

Run with a friend...

www.mainertrackclub.com

November / December 2003

Carroll, Wade Win Maine Marathon

By Howard Spear & Bob Aube, Co-directors

Casey Carroll's first-ever marathon is one he'll never forget. Carroll, a Yarmouth native who now lives in Dover, N. H., returned home to make his marathon debut and ran away with the victory in the 12th annual Sportshoe Center Maine Marathon on Oct. 5.

Carroll's time of 2 hours, 39 minutes and 18 seconds was the slowest winning time in race history, but it was good enough to beat runner-up Robert Ashby of Brunswick (2:41:29) by more than two minutes. Vincent Connelly, 40, of Brookline, Mass., took third overall and was the first master in 2:44.09.

In the women's division, Alison Wade of Northampton, Mass., won by nearly three minutes, finishing in 3:09:45. Kristen Jett of Coppell, Texas, placed second in 3:12:31, followed by Jill Storey of Cumberland (3:14:49).

It was a good day for the masters crowd in the half marathon, which had another record field of 1,087 finishers. Michael Payson, 40, of Falmouth was the overall winner in 1:11:03, nearly four minutes faster than runner-up Derek Dorval of Amesbury, Mass.

Meanwhile, Joan Benoit Samuelson of Freeport was unchallenged in the women's half marathon, as she set a new record for the 3-year-old course. Samuelson, 46, posted a time of 1:18:44, shattering the old mark of 1:20:59 established last year by Jenna Richardson. Keri Gathen of Albany, N. Y., finished well back in second place (1:24:56).

The Peak Performance Masters, a mixed team comprised of Kim White, Rob Smith, Meghan Lyons and Kathy Donnelly, won the marathon relay in *See Marathon on page 12.*

Inside This Issue...

Annual Awards and Nomination Form	4, 5
MTC Member Birthdays	15
MTC Member Discounts	13
MTC New Members	6

MTC Renewal Form	12
Turkey Trot Race	11
President's Corner	2
Race Results/Photos	7-10
Race Schedule	14-15

The event you have been waiting for is coming...

Our Annual Spaghetti and Meatball Dinner on Friday, November 21 at 6:00 PM at the Columbia Club in Portland

Mike Reali and his crew will be preparing their famous spaghetti and meatball dinner again this year. If you have never attended this annual event you are in for a real treat.

The menu: Salad, spaghetti, meatballs, Italian bread, soft drinks, ~~coffee and cake~~. This is an all-you-care-to-eat meal.

The cost: Adults...\$7.00;
Children under 12...\$2.00

Bring the whole family. Voting for officers and directors will take place that evening.

Directions: Take Washington Ave. exit 295 north. Turn right on Veranda St. Go about half a mile and turn left on Wordsworth St. Quatrano's Market is at the corner. Columbia Club is the third building on the right.

For details:
call Cathy Burnie at 829-5208
cburnie@maine.rr.com

Maine Track Club Officers And Committee Chairs



Phil Meech, <i>President</i>	839-4946
Mike Brooks, <i>Vice President</i>	783-3414
Mel Fineberg, <i>Past President</i>	774-8868
Carlton Mendell, <i>Treasurer</i>	797-7806
Cathy Burnie, <i>Secretary</i>	829-5208
Sue Slocum, <i>Membership</i>	929-6116
Brian Houston, <i>Race Committee</i>	
Mark Grandonico, <i>At-Large</i>	
John Martis, <i>At-Large</i>	783-3414
Jason Hill, <i>At-Large</i>	632-0931
Chuck Burnie, <i>Equipment</i>	829-5208
Don Penta, <i>Statistician</i>	892-4526
Mike Doyle, <i>Clothing</i>	
..... mduoye@mainecul.org	
Colleen Redmond, <i>Clothing</i>	
David Colby Young, <i>Newsletter</i>	
..... DavidColbyYoung@aol.com	
Bethany Hanley, <i>Promotion</i>	839-4568
Bob Aube, <i>Webmaster</i>	829-5079

Contact us at:

Maine Track Club
PO Box 8008
Portland, ME 04104
207-741-2084
www.mainetrackclub.com

The newsletter is published bimonthly.

*The deadline for submitting articles and
material to the newsletter is the
2nd Friday of the month
prior to the next publication.*

The next deadline is December 12, 2003

Virginia Wilder Cross, New Run layout

President's Corner

Help Wanted!

It is already that time of year. We need to start getting ready for 2004. And we have some openings on the Board of Directors. Many on the present board have offered to come back again next year. But, sadly, some are moving on. So, we need some of you folks to step forward and help us out. The following is a list of the officers/directors that will be voted on at the November Pasta Supper. We will vote on all positions. The vacancies are indicated below:

President
Vice President (Vacant)
Treasurer (Vacant)
Secretary
Membership Chair (We think we have this covered)
Race Committee (Vacant)
(3) At-Large (one or two vacancies)
Equipment Chair (Vacant)
Statistician
Clothing Chair
Newsletter Chair
Promotions Chair
Webmaster

The MTC Board of Directors typically meets once a month for about two hours. It is a very informal and friendly bunch and we always manage to have a good time. Won't you look at this as a wonderful opportunity to help our club maintain its strong presence in the running community? (And it might look good on your resume!) Please call or email me or contact any member of the Board if you are interested in stepping forward or know of anyone you would care to nominate. Remember, you can apply for any of the positions even if they are not presently vacant. Here is my contact information:

Telephone 207-839-4946 E-Mail pmeech@pivot.net

We are beginning to close another interesting year for the Maine Track Club. Notable accomplishments have been made by many of our members including Mike Brooks, Lloyd Slocum, and Dennis Morrill. Howard Spear and Bob Aube just completed a masterful job of directing and pulling off the Sportshoe Center Maine Marathon. And Carlton Mendell continues to amaze. He ran the Maine marathon one day after completing a half marathon. Is he really 81 years old?!

I, as President, have learned lots in 2003. Unless someone out there is burning to take over that position, I will volunteer to do it again. I plan to learn from my lessons of this year to do a better job in 2004. But I am always looking for ways to make our club better. So, be sure to bend my ear whenever you want. See you on the road.

Phil Meech

A Metric Marathon?

By Mark Grandonico

Looking for a perfect pre-marathon tune up race? Head over to Wolfeboro, New Hampshire next September and run the Wolfeboro Metric Marathon. I ran this race 9/14 and give it a big thumbs up! Great course, easy registration, great course support and an excellent post-race munch fest. 26.2k equals 16.3 miles and the race is marked at every kilometer. It takes some calculations to devise a pace plan. The race kicks off at the Kingswood High School in Wolfeboro. The first mile is downhill and the rest of the course is gently rolling hills with 4 miles of it being pretty much flat. The last mile is uphill and it is not a rolling hill. It is surely - Uphill. Despite that, it's a beautiful course through the woods along Lake Winnepesaukee and Lake Wentworth. My favorite part of the race was at kilometer 18, you turn from the road to the rails-to-trails path and run for 2.7 miles on the trails along the lake, a beautiful run through the woods. It was a first for me to run a race on a trail, and I really enjoyed it

The first running of this race saw 159 finishers is will surely grow in popularity. The proceeds from the race benefit the Kingswood track team who provided the water stop support and post race munchies, as well as the hospitality of the use of their school. The food after the race was fantastic. The track team all brought in some home baked goodies. There were cookies, brownies, cupcakes and yes, the usual bagels and yogurt.

With the Maine Marathon just three weeks following this race, I found the timing to be a great opportunity for a fast distance run to prepare for the Marathon or the Half Marathon. Put this one on your list!

Race Results - Wolfeboro Metric Marathon 9/14/03 Wolfeboro, NH.

