

## Race Results and Photos...

### Eliot Festival Days 5K Eliot, ME September 24, 2005

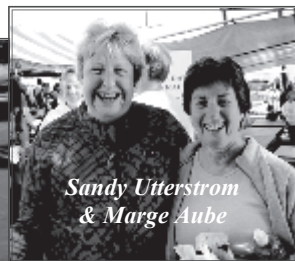
| Place/Name                 | Div    | Age   | Time   | Pace  |
|----------------------------|--------|-------|--------|-------|
| 12 Michael Payson          | 1/63   | M4044 | 15:16* | 4:55  |
| 28 Devin Shaw              | 17/53  | M1929 | 16:09  | 5:12  |
| 31 Tom Ryan                | 4/77   | M4549 | 16:20* | 5:16  |
| 47 Marc Dugas              | 9/63   | M4044 | 17:10  | 5:32  |
| 52 Floyd Lavery            | 7/77   | M4549 | 17:26  | 5:37  |
| 126 Stephanie Atkinson     | 11/101 | F3039 | 19:41  | 6:21  |
| 159 David Colby Young      | 9/49   | M5054 | 20:33  | 6:37  |
| 178 Carol Weeks            | 1/19   | F5559 | 20:55* | 6:44  |
| 219 Lisa Despres           | 10/71  | F4044 | 21:44  | 7:00  |
| 229 Nancy Kneeland         | 2/34   | F5054 | 21:52  | 7:03  |
| 234 Kathy Hepner           | 2/48   | F4549 | 21:55  | 7:04  |
| 251 Paul Wolf              | 31/77  | M4549 | 22:17  | 7:11  |
| 273 Randalyn Brocher       | 10/59  | F1929 | 22:38  | 7:17  |
| 293 Maxwell Payson         | 11/34  | M1114 | 22:51  | 7:22  |
| 298 Robert Randall         | 1/17   | M6569 | 22:56  | 7:23  |
| 302 Bob LaNigra            | 6/21   | M6064 | 23:02  | 7:25  |
| 325 Charles Sawyer         | 8/21   | M6064 | 23:22  | 7:31  |
| 335 Gail Saldanha          | 6/48   | F4549 | 23:32  | 7:35  |
| 396 Maureen Sproul         | 10/48  | F4549 | 24:35  | 7:55  |
| 597 Paula Sawyer           | 5/19   | F5559 | 27:48  | 8:57  |
| 621 Robert Jolicoeur       | 6/17   | M6569 | 28:13  | 9:05  |
| 628 Mark Favolise          | 61/77  | M4549 | 28:19  | 9:07  |
| 639 Sherry Carll           | 7/19   | F5559 | 28:28  | 9:10  |
| 644 Lauren Emerson         | 24/48  | F4549 | 28:38  | 9:13  |
| 665 Thomas Carll           | 19/21  | M6064 | 29:01  | 9:21  |
| 690 Hugh MacMahon          | 9/17   | M6569 | 29:28  | 9:29  |
| 693 Lois Martin            | 9/19   | F5559 | 29:32  | 9:31  |
| 718 Mel Uchenick           | 8/11   | M7074 | 30:06  | 9:42  |
| 762 Heather Sargent-Plante | 73/101 | F3039 | 31:16  | 10:04 |
| 786 Janice Gagnier         | 58/71  | F4044 | 31:49  | 10:15 |
| 802 Marge Aube             | 20/34  | F5054 | 32:05  | 10:20 |
| 853 Sandy Utterstrom       | 6/8    | F6064 | 34:41  | 11:10 |
| 869 Tyler Mercer           | 21/24  | M0110 | 36:12  | 11:39 |
| 871 Tree Mercer            | 38/48  | F4549 | 36:15  | 11:40 |
| 872 Scott Mercer           | 26/28  | M5559 | 36:15  | 11:40 |
| 879 Janice Bilodeau        | 1/2    | F7074 | 36:35  | 11:47 |
| 882 Pat Buckley            | 2/4    | F6569 | 36:46  | 11:50 |
| 894 Carlton Mendell        | 3/3    | M8099 | 38:18  | 12:20 |
| 899 Mel Fineberg           | 14/17  | M6569 | 39:22  | 12:41 |
| 903 Jean Thomas            | 4/4    | F6569 | 40:06  | 12:55 |
| 934 Ruth Hefflefinger      | 2/3    | F7579 | 45:07  | 14:31 |
| 948 Don Penta              | 28/28  | M5559 | 49:20  | 15:53 |



