

Run with a friend ...

www.mainetrackclub.com

November / December 2002

MTC Mid-Winter 10-Mile Classic RR Awards 2 Bruce Ellis Memorial Scholarships

By Eric Ortman Race Co-Director

Proceeds from the 21st annual Mid-Winter Classic were used to help defray the expenses of maintaining the Maine Track Club and to send deserving children to running camp. Traditionally, these children are selected on their desire to run and not on their ability to run fast. This year, two 13-year old girls were chosen. Both of them attended Ziggy's Running Camp at the University of New England in Biddeford during early August.

Below is a thank-you letter written by one of the girls – Kaitlynn Saldanha. From this letter it is evident that the awarding of the Bruce Ellis scholarships is helping to foster the community of running in Southern Maine. Thank you Kaitlynn for your letter and I wish you continued enjoyment in your running.

Dear Maine Track Club,

During the week of August 4th through the 7th I attended Ziggy's Running Camp. It was a wonderful experience that I will look back on throughout my whole life. My incredible days at camp were made possible by the MTC. Thank you for awarding me the Bruce Ellis Memorial Scholarship to go to a running camp.

Throughout my week at Ziggy's I did many things. Among those things was learning about nutrition, weight training, stretching, college divisions, training schedules, uphill – downhill techniques, and race strategies. My days at camp did not just involve running, but were extremely educational as well.

See 10-MILE on Page 3

MTC member wins at national meet

Congratulations to MTC member Lloyd Slocum, on winning the National Outdoor USATF age 65-69 5K in August at Orono, ME. At age 69, his winning time of 19:12 placed him above 90% of world competitors at this age. In the 800 his 4th place age group time of 2:30.64 set a national record for age 69. He also raced to a close and exciting 2d place in the 1500 with a time of 5:06.31

Over 1,000 Masters athletes competed in this national event including MTC members Bill Reilly, Nancy Kneeland, Phil Pierce and Dennis Smith. The 2003 event will be held in Eugene, OR.

For Lloyd this has been part of a season that has seen him set new Maine Corporate Track

See MEET on Page 6

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Maine Track Club Officers & Committee Chairs



MTC Officers

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Maggie Soule, ARCHIVIST.....	846-3631

Contact us at:

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207-741-2084
www.mainetrackclub.com

The newsletter is published **bi-monthly**.

The **DEADLINE** for submitting articles and material to the newsletter is the **15th of the month prior to the next publication**.

(e.g. if the next publication is March/April, the deadline is February 15th)

Presidents Corner

Dear fellow members,

As the leaves start turning magical colors and runners start to layer their clothing and we turn our clocks back an hour, it is also time to turn to one of our busiest times of the year.

Our Maine Marathon and Half Marathon is now a memory and a good one at that. It was a perfect day for running and the record breaking turnout enjoyed every minute of it. Ned Vadakin and his crew did an outstanding job at the 50 miler this year. The twenty five ultra marathoners were treated well with plenty of food and support. Rumor has it that Sandy and Al Utterstrom followed Egor on his final four mile lap in their car with the headlights on.

Please read about the upcoming events and make an effort to attend as many as possible.

Enjoy the day,

Mel

New England 65+ Runners Club

Ten MTC members traveled to Lynnfield, MA to attend the 65+ lunch and meeting on October 23. About 300 of the 500 members of the club were on hand for the event. The afternoon was enjoyed by all. Three members were inducted into the 65+ Running Hall of Fame. The running history and current status of these seniors is remarkable and an inspiration to everyone. Our own Lloyd Slocum ranks among the top seniors in the U.S based on his performances this year. Congratulations to Lloyd.

Fyalka Award Benefactor Visits Portland

It was our pleasure to have John Fyalka pay us a weekend visit recently. John is living in Springfield, MO and tries to visit Portland as often as possible. He is feeling fine after a recent heart valve replacement and is walking 5 miles daily. John sends his regards to everyone and wanted everyone to know that he keeps up on the MTC news by reading the newsletter and the web site.

