

Run with a friend...

www.mainetrackclub.com

November / December 2004

President's Corner

By Phil Meech

Fall in New England seems to bring lots of happy events for members of the Maine Track Club. The Turkey Trot and the Pasta Supper will be happening shortly. And, the Maine Marathon/Half Marathon was spectacular this year with record-setting participation. As always seems to be the case, the weather was perfect.

I was very sad, though, to lose our good friend, Julius Marzul, as he was completing our Half Marathon on October 3rd. Julius was one of the nicest guys in the club. He always had a smile for everybody. As I help with races in the future, I will always feel there is something missing as we wrap up the finish line.

Julius always seemed to bring up the rear of the race. We would ask, "Has Julius finished yet?" If he hadn't been seen, we knew we would be staying a little longer. He will be sorely missed.

Our annual Pasta Supper is scheduled for Friday, November 12th. We will vote on some changes to the MTC By-Laws and our next slate of officers. It is time to look for members to step forward to fill openings on the Board

See President on page 2.



Phil Meech

Record-setting day at Maine Marathon

By Bob Aube

Before Emily LeVan smashed the women's course record at the 2002 Sportshoe Center Maine Marathon, there weren't many in the local running community who were familiar with the former Bowdoin College field hockey player, an infrequent competitor on the Maine road racing circuit.

LeVan, of Wiscasset, seemingly came out of nowhere two years ago to become the first woman in race history to crack 2:50, crossing the finish line in 2 hours, 47 minutes and 38 seconds. Since then, she has proven that her victory was no fluke; a 12th-place finish at the 2003 Boston Marathon (in 2:41:37) firmly established her as one of the top runners in New England.

Now LeVan can add another achievement to her growing list of credentials -- a sub-2:40 marathon. Not only did LeVan, 31, obliterate her own record at the 13th annual Sportshoe Center Maine Marathon, but her time of 2:39:54 made her the first woman to break the 2:40 barrier in Maine.

LeVan's performance was all the more remarkable when you consider that she gave birth to a daughter, Maddie, in January. She missed the U.S. Olympic marathon trials in April, and with a daughter to care for, she no longer has time for 100-mile training weeks.

Still, she felt confident about her fitness level entering the race. She expected to break 2:45 and thought 2:40 was a possibility. With weather conditions looking favorable for the runners, LeVan decided to push the pace.

"I think I paid for it in the last 10 miles or so," LeVan said, "because my

See Marathon, page 9.

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Maine Track Club Officers And Committee Chairs



Phil Meech, <i>President</i>	839-4946
Mark Grandonico, <i>Vice President</i> ..	773-2576
Mel Fineberg, <i>Past President</i>	774-8868
Ward Grossman, <i>Treasurer</i>	985-4966
Cathy Burnie, <i>Secretary</i>	829-5208
Sandy Walton, <i>Membership</i>	846-6577
Chuck Burnie, <i>Race Committee</i>	829-5208
Charlie Scribner, <i>At-Large</i>	781-5585
Mike Brooks, <i>At-Large</i>	783-3414
Hazel Wightman, <i>At-Large</i>	784-8517
<i>Equipment</i>	Vacant - Help!
Don Penta, <i>Statistician</i>	892-4526
Mike Doyle and Colleen Redmond	
<i>Clothing</i>	mdoyle@mainecul.org
David Colby Young, <i>Newsletter</i>	
.....	DavidColbyYoung@aol.com
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 usually the
2nd Friday of the month
prior to the next publication.*

*The next deadline is
Friday, December 10, 2004*

Virginia Wilder Cross, *News•Run* layout

By-Law Changes

Listed below are the high points of the recommended changes to the Maine Track Club's By - Laws:

- ADD the following position to the Board of Directors; WEB MASTER
- CHANGE the position of CLUB STATISTICIAN to read HISTORICAL COMMITTEE, which would include (Photographer, Statistician and Historian)
- CHANGE the requirement for membership approval for expenditure over \$500 to approval of the majority vote of the Board of Directors. This would not include the membership's approval of the Club's bi-annual budget
- CHANGE the election of Club Officers to a two-year term from a one-year term

- CHANGE the budget approval process from one-year to two-year

The remaining changes are house keeping items. The complete proposed By - Laws can be found on the Clubs web site.

The membership will be asked to vote on the new By - Laws at the November membership meeting. This was tabled at the July meeting.

Any questions or comments reference the By-Law changes should be addressed to Chuck Burnie at cburnie@maine.rr.com

Mark Your Calendar!

November 12, 6 pm

Annual Pasta Dinner See details on page ???

January 22, 5pm

MTC Banquet and Awards Ceremony,
Val Halla Golf Course, Cumberland, Maine
Contact: Cathy Burnie 207-829-5208

PS. Also the Pre-MTC Banquet
Handicap 5K Road Race held each year in
Buxton, Maine the same day in the AM.

President, from page one.

of Directors. We will be looking for nominations for all positions.

These are listed below. We espe-

cially need folks to help us with those positions indicated as "Open opportunity."

I know everyone is busy. But I can tell you from my personal experience, my participation with the MTC Board of Directors over the past four years has been very enjoyable and rewarding. I encourage you to give it a try.

Feel free to contact me if you want more information. My home number is (207) 839-4946.

As for me, I have mixed feelings about ending my term as President. It has been a challenging experience, but one I would not have traded for anything.

See you on the road.

President
Vice President (Open opportunity)
Treasurer
Secretary
Membership Chair
Race Committee Chair (Open opportunity)
(3) At-Large
Equipment Chair (Open opportunity)
Statistician
Clothing Chair
Newsletter Chair
Promotions Chair
Webmaster

Remembering Julius

By Pat Buckley



On Sunday, October 3, a day perfect for the running of the 13th Maine Marathon/Half Marathon, it was known several hours into the race that Julius Marzul, one of our most passionate road racers, had collapsed about 100 yards from the Half Marathon finish line and, despite efforts to revive him, had died of apparent cardiac arrest. Julius, age 78 and from Gorham, was

a great road warrior who traveled far and wide to run races from 5K to marathon. He did so with great good cheer and infectious enthusiasm, sometimes running two races a weekend. So many of us who ran with him caught this joy and were helped along by it.

All of us who knew this unique individual will certainly carry memories of him. Personally, I will think of the MTC Midwinter Classic races in which I drove the back-up vehicle and would accompany Julius the last two miles or so—he on his side of the road, I on mine—as he slowly but surely completed yet another cold, grueling 10-miler. I would from time to time yell across to him, “You okay, Julius?” and the answer would always be, “Yup, doing great!” His cheerfulness then and always was



boundless, with never a negative word that I can remember about any event, place, person—or even the weather!

It is difficult to comprehend that that race day, October 3, ended as it did when such a life-force was there for its beginning, ready with his usual zest to step up to the line and run a race once again. Julius leaves behind a loving family and a running community that will miss him very much.

Maine Track Club Annual Membership Awards

Deadline for 2004 Award Nominations: December 1, 2004



Candidates must be an active member of the MTC before September 30, 2004 to be eligible. The Maine Track Club (MTC) solicits nominees for the awards listed below. Descriptions of the awards and criteria for nominations follow.

MOST IMPROVED RUNNER - 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 - In the spirit of Winston Churchill's famous quotation "Never give in, never, never, never, never - in nothing great or small, large or 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 - 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 in MTC events and social activities.

RACE DIRECTOR OF 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.

VOLUNTEER OF THE YEAR - 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 - This award is intended to give special recognition to a club member's outstanding achievement or notable accomplishment that might not be properly covered by other awards.

PRESIDENT'S AWARD - This award is presented at the discretion of the club president in order to recognize an outstanding club member's contributions.

JOHN FYALKA AWARD - 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 (19 and younger; 20-39; 40-49; 50-59; 60-69; 70-79; 80 and older) - 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 (Man and Woman) - This award celebrates the man and woman who has 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 motivate others 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.

The Awards Nomination Committee is looking for new committee members. If you are looking for a short term rewarding activity please contact Cathy Burnie, chair of the 2004 awards committee at 829-5208 or e-mail cburnie@maine.rr.com

MTC Workouts Spring/Summer 2004

By Coach Robert Brianerd



Coach Brianerd

The MTC met for 27 Tuesday nights from April to October. The sessions included educational sessions on training, injury prevention, program development, and nutrition and massage therapy. The track workouts (26 times) consisted of off road running, tempo runs, hill training, form running, interval workouts, level

training, and time trailing. It was a progressive model in which we started with lev. 2-3 training building to peak performance



Susan Wiemer

in October at lev. 4-5 training.

The last six sessions the group was divided into the 5K specialist and distance individuals. 22 members of the Tuesday night group participated

in the Portland 1/2 and full marathon group.

The Tuesday night crowd ranged from ages 19 to 71, from walkers to competitive age group athletes. At the end 17 runners had been through lactate testing and were running according to scientific data on how to use their heart rate monitors.

We had 65 different individuals join us and the least amount we had in one night was 27 on the last night finishing our workouts in the dark.

We had many success stories with 98% improvement in times throughout the season.

We had first time 5K individuals; first time 1/2 marathoners; and, first time marathoners.

We have had many individuals who have PR even after being seasoned marathoners.

You could mention any one who attended and discuss their story and



Janice Bilodeau and Hazel Wightman, both of Auburn, Maine

how much improvement they demonstrated. Karen Connolly, Hazel, Marc, Lisa Despres, Cathy Harris, Donna

Beaulieu, Brenda and Tom Trytek, Matt and Joanna Chapman, Ron Chasse 1/2 marathon improvement, we could go on and on.

The club thanked Coach Bob Brianerd by giving him a card and gift



Mrs. Bob Brianerd and Dana Staples

for all his help this spring and summer season.