Bob Randall



Don Penta



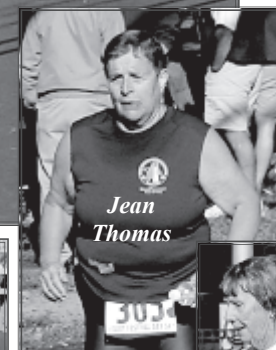
Sandy Utterstrom & Marge Aube



Janice Bilodeau



Mel Fineburg

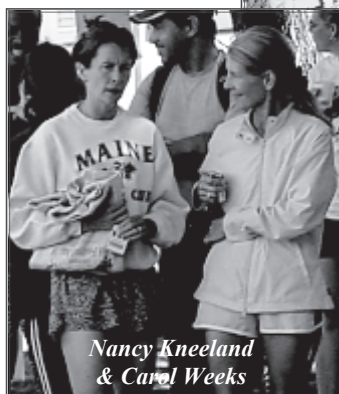


Jean Thomas



Ruth Hefflefinger

Eliot Festival  
Photos by  
D C Young



Nancy Kneeland & Carol Weeks



Lisa Despres & Pat Buckley

### Seahawk 5K Boothbay, ME September 25, 2005

| Place/Name         | Time  |
|--------------------|-------|
| 10 Jerry LeVasseur | 23:07 |

### Waterford Fall Foliage 5K Waterford, ME September 25, 2005

| Place/Name          | Div   | Time  |
|---------------------|-------|-------|
| 36 Charles Sawyer   | 2/6   | 23:07 |
| 40 Robert Randall   | 3/6   | 23:36 |
| 48 Ron Chase        | 4/6   | 24:17 |
| 71 Suzanne Blais    | 3/9   | 27:13 |
| 77 Paula Sawyer     | 2/7   | 28:16 |
| 80 Karen Connolly   | 5/9   | 28:38 |
| 102 Carlton Mendell | 2/3   | 38:16 |
| 107 Robert Connolly | 13/15 | 44:30 |

### 24th Twin City Marathon Minneapolis/St. Paul, MN October 2, 2005

| Place/Name             | Time    | Pace |
|------------------------|---------|------|
| 102 Joan Samuelson     | 2:46:26 | 6:21 |
| 1912 Stephen Lauritsen | 3:53:50 | 8:55 |

### Black Bear Triathlon Orono, ME September 25, 2005 (800-yd. swim, 15-mile bike, 4.5-mile run)

| Place/Name   | Div/Age        | Time    |
|--------------|----------------|---------|
| 3 David Drew | M41 Open M     | 1:29:38 |
| 8 Tom Trytek | M50 Open M 45+ | 1:37:13 |

### Common Ground Country Fair 5K Unity, ME September 25, 2005

| Place/Name          | Age | Time  |
|---------------------|-----|-------|
| 8 Tom Menendez      | M52 | 19:44 |
| 23 David Cannons    | M38 | 22:59 |
| 33 Jim Estes        | M56 | 24:17 |
| 38 John Howe        | M70 | 25:26 |
| 45 Ron Paquette     | M64 | 26:47 |
| 93 Charles Bickford | M52 | 34:09 |

# Maine Track Club Membership Application

If you would like to renew your current membership, you can register online at [www.mainetrackclub.com](http://www.mainetrackclub.com) or [www.active.com](http://www.active.com), or return this completed form with a check to:

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

TWO-YEAR  
& THREE-YEAR  
MEMBERSHIPS NOW  
AVAILABLE!!