Winner - 1 CRAIG FRAM 44 M PLAISTOW NH 1:36:15 5:56

Maine Finishers

25 DON FRIES 56 M PORTER ME 2:05:09 7:43
36 DAVID YOUNG 50 M DANVILLE ME 2:10:26 8:02
38 MARK GRANDONICO 44 M PORTLAND ME 2:12:50 8:11
58 RONALD DEARTH 48 M FALMOUTH ME 2:22:50 8:48
62 DARCY COFFTA 35 F SANFORD ME 2:23:36 8:51
85 LESLIE COUPER 40 F FALMOUTH ME 2:29:15 9:12
86 DOUGLAS COUPER 42 M FALMOUTH ME 2:29:16 9:12
96 ROBERT SLAVING 30 M OLD ORCHARD ME 2:33:52 9:29
105 LAURA SLAVING 26 F OOB ME 2:37:41 9:43



Congratulations to Russ Bradley and Lloyd Slocum for their induction into the New England 65+ Runners Club Hall of Fame. This took place on October 1st at the annual luncheon in Wakefield, MA.

Maine Running Hall of Fame 5K

Two out-of-state runners took top honors Friday evening at the Maine Running Hall of Fame 5K around Portland's Back Cove. Tyson Smith of Brooklyn, N. Y., was the overall winner in 17 minutes, 17 seconds, followed by Michael Griffin of Rockland in 17:48 and Jacob Whitaker of Alfred in 18:07. In the women's division, Karin Glenn of Jacksonville, Fla., finished well ahead of her closest competitor with a time of 19:14. Erica Jesseman, 14, of Scarborough took second in 19:59, two seconds ahead of Springvale's Laurie Gaudreau.

Space Available in the Newsletter

Space is available in *News Run* for the use of MTC race directors and the membership. We welcome both pre and post race articles. News from other Maine clubs or groups is welcome and will be published as space is available.

Address Corrections

Please let us know if your address changes. The newsletter is usually mailed by bulk mail and will not be forwarded to you or returned to us.

Thank you.

MTC Annual Membership Awards

The Maine Track Club solicits nominees for the awards listed below. Descriptions of the awards and criteria are as follows:

MOST IMPROVED RUNNER: A candidate must have been a club member for the entire year in which the award is chosen. This award is intended to give special recognition to a runner who has improved his/her running performance through hard work, training, discipline perseverance and determination.

COMEBACK RUNNER OF THE YEAR: A candidate must have been a club member for the entire year in which the award is chosen. In the spirit of Winston Churchill's famous quotation "Never give in, never, never, never — in nothing great or small, large of petty," this award recognizes that special runner who has demonstrated mental and physical toughness in order to overcome an obstacle — and in the process, has served as a positive example to others.

OUTSTANDING CONTRIBUTION TO MAINE RUNNING: This award celebrates the individual who consistently shares their personal talents in an effort to support running in Maine and thereby serves as an inspiration to other runners in the state. Through his/her leadership, good example and unwavering dedication, this person has made a substantial and enduring contribution to the sport.

SPIRIT OF THE CLUB AWARD: A candidate must have been a club member for the entire year in which the award is chosen. This award celebrates that special club member who personifies the value of "running with a friend" through his/her encouragement of others, willingness to share his/her talents and gifts, and his/her ability to inject fun and good cheer into MTC events and social activities.

RACE DIRECTOR OF THE YEAR: A candidate must have been a club member for the entire year in which the award is chosen and must have directed at least one race during the year. This award recognizes the race director who did an outstanding job carrying out all the requirements of race preparation and execution — directing volunteers, safety, marketing, refreshments, results post race activities — and in addition, added something extra to the race through his/her creativity and leadership.

FIRST-TIME MARATHONERS: A candidate must have been a club member for the entire year in which the award is chosen. This award recognizes club members who completed their first marathon during the current year.

VOLUNTEER OF THE YEAR: A candidate must have been a club member for the entire year in which the award is chosen. This award is given to the individual who has made the most significant overall volunteer contributions to the club during the year. It recognizes the volunteer who has demonstrated outstanding and sustained contributions, taking into account the amount of time spent, the enthusiasm and creativity exhibited by the individual and/or the results achieved by the volunteer.

SPECIAL ACHIEVEMENT AWARD: A candidate must have been a club member for the entire year in which the award is chosen. This award is intended to give special recognition to a club member's outstanding achievement or notable accomplishment that might not properly be covered by other awards.

PRESIDENT'S AWARD: This award is presented at the discretion of the club president in recognition of an outstanding club member's contributions.

JOHN FYALKA AWARD: A candidate must have been a club member for the entire year in which the award is chosen. This award is presented to a club member who has given outstanding service to the club, taking into consideration the individual's contributions this year as well as in previous years.

AGE-GROUP AWARDS: A candidate must have been a club member for the entire year in which the award is chosen. These awards recognize the male and female runners in each age category who have demonstrated a high level of competitive performance while making positive contributions to the MTC in other areas.

MTC RUNNER OF THE YEAR: A candidate must have been a club member for the entire year in which the award is chosen. This award honors the man and woman who have demonstrated the highest level of competitive performance while making positive and substantial contributions to the club. These individuals are dedicated, disciplined, collegial toward other runners and motivated to become better athletes.

MTC LIFETIME ACHIEVEMENT AWARD: This award is the highest honor that the Maine Track Club can bestow and acknowledges the extraordinary efforts of an individual who has made profound and substantial contributions to the Maine Track Club and the sport of running. The recipient of this award represents the ideals of the club, exemplifies camaraderie and good sportsmanship, and through his/her dedication to the sport of running serves as an inspiration to other club members.

***Volunteer Spirit
Counts!***

Maine Track Club Awards Nomination Form

The Maine Track Club Awards Committee invites you to recognize outstanding club members by recommending deserving men and women for the following awards:

Most Improved Runner

Comeback Improved Runner Of The Year

Outstanding Contribution To Maine Running

Race Director Of The Year

Volunteer Of The Year

Spirit Of The Club Award

Special Achievement Award

John Fyalka Award

Age-Group Awards

(19-And-Under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+)

MTC Runner Of The Year (Male And Female)

MTC Lifetime Achievement Award

First-Time Marathoners

Please see criteria for each award on previous page.

Your Name: _____

Nominee: _____ Award: _____

Nominee: _____ Award: _____

Nominee: _____ Award: _____

Nominee: _____ Award: _____

Use the blank space below to briefly state why you feel these people are deserving of awards. Please keep in mind the selection criteria and try to be as specific as possible.

You may recommend candidates for as many categories as you wish. Please send your completed nomination form by Dec. 1, 2003, to:

Maine Track Club, Attn: Awards Committee

P.O. Box 8008, Portland ME 04104

Or send by e-mail to: bobaube@mainetrackclub.com

L/A 5K Bridge Run and Kid's Fun Run

By Mike Lecompte, Race Director

The 5th annual Bridge Run was held on September 7 with 50 children completing the 1K Fun Run and 290 runners finishing a new fast and scenic 5K (3.1 mile) course.

Special thanks goes out to all the volunteers that help make the Bridge Run a quality running race. Thanks to Mike Brooks of the Maine Track Club and Gene Roy of Central Maine Striders for doing a great job certifying and laying out the new course. Fern Chasse of Mechanic Falls was the volunteer of the day. Fern volunteered his truck to transport the water & tables to all the stops. Before the day was over he was seen everywhere and was considered a one man army. Fern was given the honor of starting the race as well as working on the finish line plus many other duties. In the past the honor of starting the race was reserved for an elected official of Lewiston and/or Auburn. Former Mayor Lee Young had the honor of starting the race the last few years she was in office.

Runners began the race in Auburn and immediately crossed into Lewiston over the first of seven bridges. The course wove back and forth over the Androscoggin River and crossed several canals. The newly certified course brought runners over a pedestrian bridge, along the recently constructed Riverwalk and even through a tunnel. Runners experienced a beautiful sunny day.

Scott Brown of Lewiston set a new male course record with a time of 15:44. The female winner was Jenna Richardson of UMF with a time of 17:49. This year we had several teams that competed. PR racing team of Lewiston was well represented with many runners winning their age divisions. PR racing team also won the overall team division award.