MTC Race Schedule 2002

Mike Reali's Famous Pasta Dinner

Friday, November 22nd at 6 pm
The Columbia Club
17 Wordsworth Street
Portland, ME

Pasta, meatballs, salad & bread
Soft drinks, coffee, tea and cake
You may bring wine or beer.

\$7 for adults / \$3 children under 12
Pay at the door.

RSVP by November 15th to Susan Davenny
@ (207)799-5781 or e-mail
sudavenny@hotmail.com

Election of 2003 MTC Officers to follow dinner.

November 16

Hannaford Turkey Trot 5K, Cape Elizabeth
Middle School. Contact: Maine Track Club 741-
2084.

December 11

Jingle Bell Run From the Village Cafe around the
Promenade Trail and back. Bring a flashlight.
Sleigh Bells and X-Mas decorations optional.

February 2, 2003

Mid-Winter 10-Mile Classic, Cape Elizabeth
High School, 9:45 a.m. Contact: Maine Track
Club 741-2084.

10-MILE from Page 1

Something I really liked about camp was meeting so many new people and friends. I met a lot of girls my age that are into running and have the same interests as me. I was also introduced to a few extremely knowledgeable and dedicated runners included Bob Winn. Somebody else I enjoyed meeting is none other than Ziggy himself (Brian Gillespie). I learned so much from all the teachers, counselors, runners and adults at camp, that I can never thank them enough.

Something else I can never thank enough would be the MTC for what they have done for me. If it weren't for the MTC I wouldn't have been able to meet all the new people I did. I wouldn't know what I know now about running, and I wouldn't be as into running or as addicted to it as I am now either. Thank you MTC! Thank you so much for giving me this honorable scholarship that made me feel special and privileged. That made me learn so much about being a better runner!

Sincerely,

Kaitlynn Saldanha

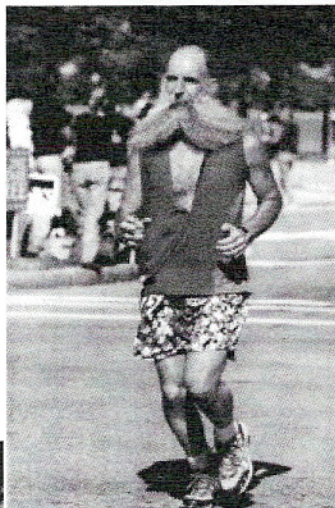


Members in the Maine Marathon ...

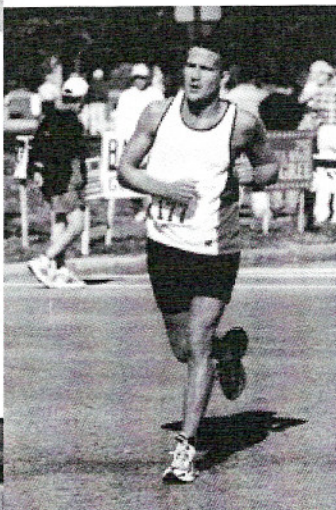
October 6, 2002



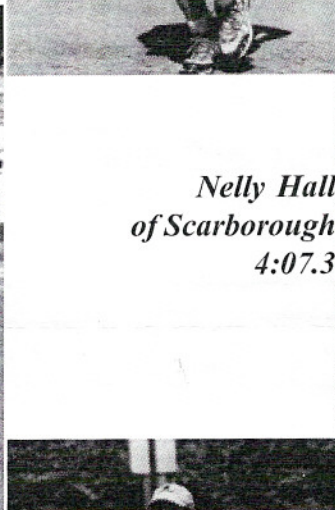
*Roxanne Fakhouri
of Scarborough
3:39.13
Boston Qualifier*



