



Run with a friend...

www.mainetrackclub.com

November/December 2005

Keep On Truckin'.... The San Francisco Marathon

by Scott Mercer

My wife, Tree, had requested a 4:30 wake-up call on the morning of July 31st, but we were wide awake before that. Our official start time, based upon our estimated finish time, was 5:27. I got out of bed after the call, walked across our seventh floor room at the Hyatt Embarcadero (official hotel of the marathon) and out onto the deck. Ouch! It was pitch black. Already, steady streams of people were walking and jogging from at least three directions toward the start on the Embarcadero. The weather was 55 degrees with a steady wind off the ocean. The Bay Area fog was thick. The top half of landmark structures, like Coit Tower in front of me, and the Transamerica pyramid building to my left in the financial district were obscured. We had been warned at the Expo, during a race course summary, that the round trip on the Golden Gate Bridge would be wet, cold, and slippery. Still standing on the deck at 5 a.m., I watched as the Early Start got underway. Hundreds of people began

See SF MARATHON, page 3

President's Corner...

by Mark Grandonico

As discussed in the last issue of NewsRun, we have completed the purchases of new club equipment. This is where your dues has gone:

Digital Finish Line Clock

Finish Line Truss System

Finish Line Banners for the Truss System

New Finish Chute - Pylons, Chain and Signage

10 new Mile Markers - Larger and Maine All Season weatherproof!

New DELL Inspiron 6000 laptop for results computation

TimeMachine Race Timer



Most of this equipment was used in the Marathon and represents a significant upgrade for the club. The next issue I intend to wrestle with is our trailer in which we store the equipment. There are 2 problems: the first is that it's too small, and the second is that it's rapidly reaching its life expectancy. It's rusting and beginning to leak. I have been looking at new ones and hope to purchase a new, lighter, larger trailer in the near future. If any club members have any relations to anyone in the trailer business, please let me know! With a new trailer comes opportunity for advertising. I intend to approach various businesses in hope of financial sponsorship in exchange for advertising. First dibs will go to our Marathon Partners - the SportShoe Center. We have also looked at the problem of stowing the trailer. It sits out during the winter in whomever's yard we can get volunteered. I think it's time to rent a self-storage space in the Portland area and get the trailer out of the rain and snow. The problem is that it costs money. For example, a 10' x 25' space runs around \$200 per month. I cringe at the thought of adding another \$2,000 expense to the budget, but we need to take better care of our equipment and make it easily accessible. So here's the plea: anyone with a garage, barn, or carport they can volunteer, now's the time to speak up! Overall we are now in great shape with the equipment and continue to sponsor quality, safe races.

The Annual MTC Banquet will take place on Saturday January 21st 2006. We have moved from Val Halla in Cumberland to Keeley's Banquet Center on Warren Avenue in Portland. Line up your sitters now and *Save the Date!* I'd like to see a record turnout. How could anyone miss our now famous member slide show and my annual State of the Club presentation? Food will be plentiful, and there will be door prizes and gifts. I implore you to *Nominate Someone* for an award. Use the

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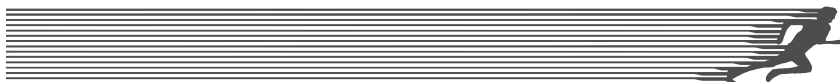
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The newsletter is published bimonthly. Material submitted to the newsletter by the **1st Friday of the month** prior to the next issue will be considered for publication as space permits.

The next deadline is
Friday, December 2, 2005



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nomination form on pages 21-22. We all know someone who contributed something extra, went above and beyond for the club, or experienced an exceptional running event. A short paragraph is all it takes.

The annual Pasta Dinner is all set for Tuesday November 18th at the Columbia Club in Portland. This is not an election year. Last year we amended the by-laws and made Board Positions 2-year terms. So we're making it a combination General Membership meeting and good old-fashioned Pasta Supper. Put this event on your agenda as well. It's cheap and fun. The General Membership meeting at SMCC on 11/16 is cancelled.

Looking ahead, what's in store for 2006? We have a couple of new races we are considering jumping on board with, stand by on that one. We are still watching the Chip Timing systems out there. This technology is rapidly evolving and becoming more affordable. Someday I'd like to see the club own one providing we have the resources and commitments to maintain and run it. I'm in the process of working with Portland and South Portland city officials to line up some track time for the Tuesday night track workouts. Next year, Coach Bob will travel to Portland and hold at least one session per month in the Portland area. Hopefully this will attract more runners who had issue with the drive up to Auburn. I intend to look at our web site and consider outsourcing the site. At the RRCA Convention last May, I met with a vendor whose company provides all inclusive running club web services for a fee based on membership numbers. This service streamlines and tracks membership, sends out reminders, allows for the secure purchases of club clothing on-line, allows message boards and chat rooms, and much, much more. Again, we are just in the research stage.

In closing, and looking back at a great year for the club, I'd like to personally thank all the Board Members and Volunteers who gave up their own time for the club. I'm talking to the person who is out there in the rain, snow, freezing cold, or sweltering sun, putting out the water, unloading the trailer, placing mile markers, setting up finish lines, building databases in Runscore, running to the Shaws store because all of the Porta-Johns have run out of TP, or holding back cars so you can safely make that turn.

Instead of sleeping in on a Saturday or Sunday morning after a week from he#\$ in the office, kitchen, hospital, drafting bench wherever, they are out there helping, and for whom? For You, for the sport, to give back and help out so others can enjoy. We had a great year in 2005 because people came forward and gave up their personal time, family time to help with races. So simply put - **Thank You!**

I look forward to 2006 and doing it all again next year!

Mark Grandonico

MTC President

Quote of the Month:

"Now if you are going to win any battle you have to do one thing. You have to make the mind run the body. Never let the body tell the mind what to do. The body will always give up. It is always tired morning, noon, and night. But the body is never tired if the mind is not tired. When you were younger the mind could make you dance all night, and the body was never tired..."

You've always got to make the mind take over and keep going."

- Gen. George S. Patton, U.S. Army and 1912 Olympian

SF MARATHON, *continued from page 1*



Chronicle / Brant Ward

moving under the orange/yellow glow of the fog lamps lining the Embarcadero. The entire scene had a slow motion, dream-like feel as the runners were leaving in one direction. Thousands more were walking along side them, moving in the opposite direction, while the fog swirled in the orange glow all around everyone. The following morning, the front page photo in the San Francisco Chronicle captured it perfectly. Tree suggested that we should probably join them. We took the trip down by elevator, then escalator, and then to the stairs outside through Herman Plaza and over to the curb. War whoops, rebel yells, drums, and loud cheers, mixed with announcements coming from an announcer's station elevated 15-20 feet above the street, accompanied each

departing wave of runners. Feeling a bit restless and caught up in the excitement, we stepped off and blended in with the 5:20 a.m. departure. I was wearing my prescription sunglasses in the dark, hoping I would need them eventually. I asked Tree to guide me over the Embarcadero's numerous foot hazards, however, the area was so illuminated I was able to see just fine.

Although this was not an enormous marathon by some cities' standards, with the two Half-Marathons, the Marathon, and the nearly 800 5K runners, about 15,000 people representing 50 states and 30 countries were here. Jogging towards Fisherman's Wharf and the Marina District, we passed time by reading the race T-shirts of runners around us.

Approaching the Presidio on Mason Street, we encountered our first hills; 120' rise over 2/10 of a mile, followed by a 60' rise over 1.5 miles. We were now in Chrissy Field at mile 5.5, heading for the entrance to the Golden Gate Bridge. Despite the uphill effort, we were feeling the cold and wet of the thick fog, we were a half mile from being enveloped within.

The journey over the bridge was a strange trip in itself. Two travel lanes on the San Francisco Bay side (right side) of the bridge were closed to traffic. There was a buffer lane between the southbound runners and the northbound vehicles. The runners going north towards the Vista Point turnaround (mile 7.5) in Sausalito, were running along the pedestrian sidewalk. Runners returning



to the city were rubbing left elbows with northbound runners and right elbows with the buffer lane. The fog was wet, misty, and driven horizontally through the Golden Gate by a stiff breeze. My sunglasses quickly fogged on the inside and then misted over on the outside. We all were soaked with dripping hair. We reached Vista Point and our third water table, aptly named because it was the third straight water table already depleted of Cytomax replacement drink. Because of the return on the bridge, the next water table would be at mile 10. We hoped for the best. There was a lot of steel on the roadway of the Golden Gate Bridge which may go unnoticed while riding in a car. However, on foot you notice everything, and all of the steel we encountered was as slippery as grease. While we never saw a runner fall, we observed many runners lose their footing on these girders and plates. They would execute some creative twists to remain upright. It looked like mid-February Maine running.

Accomplishing the Golden Gate Bridge, we stepped onto Lincoln Blvd. and began a 75' rise over 2/10 of a mile. At the top of the hill was the mile 10 water table with an ample supply of Cytomax drinks and gels. From here to mile 24, all tables had plenty of electrolyte drink. One more table at mile 16 had gels. The only other nourishment on the course was at mile 18.75. As we left the

See **SF MARATHON**, page 28

Happy Birthday to These MTC Members...

November 2005

- 1: Judith McMorrow
Gary Plante
Joshua Wood
- 2: Mary Anderson
Dan Hogan
David House
Nelson Soule
- 3: Andrew Baird
Chris Boynton
- 4: Eugene Gendron Jr.
John McKenney
Dan Thayer
Laura Vecchio
- 5: Deb Lynch
David Sproul
- 6: Susan Burtchell
Richard Joseph
Kimberly LaPointe

- Janet Letalien
Tony Myatt
- 7: Brian Denger
Benjamin Sansonetti
- 8: Al Butler
Tammy Butler
- 9: Colleen Redmond
- 10: Hans Brandes
Pat Coolidge
Robert DeWitt
- 13: Russ Bradley
Jane Lathrop
Terri Morris
- 14: Kevin Robinson, Jr.
- 17: Mike Brooks
Donna Jean Pohlman
- 19: Joanna Chaffin
Jan Conley
Jerry LeVasseur

- 20: Natalie Rand
- 21: Bob Branson
John Harrell
Sandy Utterstrom
- 22: Donna DeWitt
Jeannie Johnson
Robin Welch
- 23: Leigh Mundhenk
Margaret Ryan
- 24: Hugh MacMahon
- 25: Joseph Cook
Pam Peverini
- 26: Bob Coughlin
- 28: Lauren Sansonetti
- 29: Connie Amnott
Robbie Blair
Debbie Howe
Joseph Wright
- 30: Polly Kenniston
David Roberts

December 2005

- 1: Nick Beaulé
Les Berry
Mike Lively
- 3: Marc Dugas
Jonathan Koenig
- 4: Kaitlynn Saldanha
- 5: Mark Clinch II
Mary Kay Kasper
Mary Ann Randall
- 6: Chris Harmon
John Littlefield
- 7: Liz Brown
Brittney Chadbourne
Charlie Humphries
Mike Lynch
Ian Parlin
- 8: Cynthia Dexter
Eileen Hamilton
- 9: Clyde Coolidge
- 10: Willie Sproul
- 11: Joseph Ryan
- 12: Scott Mercer
- 13: Devin Shaw
- 15: Michael Chadbourne
Dr. Eric Ellis
- 17: Cynthia Whalen
- 19: Emma Barclay
Donna Moulton
Jean Thomas
- 20: Dan Greenstein
Tom Noonan
David Tapley
- 21: Bill Davenney
Evie Strom
- 23: Susan Cook
- 24: Thomas Kirner
Beth Rand
- 25: Darcy Thomas
- 27: Sherry Grandonico
Patty Medina
- 28: Susan Beaulé
Kevin Kenerson
- 29: Peter Dickson
Kim Humphrey
- 30: Colleen Campbell
- 31: J.T. Wightman

New MTC Members...