The Sponsors of this race were: Auburn Firefighters Local 797 of the IAFF, L/A Trails, United Ambulance Service, Lamey Wellehan, City of Auburn & Lewiston Public Works, Hannaford, Wal-Mart, Papa John's Pizza, Dunkin Donuts, Sun-Journal, LL Bean, Dairy Joy, Ricker Orchards, Poland Springs, Crystal Springs and Lewiston & Auburn Parks & Recreation Departments.

All proceeds from the race went to L/A Trails a non-profit organization that advocates for and helps create recreational trails throughout Lewiston and Auburn. Mark your calendars for September 12, 2004 and experience one of Maine's best 5K races.

Wanted Runners for MTC Racing Teams

Please note that the Maine Track Club is a Team. In Oct of 2003, the MTC entered a team in the PT8K at Brunswick, Maine. We picked up a team at the last minute and we came in 2nd place out of seven or so teams. As I remember it the team was made up of masters and seniors plus we had at least one female on the team.

Runners please list your club membership on your race entree form. If you are racing for another team, we understand, if not please do not forget the list our club. We understand you can only run for one club at a time. Remember to wear your Maine Track Club singlet and run with a friend.

Please e-mail me if you are interested in developing the MTC Racing Team to a little higher level. We are also trying to update our list of MTC group runs. If you have a group run please send us a report at least twice a year on how your group is doing. We will help you spread the word and perhaps get a few more people to your workouts.

DavidColbyYoung@aol.com or David Colby Young, PO Box 152, Danville, Maine 04223



Welcome New MTC Members

Margaret Donovan	Portland
Bruce Fithian	Gorham
Michael, Karen & Brittney Chadbourne	So Portland
Nan Cumming	Portland
Patricia Dionne	Saco
Libby Christensen	Cumberland
Charlie Bickford	Lincolnton
Scott, Theresa & Tyler Mercer	Cape Neddick

New member, Bruce Fithian of Gorham, is looking for training partners. His phone number is 839-4506.

Blow Izzy, Blow!

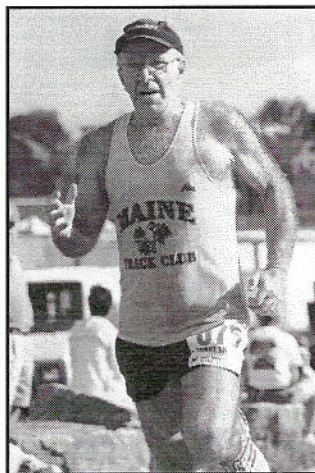
(Portland Trails 10K • September 21, 2003)

By Michael Musca

A race director can control most race day factors, T-shirts, course marking, traffic control, and the like. However, a hurricane the size on Montana that is bearing down on your region is, I'm afraid to say, waaay beyond the control of mere humans. This was the situation facing race director Nan Cumming as the 4th annual Portland Trails race day approached. When race day weekend arrived, Hurricane Isabel had safely moved to the west and the weather forecast was for clear skies. My entrepreneurial mind now turned to, "How can we sign up the thousands of cruise ship tourists?" Sadly, I watched the last of the cruise ships pull out of Portland Harbor on Saturday evening as I marked the course around the Back Cove with my kids.

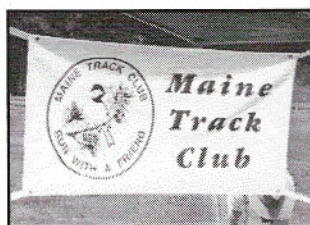
The Portland Trails 10K (PT10K) was born four years ago as a fund raiser for Portland Trails. In case you don't know, Portland Trails is a nonprofit land trust and trailbuilding organization in greater Portland. In other words, they're the folks who have developed some of your favorite running trails around town! The race committee is a small nucleus of Nan Cumming (Executive Director of Portland Trails), Charlie Scribner (owner of Split Time Race Management), Heidi Wilde (Development and Communications Assistant), Laura Newman (Education and Outreach Coordinator — and 10K t-shirt designer!) and myself (race course director). We meet quarterly to discuss various issues about the race. But, truth be told, the bulk of the work is performed by Nan and Heidi.

There were 305 finishers for this year's race, the largest field yet. Top overall were Judy Barresi, who finished in 39:43 and Bill Mariski, with a time of 34:50. Best of all, the weather stayed clear and the battle of Nan vs. Isabel was a clear victory for the Portland Trails. We hope to see you at next year's race. For more information, check out www.trails.org.



Portland Trails 10K start at right;
Above David Young (first 50-59)
More photos on page 10.

Race Results / Photo Clips



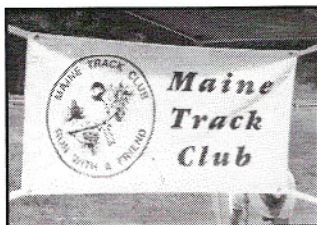
Race Photos by Don Penta

The 4th Annual Portland Trails 10K Race/Walk - September 21, 2003

Maine Track Club Finishers:

Place/Name	Age/Sex	Town	Time	Pace
9 Floyd Lavery 2,40-49	46 M	Gorham	37:50	6:07
20 Mike Musca	45 M	Falmouth	39:59	6:27
22 David Colby Young 1,50-59	50 M	Danville	40:17	6:30
27 Ronald Deprez 2,50-59	59 M	Portland	41:49	6:45
31 Russell Oravec	34 M	Portland	42:20	6:50
37 Kimberly Moody 2,40-49	48 F	Cape Elizabeth	43:00	6:57
38 Richard Bryant	45 M	Cape Elizabeth	43:01	6:57
40 Loren Lathrop 3,50-59	54 M	South Portland	43:17	6:59
44 Matt Flynn	41 M	Cape Elizabeth	43:34	7:02
60 Rob Boudewijn	56 M	Portland	45:19	7:19
67 Stacy Cimino 3,20-29	28 F	Cape Elizabeth	45:56	7:25
68 Valerie Abradi	43 F	Lisbon	45:58	7:25
69 Howard Spear	53 M	Westbrook	46:05	7:26
81 Janet Letalien	39 F	Portland	47:08	7:37
85 Paul Letalien	46 M	Portland	47:11	7:37
89 Sarah MacColl	47 F	Cape Elizabeth	47:28	7:40
103 Ron Chase	62 M	Durham	49:02	7:55
110 George Campbell	56 M	Portland	49:27	7:59
145 Jim Tyrrell	56 M	Cape Elizabeth	52:23	8:27
160 Tom Mundhenk	53 M	Portland	53:31	8:38
160 Michele Flynn 3,50-59	55 F	Cape Elizabeth	54:01	8:43
172 Laura Tyrrell	56 F	Cape Elizabeth	54:43	8:50
182 Michael Chadbourne	49 M	South Portland	55:31	8:58
184 Jeannie Johnson	47 F	Brunswick	55:40	8:59
188 Peggy Rearick	51 F	Hebron	55:56	9:02
197 Betsey Greenstein	50 F	Portland	56:45	9:10
200 Robert DeWitt	59 M	Lisbon	57:10	9:14
208 Larry Perkins	59 M	Portland	57:56	9:21
225 Donna Bisbee	47 F	Portland	59:52	9:40
229 Ryan Abradi	15 M	Lisbon	60:49	9:49
231 Anne Marie Cooke	37 F	South Portland	61:14	9:53
233 Beth Branson 1,60-69	62 F	Scarborough	61:21	9:54
234 Bob Branson	62 M	Scarborough	61:22	9:54
241 Kenneth Spier	60 M	Portland	62:24	10:04
252 Karen Connolly	44 F	Hollis	66:42	10:46
255 Carlton Mendell 2,70&+	81 M	Portland	67:58	10:58
283 Robert Connolly	48 M	Hollis	94:59	15:20
302 Edna Chase	68 F	Durham	104:52	16:55