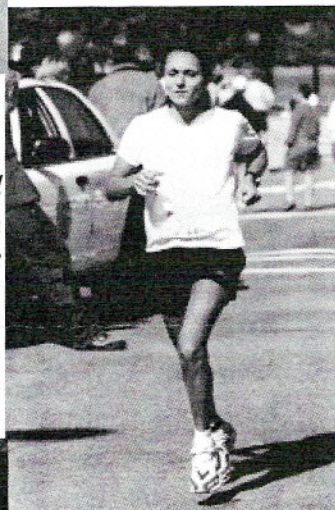
*Craig Wilson
of Kittery Point
3:18.08
Boston Qualifier*



*Matthew Foss
of Portland
3:10.44
Boston Qualifier*



*Nelly Hall
of Scarborough
4:07.3*



*Rich Robinov
of Cumberland
3:27.33*



*Rachael Landry
of Cumberland
3:49.19*



*Mark Grandonico
of Portland
4:12.32*



*Carlton Mendell
of Portland
5:31.13*



...and the Maine Half-Marathon

Portland, ME

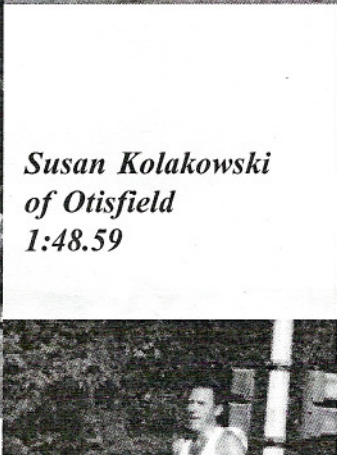
*Vicki Bryant
of Auburn
1:36.03*



*David Young
of Danville
1:42.20*



*Susan Kolakowski
of Otisfield
1:48.59*



*Sarah MacColl
of Cape Elizabeth
1:35.39*



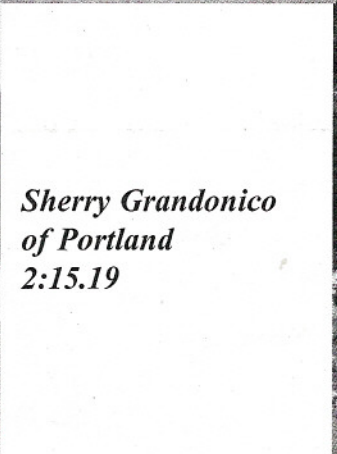
*Mark Steege
of Standish
1:25.05*



*Gerard Conley
of Portland
1:28.47*



*Sherry Grandonico
of Portland
2:15.19*



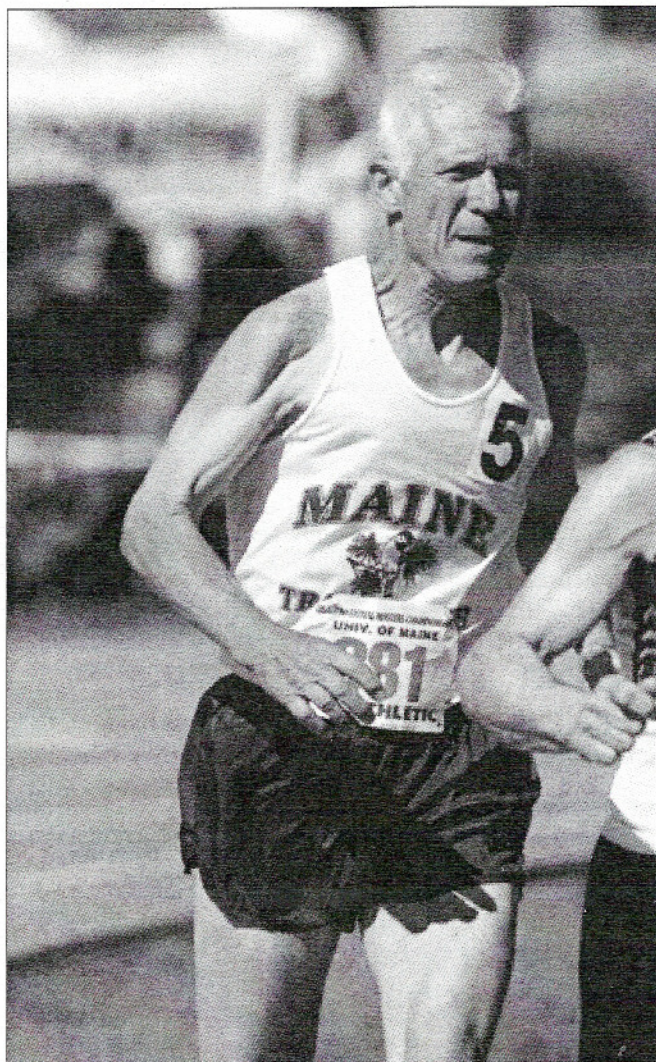
*Ronald Deprez
of Portland
1:35.39*



MEET from page 1

age group records in the 400, 800, 1600 and 3200 as a member of the USM Team. He has also qualified for the National Senior Olympics 5K, 10K, 400, 800 and 1500 to be held in Virginia in May of 2003 by running those events in Maine and Rhode Island Senior Olympics. He will compete as a new 70 year-old at the National Indoor Masters Championships in Boston at the end of March.

While also road racing every weekend, his best 5K this season so far was the Dan Cardillo in 19:11; best 10K was the Rhode Island Senior Olympics in 40:13 and his most challenging was the Mt. Agamenticus Challenge in 53:53.

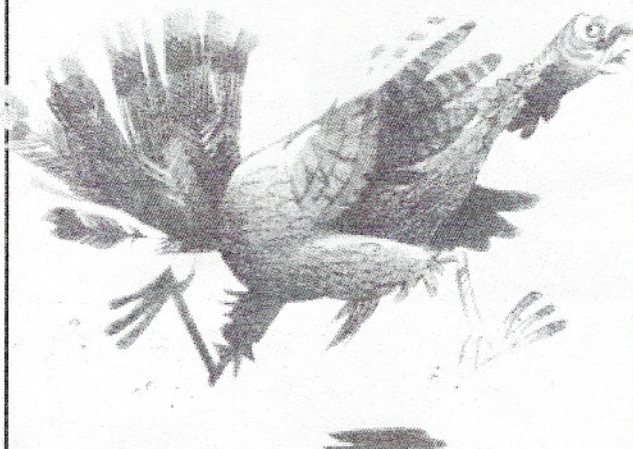