- | | |
|---|---|
| Brian Denger of Biddeford | Lois Martin of South Portland |
| Gayle Desjardins of Portland | Mark Panaccione of Falmouth |
| Karen & Robert Fagan of Portland | Dina Potter of Yarmouth |
| George Goodwin of Trevett | Tara & Geoff Ryan of South Portland |
| Melissa Goodwin of South Portland | Shaun, Mallory, & Connor Smith of South Berwick |
| Jeanne & Sanni Hackett, Paul, Brendan, & Trevor Toohey of Scarborough | Joseph & Melissa Wright |
| Denise & John Lund of Falmouth | |

Membership Status...

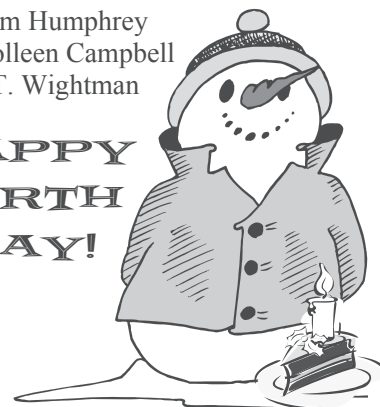
Membership Growth: We welcome 24 new members in this issue. As of October 14 we have 679 members in 382 households, up from 567 members in 355 households on October 8 one year ago.

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 2006!!

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 14 we have e-mail addresses for 333 of our 382 households for 87.2%. 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.

**HAPPY
BIRTH
DAY!**



MTC Discounts, Clothing, and Merchandise...

Advertise in NewsRun

Full Page Ad \$150.00
1/2 Page Ad \$75.00
1/4 Page Ad \$50.00
Business Card Size \$25.00

The Maine Track Club reserves the right to reject flyers and ads that are judged not to be in the best interest of members, or in keeping with the image of MTC, or that would conflict with our race sponsors, or not meet the requirements of our non-profit mailing permit.



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 shoes
10% on apparel

COASTAL ATHLETICS

84 Cove St., Portland
Call Ron Kelly 772-4530
Asics shoes exclusively
"Team Pricing" offered

RUNNING DOG SPORTS

166 Narragansett St., Gorham
839-4RUN (839-4786)
10% on shoes and apparel

MAINE RUNNING COMPANY

563 Forest Ave., Portland 773-6601
www.runwalkcompany.com
10% on shoes and apparel

GEORGE & PHILLIPS INC.

Rt. 1 Kittery • 295 Water St., Exeter, NH
20% on shoes

LAMEY WELLEHAN

Auburn • Augusta on Water St. • Bangor
Mid-Mall • Cook's Corner • Falmouth
Shopping Ctr • Maine Mall • Waterville
10% on running shoes

SAUCONY FACTORY OUTLET

83 Farm Rd., Bangor, 942-7644
10% on all non-clearance items

RUNNER'S ALLEY

104 Congress St., Portsmouth, NH 03801
603-430-1212 • www.runnersalley.com
10% on shoes and apparel

Where Do I Get MTC Clothing?

To order contact:
Mike Doyle
(871-0051)
mdoyle@mainecul.org
Maine Track Club
Attn. Mike Doyle
P.O. Box 8008
Portland, ME 04104



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



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



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



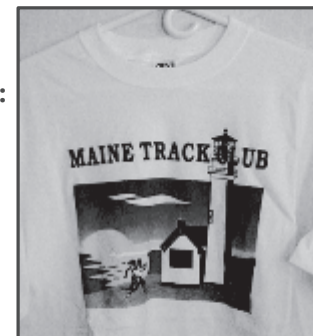
NEW! Maine Marathon Sticker, \$2.50: 6" x 4" Oval in white and green.



Coffee Mug, \$3.00: White ceramic with green screen print on front.



100% Coolmax Singlet, \$15.00: White with green screen printing on the front and back. Women's sizes S to XXL. Men's sizes M to XXL.



White Lighthouse T-Shirt, \$8.00: 100% cotton, multi-color screen printing on front. Unisex sizes M to XXL.

SAVE \$10

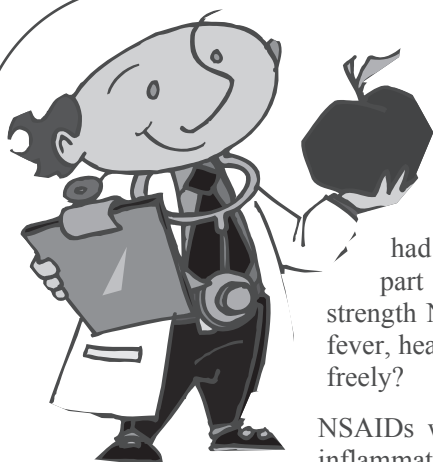
On your next purchase of \$50 or more at any Sportshoe Center location!

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Doctor's Corner: Anti-inflammatories and Running...



by Lucien Ouellette, MD, Sports Medicine Fellow

The Maine Medical Center Sports Medicine program has been providing coverage for the Maine Marathon for ten years; I have been involved for the last two. This year, we distributed ace wraps, ice packs, topical lubricants, and rubs, but I was most surprised by how many people requested and used nonsteroidal anti-inflammatories (NSAIDs) during the run. I can only imagine how many folks had taken some of these medicines prior to the race, and how many take it regularly as part of their pre-race routine. Most runners have used over-the-counter or prescription strength NSAIDs (aspirin, ibuprofen, naproxen, indomethocin, cox-2 inhibitors) for relief of fever, headache, or sore muscles and joints, but is there any harm to taking these medicines so freely?

NSAIDs work by blocking your body's production of prostaglandins. This results in less inflammation, lowers fever, and affects blood clotting activity. NSAIDs may help with the pain from acute sprains and strains, arthritis, febrile illnesses; and aspirin at low doses seems to lower heart attack risk. It typically takes a week or so in order to achieve the full effect of the medicine, but taking them everyday or in higher than recommended dosages is not without risk.

Most are aware that these medicines can cause stomach upset. But... did you know that they might also cause: gastrointestinal (GI) irritation or bleeding, increased blood pressure, acute kidney failure, or possibly increase the risk of hyponatremia (low sodium)? Though these side effects are unusual, they do occur. Recent attention has been brought to this class of medications due to an association with heart attacks, but this side effect is not related to the drugs, which remain on the market today. The most common of these side effects is GI irritation or bleeding; there was one athlete treated for bleeding at this year's Maine Marathon. When you run, the vast majority of your blood goes to your leg muscles to provide them the energy they need. Less than the normal amount of blood goes to your GI tract setting the stage for irritation from NSAIDs.

As you run, particularly long distances, you become relatively dehydrated and have muscle breakdown products for your kidneys to clear. Taking NSAIDs reduces the blood flow to your kidneys, and decreases the efficiency of your kidney at clearing out these products and the NSAID itself. This is especially true in those with a history of high blood pressure, heart disease, or advanced age. In one study of 155 athletes completing the Christchurch Marathon in New Zealand, NSAID use within 24 hours of the race was correlated with a significant rise in creatinine, a blood test that shows a loss of kidney function [1].

Probably the #1 reason for runners to use NSAIDs is for the analgesic effects. Nobody likes to hurt when they run, and no runner likes to not be able to run. By blocking the pain, athletes are able to continue training and compete in their desired events, but if you find yourself using NSAIDs on a regular basis, you should consider checking in with your doctor to be sure you are not masking an illness or injury which may be treatable with a different approach.

NSAIDs serve a great purpose in the treatment of many ailments encountered by athletes and non-athletes, and they are effective at what they do. Because of these, some folks who could not otherwise exercise now can. Occasional doses of any NSAID should not cause permanent damage to a healthy athlete, but understanding the risk involved with chronic or haphazard use is a must. When taking NSAIDs, remember to stay within the recommended dose, keep well hydrated, use them after a run rather than before or during, and consider switching to acetaminophen which may have fewer side effects with similar benefits.

References: 1. Reid SA, Speedy DB, Thompson JM et al. Study of hematological and biochemical parameters in runners completing a standard marathon. *Clinical Journal of Sports Medicine* 2004; 14(6): 344-353.



Race Results and Photos...

Maine Track Club Finishers --

For complete results, please visit www.MaineTrackClub.com

Oops!! We missed two members in two races!! Diane Daley has been a member of the MTC since the 80's, adding her husband, Dennis Kelley, about 5 years ago. (If you are a MTC member in good standing & we missed you, please let us know.)

Raymond's Fairpoint NE 5K Raymond, ME June 11, 2005

Place/Name	Age	City	Time
17 Diane Daley	F49	Casco	25:18.9
18 Dennis Kelley	M39	Casco	25:38.3

45th Annual Mt. Washington Road Race Gorham, NH June 18, 2005

Place/Name	Age	City	Time
229 Sean Ireland	M33	Portland	1:37:27
468 David Tapley	M36	Portland	1:53:02
469 Pamela Tapley	F35	Portland	1:53:02
787 Dan Sobel	M57	Cape Elizabeth	2:33:23

Casco Days 4-Miler Casco, ME July 30, 2005

Place/Name	Div	Age	City	Time	Pace
152 Diane Daley	5/31	F4049	Casco	32:21	8:06
153 Dennis Kelley	22/45	M4049	Casco	32:22	8:06

Moonlight Madness 3-Miler Farmington, ME July 29, 2005

Place/Name	Age	Time
98 Ron Paquette	M64	26:20.5

Kingston Firemen's 5-Miler Kingston, NH August 6, 2005

Place/Name	Div	Age	City	Time
18 Charles Sawyer	1/2	M6099	Concord	38:01
38 Paula Sawyer	2/4	F5059	Concord	45:02



(clockwise from left)
Sintayehu Taye,
Devin Shaw,
Mike Payson,
Abigail Iselborn



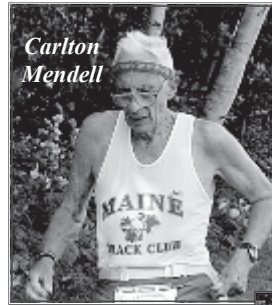
Beach to Beacon Photos
(pages 7-9)
by Don Penta &
David Colby Young