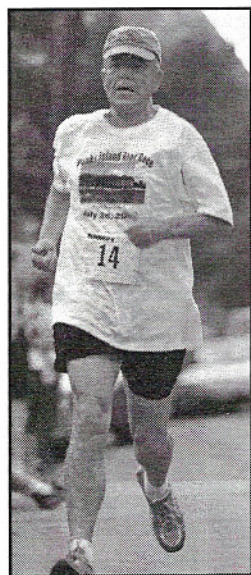


Race Photos by Don Penta

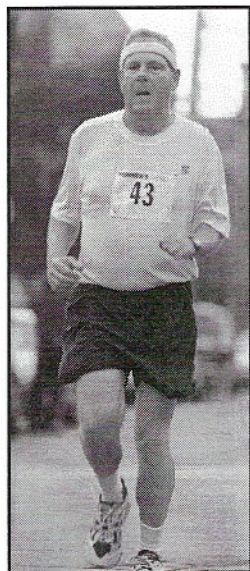
Peaks Island 5 Mile Road Race - Peaks Island, Maine - July 26, 2003

Maine Track Club Results:

Place/Name	Age/Sex	Town	Time	Pace
1 Michael Payson 1, overall	40 M	Falmouth	28:24	5:41
2 David Chamberlain 2, over	41 M	Falmouth	28:58	5:48
6 Charlie Humphries 1,40-49	42 M	North Yarmouth	29:33	5:55
20 Jeff Rand	43 M	Cape Elizabeth	32:19	6:28
40 John Keeley 3,50-59	51 M	Portland	33:43	6:45
41 Jeanne Hackett 1,49-49	44 F	Peaks Island	33:47	6:46
72 Sam Dexter	14 M	Cumberland	36:55	7:23
73 Patty Kenney	39 F	Portland	36:56	7:24
76 Dave Cannons	36 M	Portland	37:02	7:25
96 Matt Rand	11 M	Cape Elizabeth	37:57	7:36
124 Beth McAdams	37 F	Topsham	39:21	7:53
150 Bill Dexter	47 M	Cumberland	49:48	8:10
152 Susan Payson	39 F	Falmouth	41:06	8:14
191 Robert Winchell	46 M	Cape Elizabeth	44:03	8:49
207 Bob Branson 3,60-69	62 M	Scarborough	44:51	8:59
215 Mike Pugh	64 M	Wellington,FL	45:08	9:02
251 Mallory Brouwer	30 F	Yarmouth	47:04	9:25
252 Tony Vaccaro	31 M	Yarmouth	47:04	9:25
263 Cathy Burnie 2,50-59	54 F	Cumberland	47:42	9:33
290 Donna Bisbee	46 F	Portland	49:44	9:57
311 Beth Branson 2,60-69	62 F	Scarborough	52:02	10:25
385 Julius Marzul 2,70&over	77 M	Gorham	72:36	14:32
386 Robert Marzul	42 M	Standish	72:37	14:32
387 Tina Marzul	40 F	Standish		



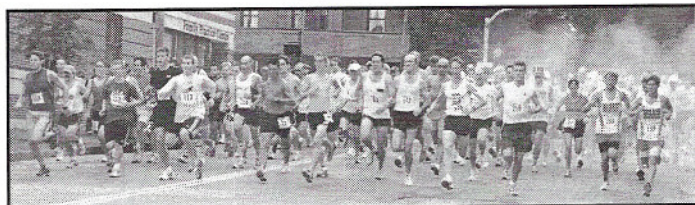
Mike Pugh of Wellington, Florida



Jim Tyrrell of Cape Elizabeth

Attention Race Directors

We will once again offer to insert race fliers in the Newsletter. Deadline for inserts for the Jan/Feb 2004 issue will be Dec 6, 2003. The cost will be \$60 per issue plus we will need 500 fliers. Please send your 500 fliers and check or money order to: Phil Meech, 5 Deering Dr., Scarborough, Maine 04074



Saint Peters 4 Mile Road Race - August 8, 2003 - Portland, Maine

Maine Track Club Finishers:

Place/Name	Age/Sex	Town	Time	Pace
4 Evan Embrey 3,19&under	16 M	Buxton	22:26	5:37
8 Hans Brandes 2,40-44	44 M	Falmouth	23:00	5:45
10 Scott Heffernan 1,35-39	37 M	Scarborough	23:13	5:49
16 Joseph A. Wagnis 1,30-34	30 M	Steep Falls	23:57	6:00
24 Floyd Lavery 2,45-49	46 M	Gorham	24:18	6:05
28 Tom Menendez 1,50-54	50 M	Lewiston	24:34	6:09
32 Todd Green 3,30-34	31 M	Portland	25:07	6:17
43 Russell Oravec	33 M	Portland	26:01	6:31
48 David Colby Young	50 M	Danville	26:32	6:38
50 John Keeley	51 M	Portland	26:49	6:43
64 Philip Pierce 1,60-64	61 M	Falmouth	27:53	6:59
66 Harry White 2,60-64	61 M	Scarborough	28:04	7:01
94 Valerie Abradi 3,40-44	43 F	Lisbon	30:03	7:31
95 Harry Center	41 M	Freeport	30:05	7:32
96 Dale Rines	51 M	Gorham	30:07	7:33
101 Chris Boynton	28 M	Portland	30:27	7:37
132 Bob LaNigra	61 M	Scarborough	32:04	8:01
133 Eileen Brandes	14 F	Falmouth	32:06	8:02
138 Kathleen Harris	40 F	Portland	32:26	8:07
142 Kristin Cook-Center	32 F	Freeport	32:53	8:14
153 Rodger Smith 3,55-59	57 M	Scarborough	33:26	8:22
160 Mike Brooks	57 M	Danville	34:11	8:33
171 Jim Tyrrell	55 M	Cape Elizabeth	34:39	8:40
174 Laura Tyrrell 1,55-59	56 F	Cape Elizabeth	34:50	8:43
179 Mike Pugh	64 M	Wellington,FL	35:00	8:45
184 Denny Morrill	62 M	Portland	35:34	8:54
185 Jan Conley	40 F		35:37	8:55
187 Robert Flynn	57 M	Cape Elizabeth	36:03	9:01
188 Michele Flynn	54 F	Cape Elizabeth	36:04	9:01
190 Larry Perkins	58 M	Portland	36:24	9:06
201 Ryan Abradi	14 M		38:02	9:31
202 Robert DeWitt	59 M	Lisbon	38:06	9:32
204 Marc Bouvier	38 M		38:13	9:34
211 Beth Branson 1,60-64	62 F	Scarborough	39:56	9:59
212 Bob Branson	62 M	Scarborough	39:58	10:00
225 Carlton Mendell 2,65&over	81 M	Portland	43:28	10:52
228 Catherine Salz	39 F	Portland	46:17	11:35
232 James Higgins	49 M	Portland	53:52	13:28
233 Julius Marzul	77 M	Gorham	57:19	14:20

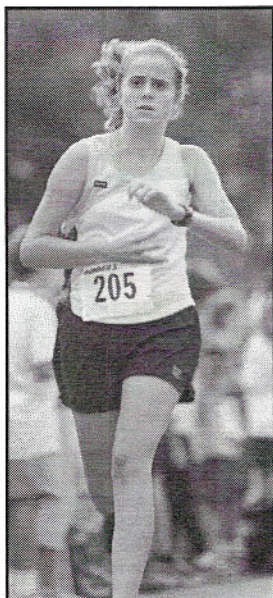
Race Results / Photo Clips



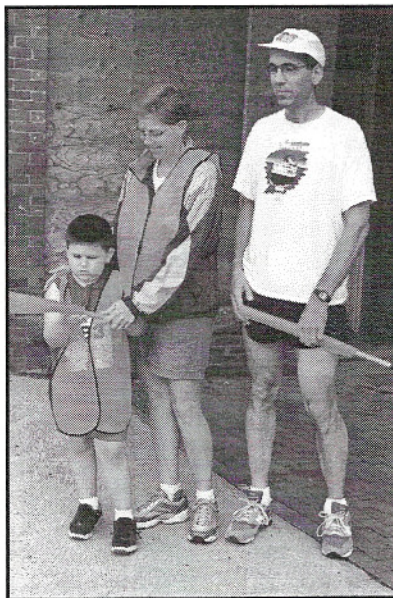
2003 Breakaway 5K - August 16, 2003 - Old Orchard Beach, Maine