Photos by David Colby Young

Where DO I get MTC Clothing?

MTC Clothing Available:

New 100% Coolmax Singlet, \$15: White with green screen printing on the front and back. Women's sizes S to XXL. Men's sizes M to XXL.

White MTC Lighthouse T-Shirt, \$8: 100% cotton, multi color screen printing on front. Unisex sizes M to XXL.

Winter Hat, \$8.00: Blue with white embroidery.

Baseball Style Hat, \$8.00: Green pigment dyed, with multi color embroidery.

Sweatshirt, \$20.00: 100% cotton, green with multi color embroidery on left breast.

To order: email Mike Doyle: mduoye@mainecul.org or snail mail:
Mike Doyle, Maine Track Club, PO Box 8008, Portland, Maine 04104

Maine Track Club Membership Application

If you would like to become a member or renew your current membership, you can register online at www.mainetrackclub.com or www.active.com, or return this completed form with a check to:

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

MEMBERSHIP TYPE & ANNUAL DUES

Membership is based on the calendar year, expiring on December 31st. Dues paid between September 30th and December 31st is good through December of the following year.

☐ New *or* ☐ Renewal

☐ Household/Individual \$25 *or* ☐ Student (age 18 or under) \$17

Do you want your newsletter by:

☐ E-Mail *or* ☐ Postal Mail

MEMBER INFORMATION

Last Name	First Name	Birthdate	M/F
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P.O. Box/Street

City	State	9-Digit Zip Code	Home Phone
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E-mail Address	Business Phone
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Occupation(s)	Employer	If Student, School
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List other household members below (attach additional sheet if necessary):

Last Name	First Name	Birthdate	M/F
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Last Name	First Name	Birthdate	M/F
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Last Name	First Name	Birthdate	M/F
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PARTICIPANT/VOLUNTEER WAIVER

To be signed by each member in the household. Applicants under age 18 require a parent's signature.

I know that participating and volunteering to work in Maine Track Club events are potentially hazardous activities. And I know that I should not participate or volunteer in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete an activity safely. I assume all risks associated with participating in or volunteering at Maine Track Club events including, but not limited to, falls, contact with other participants, the effects of the weather (including heat and humidity), and dangers posed by road conditions 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 for anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Maine Track Club, and all sponsors and their representatives and successors from all claims of liabilities of any kind arising from my participation in Maine Track Club activities, even though a liability may arise from negligence or carelessness on the part of persons named in this waiver.

Signature	Date	Signature	Date
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Signature	Date	Signature	Date
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New MTC Members and Their Comments...

Jeffrey Arsenault of Auburn
Jessica Colamaria of Portland
June Cowan of Rockport
Jim and Lizette Eckert of Raymond
Lee Farrington of South Portland
Bob, Kathy, and Robert Foster of Portland
Audrey Himelhoch of Portland
John, Tanya, and Thomas Lowell of Lyman
Deb and Mike Lynch of Lyman
Alison Macmillan of Newcastle
Michael, Tina, and Sam Pratico of Falmouth
Rex, Luanne, and Cory Rhoades of Auburn
Deb Sawyer of Portland
David Sproul of New Gloucester
Darcy Thomas of Biddeford
Laura Vecchio of South Portland
David Roberts, Kimberly Moody, Elise & Stanis
Moody-Roberts of Cape Elizabeth

Laura Vecchio wrote, "I recently relocated to South Portland from Brooklyn, New York. I've been an avid runner for years and grew up with a running family. Both of my parents are marathoners since the 1970's... and my brother is an ultra-marathoner. I, of course, caught the running bug and ran two marathons, and am currently training for a third. I am extremely excited about running and exploring in Maine. I need to be part of an organization where I can be kept on top of current running news and events. I am looking for running partners and am looking to maximize my training with group runs. I am also a member of New York Road Runners, but I truly look forward to my running future here in beautiful Maine!"

Alison Macmillan wrote, "I love to run. Been doing so all my life. A number of road races under my belt as a result - in MA, VT, CT, and ME. Looking forward to the Maine Half Marathon. I joined the Maine Track Club so I can be informed of race events. Also, might be fun socially!"

Terry Young wrote, "Ran a year in junior high school in 1976. I've been running (okay, so more like a jog with an occasional running spurt) ever since. I want to be involved with people who understand my addiction to it! My family and friends don't get me. I don't think my doctor does either."

MTC Membership Stats

- * **Membership Growth:** We welcome 30 new members in this issue. As of October 8 we have 567 members in 355 households.
- * **We Need Your Help:** Our greatest asset in recruiting new members is our existing members. Please try to persuade runners you know to support their sport by joining MTC. Your personal invitation is our most effective method to get new members. Please help support this effort. A special thank you to our members who have helped bring in new members. Those who join between September 30 and December 31 will have membership through December of 2005!!
- * **Address Change:** Please remember that most MTC mail is via a non-profit third-class permit, that is not forwarded to you or returned to us. The post office throws it away. Please either mail, phone, or e-mail your CHANGE OF ADDRESS and PHONE NUMBER to us when you move.
- * **Member E-Mail Addresses:** As of October 8 we have e-mail addresses for 306 of our 355 households for 86.2%. These e-mail addresses are used for club purposes only. If you have not sent us your e-mail address, or if it CHANGES, please send it to swalton2@maine.rr.com.

Annual Pasta Dinner

Our Annual Pasta Dinner will be held on Friday, November 12t at 6pm at the Columbia Club in Portland. Mike Reali and his crew will again prepare their famous pasta dinner. This is an event you don't want to miss. Fine food and the company of running friends with their families. The menu includes salad, spaghetti with meatballs or with meatless sauce, Italian bread, soft drinks, coffee and cake. Bring your appetites because this is an all you care to eat meal.

The cost is \$7.00 for adults and \$2.00 for children under 12. We will elect MTC officers for the upcoming year and we will also vote on amending the MTC Bylaws.

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



Group Runs



If you know of a group run that isn't listed above, please contact Bob Aube (829-5079) or e-mail DavidColbyYoung@aol.com

Kennebunk

The Kennebunk Thursday Night group runs every Thursday night year round, rain or shine. The group size ranges from 7 or 8 to over 20 depending on the weather and time of year. Pace ranges from 7-minute miles 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 Kennebunkport for libations and dinner, which always wraps up by 9 p.m. Several members of the group also run Sunday mornings in Kennebunk or in North Berwick. Contact Steve Jacobsen at 985-4107 (nights) 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 begin from the YMCA on Forest Ave. Contact Mike Pratico (874-1111).

The Maine Front Runners, a gay and lesbian running club, meets at Back Cove across from Hannaford every Saturday morning at 9:05 a.m. Everybody welcome. Contact Jim Estes at Jim Estes (671-7733).

Scarborough

A women's only long run on Saturdays, 11-13 miles, meet at Congregational Church parking lot on Black Point Rd. If interested please call 883-1105.

South Portland

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

A group of 4-6 runners meet weekdays at 1 p.m. in the area of Darling Ave. and Foden Rd. near the Maine Mall. The group usually runs 4-6 miles at 8- to 9-minute pace. Contact Marla Keefe at 773-8854.

Biddeford-Saco

Anyone interested in weekly morning runs or weekend early-afternoon runs can contact Gene Roy (284-8036).

MTC Roasters Runs

The Maine Track Club hosts a weekly "Roasters Run" on Saturdays at 7 a.m., starting from the parking lot of Maine Roasters Coffee on Route 1 in Falmouth. Runners can group themselves based on pace and then go out for runs ranging from 5-20 miles through Falmouth and Portland. The runners congregate back at Maine Roasters Coffee after finishing to continue discussions or to get a cup of Joe to go. The runs are very informal, with the only formality being that they always start at exactly 7 a.m. all year long. Please note that the courses are on public streets or trails, and thus caution should be exercised; the Maine Track Club assumes no liability for runners making use of the group runs. For more information about the Roasters Runs and/or to sign up to put out water, contact Sandy Walton. 207-846-6577

New Gloucester

There are group runs held Sundays at 7 a.m. Parking lot-Pineland YMCA, New Gloucester. Various distances. Contact Maureen Sproul at 926-4681 or e-mail MSproul@unumprovident.com for more info. Thanks.

MTC Track Club Member Events

Friday, November 12, 2004 • 6 p.m. Annual Pasta Supper (plus elections and voting), Columbia Club on Wordsworth St., Portland

Thursday, December 9, 2004 • 6 p.m. Annual Jingle Bell Fun Run (meet at Commercial St. and India St., Portland)

Saturday, January 22, 2005 • 8 a.m. Annual Handicap Run (Meet at the "Bungalo" in Buxton, corner of Rt. 22 and Broadturn Rd)

Saturday, January 22, 2005 • 5 p.m. Annual MTC Banquet, Val Halla Banquet Center, off Greely Rd., Cumberland

Mainers preparing to become big losers.

by Jeff Scully

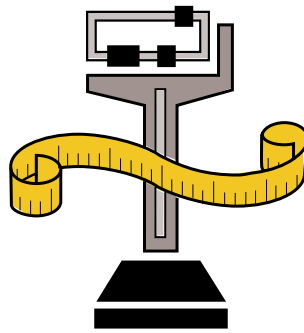
For the second year, the Maine Games will be offering residents of the Pine Tree State the chance to team up to lose weight, get active, and become more healthy through "Lighten ME!"

Lighten ME! is a statewide team weight loss and get fit program based upon the very successful Lighten Up Iowa, started by the Iowa Games in 2002.

In its first year, Lighten ME! helped 1,017 Mainers to lose 7,910 pounds of fat, as well as log over 250,000 miles of increased physical activity such as walking, jogging, biking, hiking, and swimming.