TD Banknorth Beach To Beacon 10K Cape Elizabeth, ME August 6, 2005

Place/Name	Div	Age	Time	Pace
22 Ayalew Taye	2/141	M1519	0:31:51.7	5:08
30 Sintayehu Taye	3/141	M1519	0:32:16.2	5:12
35 Michael Payson	4/355	M4044	0:32:27.9	5:14
49 Devin Shaw	13/100	M2024	0:33:42.0	5:26
59 Chris Harmon	6/141	M1519	0:34:12.3	5:31
70 Peter Bottomley	7/355	M4044	0:34:49.4	5:37
83 Evan Embrey	13/141	M1519	0:35:30.7	5:43
97 Tom Ryan	6/326	M4549	0:35:55.7	5:47
100 Stanis Moody-Roberts	16/141	M1519	0:36:20.6	5:51
115 Tony Myatt	19/141	M1519	0:36:48.8	5:56
117 Marc Dugas	13/355	M4044	0:37:05.8	5:59
123 Floyd Lavery	7/326	M4549	0:37:21.4	6:01
154 David Roberts	6/224	M5054	0:38:12.5	6:09
157 Bill Reilly	3/153	M5559	0:38:15.7	6:10
167 Thomas Noonan	17/256	M3034	0:38:26.3	6:12
172 Abigail Iselborn	1/124	F1519	0:38:33.6	6:13
186 Ethan Shaw	33/141	M1519	0:38:54.4	6:16
211 Hans Brandes	11/326	M4549	0:39:20.6	6:20
234 Ellie Tucker	1/136	F5054	0:39:49.5	6:25
241 Matt Rand	2/77	M0114	0:39:59.8	6:27
245 Jeff Rand	16/326	M4549	0:40:03.0	6:27
325 Charles Iselborn	25/326	M4549	0:41:17.8	6:39
326 Catharine Payson	7/307	F4044	0:41:18.5	6:39
345 James Toulouse	8/153	M5559	0:41:32.8	6:42
365 Alison Kisch	7/340	F3539	0:41:48.6	6:44
384 Brian Cliffe	53/355	M4044	0:41:59.4	6:46
401 Pete Peters	56/355	M4044	0:42:14.3	6:48
407 Matt Flynn	57/355	M4044	0:42:17.4	6:49
414 Matthew Chaffin	47/301	M3539	0:42:22.8	6:50
420 Brendan Flynn	49/141	M1519	0:42:25.0	6:50
432 Michael Welch	51/141	M1519	0:42:34.5	6:52
450 Colin O'Neill	52/301	M3539	0:42:53.5	6:55
455 Stewart Jordan	42/326	M4549	0:42:56.4	6:55
458 Kathy Hepner	8/236	F4549	0:43:00.3	6:56
473 William Sproul	45/326	M4549	0:43:08.3	6:57
494 Devon Ertha	60/141	M1519	0:43:21.6	6:59
557 Dora Rex	15/307	F4044	0:43:55.0	7:05
561 Andrew Jordan	11/77	M0114	0:43:58.5	7:05
570 Carrie McCusker	17/340	F3539	0:44:04.3	7:06
579 Harry White	5/76	M6064	0:44:07.2	7:07
614 Tike MacColl	69/141	M1519	0:44:28.9	7:10
649 Theresa Patten	23/340	F3539	0:44:47.2	7:13
674 Kaitlynn Saldanha	23/124	F1519	0:44:55.2	7:14
714 Patty Kenney	25/308	F4044	0:45:20.5	7:18
733 David House	18/153	M5559	0:45:28.1	7:20
754 Gretchen Read	2/33	F6064	0:45:40.8	7:22
758 David Cannons	89/301	M3539	0:45:41.8	7:22
775 Kimberly Moody	5/136	F5054	0:45:52.2	7:23
780 Stephen Lauritsen	80/326	M4549	0:45:54.7	7:24
790 John Keeley	42/224	M5054	0:46:00.3	7:25
791 Tom Kirner	20/153	M5559	0:46:00.6	7:25
808 Evan O'Neill	30/307	F4044	0:46:06.9	7:26
853 Beth Rand	19/236	F4549	0:46:24.1	7:29
854 Les Berry	25/153	M5559	0:46:24.1	7:29
868 Maria Somersett	31/301	F3034	0:46:29.9	7:29
881 Sarah MacColl	20/236	F4549	0:46:35.0	7:30
897 David Sproul	90/326	M4549	0:46:42.5	7:32
909 Cheryl Rogers	33/340	F3539	0:46:49.0	7:33
933 John Rolfe	56/224	M5054	0:46:56.3	7:34
938 Pamela Tapley	36/340	F3539	0:46:58.0	7:34

Beach to Beacon 10K...

Place/Name	Div	Age	Time	Pace
951 Steve Colucci	134/355	M4044	0:47:00.8	7:34
961 Paul Wolf	95/326	M4549	0:47:03.5	7:35
988 Peter Terhune	138/355	M4044	0:47:15.0	7:37
997 Nathan Graham	112/301	M3539	0:47:16.4	7:37
1011 Erin Fuller	28/273	F2529	0:47:23.3	7:38
1017 Paul Letalien	103/326	M4549	0:47:25.5	7:38
1101 Kevin Robinson Sr	110/326	M4549	0:47:58.5	7:44
1143 Connie McLellan	7/136	F5054	0:48:11.7	7:46
1160 Juan Bustamante	133/301	M3539	0:48:19.1	7:47
1162 Janet Letalien	48/307	F4044	0:48:19.2	7:47
1172 Rachel Landry	49/340	F3539	0:48:21.6	7:47
1181 Elise Moody-Roberts	45/124	F1519	0:48:26.4	7:48
1182 Abby Samuelson	46/124	F1519	0:48:26.6	7:48
1188 Joanna Chaffin	52/340	F3539	0:48:28.1	7:49
1199 Bill Hansen	137/301	M3539	0:48:34.9	7:50
1206 Ron Pelton	74/224	M5054	0:48:36.8	7:50
1210 Rob Boudewijn	35/153	M5559	0:48:38.0	7:50
1245 Mike Lynch	141/301	M3539	0:48:52.7	7:52
1246 Deb Lynch	56/340	F3539	0:48:53.2	7:53
1255 Paul Coughlin	127/326	M4549	0:48:57.2	7:53
1256 Dana Staples	78/177	M2529	0:48:58.1	7:53
1270 David Tapley	144/301	M3539	0:49:04.1	7:54
1271 Marnie Flynn	57/308	F4044	0:49:04.1	7:54
1281 Bob Payne	2/33	M6569	0:49:08.7	7:55
1299 Gina Harmon	29/236	F4549	0:49:14.7	7:56
1306 Charles Garber	147/301	M3539	0:49:18.0	7:57
1317 Katie Harris	60/340	F3539	0:49:20.8	7:57
1328 Gordon Atkinson	111/257	M3034	0:49:23.3	7:57
1340 Norman Morgan	152/301	M3539	0:49:24.4	7:58
1355 Maureen Sproul	32/236	F4549	0:49:28.9	7:58
1390 Terry Clark	15/76	M6064	0:49:43.0	8:01
1397 Melissa Johnson	65/308	F4044	0:49:44.6	8:01
1398 Bonnie Hoag	9/136	F5054	0:49:44.9	8:01
1414 Al Butler	92/224	M5054	0:49:48.7	8:01
1416 Leslie Couper	66/307	F4044	0:49:49.5	8:02
1417 Douglas Couper	182/355	M4044	0:49:49.7	8:02
1432 Scott Samuelson	147/326	M4549	0:49:54.8	8:02
1436 Anders Samuelson	103/141	M1519	0:49:55.4	8:03
1442 Ronald Chase	17/76	M6064	0:49:58.7	8:03
1480 Kitty Kelley	3/72	F5559	0:50:11.4	8:05
1535 Mallory Vaccaro	58/301	F3034	0:50:32.8	8:09
1544 Jim Estes	41/153	M5559	0:50:35.2	8:09
1554 Robert Foster	155/326	M4549	0:50:37.7	8:09
1566 Brendan Rogers	31/77	M0114	0:50:40.6	8:10
1746 Rae Chalmers	49/236	F4549	0:51:41.9	8:20
1754 Amy Morgan	73/273	F2529	0:51:45.8	8:20
1810 Martha Lippa	98/307	F4044	0:52:08.1	8:24
1829 Betty Rines	51/236	F4549	0:52:14.5	8:25
1842 Eugene Longobardi	196/301	M3539	0:52:18.0	8:25
1845 Bruce Fithian	54/153	M5559	0:52:19.3	8:26
1853 John Harrell	55/153	M5559	0:52:22.3	8:26
1883 Daniel Smith	199/301	M3539	0:52:32.8	8:28
1900 Linda Bernier	98/340	F3539	0:52:37.5	8:29
1917 Thomas McLaughlin	227/355	M4044	0:52:42.8	8:29
1988 Walter Bull	198/326	M4549	0:53:09.2	8:34
2018 Carol Blakeney	116/307	F4044	0:53:20.8	8:36
2053 Robert Flynn	65/153	M5559	0:53:30.5	8:37
2054 Chris Boynton	177/256	M3034	0:53:30.6	8:37
2067 Polly Kenniston	2/15	F6569	0:53:34.1	8:38
2112 Jim Tyrrell	69/153	M5559	0:53:48.0	8:40
2158 Bob Coughlin	6/33	M6569	0:53:59.7	8:42
2193 Peggy Bensinger	22/136	F5054	0:54:11.2	8:44
2244 Gregory Welch	140/224	M5054	0:54:27.9	8:46
2363 Dick Lajoie	7/33	M6569	0:55:14.5	8:54
2388 Heidi Graham	39/340	F3539	0:55:22.6	8:55



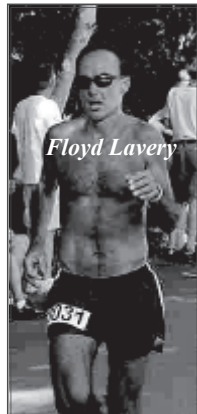
Carlton Mendell



Terry Young



Jane Dolley



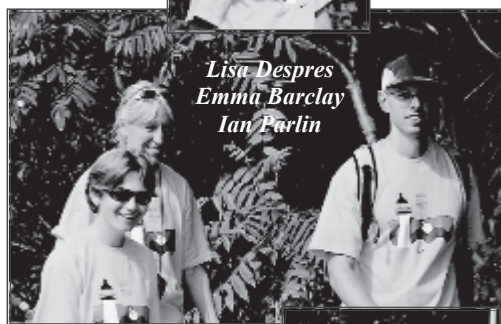
Floyd Lavery



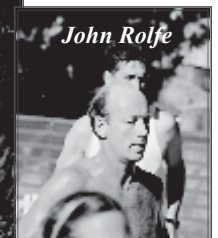
Mark Clinch

Ray Hefflefinger

David & Hazel Wightman



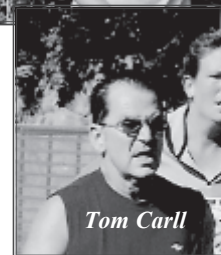
Lisa Despres
Emma Barclay
Ian Parlin



John Rolfe



Phil Meech



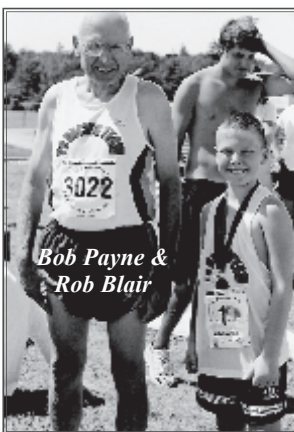
Tom Carll



Stewart Jordan



Barbara Hintze

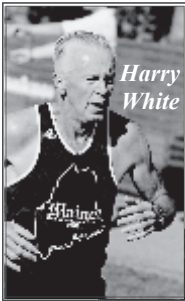


Bob Payne &
Rob Blair



Maggie Soule

Beach to Beacon 10K...