Maine Track Club Finishers:

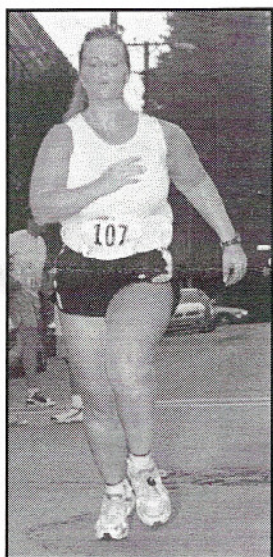
Place/Name	Age/Sex	Town	Time	Pace
14 Scott Heffernan 2,35-39	37 M	Scarborough	17:34	5:40
23 Tom Noonan 2,30-34	31 M	Steep Falls	18:09	5:51
34 Tom Menendez 1,50-54	50 M	Lewiston	18:48	6:04
55 Chris Harmon	15 M	Portland	19:51	6:25
66 Stephanie Atkinson 2,30-34	32 F	Buxton	20:19	6:34
75 John Keeley	51 M	Portland	20:36	6:39
80 Roger Borduas	52 M	Biddeford	20:43	6:41
93 Harry White 1,60-64	61 M	Scarborough	21:25	6:55
96 Matt Flynn	41 M	Cape Elizabe	21:30	6:56
98 Michael Mills	41 M		21:34	6:58
101 Robert Randall 1,65-69	66 M	Springvale	21:48	7:02
113 Gail Saldanha 1,45-49	47 F	Scarborough	22:24	7:14
116 Patty Kenney	39 F	Portland	22:27	7:15
120 Mark Grandonico	44 M	Portland	22:32	7:17
130 Harry Center	41 M	Freeport	22:54	7:24
143 Bob LaNigra 3,60-64	61 M	Scarborough	23:25	7:34
147 Lisa Despres	41 F	South Portland	23:30	7:35
163 Ron Chase	62 M	Durham	24:06	7:47
174 Brenda Day	40 F	Brunswick	24:29	7:54
181 Bob Jolicoeur 3,65-69	66 M	Cape Elizabeth	24:54	8:02
205 Kathleen Reid	34 F	South Portland	25:54	8:21
220 Paul Pugh	65 M	Wellington,FL	26:45	8:38
237 Bob Branson	62 M	Scarborough	27:24	8:51
257 Michelle Durgin	32 F	Westbrook	28:32	9:13
275 Heather Zachau	36 F		29:20	9:28
291 Barbara Hintze 1,60-64	60 F	South Freeport	30:38	9:53
292 Mark Herald	45 M	Westbrook	30:41	9:54
294 Jen Noonan	32 F	Steep Falls	30:52	9:58
307 Denise Locke	50 F	Biddeford	33:04	10:40
312 Carlton Mendell 1,70&over	81 M	Portland	33:32	10:49
320 Pat Buckley 1,65-69	65 F	Portland	36:11	11:41
324 Mel Fineberg	67 M	Portland	39:01	12:36
328 Julius Marzul 3,70&over	77 M	Gorham	47:00	15:10
329 Ruth Hefflefinger 1,70&over	74 F	Portland	48:00	15:30



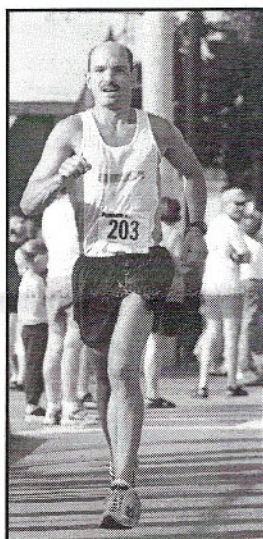
Eileen Brandes, of Falmouth



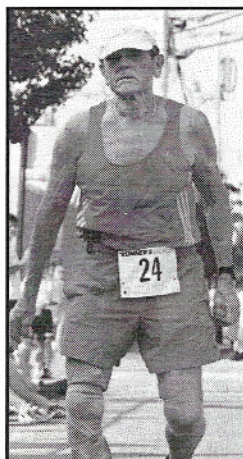
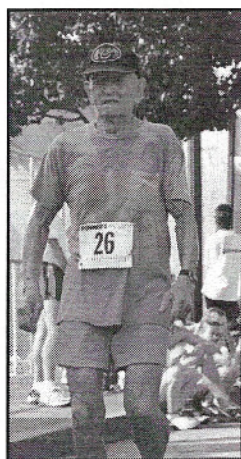
MTC Volunteers: Nate, Betty and Dale Rines



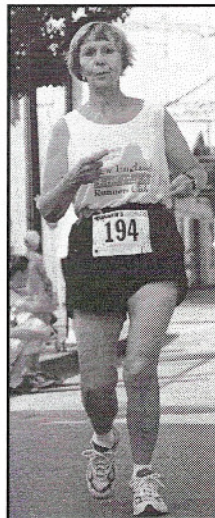
Catherine Saltz, of Portland



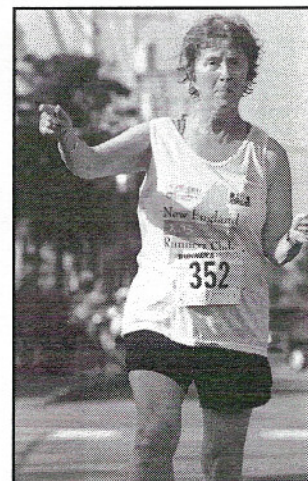
Scott Heffernan, of Scarborough



Above - brothers William (left) and Julius Marzul



*Pat Buckley, of Portland
1st 65-59*

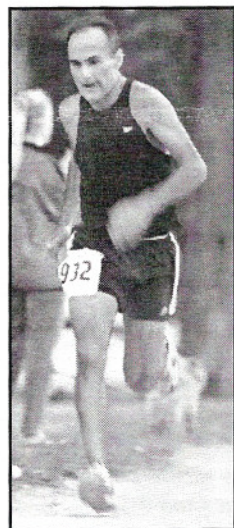


*(Left) Ruth Hefflefinger, of Portland
1st 70+*

The 7th Annual Maine Running Hall of Fame 5K - August 29, 2003 - Back Cove, Portland

Maine Track Club Finishers:

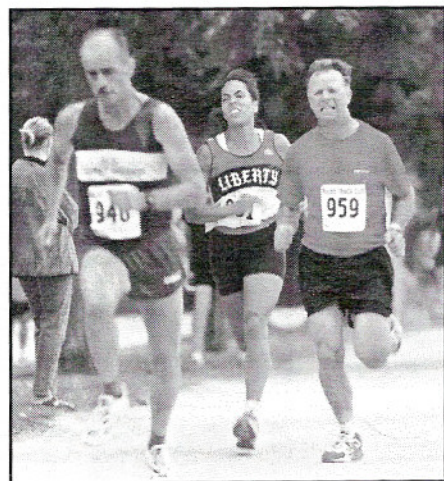
Place/Name	Age/Sex	Town	Time	Pace
4 Scott Heffernan 1,30-39	37 M	Scarborough	18:14	5:53
5 Floyd Lavery 1,40-49	46 M	Gorham	18:32	5:58
22 Stephanie Atkinson 3,overall	32 F	Hollis	20:05	6:28
25 David Colby Young 3,50-59	50 M	Danville	20:12	6:30
31 John Keeley	52 M	Portland	20:43	6:40
35 Dennis Smith	53 M	Yarmouth	20:53	6:44
38 Pete Peters	38 M	South Portland	20:58	6:45
43 Dave Cannons	36 M	Portland	21:21	6:53
57 Valerie Abradi 1,40-49	43 F	Lisbon	22:34	7:16
58 Harry Center	41 M	Freeport	22:35	7:16
69 Jim Estes	54 M	Portland	23:10	7:28
76 John Morse	58 M	Phippsburg	23:47	7:40
78 John McKenney	46 M	Portland	23:53	7:42
87 Kristin Cook-Center	32 F	Freeport	24:46	7:59
93 Mike Brooks	57 M	Danville	25:07	8:05
107 Ryan Abradi	15 M	Lisbon	27:10	8:45
109 Bob Branson	62 M	Scarborough	27:22	8:49
110 Robert DeWitt	59 M	Lisbon	27:25	8:50
112 Nan Cummings 3,40-49	42 F	Portland	27:41	8:55
120 Lawrence Perkins	58 M	Portland	28:10	9:04
126 Donna Bisbee	47 F	Portland	29:28	9:29
131 Beth Branson 1,60-69	62 F	Scarborough	29:54	9:38
146 Carlton Mendell 3,70&over	81 M	Portland	33:36	10:49
148 Cathy McKenney	46 F	Portland	34:18	11:03