"This program is proven to help people shed excess pounds, as well as have fun while getting more active and becoming more healthy and fit," says Maine Games Executive Director, Jeff Scully. "In 2004 we had 122 teams statewide combine to drop nearly four tons of flab. On average, participants lost 7.7 pounds and increased their physical activity by nearly 3 miles per day."

Registrations for 2005 Lighten ME! will begin December 1, 2004, and will run through January 31. The program actually begins on January 10, 2005, with team captains submitting their total team weight. Along with this honor system submission, teams will also be able to post their overall team goals. Teams which meet or exceed their overall program goals at the end of 2005 Lighten ME! will be entered into a drawing for a prize.



During the five-month program participants will use team work, team support and even a little peer pressure to stay on track. Teams will work together to improve their eating habits, as well as provide motivation

**On average, participants
lost 7.7 pounds
and increased physical activity
by nearly 3 miles per day.**

to become more physically active. Each week team captains

receive an email with a link to a webpage full of tips and motivational information. They then pass this info onto their teammates. Teams report their progress at the mid-"weigh" point in March, and again at the end of the program on June 3. The top teams in both the weight loss category, as well as the increased physical activity category, will win Maine Games medals, and will be honored at the 2005 Maine Games Opening Ceremonies in June.

Lighten ME! is one of nearly 20 similar programs being offered by members of the National Congress of State Games, under the umbrella, "Lighten Up America."

To register your team for 2005 Lighten ME! log on to the website: www.lightenme.org.

Marathon, from page 1.

legs felt a little tight and heavy. But I was hoping to run under 2:40, and I just made it."

While LeVan was dominating the women's race, Eric Lavigne was doing the same in the men's division.

Lavigne, a Connecticut native who now lives in Burlington, Vt., finished nearly eight minutes ahead of defending champion Casey Carroll of Dover, N.H., with a time of 2:31:01.

Though he had to make a detour early in the race to deal with an upset stomach, Lavigne led throughout. Carroll, a Yarmouth native, was within 25 seconds at the halfway mark, but Lavigne, 28, opened up a three-minute gap by Mile 19 and steadily pulled away from there. He finished just eight seconds off the course record set by Byrne Decker in 2001.

"It's my first win in the marathon, so it's a big deal for me," said Lavigne.

There was a record total of more than 2,400 entries for the marathon and half marathon combined, and nearly 2,000 finishers, along with a record 48 relay teams. Michael Payson, 41, of Falmouth successfully defended his title in the half marathon, covering the 13.1-mile distance in 1:09:34. Amanda LaBelle, 20, of Windham won the women's division in 1:27:08.



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.

Race Results / Photo Clips

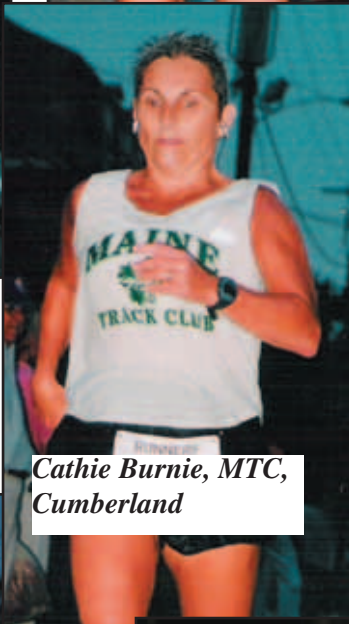
St. Peter's 4-Miler and Breakaway 5K Photos by Don Penta



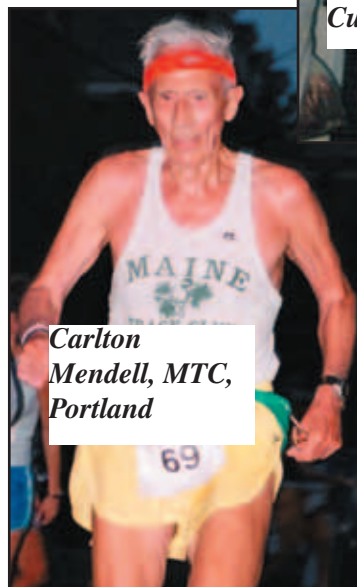
**Jay Wilson, MTC,
Portland**



**Will Lund,
MTC, Portland**



**Cathie Burnie, MTC,
Cumberland**



**Carlton
Mendell, MTC,
Portland**

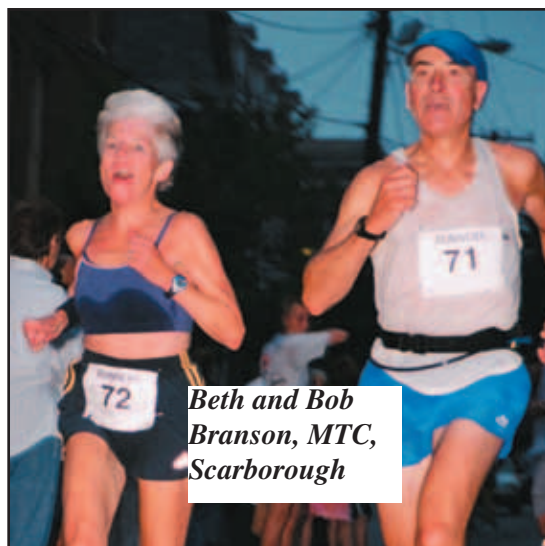


Julius Marzul

Saint Peter's 4 Miler, Aug. 13, 2004 Portland, Maine (Photos By Penta)

Maine Track Club Finishers:

Place/Name	Age /Sex	Town	Time	Pace
5 Evan Embrey	17 M	Buxton	22:19	5:35
12 Floyd Lavery 1,4549	47 M	Gorham	23:15	5:49
13 Hans Brandes 2,4549	45 M	Falmouth	23:25	5:52
15 David Chamberlain 1,4044	42 M	Falmouth	23:52	5:58
22 Jay D. Wilson	18 M	Portland	25:19	6:20
23 Will Lund	49 M	Portland	25:24	6:21
24 Allyson Koenig 1,19&-	18 F	Scarborough	25:14	6:19
28 Tim Sickel 1,5054	52 M	Bowdoin	25:44	6:26
39 David Colby Young 2,5054	51 M	Danville	27:20	6:50
40 Charles Iselborn	47 M	Portland	27:24	6:51
46 Harry White 1,6064	62 M	Scarborough	27:41	6:56
48 Erin Fuller 1,2029	26 F	Portland	27:59	7:00
50 John Keeley	52 M	Portland	28:02	7:01
57 Phil Pierce	62 M	Falmouth	28:25	7:07
62 Michael Doyle	39 M	Portland	28:45	7:12
65 Jay P. Wilson	46 M	Portland	28:52	7:13
69 Colleen Redmond	39 F	Portland	29:12	7:18
70 Carol Weeks 1,5559	55 F	Kennebunk	29:13	7:19
86 David Cannons	37 M	Portland	30:04	7:31
88 Dale Rines	52 M	Gorham	30:05	7:32
98 Eileen Brandes	15 F	Falmouth	30:24	7:36
104 Jonathan Koenig	14 M	Scarborough	30:54	7:44
122 John Morse	59 M	Phippsburg	31:35	7:54
135 Carol Blakeney	43 F	Cumberland Ctr.	33:21	8:21
149 Polly Kenniston 1,65&+	67 F	Scarborough	34:28	8:37
152 Cathy Burnie 2,5559	55 F	Cumberland	34:34	8:39
154 Thomas McLaughlin	40 M	Old Orchard Beach	34:47	8:42
162 Kathleen Reid	35 F	South Portland	35:24	8:51
165 Nan Cumming	43 F	Portland	35:46	8:57
180 Kelley Keeley	29 F	Portland	36:58	9:15
187 Dennis Morrill	64 M	Portland	37:56	9:29
190 Beth Branson 2,6064	63 F	Scarborough	38:50	9:43
191 Bob Branson	63 M	Scarborough	38:50	9:43
213 Carlton Mendell 2,65&+	82 M	Portland	47:08	11:47
214 Eileen Hamilton	54 F	Scarborough	47:11	11:48
217 Catherine Seitz	40 F	Westbrook	48:24	12:06
218 Peter Dickson	58 M	Freeport	48:31	12:08
219 Julius Marzul	78 M	Gorham	49:22	12:21



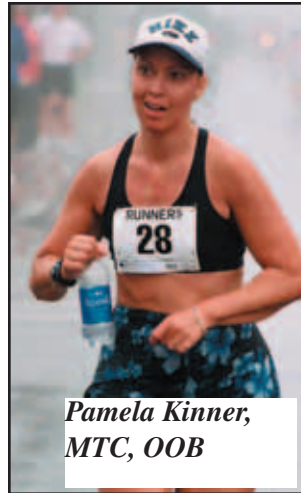
**Beth and Bob
Branson, MTC,
Scarborough**

Breakaway 5K,
Aug 21, 2004 Old Orchard Beach

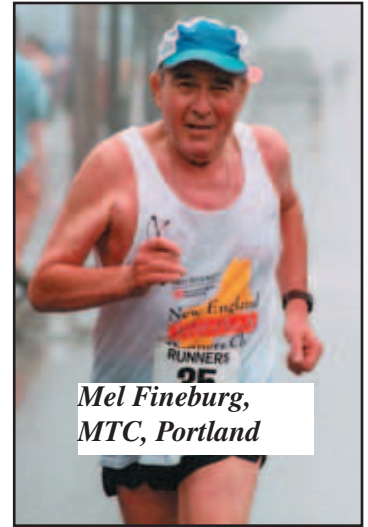
Maine Track Club Finishers:

Place/Name	Age/ Sex	Town	Time	Pace
23 John Eldredge 1,5054	50 M	Cumberland	19:17	6:14
32 Tom Menendez 2,5054	51 M	Lewiston	19:36	6:20
43 Robin Carlson 1,3034	33 F	Gorham	20:29	6:37
44 Floyd Lavery	47 M	Gorham	20:30	6:37
47 Matt Flynn	42 M	Cape Elizabeth	20:33	6:38
66 Zachary Cost 1,14&-	11 M	Waterboro	21:35	6:58
83 Robert Randall 1,6569	67 M	Springvale	22:28	7:15
92 Dick Lajoie 1,6064	64 M	Saco	22:48	7:22
95 Don Bessey	58 M	Kennebunkport	22:55	7:24
111 Bob LaNigra 2,6064	62 M	Scarborough	23:52	7:42
117 Carol Blakeney-Watts	43 F	Cumberland	24:16	7:50
124 Robert Jolicoeur 2,6569	67 M	Old Orchard Beach	24:28	7:54
126 Brenda Day	41 F	Brunswick	24:38	7:57
141 Thomas McLaughlin	40 M	Old Orchard Beach	25:24	8:12
144 John Littlefield	49 M	Scarborough	25:38	8:16
149 Larry Kinner	55 M	Old Orchard Beach	25:56	8:22
166 Mike Pugh	66 M	York Beach	27:42	8:56
172 Deb Danforth	37 F	Cumberland	28:05	9:04
199 Sandy Utterstrom 1,6064	60 F	Falmouth	32:03	10:21
201 Katy Littlefield	40 F	Scarborough	32:08	10:22
206 Carlton Mendell 1,70&+	82 M	Portland	35:03	11:19
210 Pat Buckley 1,6569	66 M	Portland	35:58	11:36
211 Pamela Kinner	45 F	Old Orchard Beach	36:47	11:52
212 Kim McLaughlin	37 F	Old Orchard Beach	37:06	11:58
213 Mel Fineberg	68 M	Portland	37:27	12:05
217 Kristie McLaughlin	12 F	Old Orchard Beach	38:24	12:23
222 Julius Marzul	78 M	Gorham	47:07	15:12

Race Results / Photo Clips



*Pamela Kinner,
MTC, OOB*



*Mel Fineburg,
MTC, Portland*



*Kim McLaughlin,
MTC, OOB*



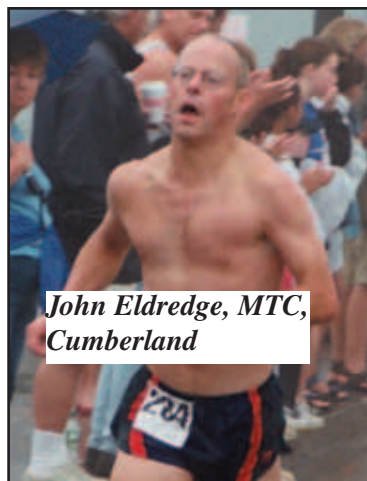
*Matt Flynn, MTC,
Cape Elizabeth*



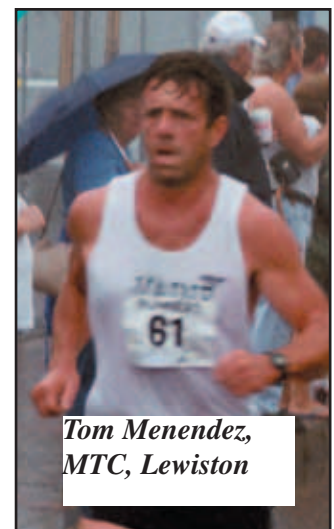
*Robin Carlson,
MTC, Gorham*



*Zachary Cost,
MTC, Waterboro*



*John Eldredge, MTC,
Cumberland*



*Tom Menendez,
MTC, Lewiston*

Race Results / Photo Clips

Maine Hall of Fame and Dan Cardillo 5K photos by Don Penta



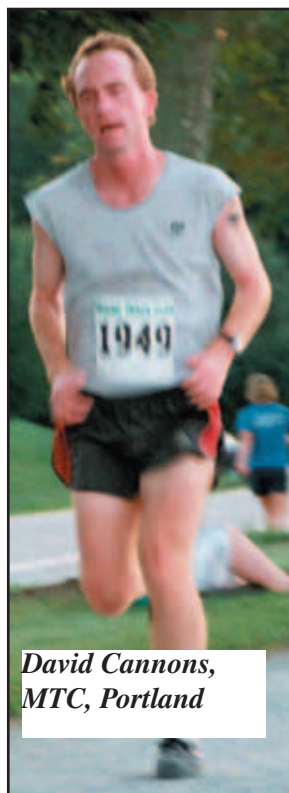
**Mike Brooks, MTC,
Danville**



Dana Staples, MTC



**Dale Lincoln,
MTC, Falmouth**



**David Cannons,
MTC, Portland**

Maine Running Hall of Fame 5K, 3 Sept 2004, Portland, Maine

Maine Track Club finishers:

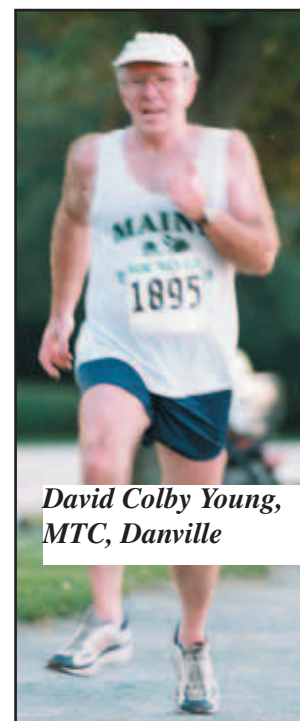
Place/Name	Age/ Sex	Town	Time	Pace
3 Floyd Lavery 3,overall	47 M	Gorham	17:42	5:42
19 David Colby Young 3,5059	51 M	Danville	20:15	6:51
20 Dennis Smith	54 M	Yarmouth	20:23	6:34
22 Matt Flynn	42 M	Cape Elizabeth	20:27	6:35
33 Seth McKenney	16 M	Portland	22:22	7:12
34 Peter Child 1,6069	61 M	Freeport	22:23	7:13
38 Dana Staples 1,1929	25 M	Auburn	22:31	7:15
40 Kevin Robinson, Sr.	48 M	North Yarmouth	22:35	7:16
42 Norman Morgan	35 M	Lisbon Falls	22:41	7:18
47 Loren Lathrop	55 M	South Portland	22:56	7:23
49 Jerry Levasseur 2,6069	66 M	Brunswick	23:05	7:26
50 Jim Harmon	44 M	Scarborough	23:06	7:26
52 David Cannons	37 M	Portland	23:18	7:30
56 Lloyd Slocum 1,70&+	71 M	Hollis	23:43	7:38
60 John Morse	59 M	Phippsburg	24:18	7:50
67 Thomas McLaughlin	40 M	Old Orchard Beach	26:03	8:23
74 Mike Brooks	58 M	Danville	26:55	8:40
76 Nan Cumming	43 F	Portland	27:07	8:44
78 Gina Harmon	44 F	Scarborough	27:12	8:46
81 Linda Hunt 2,5059	57 F	Hollis	27:54	8:59
94 Dale Lincoln	67 M	Falmouth	31:56	10:16
96 Patricia McLaughlin	57 F	Old Orchard Beach	32:14	10:23
103 Carlton Mendell 3,70&+	82 M	Portland	35:50	11:32
104 Pat Buckley 3,6069	66 F	Portland	35:58	11:35
107 Kristie McLaughlin	12 F	Old Orchard Beach	36:35	11:47
110 Kim McLaughlin	36 F	Old Orchard Beach	37:57	12:13
111 Janice Bilodeau 1,70&+	71 F	Auburn	38:18	12:20

Also of note:

MTC members won Senior Games awards in the following age groups - David Colby Young, 1,5059; Dennis Smith, 2,5059; Jerry Levasseur, 1,6069; Linda Hunt, 1,5059 and Janice Bilodeau, 1,70&+



**Pat Buckley, MTC,
Portland**



**David Colby Young,
MTC, Danville**

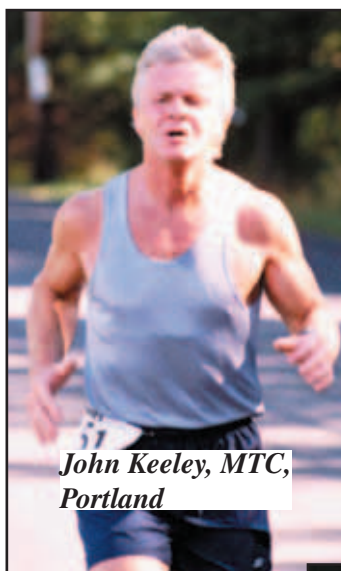
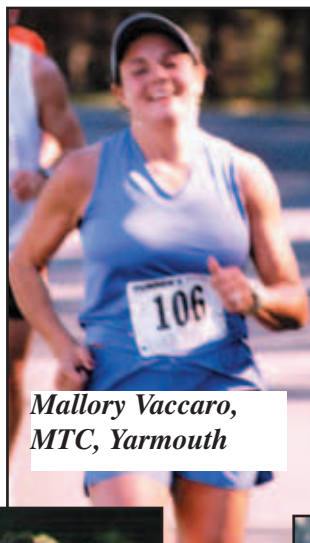
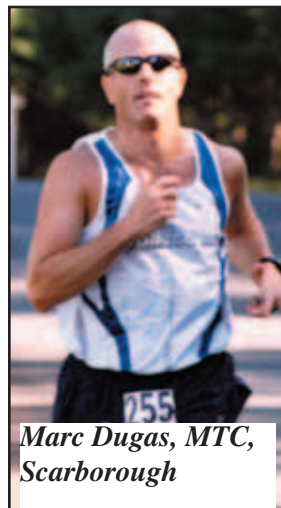
More Hall of Fame photos on page 14.