Harry White



David Young

Bob Coughlin



Peter Bottomley



Eileen Hamilton



Jean Thomas



Dick Lajoie



Sally Paterson



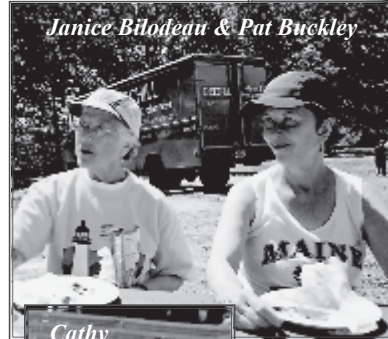
Karen Connolly



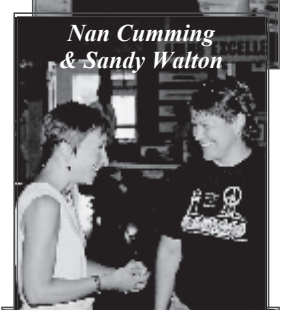
Beth Birch



John Painter



Janice Bilodeau & Pat Buckley



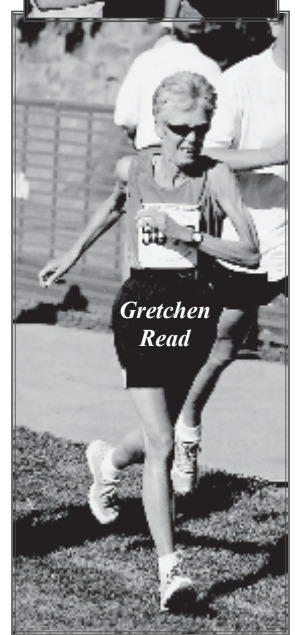
Nan Cumming & Sandy Walton



Cathy Burnie



Jeanne Hackett



Gretchen Read



Maureen Sproul & Ellie Tucker

Place/Name	Div	Age	Time	Pace
2402 Walter Fletcher	83/153	M5559	0:55:26.4	8:56
2414 Georgia Vallee	141/340	F3539	0:55:29.0	8:56
2419 Kelle Keeley	123/301	F3034	0:55:32.3	8:57
2471 Patty Medina	87/236	F4549	0:55:51.2	9:00
2525 Mike Brooks	89/153	M5559	0:56:09.5	9:03
2603 Bob Branson	40/76	M6064	0:56:32.2	9:06
2608 Betsey Greenstein	33/136	F5054	0:56:34.4	9:07
2625 Laura Tyrrell	13/72	F5559	0:56:38.2	9:07
2677 Michele Flynn	15/72	F5559	0:56:57.7	9:11
2693 Judy Reilly	17/72	F5559	0:57:02.1	9:11
2883 Meg Estabrook	185/340	F3539	0:58:32.0	9:26
2915 Mark Coughlin	292/355	M4044	0:58:44.3	9:28
2922 Cathy Burnie	24/72	F5559	0:58:45.9	9:28
2939 John Baldacci	175/224	M5054	0:58:53.0	9:29
2961 Kathleen Reid	194/340	F3539	0:59:03.6	9:31
3137 Donna Beaulieu	207/307	F4044	1:00:28.3	9:44
3139 Katherine MacColl	27/45	F0114	1:00:29.8	9:45
3143 Ron Perry	14/33	M6569	1:00:33.6	9:45
3156 Kristie McLaughlin	28/45	F0114	1:00:38.9	9:46
3173 Donna Bisbee	138/236	F4549	1:00:44.8	9:47
3190 Beth Branson	7/33	F6064	1:00:53.9	9:49
3331 Paul Pugh	20/33	M6569	1:02:01.1	9:59
3382 Karen Connolly	153/236	F4549	1:02:33.0	10:04
3416 Jane Conley	238/340	F3539	1:02:51.9	10:08
3545 Lauren Emerson	165/236	F4549	1:04:09.1	10:20
3638 Robert Dewitt	60/76	M6064	1:05:04.0	10:29
3678 John Painter	61/76	M6064	1:05:30.8	10:33
3694 Terry Young	257/307	F4044	1:05:41.9	10:35
3748 Sherry Carll	41/72	F5559	1:06:30.8	10:43
3855 Beth Birch	17/33	F6064	1:08:08.1	10:58
3856 Eileen Hamilton	46/72	F5559	1:08:13.6	10:59
3866 Sally Paterson	18/33	F6064	1:08:28.9	11:02
3869 Thomas Carll	66/76	M6064	1:08:31.5	11:02
3940 Heather Sargent-Plante	293/340	F3539	1:10:10.2	11:18
4012 Richard Bouthillette	145/153	M5559	1:12:31.7	11:41
4028 Sandy Utterstrom	23/33	F6064	1:13:08.3	11:47
4084 Alison Eckert	115/136	F5054	1:14:43.0	12:02
4142 Barbara Hintze	27/33	F6064	1:17:57.5	12:33
4169 Mel Fineberg	30/33	M6569	1:19:33.6	12:49
4186 Donna Moulton	57/72	F5559	1:20:23.5	12:57
4196 Jane Dolley	59/72	F5559	1:21:06.8	13:04
4197 Carlton Mendell	3/4	M8099	1:21:09.9	13:04
4199 Mark Clinch	326/326	M4549	1:21:49.9	13:11
4205 Carol Perry	61/71	F5559	1:22:17.2	13:15
4218 Hazel Wightman	328/340	F3539	1:23:04.6	13:23
4231 Pat Buckley	12/15	F6569	1:24:21.3	13:35
4286 Ruth Hefflefinger	1/2	F7579	1:36:32.7	15:33

Race Results and Photos...

York Day 5K

York, ME August 7, 2005

Place/Name	Div	Age	City	Time	Pace
137 Mike Pugh	3/3	M6569	York Beach	28:18	9:07

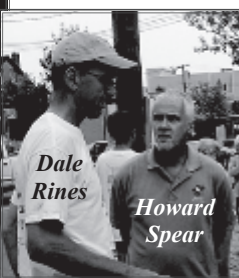
19th Annual St. Peter's 4-Miler

Portland, ME August 12, 2005

Place/Name	Time	Pace
2 Mike Payson	20:56	5:14
3 Devin Shaw	21:12	5:18
6 Evan Embrey	21:45	5:27
12 Floyd Lavery	23:00	5:45
21 Tony Myatt	24:28	6:07
31 Devon Ertha	26:19	6:35
37 Robin Carlson	26:45	6:42
50 Joshua Reali	27:59	7:00
52 David Young	28:15	7:04
57 David Cannons	28:43	7:11
62 Harry White	29:03	7:16
65 Norman Morgan	29:15	7:19
74 Ron Dearth	29:45	7:27
85 Jerry LeVasseur	30:28	7:37
87 Dale Rines	30:36	7:39
88 Dana Staples	30:40	7:40
124 John Morse	34:25	8:37
154 Kathleen Reid	36:38	9:10
158 John Watson	37:09	9:18
173 Yumi Dearth	38:51	9:43
174 Dennis Morrill	38:52	9:43
184 Robert DeWitt	40:43	10:11
189 Eileen Hamilton	41:51	10:28
196 Carlton Mendell	50:28	12:37
198 Caroline Young	50:43	12:41



*St. Peter's
Photos by
Don Penta &
D C Young*



Mark, Kristen, & Sherry Graichenico



5th Annual County Open Half Marathon

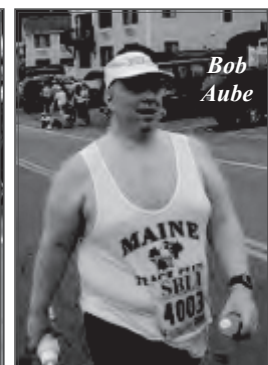
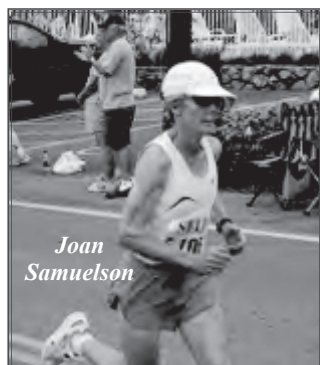
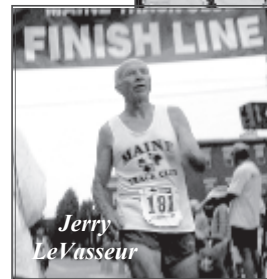
Houlton, ME August 13, 2005

Place/Name	Age	Time
23 Connie McLellan	F54	1:44:25
35 Joseph McMorrow	M55	1:55:07

Falmouth Road Race 7 Miler

Falmouth, MA August 14, 2005

Place/Name	Time
81 Joan Samuelson	0:40:54
260 Tom Dann	0:48:08
1039 Mallory Vaccaro	0:56:14
6703 Marge Aube	1:21:30
7526 Bob Aube	1:46:58



*Falmouth Photos
by
David Colby
Young*

Alvin Sproul Samoset 10K

Bristol, ME August 14, 2005

Place/Name	Age	City	Time	Pace
10 Ellie Tucker	F50	North Yarmouth	40:57	6:36
14 Alison Kisch	F39	Portland	42:07	6:47
23 Willie Sproul	M47	New Gloucester	44:03	7:06
28 John Rolfe	M51	Portland	45:39	7:21
35 David Sproul	M45	New Gloucester	47:20	7:38
36 Peter Child	M62	Freeport	47:33	7:40
76 Ron Paquette	M64	Albion	55:45	8:59
86 Donna Pohlman	F54	Albion	58:19	9:24
87 Elwin Guthrie	M69	Walpole	58:27	9:25
88 Paula Sawyer	F56	Concord NH	58:42	9:27
97 Ron Perry	M67	Walpole	1:01:18	9:52
110 Carol Perry	F58	Walpole	1:23:52	13:30
108 Carlton Mendell	M83	Windham	1:19:15	12:46

Race Results and Photos...