**Beth Branson, of
Scarborough, 1st
60-69**



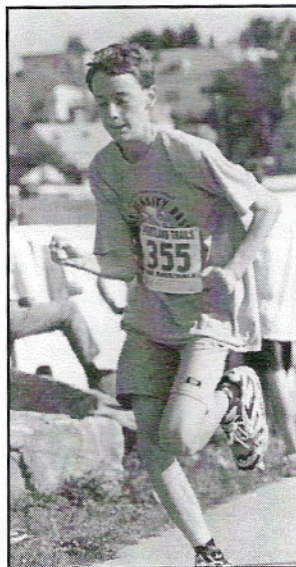
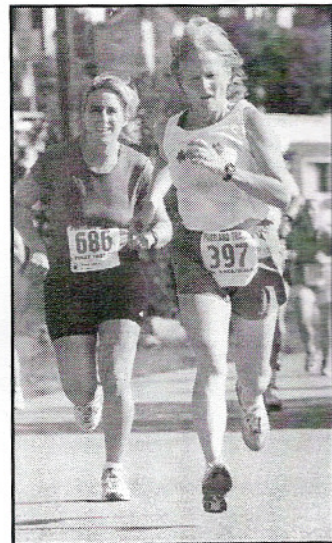
**Floyd Lavery,
of Gorham, 1st
40-49**



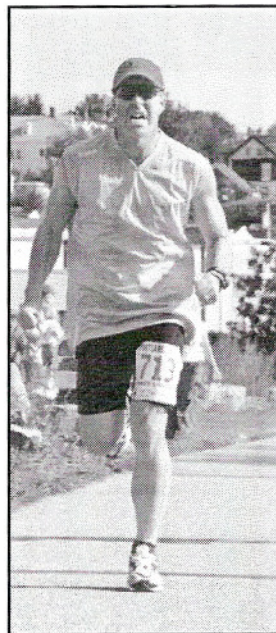
**Dennis Smith, of
Yarmouth,
Susan Wiemer, of
Freeport (2nd,
30-39)
Lee Allen of
Windham**

Portland Trails 10K photos

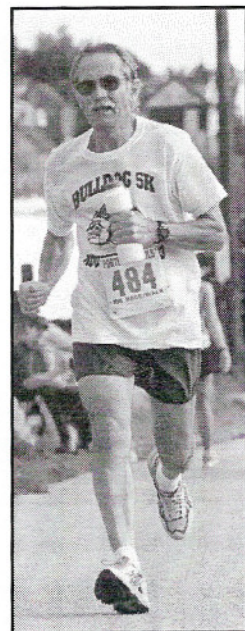
*Denine Leeman, of
Scarborough, and Michele
Flynn (#397) of Cape
Elizabeth, 3rd, 50-59*



**Ryan Abradi, of
Lisbon**



**Matt Flynn, of Cape
Elizabeth**



**Ron Chase, of Durham,
3rd, 60-69**

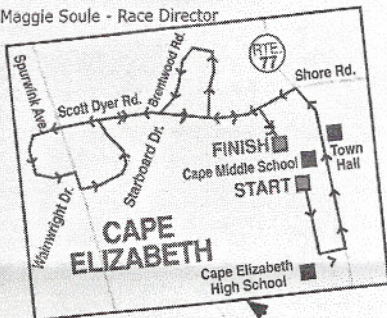
THE HANNAFORD TURKEY TROT A TIME HONORED TRADITION

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 35th annual running on Saturday, November 15, 2003.

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'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 846-3631; we'll be happy to hear from you.

Maggie Soule - Race Director



PLEASE NOTE: Our Turkey Trot 5K course distance has been certified by the USATF.

THE RACE IS ON

8:30 A.M.

KID'S RUN:

No fee, half-mile campus fun run, including race number and T-shirt.

9:00 A.M.

5K RUN/WALK:

\$8.00 pre-registration entry fee includes T-shirt to first 300 registrants. \$10.00 race day entry fee.

5K DIVISIONS:

Male and Female 19 and under, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over.

AWARDS:

Hannaford turkey certificates will be awarded to the first place male and female overall; to the first male and female runner in each age group; and to the first walker to cross the finish line.

THE COURSE:

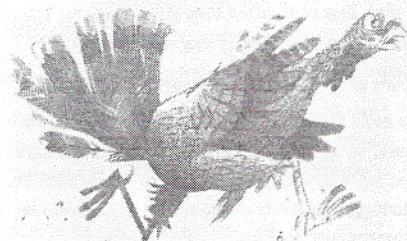
Race registration is at the Cafetorium of Cape Elizabeth Middle School, off Scott Dyer Road. The 5K course begins close to the Middle School. Near the High School runners turn left on Rte. 77, passing Pond Cove Shopping Center, and left onto Scott Dyer Road. Turn right for loop around Brentwood, then proceed right on Scott Dyer to Spurwink Ave. Loop around Wainwright Drive and Starboard Drive and turn right onto Scott Dyer Road. Continue on Scott Dyer Road, up the hill to finish line, near the entrance to the Middle School.

PLEASE: NO STROLLERS, DOGS OR HEADPHONES



THE 35TH ANNUAL TURKEY TROT 5K ROAD RACE

PRESENTED BY HANNAFORD AND
THE MAINE TRACK CLUB



**SATURDAY,
NOVEMBER 15, 2003**

CAPE ELIZABETH MIDDLE SCHOOL
CAFETORIUM
CAPE ELIZABETH, ME

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

50% of this year's race proceeds will help
qualifying youth attend next summer's
Cape-Ability Adventure Camps.

Hannaford Turkey Trot 5K Race Application

Name: _____

☐ Male

☐ Female

Age on race Day: _____

☐ Runner

☐ Walker

Address: _____

State: _____

Zip: _____

Telephone: _____

\$8 Preregistration 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. **\$10 Race Day Entry fee. More Information, call 107-846-3631**

I know that running a road race is 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 of 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 liability arising out of my participating in this event.

Signature: _____

Parent (if under 18): _____

Maine Track Club Membership Renewal Form



Please check the label on your News•Run for your membership expiration date. If **12-03** appears, you must renew your membership now. If your newsletter is emailed, check your membership card for renewal date. Fill out this form and return it, along with your check payable to **The Maine Track Club**.

Membership Renewal

Please check one:

☐ Household (\$25)

☐ Student (age 18 or under \$17)

Dues paid between August 1 and December 31 of a given year are good through December of the following year.

Please indicate how you prefer to receive your newsletter:

☐ bulk mail

☐ email

Last Name	First Name	M / F	Birthdate
-----------	------------	-------	-----------

Last Name	First Name	M / F	Birthdate
-----------	------------	-------	-----------

Last Name	First Name	M / F	Birthdate
-----------	------------	-------	-----------

Last Name	First Name	M / F	Birthdate
-----------	------------	-------	-----------

P.O. Box / Street	City
-------------------	------

State	Zip Code
-------	----------

Home Phone	Business Phone	E-Mail address
------------	----------------	----------------

Occupation(s)	Employer	If Student, school
---------------	----------	--------------------

Please copy this form if you have additional family members.

