

Upcoming races

October 5

Lifeline 5K Run/Walk, Portland, 10 a.m. Contact: 781-5887.

October 6

Maine Marathon and Casco Bay Half-Marathon, Portland, 8 a.m. Contact: Jim McCorkle 781-5887 or 781-3134.

October 13

Pancake 5K, Belfast, 9 a.m. Contact: Dale Nealey 338-5201.

Great Island 5K, Newcastle, N.H., 10 a.m. Contact: Kevin Burke 603-926-7416.

October 19

MTC 50-Mile Ultra Marathon, Brunswick, 8 a.m. Contact: Al and Sandy Utterstrom 797-4710.

October 20

Physical Therapy 8K, Brunswick, 8 a.m. Contact: Sarah Bronson 892-5357 or John LeRoy 725-8680.

Harvestfest 5K, York, 1 p.m. Contact: 363-1040.

October 27

Cape Ellis Great Pumpkin 10K. Contact: 781-3134.

White Mountain Milers/Joe Jones Half-Marathon, N. Conway, N.H. Contact: 603-447-1974.

Note: Races in bold are MTC events

Other MTC events in 1996

Date — Event

Contact

November 19 — Turkey Trot 5K & 10K, Cape Elizabeth Malcolm Washburn 727-5653/Mary Anne Champeon 799-0456

November 28 — Thanksgiving Day 4-Miler, Portland George Towle 878-8419

December 11 — MTC Jingle Bell Fun Run Everett Moulton 799-2894

MTC to defend team title at PT8K

At last years Physical Therapy 8K the Maine Track Club bested 7 other teams in a unique "age graded team competition". This is the only known competition of it's type known to exist anywhere. But, it may resurrect team contests in Maine because it allows team members of any age or sex to be part of the team. Each team member's actual finish time is adjusted for sex and age using a nationally accepted table. At the PT8K the number of team members are not limited, but only the fastest 5 age graded times are used for the final score and receive prizes. This year, the PT8K is awarding prizes to both the first and second place teams. So, be sure to fill in the team blank on your entry form. Even if you think you are not competitive, your age graded time might surprise you and help Maine Track Clubs team.

As always, if you are not planning to run the PT8K and would like to volunteer call John LeRoy on 725-8680.

Thanks to Pat's Pizza volunteers

Pat's Pizza Clam Festival Classic race directors Marge Parsons and Ron Pelton which to extend their thanks to the numerous volunteers who lent their time and effort to ensure that this year's race went smoothly. The list is too long to mention everyone individually, but your support was greatly appreciated. Thanks to everyone who stepped forward to volunteer.

*Marge Parsons
and Ron Pelton*