattern.
6. Always stay alert. The more aware you are, the less vulnerable you are.
7. Avoid unpopulated areas, deserted streets, and overgrown trails. Especially avoid unlit areas at night. Run clear of parked cars or bushes.
8. Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe. Include any medical information. Don't wear jewelry.
9. Ignore verbal harassment. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
10. Run against traffic so you can observe approaching automobiles.
11. Wear reflective material if you must run before dawn or after dark.
12. Use your intuition about a person or an area. React on your intuitions and avoid if you're unsure.
13. Practice memorizing license tags or identifying characteristics of strangers.
14. Carry a noisemaker or pepper spray (get trained in use of the latter).
15. **CALL POLICE IMMEDIATELY** if something happens to you or someone else, or you notice anyone out of the ordinary.

The Road Runners Club of America is a national organization of over 600 clubs in 47 states. For more information write

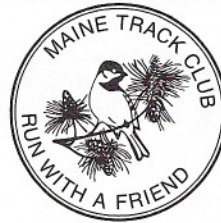
RRCA, National Office
510 N. Washington Street
Alexandria, VA 22314.

Office@rrca.org • (703) 836-0558.



*"Tom's Primitive,
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Colleen RedmondNEWSLETTER871-0051
Phil MeechCLOTHING839-4946
M.T.C. Phone Number	741-2084

See web site for Board Members' E-Mail Addresses

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, Liz Melson, Carlton Mendell
- 20: Laura Cotton, John Cullinane, Theresa Gallupe
- 21: Carlene Anderson, Ray Heffelfinger, John Stevens
- 22: David Chamberlain, Melanie Doughty
- 24: Cathy Burnie, Steve Jacobsen, William A. Shaw
- 25: Ronald Chase
- 27: Rae Pierce
- 28: Pat Buckley, Kerry Tobias
- 29: Polly Kenniston
- 30: Terrence Connelly, Kari Richardson

NOVEMBER:

- 2: Dan Hogan, Nelson Soule
- 3: Rodger Smith
- 4: Eugene Gendron, Jr
- 6: Olivia DeSena, Cathy Squires
- 9: Colleen Redmond
- 10: Hans Brandes, Patricia Coolidge, Robert DeWitt, Ken Norton
- 11: Danforth DeSena
- 13: Russ Bradley, Diane L. Kazilionis,
Jane Lathrop, Terri Morris



Anthem Women's Distance 5K



Cannon Blast Start



*Volunteer
Herb Strom Assisting*



*Vivian Turcott #331
of Portland*

*Beverly Roderick #385
of Scarborough*



*MTC Chute Team: Ron Cedrone,
Bill Davenny & Russ Bradley*



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

— Friday, November 16th, 6:00 PM
Columbia Club
Pasta Dinner and MTC Elections (See pg.2)

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

M.T.C. Singlets

Aasics 100% Coolmax

M.T.C. logo silkscreened front and back

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

sold below cost \$15.00

Contact Phil Meech 839-4946