Participant / Volunteer Waiver

To be signed by each new member in the household. Applicants under age 18 require a parent's signature. I know that volunteer and participating in Maine Track Club events is potentially a dangerous activity. I should not participate or volunteer unless I am medically able. I assume all risks associated with participating in or volunteering at Maine Track Club events, including, but not limited to falls, contact with participants, the effects of the weather, conditions on the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, for myself, and anyone entitled to act on my behalf, waive and release the Maine Track Club, its representatives and successors from all claims or liabilities of any kind arising out of my participation in Maine Track Club activities, even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

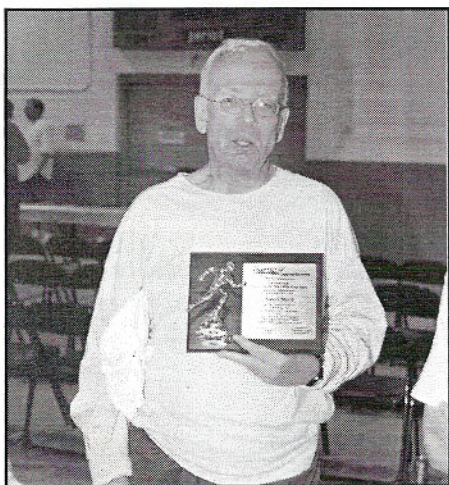
Signature	Date
-----------	------

Signature	Date
-----------	------

Signature	Date
-----------	------

Signature	Date
-----------	------

Mail completed renewal form with check to:
Maine Track Club
PO Box 8008
Portland, ME 04104

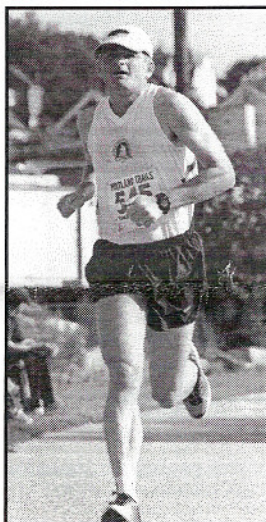


Dennis Morrill was honored this year at the Bangor Labor Day 5-Miler. According to Race Director, Mr. Rice, Morrill has run the Labor Day race 24 times — more than anyone else, and he has also run the Portland Boys Club race 34 consecutive times (including this year) — and 38 times overall!

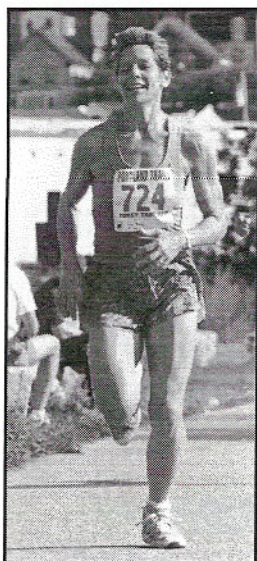
More race photo clips...



Stacy Cimino, of Cape Elizabeth, 3rd 20-29 in Portland Trails 10K



Mike Musca, of Falmouth



Kim Moody, of Cape Elizabeth, 2nd 40-49 in Portland Trails 10K

Is the Racing Season Over?

By David C. Young

Is the racing season over? Well, it depends on whom you ask. Road racing slows down in the winter, but never really stops.

Starting in late December, indoor track will start.

In Cambridge, Massachusetts, every Saturday at 10 a.m., a groups races around Fresh Pond. You can run a 2.5 or 5-mile race and the cost is free.

If you want to stay closer to home, why not try snowshoeing this winter? There are snowshoe track meets January through March. Most of the snowshoe races are held in Biddeford, New Gloucester, Auburn and Belgrade.

For the past few years, the Maine Track Club has offered a race called the *Pre-Banquet Handicap Fun Run*. This race is open to all Maine Track Club members.

The Gate City Striders in Massachusetts offer a series in Litchfield, New Hampshire, called *Freeze Your Buns*, which starts the first part of January. You can race either a 5K or a 5-miler.

If you would rather be warm, then the Boston University offers an All Comers Mini-meet series.

There has been a road race in Belgrade Maine in January and a road race in Farmington, Maine.

Maine Track Club Discounts

The following area sporting goods stores have agreed to give MTC member discounts on running shoes and clothes. Your club ID must be presented 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 Call Ron Kelley 772-4530
George & Phillips Inc. Rt. 1 Kittery • 295 Water St. Exeter, NH	Shoes 20% off
Lamey Wellehan Maine Mall • Falmouth Shopping Center • Cook's Corner • Auburn Mall	10% on running shoes
MVP Sports 333 Clarks Pond, S. Portland	10% on non-sale running shoes and clothing
Famous Footware 330 Clarks Pond, S. Portland • Auburn • Kittery	10% on running shoes

November - December Race Schedule

November 1 4 Mile Turkey Trot & 1 Mile Turkey/Dog Walk Sanford 9:00AM Sanford Jr. High School Gymnasium Entry, 708 Main St. (Pre-Registration required by Oct. 24) Contact: Sanford Recreation, 919 Main Street, Sanford, ME, USA, 04073. 207-324-9130 ljhegarty@sanfordmaine.org

Pumpkin 10K at The Penobscot Bay YMCA at Rockport, Maine part of the Spooktacular Weekend. Race starts at 8:39AM at Union Street. Contact Jasen Wood at 236-3375

November 2 Craig Cup 5K Cross Country Series, Twin Brook Recreation Area, Cumberland, 9 a.m. Contact: Peak Performance Sports 780-8200.

Pineland Farms, Pownal/New Gloucester - Maine USATF - X-C Meet Adult 5K Race at 10:00 AM Youth races to follow 1:00 pm Regular JO meet Ron Kelly, 883-2747

Maine Freeze Women's Football 5K and 1-Mile Fun Run, Cellar of Fitness, Brunswick, 9 a.m. Contact: Linda Parker/ Maine Freeze Women's Football, 294 North St, Saco, ME, USA, 04072. 207-284-8679 events@mainefreeze.com

13th Annual C.I.S.V. 5K European Style Cross Country Race, 1 pm, Doris Twitchell Center @ UM Orono. Contact: Dave Torrey 942-1988

Craig Cup 5K Cross Country Race Series Cumberland 9:00AM Twin Brook Recreation Area, 189 Tuttle Road (Fifth of Five Races) Contact: Peak Performance Sports, 59 Middle Street, Portland, ME, USA, 04101. 207-780-8200 info@peaksportsme.com

November 8 Great Osprey 10K, Wolfe's Neck State Park, Freeport, 10 a.m. Contact: 865-6171.

The 15th annual Bruce Ellis Memorial 5K Road Race will be run on Saturday, November 8, 2003 in Exeter, New Hampshire. Uniquecertified 5K course over roads and maintained trails. Great age-group awards and raffle prizes. Proceeds to benefit the Bruce Ellis Memorial Scholarship Fund. For additional information contact Kevin O'Leary at 603-778-9114 or kevin.oleary2@comcast.net. Timed by WCRC.



November 9 Run for all Ages - 5K Road Race. Lake Quannapowitt, Wakefield, MA 10:00AM contact jpanarese@aol.com or 781-334-4591

U Maine at Augusta - Maine USATF - X-C Meet Adult 5K Race at 10:00 AM. Youth races to follow 1:00 pm. Regular JO meet Marty Thornton, 623-3682

November 11 Capital City Veterans Day 5k and Kids 1 mile fun run Augusta 10:00AM Hodgkins Middle School, Malta St. Contact: thomas wells, cony high school 120 cony st., augusta, ME, USA, 04330. 207-626-2460 twells@augusta.k12.me.us

November 15 Hannaford Turkey Trot 5K, Cape Elizabeth 5Middle School, 9 a.m. Contact: Maggie Soule 846-3631.