## MEMBERSHIP TYPE & ANNUAL DUES

Membership is based on the calendar year, expiring on December 31st.

- |   |      |
|---|------|
| <input type="checkbox"/> 1 Year Household/Individual      | \$25 |
| <input type="checkbox"/> 2 Years Household/Individual     | \$45 |
| <input type="checkbox"/> 3 Years Household/Individual     | \$65 |
| <input type="checkbox"/> 1 Year Student (age 18 or under) | \$17 |



For official use only

- |   |                                    |
|---|------------------------------------|
| <input type="checkbox"/> Amt. Pd _____    | <input type="checkbox"/> Birthday  |
| <input type="checkbox"/> Check # _____    | <input type="checkbox"/> E-mail/NR |
| <input type="checkbox"/> Date Rec'd _____ | <input type="checkbox"/> Mailed WL |
| <input type="checkbox"/> Database         | <input type="checkbox"/> Mailed NL |

Do you want your newsletter by:

- ☐ E-Mail      or      ☐ Postal Mail

First Name Last Name Birthdate(s) M/F

P.O. Box/Street

City State 9-Digit Zip Code Home Phone

E-mail Address Business Phone

Occupation(s) Employer (If Student, School)

Additional household members:

First Name Last Name Birthdate(s) M/F

First Name Last Name Birthdate(s) M/F

First Name Last Name Birthdate(s) M/F

First Name Last Name Birthdate(s) M/F

## 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

Signature Date

Signature Date

## Maine Track Club Annual Membership Awards...

# THE MAINE TRACK CLUB SOLICITS NOMINEES FOR 2005 AWARDS

*DEADLINE for 2005 Award Nominations: December 1, 2005*

*CRITERIA: Candidates must be an active member of the Maine Track Club before September 30, 2005 to be eligible. See descriptions of the awards below for further criteria for nominations.*

*NOMINATION FORM on following page.*

*The Awards Committee is asking for your help in selecting this year's awards recipients. Please take the time to consider nominating one of your peers. We consider your participation an important and necessary part of making this year's selections.*

**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.

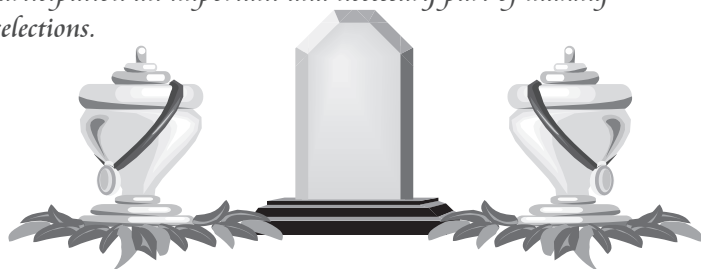
**COMEBACK RUNNER OF THE YEAR** - In the spirit of Winston Churchill's famous quotation, "Never give in, never, never, never - in nothing great or small, large or petty," this award recognizes that special runner who has demonstrated mental and physical toughness in order to overcome an obstacle - and 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** - These awards recognize the male and female runners in each age category (19 and Younger; 20-39; 40-49; 50-59; 60-69; 70-79; 80 and Older) 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 have demonstrated the highest level of competitive performance while making positive and substantial contributions to the club. These individuals are dedicated, disciplined, collegial toward other runners, and 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 some new committee members. If you are looking for a short lived but rewarding activity please call or e-mail Cathy Burnie, chair of the 2005 Awards Committee (829-5208) [cburnie@maine.rr.com](mailto:cburnie@maine.rr.com)*

## Maine Track Club Annual Membership Awards...

# MAINE TRACK CLUB 2005 AWARDS NOMINATION FORM

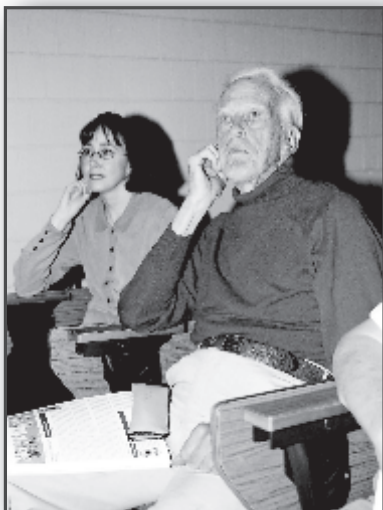
*The Maine Track Club Awards Committee invites you to recognize outstanding club members by recommending deserving men and women for the following awards:*