**Dan Cardillo Memorial 5K,
Falmouth, ME, September 12, 2004**

Maine Track Club Finishers :

Place/Name	Age	Sex	Town	Time	Pace
1 Michael Payson 1,overall	41	M	Falmouth	15:28	4:59
9 Marc Dugas 2,4049	40	M	Scarborough	17:25	5:37
14 John Eldredge 1,5059	50	M	Cumberland	18:29	5:57
23 Tim Sickel 3,5059	52	M	Bowdoin	19:20	6:14
31 Alison Kisch 3,overall	38	F	Portland	19:55	6:25
37 Zachary Cost 3, 14&-	11	M	Waterboro	20:31	6:37
38 Matt Flynn	42	M	Cape Elizabeth	20:33	6:37
44 John Keeley	53	M	Portland	20:57	6:45
46 Susan Wiemer 1,3039	38	F	Freeport	21:09	6:49
47 Bonnie Hoag 1,over.mas.	52	F	Portland	21:17	6:51
48 Harry White 1,6069	62	M	Scarborough	21:19	6:52
57 Kevin Robinson, Sr.	49	M	Yarmouth	21:42	6:59
70 Mallory Vaccaro	31	F	Yarmouth	22:13	7:09
74 Dana Staples 2,2029	25	M	Auburn	22:28	7:14
77 Katie Harris	37	F	Cumberland	22:43	7:19
82 Norman Morgan	35	M	Lisbon Falls	22:55	7:23
88 Bob LaNigra 2,6069	62	M	Scarborough	23:21	7:31
96 Brenda Day	41	F	Brunswick	23:48	7:40
120 Robert Jolicoeur	67	M	Old Orchard Beach	24:41	7:57
129 Thomas McLaughlin	40	M	Old Orchard Beach	25:11	8:07
133 Polly Kenniston 1,6069	67	F	Scarborough	25:38	8:16
134 Kathleen Reid	35	F	South Portland	25:39	8:16
138 Bob Branson	63	M	Scarborough	25:49	8:19
183 Kristie McLaughlin	12	F	Old Orchard Beach	28:44	9:15
184 Beth Branson 3,6069	63	F	Scarborough	28:45	9:16
220 Lynn Kemna	46	F	Cumberland	35:26	11:25
222 Kim McLaughlin	36	F	Old Orchard Beach	36:32	11:46

Race Results / Photo Clips



Race Results / Photo Clips

More Hall of Fame 5K photos by Don Penta



**Janice
Bilodeau,
MTC, Auburn**



**Floyd Lavery,
MTC, Gorham**



**Matt Flynn, MTC,
Cape Elizabeth**



**Gina Harmon,
MTC,
Scarborough**



**Pat McLaughlin,
MTC, OOB**

Rotary Bridge 4 Miler, Aug. 29, 2004 South Portland, Maine

Maine Track Club Finishers:

Place/Name	Age	Sex	Town	Time	Pace
7 Tom Ryan 1,4549	48	M	Cape Elizabeth	22:58	5:45
9 Hans Brandes 2,4549	45	M	Falmouth	23:17	5:50
38 Zachary Cost 1, 14&-	11	M	Waterboro	27:56	6:59
44 Harry White 1,6064	62	M	Scarborough	28:22	7:06
54 Jerry Levasseur 1,6569	66	M	Brunswick	28:50	7:13
73 Mallory Vaccaro	31	F	Yarmouth	30:29	7:38
80 Gail Saldanha 3,4549	48	F	Scarborough	30:56	7:44
83 Getty Payson	43	F	Portland	31:11	7:48
111 Jim Tyrrell	56	M	Cape Elizabeth	33:16	8:19
129 Bob Branson	63	M	Scarborough	34:38	8:40
131 Kathleen Reid	35	F	South Portland	34:50	8:43
139 Susan Ryan	40	F	Cape Elizabeth	35:48	8:57
140 Laura Tyrrell 1,5559	57	F	Cape Elizabeth	35:52	8:58
147 Mike Pugh 2,6569	66	M	York Beach	36:31	9:08
168 Beth Branson 1,6064	63	F	Scarborough	38:36	9:39
171 Shelly Millette	33	F	Westbrook	38:41	9:41
176 Mel Uchenick 1,7079	73	M	Kennebunk	39:05	9:47
179 Leanne Robbin	45	F	Brunswick	39:27	9:52
181 Mary Kay Kasper	47	F	Portland	39:42	9:56
184 Roberta Bass	50	F	South Portland	40:20	10:05
198 Michele Flynn 3,5559	56	F	Cape Elizabeth	43:38	10:55
199 Robert Flynn	58	M	Cape Elizabeth	43:38	10:55
212 Eileen Hamilton	54	F	Scarborough	46:48	11:42
215 Catherine Saltz	40	F	Westbrook	48:20	12:05
216 Carlton Mendell 1,80&+	82	M	Portland	48:32	12:08
221 Julius Marzul 3,7079	78	M	Gorham	61:30	15:23

2004 Portland Trails 10K, 19 Sept. 2004, Portland, Maine

Maine Track Club Finishers:

Place/Name	Age	Sex	Town	Time	Pace
5 Tom Ryan	48	M	Cape Elizabeth	35:40	5:46
15 Matt Flynn	42	M	Cape Elizabeth	41:57	6:46
26 John Keeley	53	M	Portland	43:59	7:06
49 Jerry Levasseur	66	M	Brunswick	46:22	7:29
57 David Kuchta	44	M	Portland	47:09	7:37
61 Dana Staples	25	M	Auburn	47:30	7:40
62 Marnie Flynn	41	F	Cape Elizabeth	47:31	7:40
74 Valerie Abradi	44	F	Lisbon	48:06	7:46
76 Howard Spear	54	M	Westbrook	48:23	7:49
82 David LeClair	37	M	Westbrook	49:18	7:58
87 Peggy Bensinger	49	F	Portland	49:27	7:59
92 John Morse	59	M	Phippsburg	49:46	8:02
98 Norman Morgan	35	M	Lisbon Falls	50:13	8:06
99 Ron Chase	63	M	Durham	50:14	8:07
105 Robert Whitney	51	M	Brunswick	51:12	8:16
112 Jim Tyrrell	57	M	Cape Elizabeth	51:30	8:19
120 Alburn Butler	50	M	Portland	52:13	8:26
128 Thomas McLaughlin	40	M	Old Orchard Beach	53:33	8:39
140 Bob Branson	64	M	Scarborough	54:32	8:48
147 Tom Mundhenk	54	M	Portland	55:11	8:55
148 Mike Brooks	58	M	Danville	55:16	8:55
155 Laura Tyrrell	57	F	Cape Elizabeth	55:51	9:01
163 Walter Fletcher	57	M	Freeport	56:29	9:07
170 Eamon Lawless	31	M	Portland	57:28	9:17
175 Robert DeWitt	60	M	Lisbon	58:15	9:24
190 Beth Branson	63	F	Scarborough	59:23	9:35
204 Shelly Millette	33	F	Westbrook	60:32	9:46
210 Leanne Robbin	46	F	Brunswick	61:03	9:51
215 Tree Murcer	46	F	Cape Neddick	61:30	9:56
216 Scott Murcer	56	M	Cape Neddick	61:30	9:56
222 Donna Bisbee	48	F	Portland	62:09	10:02
234 Karen Connolly	45	F	Hollis	64:04	10:20
259 Kristie McLaughlin	12	F	Old Orchard Beach	69:37	11:14
266 Carlton Mendell	82	M	Portland	74:28	12:01
283 Robert Connolly	49	M	Hollis	93:05	15:01
297 Megan McLaughlin	13	F	Old Orchard Beach	106:26	17:10
298 Kim McLaughlin	36	F	Old Orchard Beach	106:31	17:11

Ricker Hill Orchards 5K

Turner, ME, September 18, 2004 (Photos By D C Young)

Place/Name	Age / Sex	Time
3 Tom Menendez 1,5059	51 M	24:26
5 Tom Trytek 1,4049	49 M	25:11
15 Brenda Trytek 3rd female	47 F	36:44
16 Mike Brooks	58 M	36:47

North Yarmouth Mile

North Yarmouth, ME, September 11, 2004

Time & Results by Split-Time Race Management

Place/Name	Age / Sex	Town	Time
5 Harry Nelson 3, M4655	50 M	North Yarmouth	5:48
10 Lisa Despres 1, F3645	42 F	South Portland	6:30
30 Pat Buckley 1, F5699	66 F	Portland	9:57
32 Don Penta 1, M5699	8 M	Windham	11:20

Twilight Running Series

Pineland Farms, New Gloucester

August 26, 2004

Order Name	Time
7 David Colby Young	21:29
20 Val Aradi	23:33
22 Norman Morgan	23:46
39 Ryan Aradi	27:34
42 Thomas McLaughlin	27:52
55 Sam Aradi	36:52

Twilight Running Series

Pineland Farms, New Gloucester

September 9, 2004

Place/Name	Age	Time
5 David Colby Young 1,50	59	22:35
8 Val Arabi 2, female		24:14
10 Norman Morgan		24:21
17 Ryan Arabi		28:05
22 Sam Arabi		37:33

41st Annual Bangor, Maine

5 Mile Labor Day Road Race

September 6, 2004 9:00am

Place	Name	Age/ Sex	Time	Pace
26	David Colby Young	51 M	33:52	6:47
124	Denny Morrill	63 M	48:58	9:48

Firemens 10K

Phippsburg, ME, August 8, 2004

(photo By D C Young)