Lloyd Slocum during the USATF National Masters Championships at the University of Maine in Orono.



THE 34TH ANNUAL TURKEY TROT 5K ROAD RACE

PRESENTED BY HANNAFORD AND
THE MAINE TRACK CLUB



SATURDAY,
NOVEMBER 16, 2002

CAPE ELIZABETH MIDDLE SCHOOL
CAFETERIUM
CAPE ELIZABETH, ME

CHILDREN'S FUN RUN - 8:30 AM
5K RACE & WALK - 9:00 AM

***Please reserve Saturday, January
11th for the Annual Awards
Banquet being held at the Eagles
Club in South Portland. Details for
this event will appear in the next
issue of the NewsRun and at
www.mainetrackclub.com***

The Hannaford Turkey Trot - a Time Honored Tradition

Only two other Maine races - the Portland Boys and Girls Club (1930) and the Bangor Labor Day (1963) - are older than the former Shop 'n Save Turkey Trot - now the Hannaford Turkey Trot - which holds its 34th annual running on Saturday, November 16, 2002.

No longer the province of a hardy few, today's Hannaford 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.

So come and enjoy it, as competitor or volunteer. If you are 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 846-3631. We'll be happy to hear from you. Maggie Soule - Race Director

Hannaford Turkey Trot 5K Race Application

NAME: _____

Male _____ Female _____ Age On Race Day _____

Runner _____ Walker _____

ADDRESS: _____

STATE: _____ ZIP: _____

TELEPHONE: _____

\$7 ENTRY FEE: Please make check payable to the Maine Track Club and mail to: MTC Turkey Trot, c/o Maggie Soule, 142 Portland Street, Yarmouth, ME 04096.