Scarborough Summerfest 5K Scarborough, ME August 19, 2005

Place/Name	Time
1 Mike Payson	15:34.7
3 Chris Harmon	16:14.0
9 Marc Dugas	17:25.0
14 Mike Grant	18:17.0
16 Tony Myatt	18:28.0
27 Jim Dunn	20:49.0
28 Dora Rex	20:50.0
51 Gail Saldanha	23:46.0
88 Donna Bisbee	29:49.0
90 Lauren Emerson	30:06.0
100 Eileen Hamilton	31:19.0



Mark Coughlin



Stephanie Atkinson



Carolyn Court

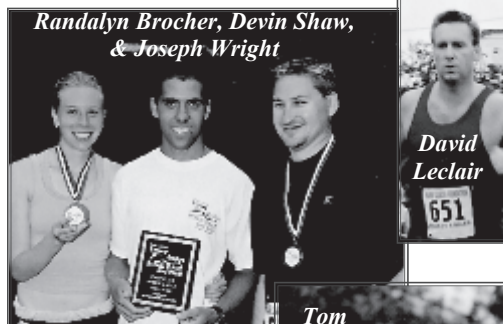


Tony Myatt

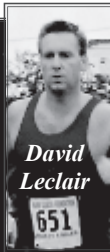


Tom Ryan

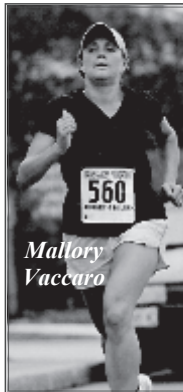
Breakaway (above) & Rotary Bridge (below) Photos by Don Penta



Randalyn Brocher, Devin Shaw, & Joseph Wright



David Leclair



Mallory Vaccaro



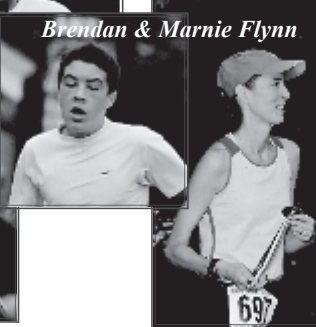
Mel Uchenick



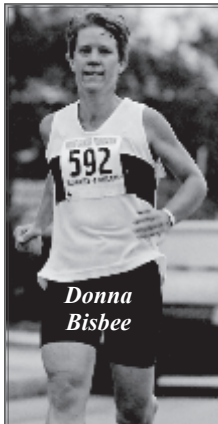
Tom Kirner



Eugene Longobardi



Brendan & Marnie Flynn



Donna Bisbee



Jeff, Matt, & Beth Rand

Breakaway 5K Old Orchard Beach, ME August 20, 2005

Place/Name	Div	Age	City	Time	Pace
5 Devin Shaw	2/12	M22	South Portland	16:08	5:12
10 Tom Ryan	1/19	M49	Cape Elizabeth	16:34	5:20
24 Tom Noonan	3/8	M33	Steep Falls	17:52	5:46
25 Tony Myatt	14/30	M18	Portland	17:53	5:46
27 Abby Iselborn	1/10	F16	Portland	17:55	5:46
49 Tom Menendez	1/10	M52	Lewiston	19:00	6:07
58 Stephanie Atkinson	1/4	F34	Hollis	19:52	6:24
106 Steve Colucci	12/25	M43	Portland	22:14	7:10
108 Jerry Levasseur	1/6	M67	Brunswick	22:18	7:11
113 Chris Harmon	6/10	M27	Old Orchard Beach	22:22	7:12
117 Robert Randall	2/6	M65	Springvale	22:29	7:15
118 Randalyn Brocher	5/10	F19	South Portland	22:30	7:15
128 Bob LaNigra	3/7	M63	Scarborough	23:18	7:30
135 Ron Chase	4/7	M64	Durham	23:36	7:36
142 Dick Lajoie	3/6	M65	Saco	24:00	7:44
162 Mike Brooks	6/8	M58	Danville	25:07	8:06
176 Robert Jolicoeur	4/6	M68	Old Orchard Beach	25:55	8:21
177 Mark Coughlin	20/25	M41	Old Orchard Beach	25:59	8:22
181 Carolyn Court	3/9	F51	Lewiston	26:19	8:29
183 Cathy Burnie	1/3	F56	Cumberland	26:24	8:30
201 Amy Harmon	6/9	F25	Old Orchard Beach	27:36	8:54
214 Mike Pugh	5/6	M67	York Beach	28:35	9:12
229 Barbara Hintze	1/2	F62	South Freeport	30:31	9:50
237 Eileen Hamilton	3/3	F55	Scarborough	31:34	10:10
243 Sandy Utterstrom	2/2	F61	Falmouth	34:06	10:59
245 Pat Buckley	1/1	F67	Portland	36:53	11:53
246 Mel Fineberg	6/6	M69	Portland	36:54	11:53
247 Carlton Mendell	1/1	M83	Windham	37:42	12:09



Rotary Bridge 4-Miler South Portland, ME August 21, 2005

Place/Name	Div	Age	City	Time	Pace
1 Brendan Flynn	D1/5	M16	Cape Elizabeth	24:33	6:09
4 Bill Reilly	1/7	M58	Brownfield	24:36	6:09
7 Jeff Rand	1/21	M45	Cape Elizabeth	25:48	6:27
12 Matt Rand	1/4	M14	Cape Elizabeth	26:50	6:43
23 Will Lund	1/9	M50	Portland	28:25	7:07
27 Conor Hankinson	3/5	M17	Cape Elizabeth	28:43	7:11
35 Tom Kirner	3/7	M56	Cape Elizabeth	29:12	7:18
36 Beth Rand	1/12	F45	Cape Elizabeth	29:14	7:19
41 Mallory Vaccaro	3/11	F32	Yarmouth	29:38	7:25
52 Marnie Flynn	1/11	F42	Cape Elizabeth	30:15	7:34
53 Matt Flynn	8/15	M43	Cape Elizabeth	30:15	7:34
60 Randalyn Brocher	2/5	F19	South Portland	30:40	7:40
68 David Laclair	5/9	M37	Westbrook	31:37	7:55
89 Robert Jolicoeur	1/3	M68	Old Orchard Beach	33:23	8:21
94 Eugene Longobardi	7/9	M39	South Portland	33:49	8:28
112 Judy Reilly	2/6	F56	Brownfield	35:41	8:56
126 Beth Branson	1/1	F64	Scarborough	37:28	9:22
127 Bob Branson	6/7	M64	Scarborough	37:28	9:22
132 Donna Bisbee	7/12	F49	Portland	38:21	9:36
134 Mel Uchenick	1/2	M74	Kennebunk	38:56	9:44
138 Lauren Emerson	8/12	F47	Portland	39:17	9:50
149 Eileen Hamilton	6/6	F55	Scarborough	42:47	10:42
159 Carlton Mendell	1/1	M83	Portland	52:27	13:07

November/December 2005

NEWS RUN

11

Race Results and Photos...

Turner 5K

Turner. ME August 21, 2005

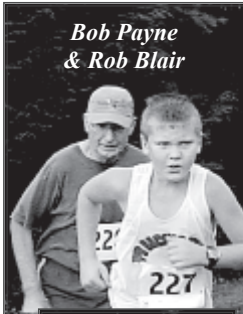
Place/Name	Age	Time	Pace
13 Lisa Despres	F43	22:19	7:12
23 Georgia Vallee	F38	26:39	8:36
27 Denny Morrill	M65	31:45	10:15
40 Mark Clinch	M49	37:49	12:12

Twilight XC Race Series #1: 3.9K

New Gloucester, ME August 24, 2005

Place/Name	Age	Time
4 David Roberts	M50	15:08
14 Abby Samuelson	F17	18:23
17 David Young	M52	18:48
18 William Sproul	M47	19:13
20 Norman Morgan	M37	19:38
22 Kevin Robinson	M49	20:14
27 Jerry LeVasseur	M67	21:03
33 Maureen Sproul	F49	21:56
34 Rob Blair	M9	22:12
35 Bob Payne	M67	22:16

Bob Payne
& Rob Blair



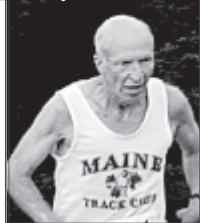
Maureen Sproul



Kevin Robinson, Sr.



Jerry LeVasseur



L/A 5K Bridge Run

Lewiston-Auburn, ME August 28, 2005

Place/Name	Div	Age	City	Time	Pace
3 Devin Shaw	2/25	M22	South Portland	16:36	5:21
8 Floyd Lavery	2/43	M48	Gorham	17:46	5:44
12 Mike Grant	4/43	M47	Scarborough	18:17	5:53
25 Tom Menendez	2/24	M52	Lewiston	19:35	6:18
57 David Colby Young	7/24	M52	Danville	21:32	6:56
59 Rick Abradi	13/43	M47	Lisbon	21:36	6:57
72 Norman Morgan	12/29	M36	Lisbon Falls	22:02	7:06
84 Dana Staples	16/25	M26	Auburn	23:01	7:25
101 Ronald Chase	4/11	M64	Durham	23:41	7:38
111 Rae Chalmers	5/28	F4	Old Orchard Beach	23:58	7:43
118 John Howe	1/3	M70	Waterford	24:13	7:48
125 Thomas McLaughlin	29/43	M42	Old Orchard Beach	24:52	8:00
135 Mike Brooks	12/24	M59	Danville	25:30	8:13
159 Cathy Burnie	5/18	F56	Cumberland	27:01	8:42
173 Suzanne Blais	12/28	M26	Lewiston	28:03	9:02
188 Ryan Abradi	17/17	M17	Lisbon	28:57	9:20
190 Lauren Emerson	14/28	F47	Portland	29:12	9:24
209 Denny Morrill	11/11	M65	Portland	30:17	9:45
230 Eileen Hamilton	14/18	F55	Scarborough	31:30	10:09
234 Heather Sargent-Plante	24/26	F36	Lewiston	31:53	10:16
235 Roberta Bass	15/18	F53	South Portland	31:54	10:17
236 Lois Martin	16/18	F55	South Portland	31:55	10:17
259 Sam Abradi	7/7	M12	Lisbon	36:46	11:51
260 Valerie Abradi	26/28	F45	Lisbon	36:47	11:51
261 Janice Bilodeau	1/1	F72	Auburn	37:02	11:56
263 Carlton Mendell	2/3	M83	Windham	38:16	12:19
270 Denise Brooks	28/28	F48	Danville	43:42	14:04
271 Nancy Walton	18/18	F50	Mechanic Falls	43:46	14:06
272 Don Penta	24/24	M59	Windham	49:48	16:02

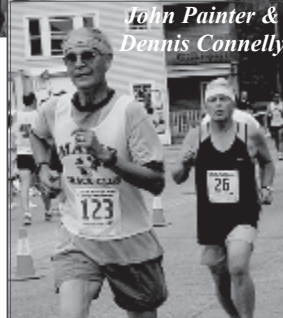
Craig Cup XC 5K Race Series #1 Cumberland, ME August 27, 2005

Place/Name	Age	Time
1 Michael Payson	M42	16:22
6 Floyd Lavery	M48	18:34
8 David Roberts	M50	19:28
9 John Eldredge	M51	20:38
15 Charlie Humphries	M44	22:28
19 Kevin Robinson	M49	23:58
20 Kim Moody	F50	24:10
23 Jerry LeVasseur	M67	26:24

Photo by Mrs. Dennis Connelly



John Painter &
Dennis Connelly



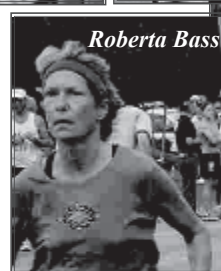
Bob Aube



John Howe



Roberta Bass



Don Penta



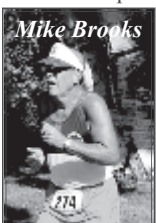
Suzanne Blais



27th Annual Northeast Harbor 5 Miler Northeast Harbor, ME August 27, 2005

Place/Name	Age	City	Time	Pace
35 Carol Weeks	F56	Kennebunk	36:06	7:14
45 Lisa Despres	F43	South Portland	37:31	7:31

Mike Brooks



Donnajeane Polman &
Ron Paquette



Ryan, Rick, Sam, &
Valerie Abradi



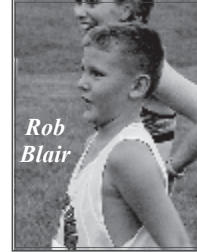
New Balance/Camp Sunshine 5K Skowhegan, ME August 27, 2005

Place/Name	Age	City	Time
54 Mike Brooks	M59	Danville	25:25

Race Results and Photos...