Place	Name	Town	Time
7	Will Lund 1,4049	Portland, ME	40:18
8	Tim Sickel 1,5059	Bowdoin, ME	40:59
9	Tom Menebdez 2,5059	Lewiston, ME	41:11
15	David Colby Young 3,5059	Danville, ME	43:36
17	Robin Carlson 1st female	Gorham, ME	44:41
29	Ron Chase 1,6069	Durham, ME	50:37

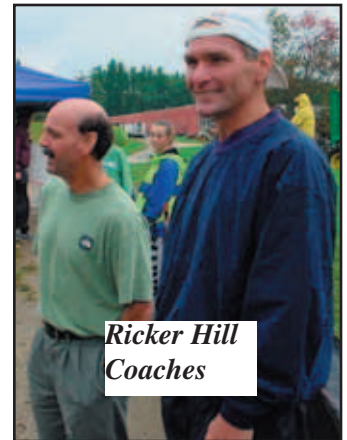


*Robin Carlson, MTC,
Gorham at
Firemen's 10K*

Race Results / Photo Clips



*Mike
Brooks
running
Ricker Hill*



*Ricker Hill
Coaches*

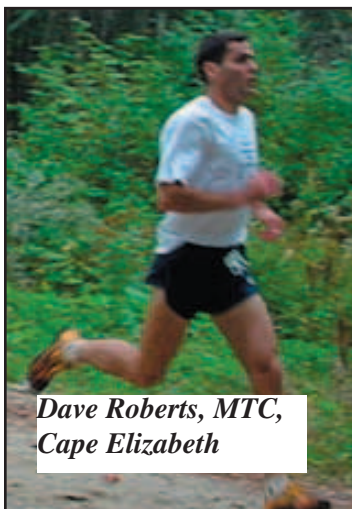


*Tom Trylek
running
Ricker Hill*



*Sheila Lyman finishing Ricker
Hill last while MTC member,
Brenda Trytek, congrats the
effort. Sheila has one winning
smile!*

Race Results / Photo Clips



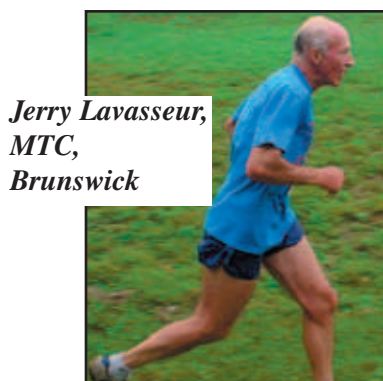
**Dave Roberts, MTC,
Cape Elizabeth**



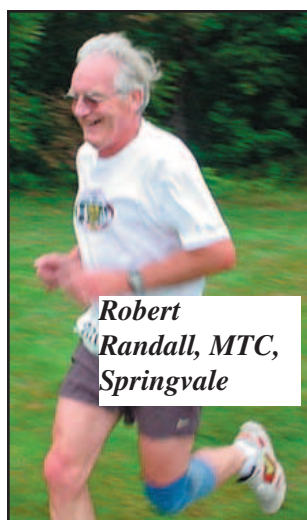
**Dale Rines,
MTC, Gorham**



**Norman
Morgan MTC,
Lisbon Falls**



**Jerry Lavasseur,
MTC,
Brunswick**



**Robert
Randall, MTC,
Springvale**



**Zachary
Cost, MTC,
Watterboro**

Pineland Farms Fall Foliage 5K (Overall Results) New Gloucester, ME, October 2, 2004 (photos BY David Colby Young)

Place	Name	Age	Town	Time	Pace
1	David Roberts 1,4049	49	Cape Elizabeth	19:01	3:48
12	Zachary Cost 2,1019	11	Waterboro	23:52	4:46
13	Jerry Levasseur 2,6069	66	Brunswick	24:02	4:48
17	Peter Terhune	40	Windham	24:29	4:53
19	Robert Randall 3,6069	67	Springvale	25:03	5:00
20	Norman Morgan	36	Lisbon Falls	25:42	5:08
21	Dale Rines 1,5059	52	Gorham	25:48	5:09
24	Jim Eckert	70	Raymond	26:35	5:19
82	Lizette Eckert	36	Raymond	38:59	7:47

Wolfeboro Metric Marathon 26.2 K Wolfeboro, NH, September 12, 2004 (MTC Members plus Maine Runners)

Place	Name	Town	Age/Sex	Time
2	Floyd Lavery	Gorham	47 M	1:50:51 Age Group Winner
7	Ian Morrison	Brunswick	21 M	1:54:25
14	Laurie Gaudreau	Springvale	35 F	2:00:07 Age Group Winner
24	Rick Reynolds	N. Berwick	57 M	2:10:16
27	Robin Carlson	Gorham	33 F	2:14:06
35	Mark Grandonico	Portland	45 M	2:18:36
45	Denise Robertson	Scarborough	43 F	2:24:16
55	David Young	Danville	51 M	2:28:06
60	Janet Crowe	Brunswick	45 F	2:30:28
66	Valerie Giguere	Wells	40 F	2:35:31
103	Judy Reilly	Brownfield	55 F	4:10:10

Columbia Autumn Classic 5 km (CT03010DR) Overall Finish List, October 03, 2004 Results By SNERRO, LLC

Place	Name	City	Age	Age Group	Time
10	Steve McLaughlin	Marlborough CT	42 3 M	40-49	19:59.0
14	Bekkie Wright	Marlborough CT	42 1 F	40-49	20:58.0

**Portland Trails 10K, Maine
Marathon & Half races will
be in the Jan/Feb 2005
issue of NEWS*RUN.**

The **News•Run** staff needs your help. PLEASE wear your MTC singlet in all Maine races (See Jerry LaVesseur, MTC, Brunswick at right). Your chance of getting your photo taken by one of the MTC photographers and printed in the News•Run increase greatly when you are wearing your MTC singlet. See page 5 for ordering information.

If you have ideas on how we can make the **News•Run** better please let us know. DavidColbyYoung@aol.com or snail mail **News•Run**, MTC, PO Box 8008, Portland, Maine 04104



runningusa.com

By Jerry Levesseur

Are you aware of runningusa.com? If race directors send results to runningusa.com, they will post and age grade them. You can get a list of all the races that you ran as well as where you stand compared to others your age.

This site is used by some publications to rank runners!

Maine Track Club Discounts

The following area sporting goods stores have agreed to give MTC member discounts on running shoes and clothing. 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 Ctr • Cook's Corner • Auburn Mall	10% on running shoes
Famous Footware 330 Clarks Pond, S. Portland • Auburn • Kittery	10% on running shoes

Volunteers Rock!

By Bob Payne

Thanks to all the volunteers, the Maine Running Hall of Fame Race was a success.

Phil Pierce
Rae Pierce
Don Penta
Phil Meech
Norm Simard
Steph Atkinson and Daughter
Dora Rex and Daughter
Jone Gale
Mark Grandonico
Robin Carlson
Susan Slocum
Dottie Mcihaud
Mil Fineburg
Cathy Mckenney
Maryanne Champeon
Jim Estes
Harry White
Dan Hogan
Mike Tracy
Lisa Despres
David Paul
Ray Hefflefinger
Chuck Burnie
Mike Doyle
Coleen Redmond

Hope I haven't missed anyone and if I have thanks for your help.

Don't forget the Maine Running Hall Of Fame Banquet to take place on Nov. 7th in Waterville.

Thank you!

November / December Races

- November 6 Sanford Turkey Trot (4 miles), 9 a.m. Contact: Lori Hegarty 324-9130.
- November 7 2004 Cross Country Schedule
Maine Association of USA Track and Field Preliminary Meet Remaining
University of Maine-Augusta contact: Taylor Harmon-622-3229
Time: 12:00 Noon

USATF-NE Cross Country Championships, Boston, Ma., 6K-women/10K-men/8K-masters m, 10 a.m, Franklin Park, Challenging xc terrain. Includes USA Masters National 8K for 2004., USATF-NE, Steve Vaitones, (617) 566-7600, Fax:(617) 734-6322, Email:office@usatfne.org,

The Country Club 5K Classic, Methuen, Ma., 5K/5K walk, 9:30 a.m./9:15 a.m, Merrimack Valley Golf Course, Half on cart paths, and half on rolling fairways. Challenging course, all run on golf course., 11th Annual, Huge raffle, homemade soup & chili, 8 divisions of prizes, three deep in all divisions. Course record money!!! Kidzgame, Brian Martin, Email:bmartin@kidzgame.com, Web Site

Veteran's Day
November 11 Capital City Veterans Day 5k Augusta, ME 10:00AM Hodgkins Middle School, Malta St. Contact: Thomas Wells, Cony High School, Augusta, ME, USA, 04330 207-626-2460 twells@augustaschools.org

November 13 Great Osprey 10K, Wolfe's Neck State Park, Freeport, 10 a.m. Contact: 865-6171.

Tremont Wildcat 5K Road Race, Tremont School, Tremont. Fun Run at 9:00 AM, 5K at 9:30 AM. Heidi Kelley: 244 -7204, Jennie Gray: 244-9080. (corrected)

A.B.L.E. 5K and Mile Run / Walk, Searsport District Middle School at 9:30 a.m. Contact Darcy West <mailto:dmwest@midmaine.com> or call Katie Coleman at 548-2311

November 14 2nd Annual CRAIG CUP XC Series Cumberland, ME 9:00AM Twinbrook Recreation Area, Tuttle Road (Race 5 of 5) Contact: Peak Performance Sports, USA, 207-780-8200 peaksports@fastsplits.com

Black Mountain of Maine 5k Trail Race Rumford, ME 9:30AM Black Mountain of Maine, Parking Lot at end of Glover Road (Also 1k Koch Race (for youngsters)) Contact: Terrie Anne Bennett or Paul Jones, USA, 207-357-3555 paj2@megalink.net

State Championship


- November 14 Maine USATF State Cross Country Championship and Region 1 Junior Olympic Qualifying Meet - 11am Age Groups - 10 & under, 11 - 12, 13 - 14, 15 - 16, 17 - 18, and Open - University of Maine-Augusta, Ron Kelly - 883 -2747 All teams in each age group must be declared before race time
- November 20 Great Confluence Race, Mid Coast Hospital, Brunswick. Contact: 729-0181.