Your Name: \_\_\_\_\_

| AWARD - Please see previous page for award description, eligibility, and criteria. | NOMINEE - You may recommend candidates for more than one award category. | Briefly state why you feel these people are deserving of awards. Please keep in mind the eligibility and selection criteria, and try to be as specific as possible. Attach additional sheet if necessary. |
|--|--|---|
| MOST IMPROVED RUNNER   |  |   |
| COMEBACK RUNNER OF THE YEAR  |  |   |
| OUTSTANDING CONTRIBUTION TO MAINE RUNNING  |  |   |
| SPIRIT OF THE CLUB AWARD   |  |   |
| RACE DIRECTOR OF THE YEAR  |  |   |
| VOLUNTEER OF THE YEAR  |  |   |
| SPECIAL ACHIEVEMENT AWARD  |  |   |
| JOHN FYALKA AWARD  |  |   |
| AGE-GROUP AWARDS   |  |   |
| MTC RUNNER OF THE YEAR (MAN AND WOMAN)   |  |   |
| MTC LIFETIME ACHIEVEMENT AWARD   |  |   |
| FIRST MARATHON   |  |   |

*Kindly send your completed nomination form by December 1, 2005 to:  
Maine Track Club, Attn: Awards Committee, P.O. Box 8008, Portland, ME 04104  
Or send by email to: [bobaube@mainetrackclub.com](mailto:bobaube@mainetrackclub.com)*





General  
Membership  
Meeting  
9/14/05  
with guest  
speaker,  
Dr. Diane  
MacKinnon

(above) Dr. Diane MacKinnon  
& John Woods  
(right) Mark Grandonico



(left & below)  
Dr. Diane MacKinnon



(left) Cathy Burnie

## "Gear Up For Winter" Clinics

Maine Running Company is presenting two clinics designed to educate runners on how to "Gear Up" for winter training and get ready for the Boston Marathon or the Spring Racing Season.

**Clinic #1 - Tuesday, November 8th, 6:30-7:30 p.m. with the topics "Training through Winter" and "Gearing Up."** Two of Maine's Top Runner's, Ethan Hemphill and Andy Spaulding, will discuss their strategies on how to train and succeed through the winter months. "Proper Gear" will be presented by Rob Walker, from SportHill. Rob will take you through proper gear and layering and moisture management in extreme winter conditions.

**Clinic #2 - will be Tuesday, December 6th, 6:30-7:30 p.m. with the topic "The Evolution and Anatomy of Running Footwear" - John Rogers, Maine Running Company and Derek Wallace, Asics** With over 20 years of marketing and product development experience, including the launch of the Mizuno Wave and Reebok's DMX Technology, John will take you through the Evolution and Anatomy of Running Footwear, followed by a **Spring 2006** Shoe Review. Topics include:

- \* Running Shoe History and Evolution
- \* The Gait and Biomechanical integration - Neutral, Stability and Control - including technology and component application to Running Shoes
- \* The "Runner's World" Shoe review process. What does it mean??
- \* **Spring 2006** Running Shoe Review - See all the **NEW 2006** shoe models by Asics, Mizuno, Brooks, Saucony, New Balance and Nike.

The clinics will take place at **Maine Running Company**, located at **563 Forest Avenue in Portland**. There will be a **15% discount** on all in-store products the evening of each clinic **ONLY**. Please contact (207) 773-6601 or [www.runwalkcompany.com/events](http://www.runwalkcompany.com/events) for more details and directions.