Twilight XC Race Series #2: 5K New Gloucester, ME August 31, 2005

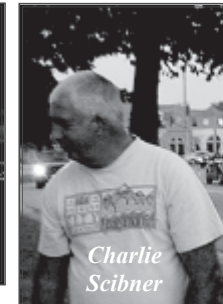
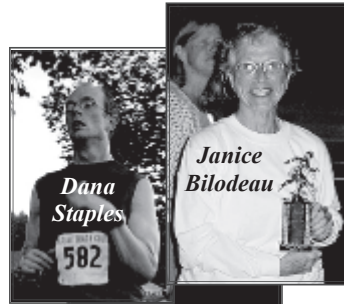
Place/Name	Age	Time
2 David Roberts	M50	21:29
4 William Sproul	M47	23:56
5 David Young	M52	24:39
7 Norman Morgan	M36	25:39
8 Kevin Robinson	M49	26:05
9 Bob Payne	M67	26:36
10 Jerry LeVasseur	M67	27:56
11 Maureen Sproul	F49	28:17
12 Rob Blair	M09	34:45



Twilight XC Photos
by D C Young

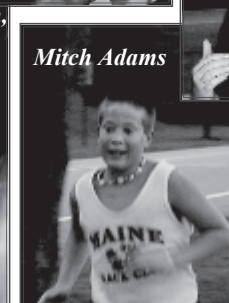
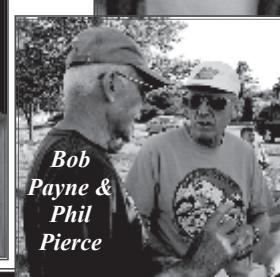
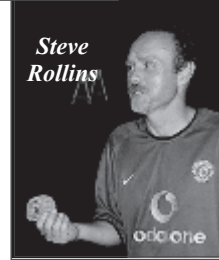
Chandler 2 Mile Relays At Twin Brook Cumberland, ME September 1, 2005

Place/Name	City	Time
3 Stanis Moody-Roberts	Cape Elizabeth	11:09
4 Tike McColl	Cape Elizabeth	12:12
6 Abby Samuelson	Freeport	14:07

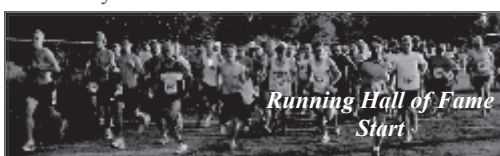
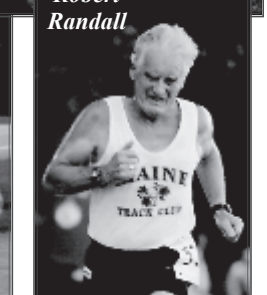
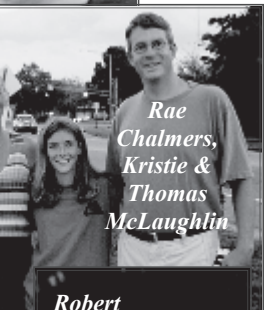
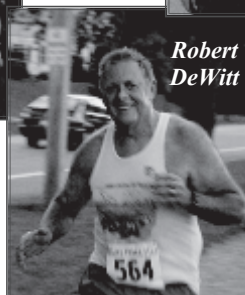
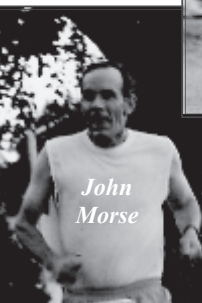


Maine Running Hall of Fame 5K Portland, ME September 2, 2005

Place/Name	Div	Age	City	Time	Pace
6 Floyd Lavery	1/10	M48	Gorham	17:48	5:44
10 Kevin Robinson Jr.	6/13	M20	N. Yarmouth	18:41	6:01
16 Dennis Smith	1/13	M55	Yarmouth	20:23	6:34
17 RJ Harper	2/13	M58	Portland	20:24	6:34
18 Steve Rollins	2/10	M43	Bowdoinham	20:37	6:38
19 Mark Finnerty	3/10	M46	Portland	20:38	6:39
29 David Young	4/13	M52	Danville	21:26	6:54
34 Carol Weeks	1/9	F56	Kennebunk	21:47	7:01
36 Norman Morgan	9/15	M36	Lisbon Falls	21:58	7:05
50 Nancy Kneeland	2/9	H50	Bar Mills	23:01	7:25
52 Robert Randall	2/8	M65	Springvale	23:13	7:29
55 Jerry LeVasseur	4/8	M67	Brunswick	23:36	7:36
57 Dana Staples	10/13	M26	Auburn	23:44	7:39
59 Valerie Abradi	4/10	F45	Lisbon	23:47	7:40
65 Harry Center	8/10	M43	Freeport	24:07	7:46
70 John Howe	1/2	M70	Waterford	24:30	7:53
78 John Morse	6/8	M60	Phippsburg	25:36	8:15
79 Mike Brooks	11/13	M59	Danville	25:43	8:17
83 Kristie McLaughlin	3/6	F13	O.O.B.	26:20	8:29
84 Joseph Cook	13/13	M55	Westbrook	26:27	8:31
85 Polly Kennison	1/1	F68	Scarborough	26:58	8:41
86 Rob Blair	4/5	M09	Raymond	27:14	8:46
87 Ryan Abradi	9/9	M17	Lisbon	27:37	8:54
89 Theresa Finnerty	6/10	F44	Portland	28:02	9:02
94 Nan Cumming	7/10	F44	Portland	28:24	9:09
98 Linda Hunt	5/9	F58	Hollis	29:42	9:34
101 Robert DeWitt	7/8	M61	Lisbon	30:01	9:40
107 Eileen Hamilton	7/9	F55	Scarborough	31:52	10:16
108 Dale Lincoln	8/8	M68	Falmouth	32:16	10:23
115 Mitch Adams	5/5	M12	Auburn	38:03	12:15
117 Janice Bilodeau	1/1	F72	Auburn	38:18	12:20
118 Carlton Mendell	2/2	M83	Windham	40:07	12:55
119 Denise Brooks	10/10	F45	Danville	42:01	13:32
120 Nancy Walton	9/9	F50	Mc Falls	42:09	13:34



Running
Hall of
Fame
Photos by
Don Penta
& D C
Young



Race Results and Photos...

Maine Sport Triathlon

Camden, ME September 4, 2005

(½ -mile swim, 27-mile bike, 6.6-mile run)

Place/Name	Age	Time
14 David Drew	M41	2:19:02
18 Carrie McCusker	F35	2:21:09
35 Tom Trytek	M50	2:29:48
39 Robin Carlson	F34	2:31:12
51 James Corbett	M41	2:37:25
61 Getty Payson	F44	2:41:28
90 Karen Connolly	F46	2:56:28
116 Beth Birch	F64	3:32:19

Triathlon
Photos by
D C Young

Carrie
McCusker



Abby Iselborn finishes first for the women in the St. Charles Children's Home 5K Road Race held at Pease International Tradeport on September 5, 2005.

Photo by Monika O'Clair/Democrat

Labor Day 8K

Caribou, ME September 5, 2005

Place/Name	Div	Age	Time	Pace
25 Connie McLellan	1stF	F54	37:040	7:27.5



Tom
Trytek

43rd Annual Labor Day 5-Miler

Bangor, ME September 5, 2005

Place/Name	Div	Age	Time	Pace
47 David Young	8/15	M52	37:04	7:25
78 Mike Brooks	9/15	M59	42:21	8:29
84 Ron Paquette	7/12	M64	43:18	8:40
92 Donnajean Pohlman	4/8	F54	45:43	9:09
101 Denny Morrill	9/12	M66	48:27	9:42
120 Mark Clinch	26/26	M47	1:04:43	12:57

9th Annual St. Charles Children's Home 5K

Portsmouth, NH September 5, 2005

Place/Name	Div	Age	City	Time	Pace
13 Abby Iselborn	1/13	F1619	Portland	18:06*	5:50
75 Carol Weeks	1/34	F5059	Kennebunk	21:23*	6:53
77 Zack Cost	14/28	M1215	Waterboro	21:37	6:58
103 Robert Randall	3/16	M6069	Springvale	22:36	7:17
297 Emma Cost	1/6	F0107	Waterboro	28:40*	9:14
322 Mel Uchenick	4/12	M7099	Kennebunk	29:39	9:33
390 Sarah Cost	11/20	F0811	Waterboro	33:08	10:40
485 Tiffany Weeks	19/20	F0811	Kennebunk	1:04:06	20:38

Ogunquit Beach Lobster Dash 5-Miler

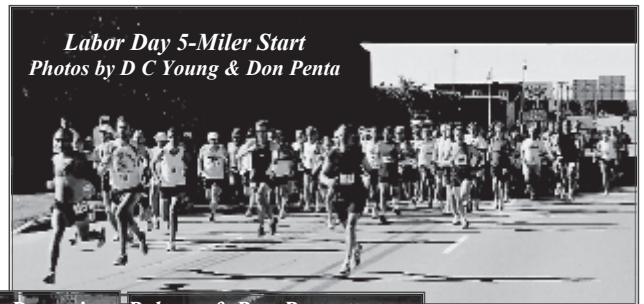
Ogunquit Beach, ME September 10, 2005

Place/Name	Div	Age	City	Time	Pace
8 Tom Trytek	1/28	M5059	Harpwell	32:51	6:35
30 Carol Weeks	1/12	F5059	Kennebunk	36:54	7:23
72 Jim Estes	13/28	M5059	Portland	41:16	8:16
140 Brenda Trytek	20/33	F4049	Harpwell	48:22	9:41
154 Nan Cumming	22/33	F4049	Portland	49:30	9:54
157 Donna Beaulieu	24/33	F4049	Poland	49:58	10:00

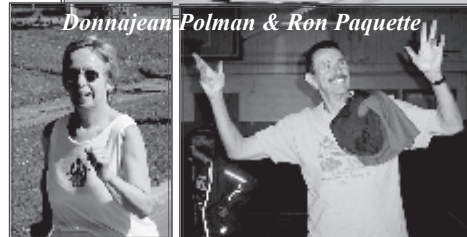
RUNNERS WANTED

RUNNING DOG SPORTS is looking for some energetic morning runners to start a Saturday morning group run. Yes, it is an odd time of the year to get a group started, but we will run until the snow is too deep and then we will bring out the snowshoes and XC skis! I will provide hot chocolate and tea after the run and once we get going we can add to the goodies. If you are interested in keeping up with your running throughout the winter, join us on Saturdays at 7:00am. We will meet at Running Dog Sports at 166 Narragansett Street (or route 202 West) in Gorham. If you need directions or have any questions, please call Kathy Hepner at 839-4786. RUN DOG RUN!