FOR MORE INFO: Call 207-846-3631

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume risks associated with running this event including, but not limited to: falls, contact with other participants, the effect of weather (including rain, wind, and snow) traffic, and the conditions for the road, in consideration of your accepting my entry. I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club of America, the Town of Cape Elizabeth, Hannaford Bros., the Road Runners Club of America, and all other sponsors, their representatives, and successors from all claims of liabilities arising out of my participating in this event.

SIGNATURE: _____

PARENT (if under 18) _____

Hannaford Turkey Trot Kid's Fun Run Application

Runner 1

NAME: _____

Age: _____

Runner 2

NAME: _____

Age: _____

Runner 3

NAME: _____

Age: _____

Runner 4

NAME: _____

Age: _____

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume risks associated with running this event including, but not limited to: falls, contact with other participants, the effect of weather (including rain, wind, and snow) traffic, and the conditions for the road, in consideration of your accepting my entry. I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club of America, the Town of Cape Elizabeth, Hannaford Bros., the Road Runners Club of America, and all other sponsors, their representatives, and successors from all claims of liabilities arising out of my participating in this event.

PARENT SIGNATURE: _____

2002 Maine Marathon: Maine Track Club Finishers

Notes: "GTime" – Time from starting cannon to crossing finish line;
 "*" following "GTime" – Congratulations! Boston Marathon qualifier;
 "NTime" – Chip time between crossing start line & crossing finish line

<u>Place/Name</u>	<u>Sex/Div</u>	<u>Town</u>	<u>GTime</u>	<u>Pace</u>	<u>NTime</u>
25 Matthew Foss	M 30-34	Portland	3:10:56*	7:17	3:10:44
44 Craig Wilson 2,50-54	M 50-54	Kittery Point	3:18:13*	7:34	3:18:08
45 Tom Shorty	M 40-44	Gorham	3:18:24*	7:35	3:18:09
46 Michael Musca	M 45-49	Falmouth	3:18:38*	7:35	3:18:33
60 Floyd Lavery	M 45-49	Gorham	3:23:03*	7:45	3:22:38
69 Joe Lembo	M 35-39	Portland	3:25:30	7:51	3:25:26
87 Rich Robinov	M 40-44	Cumberland	3:27:41	7:56	3:27:33
108 Matt Flynn	M 40-44	Cape Elizabeth	3:32:47	8:07	3:32:14
113 James Robinson	M 35-39	Saco	3:35:03	8:13	3:34:48
124 Curt Moulton	M 35-39	Sanford	3:38:36	8:21	3:38:22
140 Roxanne Fakhouri	F 35-39	Scarborough	3:40:42*	8:26	3:39:13
148 Tom Noonan	M 30-34	Steep Falls	3:42:29	8:30	3:42:16
150 Joseph Wagnis	M 20-29	South Portland	3:42:51	8:30	3:42:45
151 Rex Holtan	M 50-54	Auburn	3:43:05	8:31	3:42:54
159 John Keeley	M 50-54	Portland	3:43:50	8:33	3:43:40
167 John Rolfe	M 45-49	Portland	3:44:40	8:35	3:43:40
190 Gregory Welch	M 50-54	South Portland	3:48:59	8:44	3:48:41
194 Rachel Landry	F 30-34	Cumberland	3:49:54	8:47	3:49:19
209 Timothy Lavery	M 30-34	Chicago, IL	3:52:13	8:52	3:51:25
276 Erik Boucher	M 30-34	Portland	4:01:19	9:13	4:00:55
313 Nelly Hall	F 30-34	Scarborough	4:07:48	9:28	4:07:33
333 Todd Green	M 30-34	Portland	4:11:52	9:37	4:11:27
347 Mark Grandonico	M 40-44	Portland	4:13:41	9:41	4:12:32
349 Kathleen Robinson	F 35-39	Saco	4:13:49	9:41	4:12:21
356 Mallory Brouwer	F 20-29	Portland	4:14:30	9:43	4:13:19
362 Brenda Day	F 35-39	Brunswick	4:15:43	9:46	4:14:55
363 Anne Beressi	F 35-39	Falmouth	4:16:06	9:47	4:15:31
415 Polly Kenniston 1,65-69	F 65-69	Scarborough	4:27:18*	10:12	4:27:03
422 Mike Brooks	M 55-59	Danville	4:28:55	10:16	4:27:55
488 John Littlefield	M 45-49	Scarborough	4:48:29	11:01	4:47:02
517 Betty Rines	F 45-49	Gorham	5:13:18	11:57	5:13:04
534 Carlton Mendell 1,70&+	M 70-99	Portland	5:31:13	12:38	5:30:31
565 Melanie Nichols	F 40-44	Falmouth	6:36:10		
568 Beth Quinlan	F 40-44	Portland	6:42:05		