## So you think you know Sandy?

Sandy Walton

Sandy Utterstrom



## Marathon Mania...

### Maine Corporate Treadmill Marathon

The Maine Games has announced a new event which will kick-off this year's Lighten ME! program. The Maine Corporate Treadmill Marathon will be held at Saco Sport and Fitness on North Street in Saco, on Friday January 13, 2006.

Five teams of between five and ten individuals from Maine's corporate community will compete to see which team will be able to log the most miles on a treadmill in a 12-hour period. These teams of fit individuals will take part in this relay event as a fund-raiser for the Maine Games, and to open the 2006 Lighten ME! Program.

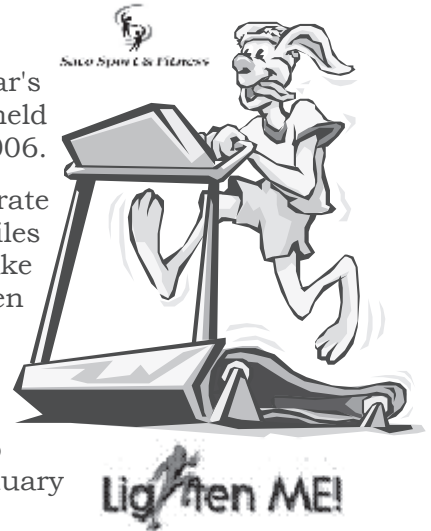
Lighten ME! is a four and a half-month statewide team weight loss and get fit competition which kicks off on Monday January 16. Teams of between two and ten individuals from all parts of the state will compete to see who can lose the most weight, and log the most miles of exercise between January 16 and June 2.


Lighten ME! is a part of Lighten Up America, offered nationwide by the National Congress of State Games. The Maine Games are the 41st member organization of the NCSG, which promotes sports competitions and healthy lifestyle choices all across America.

"In the past we've always had a media event to kickoff Lighten ME! We've brought in teams to be weighed on a giant scale for the cameras. Sponsors have made speeches, and teams have pledged to go the distance. This time we thought we'd try something a little different to get the competition started," said Maine Games Executive Director, Jeff Scully.

"It's always a little dramatic when a team of up to ten people all jump on a scale at once, but after you've done that a couple of years, it starts to become repetitive. The corporate treadmill marathon is something I've been thinking about for a while as a means of drawing attention to Lighten ME! and the problem six out of every ten Mainers has to deal with... being overweight or obese and inactive."

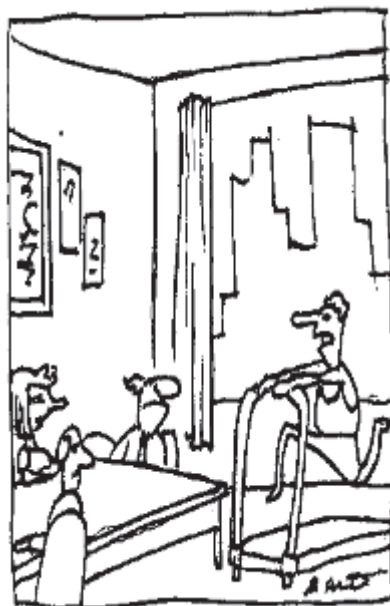
Scully said that Lighten ME! encourages healthy weight loss through improved diets and increased activity. The Maine Corporate Treadmill Marathon is a great example to all who desire to become more fit. Eating healthy and increasing one's daily activity is all it takes to become more fit, and to lose weight.





**SUSAN WIEMER**  
207.781.7116

Strength Training  
Core Conditioning  
Running Programs  
Sports Specific Training



*"If I have to be at these boring meetings, I may as well get something out of it."*

"We believe that the team competition which is Lighten ME! is a great way to motivate individuals to better health. It's worked wonders in our first two years," said Scully, who estimates that more than 13,000 pounds of fat has been lost from the Maine landscape in just the first two years of Lighten ME! "Not only are these individuals thinner, but they are also more healthy because of their increased activity and exercise regimens developed with this program. They are more productive at work and have fewer sick days and make fewer insurance claims due to the countless illnesses brought on by being overweight and inactive."