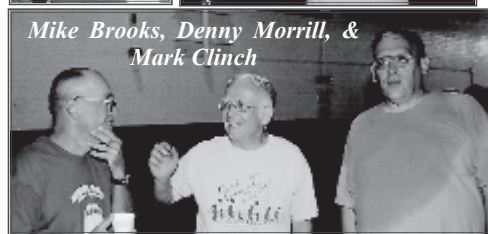
Labor Day 5-Miler Start
Photos by D C Young & Don Penta



Donnajean Pohlman & Ron Paquette



Mike Brooks, Denny Morrill, & Mark Clinch



Andrew Baird



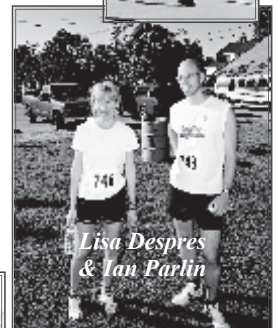
North Yarmouth Mile
North Yarmouth, ME
September 10, 2005

Place/Name	Div	Time
2 Andrew Baird	2/4	4:48
4 Ian Parlin	3/4	5:32
12 Lisa Despres	2/4	6:17

North Yarmouth
Mile & Kids Run
Photos by
Don Penta



Lisa Despres
& Ian Parlin



Race Results and Photos...

Maine Senior Games Portland, ME September 10, 2005

1500 Meter Race Walk		
Place/Name	Age	Time
1 Alice Smith	F54	13:32.60
1 David Young	M52	12:18.15

100 Meter Dash		
Place/Name	Age	Time
1 Janice Bilodeau	F72	17.60
3 David Young	M5	18.75

200 Meter Dash		
Place/Name	Age	Time
1 Janice Bilodeau	F72	59.14
3 David Young	M52	40.50

400 Meter Dash		
Place/Name	Age	Time
1 Janice Bilodeau	F72	2:09.59
5 David Young	M52	1:27.00

800 Yard Run		
Place/Name	Age	Time
1 Janice Bilodeau	F72	5:05.5
1 Thomas Ryan	M50	2:17.3
2 David Young	M52	2:54.7
1 Dennis Smith	M55	2:46.3
1 Jerry LeVasseur	M67	2:55.2
1 John Woods	M87	6:41.7

Men 1500 Meter		
Place/Name	Age	Time
1 Thomas Ryan	M50	4:29.22
3 David Young	M52	5:35.59
1 Dennis Smith	M55	5:28.11

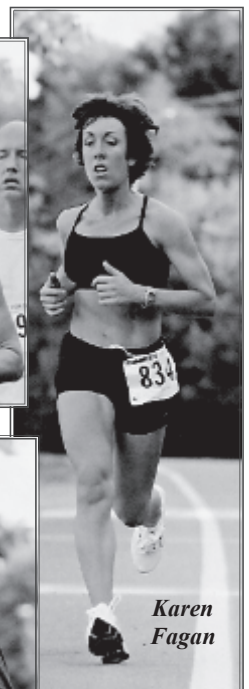
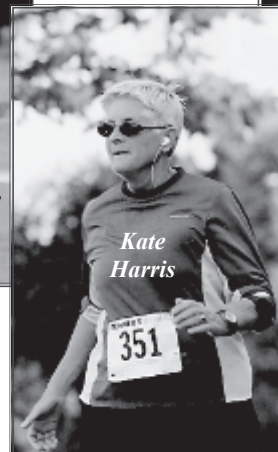
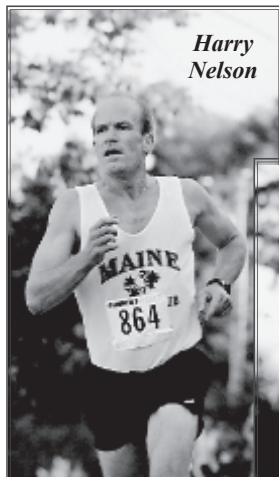
Men 1500 Meter		
Place/Name	Age	Time
1 Jerry LeVasseur	M67	6:26.49

Men 3000 Meter		
Place/Name	Age	Time
1 David Young	M52	13:14.68
1 Dennis Smith	M55	12:27.93
2 Jerry LeVasseur	M67	13:32.52



Dennis Smith
Janice Bilodeau
Jerry LeVasseur

Senior Games Photos
by David Colby Young



Dan Cardillo
Photos by
Don Penta

Dan Cardillo Memorial 5K Falmouth, ME September 11, 2005

Place/Name	Div	Age	City	Time	Pace
3 Michael Payson	1/44	M42	Falmouth	15:27*	4:59
10 Marc Dugas	2/44	M41	Scarborough	17:35	5:40
20 John Eldredge	1/22	M51	Cumberland	18:42	6:01
28 Harry Nelson	2/22	M51	N Yarmouth	19:45	6:22
29 Dan Smith	11/44	M45	Topsham	19:47	6:23
30 Stephanie Atkinson	5/31	F34	Hollis Center	19:52	6:24
32 Pete Peters	12/44	M40	South Portland	19:58	6:26
39 Matt Flynn	13/44	M43	Cape Elizabeth	20:35	6:38
56 Norman Morgan	13/21	M36	Lisbon Falls	21:22	6:53
59 David Colby Young	6/22	M52	Danville	21:27	6:55
61 Mallory Vaccaro	8/31	F32	Yarmouth	21:29	6:55
69 Harry White	2/10	M63	Scarborough	21:59	7:05
76 Erin Fuller	2/12	F27	Portland	22:33	7:16
78 Dana Staples	3/8	M26	Auburn	22:38	7:17
88 Bob LaNigra	4/10	M63	Scarborough	23:10	7:28
92 Sue Payson	4/41	F42	Falmouth	23:17	7:30
94 Brenda Day	5/41	F42	Brunswick	23:21	7:31
95 Ron Chase	5/10	F64	Durham	23:22	7:32
97 Maxwell Payson	11/26	M12	Falmouth	23:23	7:32
100 John Howe	1/1	M70	Waterford	23:28*	7:34
132 Mike Brooks	15/22	M59	Danville	24:36	7:55
137 Thomas McLaughlin	32/44	M41	OOB	24:48	7:59
141 Rae Chalmers	11/41	F48	OOB	24:56	8:02
144 Carol Blakeney	12/41	F44	Cumberland	25:20	8:10
145 Robert Jolicoeur	7/10	M68	OOB	25:27	8:12
150 Nancy Lund	4/10	F53	Falmouth	25:41	8:16
154 Kristie McLaughlin	7/31	F13	OOB	25:59	8:22
160 Polly Kenniston	1/3	F68	Scarborough	26:19*	8:28
189 Jane Conley	21/41	F49	Falmouth	28:17	9:07
264 Kate Harris	3/3	F60	Falmouth	35:11	11:20

Race Results and Photos...

4th Annual September Stampede 5K Sanford-Springvale, ME September 11, 2005

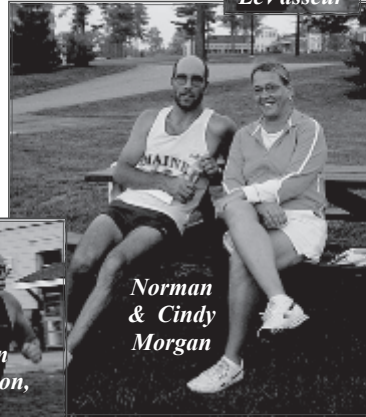
Place/Name	Div	Age	Time	Pace
1 Devin Shaw	1/2	M22	15:49	5:06
18 Carol Weeks	1/4	F56	21:01	6:47
24 Robert Randall	1/3	M68	22:08	7:09
28 Randalyn Brocher	1/3	F19	22:42	7:20
34 Mark Hansen	5/4	M42	24:51	8:01

Twilight XC Race Series #3: 5K New Gloucester, ME September 14, 2005

Place/Name	Age	Time
3 David Roberts	M50	20:58
4 David Young	M52	24:00
5 Norman Morgan	M36	24:09
6 Jerry LeVasseur	M67	25:34
7 Bob Payne	M67	25:53
9 Kevin Robinson	M49	26:19
12 Rob Blair	M09	30:28

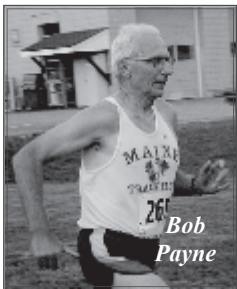


*Jerry
LeVasseur*

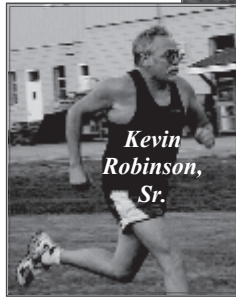


*Norman
& Cindy
Morgan*

*Twilight XC Photos by
D C Young*



*Bob
Payne*



*Kevin
Robinson,
Sr.*

1st Annual Mount Desert Island YMCA 5.3K Bar Harbor, ME September 17, 2005

Place/Name	Age	City	Time	Pace
27 Donna Bisbee	F49	Portland	33:51	10:17

28th Annual Bar Harbor Half Marathon Bar Harbor, ME September 17, 2005

Place/Name	Age	City	Time	Pace
2 Pete Bottomley	M43	Cape Elizabeth	1:15:28	5:46
27 Dino Joannides	M50	Round Pond	1:31:10	6:58
31 David Drew	M41	Litchfield	1:31:22	6:59
33 James Dunn	M37	Falmouth	1:33:01	7:06
44 Dora Rex	F42	Gorham	1:35:19	7:17
52 Carrie McCusker	F35	South Portland	1:37:59	7:29
61 Donald Foshay Jr.	M46	South Portland	1:39:01	7:34
64 Ian Parlin	M29	Portland	1:39:28	7:36
80 John Rolfe	M51	Portland	1:42:20	7:49
82 Lisa Despres	F43	South Portland	1:42:24	7:49
85 Rachel Landry	F37	Cumberland	1:43:06	7:53
90 Paul Letalien	M48	Portland	1:43:55	7:56
95 Theresa Patten	F35	Scarborough	1:44:29	7:59
102 Connie McLellan	F54	Sinclair	1:45:50	8:05
116 Janet Letalien	F41	Portland	1:47:52	8:15
135 Tom Brady	M39	Cape Elizabeth	1:50:02	8:24
204 Rae Chalmers	F48	Old Orchard Beach	2:02:44	9:23
205 Thomas McLaughlin	M41	Old Orchard Beach	2:02:47	9:23
241 Lisa Despres	F43	South Portland	2:13:16	10:11
247 Cathy Burnie	F56	Cumberland	2:14:28	10:16
253 Brenda Trytek	F48	Harpswell	2:15:26	10:21
274 Donna Beaulieu	F43	Poland Spring	2:21:43	10:50
275 Michelle Gravel	F38	Auburn	2:21:44	10:50

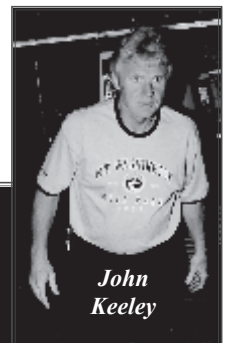


Peter Bottomley

*Bar Harbor Half Photo by
Sarah Hinckley Sports*



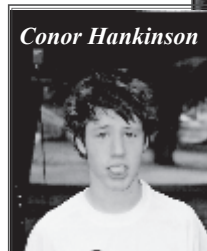
Bill Reilly



*John
Keeley*



Judy Reilly



Conor Hankinson



Beth Branson



*Carlton
Mendell*

*More
Rotary Bridge
Photos by
Don Penta
(see page 11)*



*Bob
Jolocoer*

Manchester Apple Festival 5K Manchester, ME September 17, 2005

Place/Name	Time
3 Lois Martin	33:08
4 Heather Sargent-Plante	34:53

Craig Cup XC 5K Race Series #2 Cumberland, ME September 17, 2005

Place/Name	Age	Time
1 Mike Payson	M42	16:53
3 Devin Shaw	M22	17:52
6 Floyd Lavery	M48	18:51
9 David Roberts	M50	19:30
12 Charlie Humphries	M44	20:17
17 Mike Towle	M57	22:57
20 Kim Moody	F50	24:15
23 Jerry LeVasseur	M67	25:54
24 Randalyn Brocher	F20	26:13

Northern York County YMCA Trail Mix 5K Biddeford, ME September 17, 2005

Place/Name	Div	City	Time
3 Robert Randall	1/1	Springvale	23:20

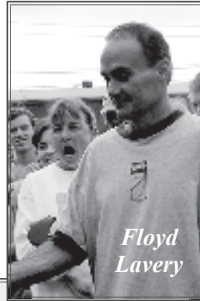
Susan G. Komen Breast Cancer Foundation Race for the Cure Bangor, ME 18 Sept 2005

Place/Name	Div	Time	Pace
545 David Wightman	32/165	41:16.6	12:53.9
588 JT Wightman	36/177	44:08.1	13:47.5
590 Hazel Wightman	56/413	44:11.6	13:48.6

Race Results and Photos...