2002 Maine Half-Marathon: Maine Track Club Finishers

Notes: "GTime" – Time from starting cannon to crossing finish line;
 "*" following "GTime" – Congratulations! Boston Marathon qualifier;
 "NTime" – Chip time between crossing start line & crossing finish line

<u>Place/Name</u>	<u>Sex/Div</u>	<u>Town</u>	<u>GTime</u>	<u>Pace</u>	<u>NTime</u>
12 Charlie Humphries	M 35-39	North Yarmouth	1:19:13	6:03	1:19:10
19 Richard Flagg	M 30-34	Portland	1:20:54	6:11	1:20:49
30 Bill Reilly 1,50-54	M 50-54	Brownfield	1:24:24	6:27	1:24:18
38 Mark Steege	M 45-49	Standish	1:25:09	6:30	1:25:05
48 Ellie Tucker 5,overall	F 45-49	North Yarmouth	1:26:43	6:37	1:26:37
56 Sean Keough	M 45-49	Cumberland	1:28:43	6:47	1:28:36
57 Gary Weber 3,55-59	M 55-59	Lewiston	1:28:46	6:47	1:28:39
60 Gerard Conley, Jr.	M 45-49	Portland	1:28:57	6:48	1:28:47
65 Tom Peterson	M 40-44	Honolulu,HI	1:29:36	6:51	1:29:30
76 Ken Cotton 2,50-54	M 50-54	Bristol	1:30:25	6:54	1:30:17
82 Alison Kisch	F 35-39	Portland	1:31:29	6:59	1:31:22
84 Charles Iselborn	M 45-49	Portland	1:32:02	7:02	1:31:52
92 Bob Coughlin 1,60-64	M 60-64	Cape Elizabeth	1:33:25	7:08	1:33:15
105 Kathy Hepner 1,40-44	F 40-44	Gorham	1:34:34	7:13	1:34:26
113 Ronald Deprez	M 55-59	Portland	1:35:48	7:19	1:35:39
117 Sarah MacColl 3,45-49	F 45-49	Cape Elizabeth	1:36:06	7:20	1:35:39
118 Gretchen Read 1,55-59	F 55-59	Portland	1:36:07	7:20	1:35:37
120 Vicki Bryant 2,40-44	F 40-44	Auburn	1:36:14	7:21	1:36:03
123 David Chamberlain	M 40-44	Falmouth	1:36:23	7:22	1:35:30
131 Kendra Emery	F 20-29	Portland	1:36:52	7:24	1:36:34
137 Harry White 1,60-64	M 60-64	Scarborough	1:37:27	7:26	1:37:22
143 Carol Hogan 1,50-54	F 50-54	Portland	1:37:43	7:28	1:37:30
166 Colleen Redmond	F 35-39	Portland	1:39:29	7:36	1:39:14
173 Mary Brandes	F 40-44	Falmouth	1:39:46	7:37	1:39:20
174 Richard Bissonnette	M 50-54	Auburn	1:39:52	7:38	1:39:41
175 Connie McLellan 3,50-54	F50-54	Sinclair	1:39:58	7:38	1:39:32
202 Jeanie Campbell	F 40-44	Portland	1:41:13	7:44	1:41:05
225 David Young	M 45-49	Danville	1:42:33	7:50	1:42:20
247 John Morse	M 55-59	Phippsburg	1:43:53	7:56	1:43:25
264 Paul Letalien	M 45-49	Portland	1:44:36	7:59	1:44:17
275 Peter Rearick	M 50-54	Hebron	1:45:03	8:01	1:44:37
315 Jeanne Weber	F 50-54	Lewiston	1:47:14	8:11	1:47:02