Last year 112 teams took part in Lighten ME!, combining to lose 6,802 pounds and log more than 221,000 miles of exercise.

Contact: Jeff Scully, Maine Games  
(208-284-2003) [jeff@mainegames](mailto:jeff@mainegames)

# The Clarence DeMar Marathon and the Boston Marathon

by Phil Pierce

Having been injured in the spring with plantar fasciitis, I was unable to run Boston and needed to re-qualify for Boston in 2006. Because my son lives in Keene, New Hampshire, I decided to try this reportedly "fast course." I completed the race on September 25, 2005 under ideal running conditions, running 3:37:22 and needing a sub 4 hour marathon for my age group qualification at Boston (60-64). This was a nice return to competitive running, and I finished without blisters or other foot problems.

If you are within 10 or 15 minutes of qualifying for Boston, having run one of Maine's three major marathons, give the Clarence DeMar Marathon serious consideration. The course is essentially downhill, mimicking Boston in the first several miles. The first and only serious hill is at Mile 18, and it is not particularly steep or long. The downhill following is steep enough to warrant considerable care, for you still have 8 miles to go. The hill at Mile 24 is minor, followed by a long, gradual downhill to the finish.

In comparing this course to the Sugarloaf Marathon in Kingfield, several comparisons are of interest. Clarence DeMar is the last week of September, a better time to run when most runners are in peak condition. The start of Clarence DeMar this year was at 38 degrees F - the finish at 49 degrees F! The start of Sugarloaf is often 38 degrees F with the finish often in the 90's. The first 10 miles of the Clarence DeMar are downhill and gentle, unlike the relative flatness and rolling hills of Sugarloaf. There is no long uphill as in Mile 11 and Mile 12 of Sugarloaf, but there is a similar steep downhill (Sugarloaf Mile 12), coming at Mile 18 of Clarence DeMar.

The roads on Clarence DeMar are country back roads for the most part, and are flat and uncrowned in comparison to Sugarloaf. No long, steep curves around the Sandy River and no stress on the ankles. Traffic conditions at Clarence DeMar are safer, with slow moving traffic and lots of policemen and traffic guards at all major intersections in Keene. At Sugarloaf, the traffic is fast with large trucks zooming by you.

The Clarence DeMar Marathon provides water (and Gatorade) every 2 miles, and some residents on the course also provide additional water. Pieces of oranges were also available late in the race. The journey from Gilsum through Surry takes you through the first 10 miles; the remainder of the course glides you through neighborhoods in Keene. How race management was able to find 26 miles of downhill or flat roads with only two uphill sections is pretty amazing, because this part of New Hampshire is very hilly. Mount Monadnock is nearby.

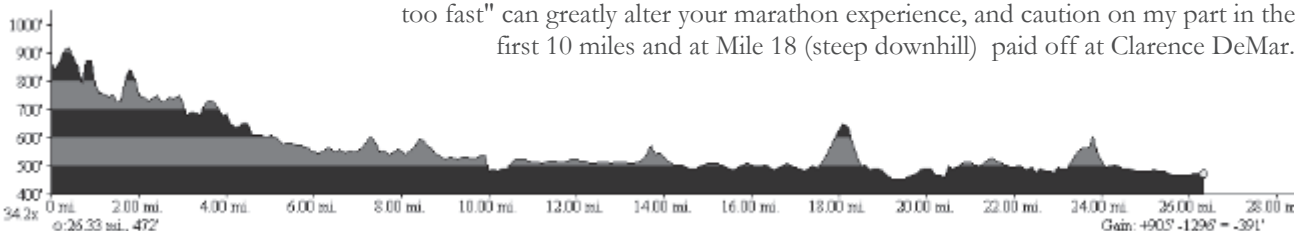
The Clarence DeMar Marathon is a laid back, no hype marathon, extremely well run and managed by local Keene runners. The pre-race pasta dinner was at Keene State College, \$8 per person or \$24 per family. I fed 5 persons for \$24, an excellent meal and a good deal. Cost of entry was \$45 so my total expense was \$69 plus the cost of getting there. I stayed with my son who lives less than a mile from the finish line.