6th Annual Portland Trails 10K Portland, ME September 18, 2005

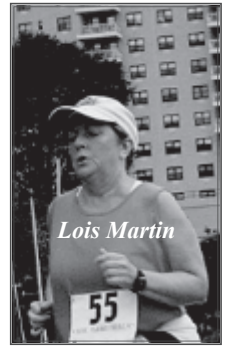
Place/Name	Div	Time	Pace
2 Andrew Baird	1/25	35:11	5:41
5 Joan Samuelson	1/27	36:46	5:56
6 Floyd Lavery	1/39	37:18	6:01
7 David Roberts	1/39	37:59	6:08
10 Bill Reilly	3/39	38:26	6:12
17 R.J. Harper	4/39	40:54	6:36
20 Dennis Smith	5/39	41:21	6:41
24 Mark Finnerty	4/39	42:15	6:49
37 Pete Peters	6/39	44:41	7:13
43 Norman Morgan	9/25	45:22	7:20
59 Dan Hogan	15/39	46:27	7:30
65 George Welch	12/39	47:05	7:36
68 David Young	17/39	47:12	7:37
89 Ron Chase	4/13	49:33	8:00
90 Jerry LeVasseur	5/13	49:33	8:00
118 Joseph McMorow	23/39	52:14	8:26
119 Jim Peverini	24/39	52:15	8:26
144 Loren Lathrop	28/39	53:29	8:38
145 Bob Jolicoeur	7/13	53:33	8:39
150 Susan Beaulé	11/27	54:09	8:45
163 Zoe Sobel	1/1	55:50	9:01
165 Tom Mundhenk	30/39	56:12	9:04
166 Joseph Cook	31/39	56:15	9:05
171 Betsy Greenstein	7/27	56:44	9:10
172 Walter Fletcher	33/39	56:53	9:11
173 Eugene Longobardi	33/39	57:04	9:13
180 Judy Reilly	9/27	58:17	9:25
185 Mallory Vaccaro	24/44	58:56	9:31
186 Tony Vaccaro	22/25	59:54	9:40
199 Karen Connolly	20/27	1:01:43	9:58
201 Scott Mercer	34/39	1:02:17	10:03
202 Tree Mercer	21/27	1:02:18	10:03
203 Robert DeWitt	9/13	1:02:24	10:04
209 Lauren Emerson	22/27	1:03:09	10:12
223 Michael Chadbourne	37/39	1:05:40	10:36
230 Eli Sobel	3/4	1:08:07	11:00
231 Daniel Sobel	38/39	1:08:07	11:00
233 Eileen Hamilton	19/27	1:08:48	11:06
240 Lois Martin	22/27	1:13:13	11:49
243 Judith McMorow	24/27	1:14:03	11:57
247 Heather Plante	41/44	1:14:17	11:59
249 Pam Peverini	25/27	1:15:12	12:08
251 Max Sobel	4/4	1:23:11	13:25
254 Carlton Mendell	1/1	1:25:10	13:45
257 Denise Brooks	26/27	1:27:16	14:05
258 Nancy Walton	27/27	1:27:26	14:07
261 Robert Connolly	39/39	1:36:47	15:37



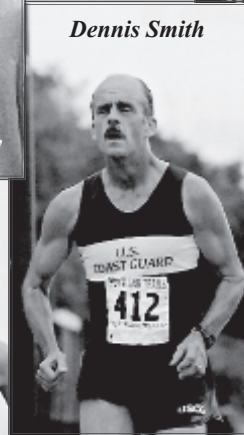
Floyd Lavery



Bob Jolicoeur



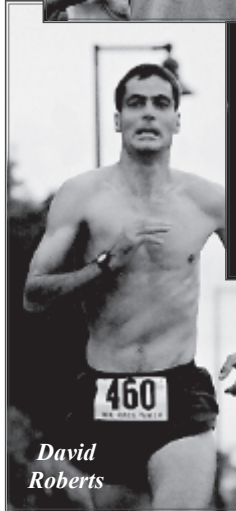
Lois Martin



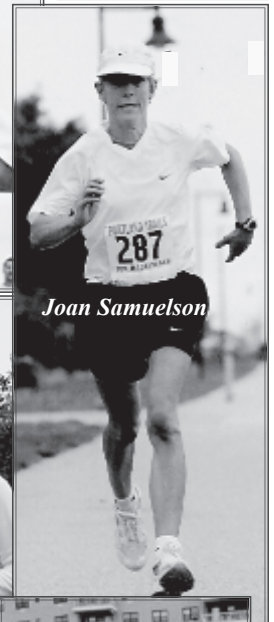
Dennis Smith



Matthew Thompson



David Roberts



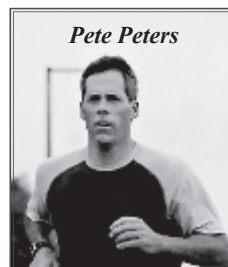
Joan Samuelson



Jim Peverini, Joseph & Judith McMorow



Kira Wigota



Pete Peters



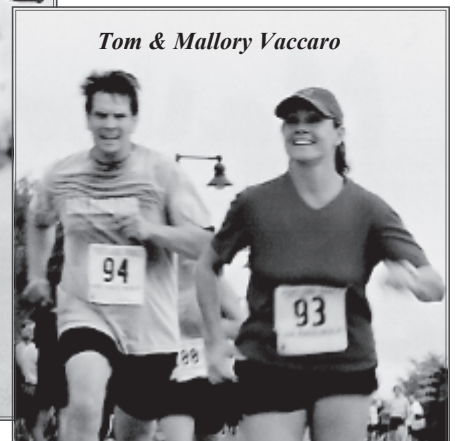
Portland Trails 10K
Photos
(pages 17-18)
by
Don Penta
&
D C Young



Eli, Dan, Zoe, & Max Sobel



Tom & Mallory Vaccaro



Portland Trails 10K Photos...



Ron Chase



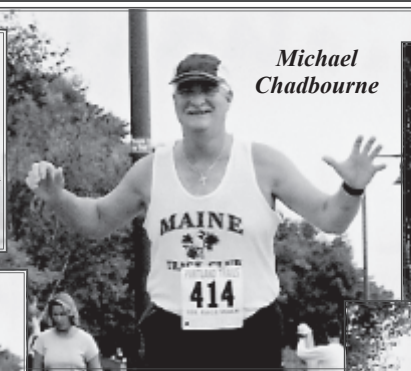
Lauren Emerson



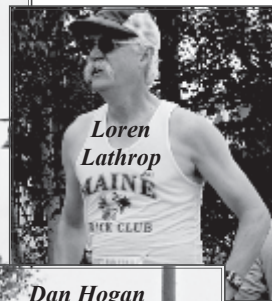
Norman Morgan



Tom Mundhenk



Michael Chadbourne



Loren Lathrop



Scott & Tree Mercer



R.J. Harper



Eugene Longobardi



Dan Hogan



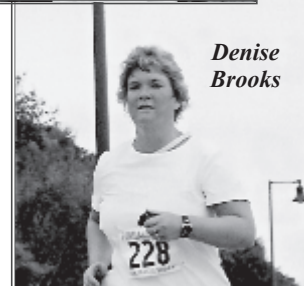
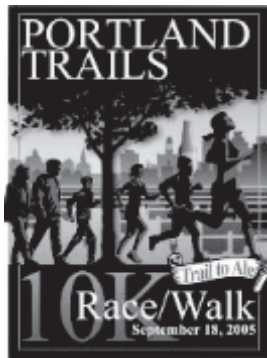
Joseph Cook



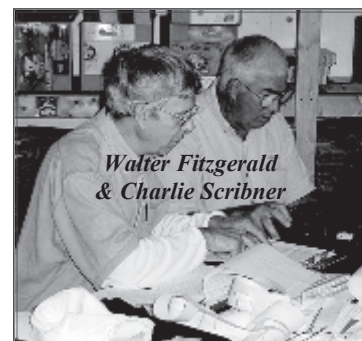
Rob Boudewijn



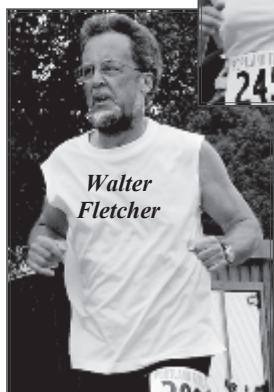
Andrew Baird



Denise Brooks



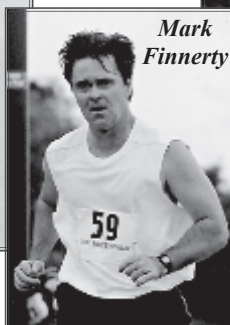
Walter Fitzgerald & Charlie Scribner



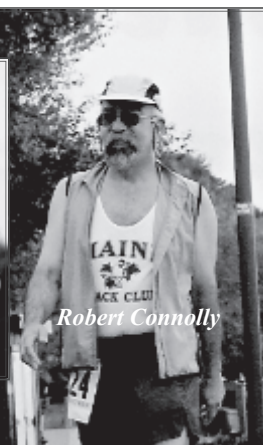
Walter Fletcher



Susan Beaulieu



Mark Finnerty



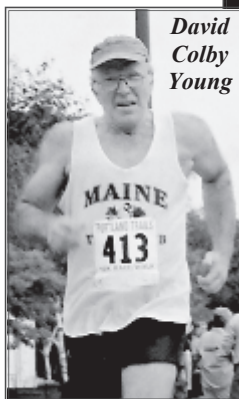
Robert Connolly



Karen Connolly



Betsy Greenstein



David Colby Young



Robert DeWitt



Heather Sargent-Plante