Results Continued On Page10

<u>Place/Name</u>	<u>Sex/Div</u>	<u>Town</u>	<u>GTime</u>	<u>Pace</u>	<u>NTime</u>
347 Michael Doyle	M 35-39	Portland	1:48:31	8:17	1:48:08
350 David Sproul	M 40-44	New Gloucester	1:48:34	8:17	1:47:32
352 Peter Child	M 55-59	Freeport	1:48:36	8:18	1:48:04
368 Susan Kolakowski	F 45-49	Otisfield	1:49:26	8:21	1:48:59
393 John McKenney	M 45-49	Portland	1:50:05	8:24	1:49:19
405 Rob Boudewijn	M 55-59	Portland	1:51:09	8:29	1:49:30
406 Greg Kesich	M 40-44	Portland	1:51:12	8:29	1:48:15
415 Roger Borduas	M 50-54	Biddeford	1:51:40	8:32	1:51:20
422 Janet Crowe	F 40-44	Brunswick	1:51:51	8:32	1:51:33
424 John Howe 1,65-69	M 65-69	Waterford	1:51:56	8:33	1:51:42
426 Laurie Bowring	F 35-39	Gorham	1:51:59	8:33	1:51:25
436 Dan Rearick 2,65-69	M 65-69	Harrison	1:52:23	8:35	1:52:16
464 George Campbell	M 55-59	Portland	1:53:47	8:41	1:53:03
495 Robert Jolicoeur 3,65-69	M 65-69	Cape Elizabeth	1:55:03	8:47	1:54:28
498 Cathy Kilburn	F 35-39	Westbrook	1:55:11	8:48	1:54:26
537 Jeffrey Scott	M 55-59	Scarborough	1:57:10	8:57	1:56:36
572 Kathleen Reid	F 30-34	South Portland	1:58:49	9:04	1:58:41
576 Neil Chivington	M 55-59	Hollis Center	1:58:57	9:05	1:57:39
636 Drew Cheney	M 45-49	Cumberland	2:01:36	9:17	2:00:13
654 Judy Reilly	F 50-54	Brownfield	2:02:45	9:22	2:01:32
672 Chuck Burnie	M 45-49	Cumberland	2:03:41	9:27	2:02:08
673 Cathy Burnie	F 50-54	Cumberland	2:03:41	9:27	2:03:03
753 Jeanne Johnson	F 45-49	Brunswick	2:09:10	9:52	2:08:29
756 Constance Barrett	F 45-49	South Portland	2:09:16	9:52	2:08:12
766 James Veccia	M 30-34	Falmouth	2:10:22	9:57	2:08:48
767 Kelly Veccia	F 35-39	Falmouth	2:10:22	9:57	2:08:49
791 Susan Cottle	F 40-44	South China	2:12:15	10:06	2:11:35
810 Micheline Foss	F 30-34	Portland	2:13:03	10:09	2:11:38
833 Clyde Coolidge	M 60-64	Rollinsford,NH	2:14:41	10:17	2:13:48
835 David Coolidge	M 35-39	Portland	2:14:42	10:17	2:13:48
865 Matt McKenney	M 01-19	Portland	2:16:27	10:25	2:15:23
866 Sherry Grandonico	F 45-49	Portland	2:16:27	10:25	2:15:19
958 Sarah Adams	F 20-29	Kennebunkport	2:30:30	11:29	2:29:27
981 Catherine Clark	F 30-34	Scarborough	2:37:26	12:01	2:36:12
987 Katy Littlefield	F 35-39	Scarborough	2:45:22	12:37	2:43:55
999 Nicole Spear	F 20-29	Westbrook	3:04:38	14:06	3:03:21

Other Area Races

As a service to our members, the following non-MTC races are listed.