I write this only because I feel few Maine runners are truly aware of this exceptionally fast and safe course. If you are 10 or 15 minutes short of qualifying for Boston at Sugarloaf, MDI, or the Maine Marathon in Portland, then give this race some thought.

In summary, I would rank order these marathons in terms of difficulty, as follows, given identical ideal race conditions.

- |    |  |
|----|--|
| 1  | (1) Clarence DeMar (a technically easy course)   |
| 6  | (2) Sugarloaf (a technically less easy course)   |
| 3  | (3) Maine Marathon (rolling hills)   |
| 1  | (4) Mount Desert Island (moderate difficulty)  |
| 19 | (5) Boston (a technically difficult course in spite of its overall downhill direction) |

If you have run all the current Maine marathon courses, I would be interested to know if you agree with my analysis. My experience may not be your experience, and generalizations such as I have made are open to debate -- "Going out too fast" can greatly alter your marathon experience, and caution on my part in the first 10 miles and at Mile 18 (steep downhill) paid off at Clarence DeMar.





## Quebec City Marathon: Great City - Great Race

by Mark Grandonico



I knew I should have brushed up on my French the minute we crossed the border into Canada. My limited high school French was so rusty a pint of Rustoleum wouldn't have helped. I did know for sure that we were not going to stop in Sorte Ferme for lunch as my in-laws (from Montana) insisted. The drive up from Portland came in at 254 Miles and about 3/4 of a tank of gas in the old Explorer. Speaking of gas, if you think it's still expensive here, it could be worse. In Quebec City it was close to \$5.00 a gallon. You will not see many SUV's or Pick Up trucks in the city; in fact, we were hard pressed to see any at all. If you did, they had U.S. plates on them.

I stayed at the Lowes Le Concorde which was the host hotel of the race. I'm giving the hotel 👍👍👍 of 5 thumbs up. It's located on top of the hill on the Grande Allee, about a mile walk to the finish line. Service was good, pool/hot tub were nice, and the rotating restaurant at the top of the hotel offered an amazing view of the city. Trip Tip #1: Book your dinner reservation during sunset! The Race Expo was well organized. The bib and chip pick up was a breeze, and there were some good deals on running clothing. Trip Tip #2: Get your currency exchanged before you leave the U.S. There was as much as a 7% difference in the exchange rate depending where you spent your U.S. Dollars. The hotels will exchange U.S. dollars to Canadian, but can't exchange Canadian to U.S. You need to go to a bank or one of the currency exchange offices downtown. Trip Tip #3: Save your receipts! Canada has a tax rebate program for us tourists. Be prepared for a little sticker shock when you purchase something. Similar to a gallon of gas, you think our taxes are high? You can recover a portion of the Canadian taxes you pay on goods and hotel expenses. Rebate forms are located in all areas of the city where tourist brochures are located. Receipts need to be stamped at the border; your hotel receipt does not.

On race day you pick up a shuttle to the start from the finish area. If you are staying at the Le Concorde, they offer a shuttle down to the finish area which was very convenient. The start is in Levis, across the St. Lawrence. The course is marked in kilometers, and this year the race organizers tried something new. They marked the course backwards starting with Km 42, I liked it. For us Yanks, the course was also marked in miles at 5, 10, 13.1, and 20. At the start, there is a school where coffee, water, and sports drinks were easily available. Bathrooms were plentiful as well. I arrived about an hour and a half before the gun and found a great place to stretch out and relax between the lockers.