13th Wickers Turkey Trot Run, Wolfeboro, N.H., 3.2M/1.2M, 10:30 a.m./10 a.m, Railroad Depot, Part road/part x country, small hills, path through the woods., Wolfoboro Dept. of Parks & Rec., Sue Glenn, (603) 569-5639, Email: wolferec@worldpath.net

Jingle Bell Run/Walk for Arthritis, Portsmouth, N.H, 10K Cert./5K walk, 10 a.m, Little Harbor School, New Castle loop., Prizes to overall top m/f, top three runners in 7 age categories and top fundraisers, airline tickets and get-aways., Arthritis Foundation, Janet Bourne, (603) 224-9322, (800) 639-2113, Fax:(603) 224-3778, Email:info.nne@arthritis.org,
- November 21 Hannaford Turkey Trot 5K, Pond Cove Middle School, Cape Elizabeth. Contact: Maggie Soule 846-3631.

Region 1 Junior Olympic Cross Country Championship University of Maine - Augusta
Any questions: call Ron Kelly 883 - 2747 eve. Or e-mail: rkelly01@maine.rr.com Maine USATF web site: meusatf.org

Brewer Turkey Trot 5K & Kids 1 Mile Fun Run, Brewer High School, 12:30pm (Fun Run) 1:00pm (5K), Contact: Dave Jeffrey 825-3403 (Sub-5 Road Race Series)
- November 25 Thanksgiving Day 4-Miler, 1 City Center, Portland, 9 a.m. Contact: George Towle 780-5595.
- November 27 Burn Off the Turkey 5K, Gorham High School. 9 a.m.Contact: Don Cross 851-9268 or Cindy Hazelton 839-5034.



York Turkey Trot (5 kilometers), Village Elementary School, 11 a.m. Contact: Robin Cogger 363-1040.

Turkey Trot 5K, Dan Harrigan 498-3226, High School Caribou, Maine Time: 10:00 AM
- November 28 25th Annual 3.5M Cross Country Race @ Andover Country Club Andover, MA 12:00NOON Andover Country Club, 60 Canterbury Street (off Rt. 133) (Awards in team catagory as well) Contact: David P. LaBrode, 40 Kathy Drive, Haverhill, MA, USA, 01832 978-373-3408 icky@mva.net

Race Schedule continues on next page.

November / December and Beyond Race Schedule

- December 5 Jingle Bell Run & Walk 5K Freeport, ME 10:00AM
Freeport High School, 30 Holbrook Street (Part of
Freeport's "Sparkle" week) Contact: Janet Bourne,
6 Chenell Drive, Concord, NH, USA, 03301 603-
224-9322 jbourne@arthritis.org
- December 11 National Junior Olympic Cross Country
Championship - Busse Woods, Schaumburg, IL
- December 12 Santa's Toy Trot Merrimac, MA 1:00PM Sweetsir
School, 104 Church Street ((2-Mile, 4-Mile &
6-Mile)) Contact: Sharon Yu, 6 Perkins Court,
Haverhill, MA, USA, 01832 978-521-9389
shly17@msn.com
- (N.B. As of publication date of the News•Run, we
did not know if Bob Marley would be holding The
Toys for Tots 5K. If held, the likely date would
be Dec 12th. You might try e-mailing Bob at
bob@bmarley.com, we just could not find out in
time.)*
- 4th Annual Larry Robinson/Alex Miliotis 10M/5K-
DFMC Barr Race Series, Andover, Ma, 10M/5K
Cert./5K walk, 9 a.m./9:10 a.m, Andover High
School, Out & back course through neighborhoods
of suburban Andover. 100% of registration fees are
donated in Larry's name and honor to the Dana-
Farber Cancer Institute. Roy Dennehy, (978) 937-
4200, Email:info@larryrobinsonrace.com,
- Dec 31 or Jan 1 Portland, Maine's New Years Fun Run, TBA
- January 2005 Dartmouth Relays at Hanover, NH Jan 7, 8, & 9th
of Jan 2005. You need to sign up ahead of time
in Dec. 2004. We do not know the deadline yet.
Contact Dartmouth Relays Dartmouth College
Masters Fri, HS Sat, CO OP Sun Hanover NH
Carl Wallin 603.646.3821 (Please check the
following web address for the last information
(<http://www.usatfne.org/track/indoors.html>)
- February 6 Maine Track Club's 24th Annual Mid-Winter 10
Mile Classic Cape Elizabeth, ME 9:45AM Cape
Elizabeth High School, 345 Ocean House Road
(Certified (ME03001RF) 10 Mile Course) Contact:
Don Penta, 183 Smith Road, Windham, ME, USA,
04062 207-892-4526 wndhmlaker@aol.com
- February 12 14th Bradford Valentine Race Bradford, MA
10:00AM 1st Church of Christ - Bradford
Common, 10 Church Street Contact: John Burke,
12 Piper Glen Lane, Haverhill, MA, USA, 01832
timers@verizon.net

Happy Birthday MTC Members...



November 2004

- 1: Dick McFaul
- 2: Dan Hogan
Nelson Soule
- 4: Eugene Gendron Jr.
Kimberly Gibbs
John McKenney
Laura Vecchio
- 5: Deb Lynch
David Sproul
- 6: Richard Joseph
Janet Letalien
Liz Monaghan
- 8: Al Butler
- 9: Colleen Redmond
- 10: Hans Brandes
Pat Coolidge
Robert DeWitt
- 11: Deborah Moulton
- 13: Russ Bradley
Jane Lathrop
Terri Morris
- 14: Kevin Robinson, Jr.
- 16: Dan LeGage
- 17: Mike Brooks
- 19: Joanna Chaffin
Jan Conley
Jerry LeVasseur
- 20: Natalie Rand
- 21: Bob Branson
Sandy Utterstrom
- 22: Donna DeWitt
Jeannie Johnson
Robin Welch
- 23: Leigh Mundhenk
- 24: Hugh MacMahon
- 25: Sean O'Hare
- 26: Bob Coughlin
- 27: Robbie Blair
Carol Meerschaert
- 29: Connie Amnott
Wyndee Grosso
Debbie Howe
- 30: Polly Kenniston
David Roberts

December 2004

- 1: Les Berry
- 3: Marc Dugas
Jonathan Koenig
- 4: Andrew Davis
Tina Kelly
Kaitlynn Saldanha
- 5: Mary Kay Kasper
Mary Ann Randall
- 6: Chris Harmon
John Littlefield
Katy Littlefield
- 7: Mike Lynch
- 8: Cynthia Dexter
Eileen Hamilton
- 9: Clyde Coolidge
- 10: Ed Doughty
Willie Sproul
- 12: Scott Mercer
- 14: Alison Kisch
Corie Learned
Jill Lorom
- 15: Michael Chadbourne
Dr. Eric Ellis
- 17: Tyler Mills
- 19: Emma Barclay
Donna Moulton
Jean Thomas
- 20: Tom Noonan
- 21: Bill Davenney
Evie Strom
- 24: Thomas Kirner
Beth Rand
Margaret Rearick
- 25: Darcy Thomas
- 27: Sherry Grandonico
Patty Medina
- 28: Joe Atkins
Kevin Kenerson
Scott Whited
- 29: Peter Dickson
Kim Humphrey
- 31: Sarah Muscat
J.T. Wightman



Maine Track Club's

24th Annual

Mid-Winter 10-Mile Classic



Sunday, February 6, 2005

9:45 A.M.

Cape Elizabeth High School

(showers available)



Certification # ME03001RF

Sponsored by

H.M. Payson & Co.

ESTABLISHED 1854

A MAINE TRUST COMPANY &
REGISTERED INVESTMENT ADVISOR

Entry Information

Race entry fee:

\$15.00 non-refundable. Same price before race or day of race

Mail entries to:

Don Penta • 183 Smith Road
Windham, ME 04062

Race day registration:

Cape Elizabeth High School cafeteria,
8:00 A.M. - 9:30 A.M.

For more info, contact

race directors:

Maine Track Club •

www.mainetrackclub.com

Don Penta • tel: (207) 892-4526

e-mail: wndhmlaker@aol.com

Ray Shevenell • tel: (207) 799-4556

e-mail: rays@maine.rr.com

Chris Boynton • tel: (207) 775-3060

e-mail: manny_chrisb@yahoo.com

New course records:

Open Male:

Ethan Hemphill, 53:31 (2004)

Open Female:

Susannah Beck 58:07 (2004)

Masters Male:

Tom Hathaway, 59:30 (2003)

Masters Female:

Veerle Pottie, 1:06:57 (2004)

Awards

\$100 cash prize for new Open/Masters course records

1-5 Open Men

1-5 Open Women

*Overall awards winners are not
eligible for age group awards.*

1-3 Men and Women:

Under 20	40 - 44	60 - 69
20 - 29	45 - 49	70 +
30 - 34	50 - 54	
35 - 39	55 - 59	

Clydesdale

Open & Masters:

190 - 210 lbs.

211 - 225 lbs.

226 lbs. +

Clydesdale

Senior Masters:

190 lbs. +

Filly Open,

Masters & Senior Masters:

140 lbs. +

*Clydesdale and Filly entrants
are also eligible for Open or
Age Group Awards.*

Bruce Ellis Fund

The proceeds for this race are used to fund scholarships to send high school students to running camp. Bruce Ellis, in whose memory this fund was established was an excellent runner and active Maine Track Club Member. Included in his many running achievements was a 2:17 marathon, which qualified him to run in the U.S.A. Olympic Marathon Trials in 1988.