Other Upcoming Races

November 9

Great Osprey Ocean Run 10K, Wolfe's Neck State Park, Freeport, 10 a.m. Contact: Beth Taylor 865-6171 or bat5ny@hotmail.com.

November 28

Portland Thanksgiving Day 4-Miler, 1 City Center, 9 a.m. (kids' 1K at 8:30 a.m.). Contact: George Towle 780-5595 or gtowle@usm.maine.edu.

November 30

Burn Off the Turkey 5K, Gorham High School, 8:30 a.m. Contact: Don Cross 839-6595.

Great Confluence Race (5K and 10K), Mid Coast Hospital, Brunswick, 9 a.m. Contact: Donna Clukey 373-6033 or dclukey@midcoasthealth.com.

Membership Renewals

Individual.....\$25

Family.....\$25

Student.....\$17

Send check or money order to the Maine Track Club, PO Box 8008, Portland, ME 04104. Membership form can be found on our website www.mainetrackclub.com

Club News

Welcome New MTC Members:

William Jarvey	Raymond
Mike Downing	Gorham
Midcoast Hospital	Brunswick
Patricia Lefevre	Falmouth
Jill Lorom	Wiscasset
Charles & Julie Garber	Portland
Sarah & DJ Connolly	Portland
Beth & Bob Branson	Scarborough

Maine Track Club Discounts

The following area sporting goods stores have agreed to give MTC member discounts on running shoes and cloths. Your club ID must be presented when requesting discounts.

Peak Performance Sports	15% on all purchases
59 Middle St., Portland	

Olympia Sporting Goods	10% on shoes only
Maine Mall, S.Portland	

Coastal Athletics	Aasics shoes exclusively
84 Cove St., Portland	Call Ron Kelley 772-4530

George & Phillips, Inc.	Shoes 20% off
Rt. 1 Kittery ~ 295 Water St, Exeter, NH	

Lamey Wellehan	10% on running shoes
Maine Mall ~ Falmouth Shopping Center ~ Cook's Corner ~ Auburn Mall	


MVP Sports	10% on non-sale running shoes & clothing
333 Clarks Pond, S.Portland	

Famous Footware	10% on running shoes
330 Clarks Pond, S.Portland ~ Auburn ~ Kittery	

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

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Next Membership Meeting

Saturday, Jan 18

Annual Awards Banquet

*Eagles Club in
South P ortland*

Details to follow

Mike Brooks Family Exp 12-02
P.O. Box 95
Danville ME 04223

04223+0096 01



Upcoming Events

Nov. 16 - Hannaford Turkey Trot 5K, 9:00 am, Cape Elizabeth Middle School

Dec. 11 - Jingle Bell Run, 6 pm, Village Cafe, Portland

Feb. 2 - Mid-Winter 10-Mile Classic, 9:45 am, Cape Elizabeth High School,

Group Runs

The Maine Track Club includes all kinds of runners doing many different distances and paces... Whatever your pleasure may be (social, speed, long distance), we have a running/training group near you.

Kennebunk Every Thursday night year-round, rain or shine. Group size ranges from 7 to over 20. Pace ranges from 7's to 8-9's. Distance is up to 6.5 miles. Following the run, a trip to Federal Jack's Brew Pub in K'port for libations and dinner, and home by 9. Several of the group run Sunday mornings. Contact Steve Jacobsen (985-4107pm or 985-3244 days).

Portland The *Rat Pack* runs Sunday mornings at 7 am from Payson Park. Ron Deprez (722-4312) 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 the Back Cove across from Hannafords on Saturday at 9 am. Contact Jim Estes (761-2059).

South Portland South Portland Road Runners run Thursday nights at 5:30 pm 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).

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