November 22 Great Confluence Race (5K & 10K), Mid Coast Hospital, Brunswick, 9 a.m. Contact: Donna Cluke 373-6745.

12th Annual Turkey Trot 3.2M Road Race and 1.2M Kids Run 10:00AM (KR)/10:30AM (3.2M) Saturday Railroad Depot, Wolfeboro, NH Contact: Susan M. Glenn, CPRP Director Department of Parks and Recreation P.O. Box 629 Wolfeboro, NH 03894 603-569-5639

November 23 Brewer Turkey Trot 5K & Kids 1 Mile Fun Run, Brewer High School, 12:30 pm (Fun Run), 1:00 pm (5K). Contact: Dave Jeffrey 825-3403

November 27 Portland Thanksgiving Day 4 Miler Portland 9:00AM Bay Club, Downtown Portland, 1 City Center (Also, Kid's K) Contact: George Towle, U. of Southern Maine, 37 College Ave., Gorham, ME, USA, 04038. 207-780-5595 gtowle@usm.maine.edu

Galloping Gobbler V Thanksgiving Day 5 Miler and 5M Walk and Kids 1M Fun Run 9:00AM Thursday Bishop Brady High School, Columbus Ave., Concord, NH Contact: Peter Ellinwood 26 S. Main St., PMB 275 Concord, NH 03301 603-225-0269 petahe@comcast.net

November 29 Burn Off the Turkey 5K Run/Walk, Long-sleeve shirts to first 100 registered Gorham High School, Gorham, Warm-up at 8 a.m. Prompt race start at 8:30 am Contract Don Cross 829-5515



Turkey Trot Road Race, Village Elementary School/York Town Hall, 11 a.m. Contact: Robin Cogger 363-1040.

Race Schedule

November 30 24th Annual 6K (3.5M) Cross Country Race @ the Andover Country Club 12:00 Noon Sunday Running Gloves to first 300 Entries received Andover Country Club, Canterbury Road (off Rt 133), Andover, MA Contact: David P. LaBrode 40 Kathy Drive Haverhill, MA 01832-3064 978-373-3408 icky@mva.net

December 7 Reindeer Trail Run, 9:00am, MDI, Contact: Peter Keeney 288-8381, keeney@midmaine.com (Crow Series).

Jingle Bell Run For Arthritis Run/Walk 5K Freeport 10:00AM Freeport High School Contact: Carol Lee/Arthritis Foundation, 6 Chanell Drive Suite 260, Concord, NH, USA, 03301. cleee@arthritis.org

Dec. TBA Bob Marley's Toy for Tots 5K - Portland, Maine

Dec. Saturdays Fresh Pond, Cambridge, MA, 10:00am, 2.5 and 5 mile races, FREE. Parking behind Cambridge Chevrolet to avoid possible parking ticket on Fresh Pond property. For information call: 617-381-0532.

Jan 1, 2004 The 23rd Annual New Years Day Classic 10K and 5K Road Races will be run at 11:00 AM on January 1, 2004. The race is returning to the beach!!! Cash and merchandise awards, long sleeve tee-shirts, classic mugs, raffles and more. Participate in "A New Years Day Tradition". Organized by WCRC. For more information email hangover@xenia.unh.edu.

Breakaway 5K

At 42 years old, Todd Coffin of Freeport is still one of the top runners in Maine, as he proved Saturday with a comfortable victory at the Breakaway 5K. Coffin's time of 15 minutes, 55 seconds was more than a half minute faster than that of Massachusetts teenager Nick Blixt, who finished second in 16:27.

Christine Snow-Reaser of Dayton, meanwhile, bounced back from her tough day at the Beacon to Beacon 10K by repeating as women's champion. Snow-Reaser finished in 17:48, nine seconds faster than her winning time in 2002. Recent University of Maine graduate Suzanne Hussey was second in 18:19.

Celebrate! November/December Birthdays...

November

- 1: Dick McFaul
- 2: Dan Hogan, James Robinson, Nelson Soule
- 3: Chris Boynton, Rodger Smith
- 4: Eugene Gendron, Jr., John McKenney
- 6: Liz Monaghan
- 9: Colleen Redmond
- 10: Hans Brandes, Pat Coolidge, Robert DeWitt
- 13: Russ Bradley, Jane Lathrop, Terri Morris
- 17: Mike Brooks, Micheline Foss
- 19: Jan Conly
- 21: Bob Branson, Sandy Utterstrom
- 22: Donna DeWitt, Jeanne Johnson
- 26: Bob Coughlin, Will Montcrief
- 27: Robbie Blair
- 29: Debbie Howe
- 30: Polly Kenniston, Dave Roberts



December

- 1: Les Berry
- 2: Tom Wilson
- 3: Lyn Suggs
- 4: Connor Cushman, Kathleen Robinson, Kaitlynn Saldanha
- 6: Chris Harmon, John Littlefield, Katy Littlefield, Andrew Skelton
- 8: Cynthia Dexter
- 9: Clyde Coolidge
- 10: Ed Doughty, Kendra Skelton, Willie Sproul
- 12: Tracy Oravec, Steve Reed, Scott Mercer
- 14: Alison Kisch, Michelle Durgin, Matt Foss, Jill Lorom
- 15: Michael Chadbourne, Dr. Eric R. Ellis
- 16: Sarah Connolly
- 20: Tom Noonan
- 21: Bill Davenny, Evie Strom
- 23: Leigh Mundhenk
- 24: Thomas Kirner, Beth Rand, Margaret Rearick
- 26: Matthew Grandonico
- 27: Sherry Grandonico, Patty Medina
- 28: Scott Whited
- 31: Sarah Muscat, JT Wightman

My apologies go to many new members over the past two, or more, years when birth dates have not been recorded in the database. Statistician, Don Penta, now has a current list, except for a few not given and for online family memberships, which provide only the first member's birth date. Belated birthday wishes to anyone missed, especially Connie McLellan of Sinclair, on her October 19 Birthday.

Susan Slocum, Retiring Membership Chair

MTC News and Notes...

Awards Nominations

In January the MTC will be holding its annual banquet/ awards presentation. The Special Events and Awards Committees are busy planning the event, with more information to follow regarding date, time and place.

We are looking for MTC members who would like to participate in the selection of recipients for this year's awards. See the nomination information on pages 4 and 5 of this issue. Please take the time to consider nominating one of your peers.

The Awards Committee considers your participation an important and necessary part of selecting the award recipients. In addition, we would like to recognize first-time marathoners at the banquet. If you completed your first marathon this year please forward the information to bobaube@mainetrackclub.com.

Thanks for all your support for the Maine Track Club and happy/safe running/walking.

Cathy Burnie MTC Secretary

MTC Nominations :

Sandy Walton is being nominated for membership chair.

Annual Spaghetti Dinner

November 21, see details on page 1.

David& Eliz. Young Family Exp 12-03
PO Box 152
Danville ME 04223

Maine Marathon, continued from page 1

2:54.28. The Bubble Gum Kids of the Elan School were close behind in 2:56:49, followed by the top men's team, Bucs Lite (3:00:38), also from Elan. Mom & the Kosmic K's took first among women's teams in 3:41:32.

For the first time, there were more than 2,000 official entries for the three races combined (2,063 to be exact), including a record 1,257 entries for the half marathon. Among the field, there were runners from 41 states, the District of Columbia, five Canadian provinces and Great Britain.

Thank you to the many Maine Track Club volunteers who came out

on race weekend to help make the race go smoothly. Although it seems we never can have enough volunteers, we know we can count on club members to support the race each year, which makes our job a little easier.

Also, special thanks to our many sponsors, especially Sportshoe Center, and to our marathon committee, who put in countless hours of work over the course of the year to organize the event. A lot of work goes on behind the scenes for this race, and much of it goes unnoticed, so if you know a marathon committee member, please thank them next time you see them.