Runner Amenities

A long sleeve t-shirt to runners pre-registered by January 24, 2004. Random raffle drawings by bib number. Pizza, bagels, yogurt, fruit, hot coffee, juice and water after the race for runners only. Showers and changing rooms available in high school.

Directions to Cape Elizabeth High School

From the south: I-95 north to exit 45 (formerly exit 7), South Portland. Through toll booth, take Broadway exit. Stay on Broadway (approx. 4 mi.) to route 77. Turn right on 77 (Ocean St.). Stay straight into Cape Elizabeth (approx. 3-1/2 mi). Follow signs and instructions of parking guides to parking areas.

From the north: South on I-295 to exit 6A, Forest Ave. South. Bear right past Deering Oaks. This is State Street. Go up hill, cross Congress Street staying on State Street. follow signs to South Portland, rte. 77. Cross Casco Bay Bridge into South Portland. Follow signs to rte. 77, Cape Elizabeth. Take rte. 77 (approx. 3-1/2 mi). Follow signs and instructions of parking guides to parking areas.

Inclement Weather Announcements

Maine Track Club website: www.mainetrackclub.com

TV: News Center 6, WCSH-TV, Channel 6 • News 8, WMTW, Channel 8

Radio: NewsRadio WMTW, 870 AM and 106.7 FM • WGAN 560 AM



Mail entries to: Don Penta
183 Smith Road
Windham, ME 04062

Make check payable to: Maine Track Club

Last name (Please print)

first name

middle initial

gender M/F

street address

city/town

e-mail address

state

zip code

()

/ /

home phone number

date of birth

age - day of race

please circle t-shirt size (if applicable):

S

M

L

XL

XXL

Please check the appropriate Clydesdale or Filly box if you are a Clydesdale or Filly:

Clydesdale Open (male)

- ☐ 190-210 lbs.
☐ 211-225 lbs.
☐ 226+ lbs.

Clydesdale Masters (male, 40-49)

- ☐ 190-210 lbs.
☐ 211-225 lbs.
☐ 226+ lbs.

Clydesdale Sr. Masters (male, 50+)

- ☐ 190+ lbs.

Filly Open (female)

- ☐ 140+ lbs.

Filly Masters (female, 40-49)

- ☐ 140+ lbs.

Filly Sr. Masters (female, 50+)

- ☐ 140+ lbs.

For safety's sake, no baby strollers, radio headsets or dogs.

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 all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road; all such risks being known and appreciated by me. Athletes who participate in this race may be subject to formal drug testing in accordance with TAC and IAAF Rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over-the-counter medication contain banned substances. For more information regarding drug testing, call the USOC Hot Line at 800-233-0393. Having read this waiver and knowing these facts and 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, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

signature

date

parent's signature if under 18 yrs.

See map on next page.

Splits

All splits are marked with red paint.

- 1M On S side of Scott Dyer Rd, opposite a hydrant and 11' 9" E of the E edge of a paved driveway.
- 2M Marked on the guard rail on the W side of Spurwink Ave, 22' 5" S of CMP utility pole J58.
- 3M On SW side of Eastman Rd at the intersection of a line extending 44' 2" W from utility pole CMPCo6 and another line extending 48' 9" S from the SE edge of a paved driveway on the SW side of the road.
- 4M On E side of Sawyer Rd, near a 50' tall white pine tree and 25' S of CMPCo utility pole 153.
- 5M On E side of Sawyer Rd shortly after the Wells Rd intersection and 48' S of the S edge of a paved driveway.
- 6M On NE side of Route 77 adjacent to the stonewall for Riverside Cemetery and at the intersection of a line extending 34' 11" SW from a large tree (inside the cemetery) and another line extending 27' 9" W from a smaller maple (also inside the cemetery, but nearer the church).
- 7M On E side of Route 77 opposite a tree with a Posted sign and in line with a 30' spruce tree (approximately 100' from the edge of the road) on the E side of Route 77.
- 8M On N side of Route 77 in line with the mail box for #17.
- 9M On W side of Route 77 opposite a rock outcropping and near a NET&Co/CMPCo utility pole #77 on the E side of Route 77.

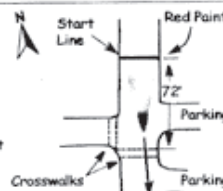
Maine Track Club Mid-Winter Classic 10 Mile Road Race

Certified Course

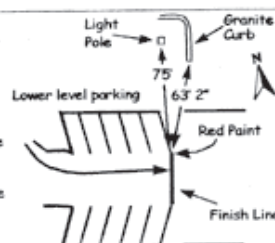


ME03001RF

Start Line Detail
The start is marked with a red paint on the east side of the paved elementary/middle student school bus access road, 72' N of the N edge of east-west crosswalk that crosses the access road.



Finish Line Detail
The finish is marked with a red dot at outer (south) end of the 5th parking space sideline on the north side of the lower level parking lot behind Cape Elizabeth High School (near the pool and fitness center entrance), where a line 75' from the base of a light pole on north side intersects with a 63' 2" line from the end of the granite curb near the base of the same light pole.



The Terrier Cup January 15, 2005 Meet Schedule

This Men's meet is an all-comer's meet with a policy of first come, first served as far as entry acceptance is concerned. The intent is to offer local colleges and open athletes an opportunity to compete on one of the best indoor tracks in the country. Entries for this meet are due to Pete Schuder, Meet Director no later than January 12, 2005 at 4 pm. Entries can be submitted via email only to Pete Schuder.

Entry Limitations:

There will be a limit of four entries per event and one relay team per event. With the growth of teams for this event, please limit your entries as much as possible. We may have to make cuts from entries, if fields grow too large.

Procedure for entries:

Seed times should be consistent with realistic estimate of what athlete will perform at this meet. There is a \$10 per individual entry and a charge of \$15 per relay team entered. Make checks payable to: Boston University.

Please Note: Due to the building process going on, parking will be at a premium.

It would be best to park at 808 Commonwealth Avenue, the lot located on the downtown side of Commonwealth Avenue (East) just before crossing the Mass Pike. There is a large old car dealership building located on that corner. Just pull into the driveway prior to reaching the building. DO NOT park in the Star Market/Shaw's parking lot, located directly across the street from our new facility.

They will tow. You may find some spaces available at the parking lot across from Case Center on Babcock Street, which is one block further west

on Commonwealth Avenue from the old Armory location. The new facility is located about one block down Ashford Street.

2005 Terrier Cup Schedule

Saturday, January 15, 2005

Entry Information

Meet Entries

Please Note: Time Schedule is tentative and may be changed after final entries have been received. Schedule would only increase in length of time.

<i>Time</i>	<i>Event</i>
11:30 am	Pole Vault
11:30 am	High Jump
11:30 am	Long Jump followed by Triple Jump
11:30 am	Weight Throw followed by Shot Put
12:15 pm	55 Meter Hurdle Trials
12:30 pm	55 Meter Dash Trials
12:50 pm	Mile Run - Finals on Time
1:05 pm	55 Meter Dash - Finals
1:10 pm	400 Meter Run - Finals on Time
1:30 pm	500 Meter Run - Finals on Time
1:45 pm	55 Meter Hurdles - Finals
1:50 pm	800 Meter Run - Finals on Time
2:05 pm	1000 Meter Run - Finals on Time
2:15 pm	200 Meter Dash - Finals on Time
2:35 pm	3000 Meter Run - Finals on Time
2:55 pm	4x400 Meter Relay

(If you do not want to go to Boston, Mass on January 15, 2005, you might do will to go to Belgrade, Maine and do the January Thaw 4.5 miler. See more information in our next issue.)

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



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Maine Track Club Meetings

Friday, November 12, 2004
Annual Pasta Dinner
Columbia Club in Portland
6 p.m.

January 22, 2005
MTC Banquet and Awards
Val Halla Golf Course
Cumberland
5 p.m.

Two Tough 100 mile Trail Races, Two Tough MTC Members, Two Great Finishes

By Mike Brooks

Phil Pierce, 63, recently completed one of the toughest 100 mile trail races. The Cascade Crest 100 has several 3,000' climbs and ropes to hang onto on the steep and dangerous descents. There is also a 2.3 mile tunnel that suppose to be one of the darkest places on earth that might just have a few surprises for a runner.

Phil's wife Rae crewed for him and "without her I never would have made it." Finishing in 31 hours, 56 minutes, just 4 minutes under the 32 hour cutoff Phil had to "run like hell" the last 5 miles to make it. He report-

edly ran the last 5 miles at 8 to 10 minute pace which is incredible after having already run 95 miles. Twenty of seventy starters did not finish this tough race.

Craig Wilson, 55, must be improving with age. Looking through *Ultrarunning Magazine* I saw that he finished the Hardrock 100 miler 30th of 125 starters in a time of 39 hours, 26 minutes. There were just 80 finishers which is the largest amount of finishers ever! Sounds tough? Well it sure is. The Hardrock has 33,000' of climbing and descending, lots of elevation over 12,000', snowfields in July and cold creek crossings.

Last year Craig finished 40th in a time of 43 hours and 22 minutes.

There were 110 starters and only 69 finishers.

Congratulations to both of you for an incredible "job" at both races. The tougher the race, the better the reward of finishing.

We learn from John Rolfe's Column the following:

Payson, 41, didn't take Labor Day off. Instead he ran the New Alliance New Haven (Conn.) Road Race, the national championship for 20K, where he won his age division (tops among 239) and the master's title. Payson ran 1:05:57 for 25th place overall - that's 5:18.4 pace - and hit the 10K mark in 32:38.