My plan for this race was a sub 4, my first attempt at a sub 4 in several years thanks to a string of stress fractures and other joyful injuries. The race offered pacing groups which is a great touch. I found my 4-hour pacer and committed to not let this guy get out of my sight, no matter what. It was a good day for running. We woke to clouds, drizzle, 60's, and on-and-off light rain. The only weather related issue I heard about before the race was that it could be very windy around the bridge where you cross the St. Lawrence and head back to Quebec City. On this Sunday, there was no wind, and actually a little breeze would have been nice, it was a little muggy. So off goes the gun, and we are on our 26.2 journey. I hung with the Pacing Group for about 5K but found the pace to be painfully slow. So I started thinking it was time to head off, but abandon my race plan? I could see it clearly, I speed up and pay dearly for it at mile 20. Never fails. Ok, so after some quick mental calculations, I decided I would pick it up conservatively and keep the Pacing Group in sight. If they were in sight, I was close to my pace. If they passed me, I was blowing it. So off I went, still feeling great. The 4 hour group quickly faded.

Kilometers 1-12 are mostly downhill through the streets of Levis. Kilometers 12-23 are pretty flat with a few gentle rollers running along the St. Lawrence. Kilometers 23-29 are undoubtedly uphill as you make your way on to the bridge. Kilometers 30-42 are level with a couple minor grades to the finish line. The course support was great. There was water, replacement drinks, and porta potties at 15 locations, fruit and sponges at 4, and medical support at 8 locations. Kilometers were clearly marked and easy to read. There were several bands providing entertainment, and the crowd support was great as well. Proudly wearing my MTC singlet (as all members should), I heard a lot of 'Go Maine!'

Somewhere around Kilometer 15, I completely lost sight of my pacing group behind me and decided that I was going to make a run for that 3:45 Finish Group (which I never caught site of). The clock at 13.1 said 1:54. I was right on target and still feeling good. Now all I had to do was keep the pace for the next half. At the 20 mile mark, the clock said 3 hours. All I had to do was run a 59 minute 10K. This is normally an easy task, after 20 miles, a completely different story. As it turns out, I ran it in exactly 59:00 minutes! As I made my way down the last few meters to the finish line, I was rewarded with the first digit of the clock reading a 3. I completed the 42 kilometers in 3:54. Not in Meb's and Deena's league, but my best marathon in 2 years, and I was happy about it.

In summary, I give this race a big thumbs up. Quebec City is a great place to visit and the marathon is a well organized event. Drop me a line ([grandm@maine.rr.com](mailto:grandm@maine.rr.com)) if anyone wants more information.



## Sportshoe Center Maine Marathon 2005

by Bob Aube

Matt Frongillo of Bar Harbor seemed like an unlikely candidate to be a runaway winner at the 14th annual Sportshoe Center Maine Marathon, given that he had never before won a road race and that he finished 19th a year earlier in his marathon debut. But on an unseasonably warm day that took its toll on many competitors, Frongillo, 27, pulled away from the pack early, built a huge lead and was never challenged despite posting the slowest winning time in race history -- 2 hours, 41 minutes and 35 seconds. Frongillo finished almost seven minutes ahead of runner-up Peter Lopriore, 39, of Somerset, MA (2:48:34).

Brennan Liming, a 29-year-old triathlete from Apex, NC, emerged from a wide-open women's field, claiming victory with a time of 3:11:22. Liming's winning margin was almost exactly four minutes over Maggie Plante, 46, of Charlotte, VT (3:15:21).

For the first time since a marathon relay was introduced in 1997, the first person to cross the finish line in the marathon wasn't the overall marathon winner - it was T.J. Hesler, the anchorman for the PR Racing team. Though the PR Racing quartet didn't challenge the event record of 2:32:07 set by another PR team in 2001, they finished comfortably ahead of Frongillo, with a time of 2:38:45. The women's relay record did fall, however, as Running Dog Sports crossed the line in 3:03:08, shaving nearly two minutes off the 6-year-old mark held by Peak Performance (3:04:49). In the mixed division, meanwhile, the Flying Golums (3:00:38) of Elan School edged Southies Revenge (3:01:28), also from Elan.

The lone competitor in the wheelchair division, John Rackley, 43, of Eliot, completed the route in 2:57:45, just good enough to achieve his goal of qualifying for next year's Boston Marathon.

The half marathon had an event-record 1,294 finishers, the fastest of whom was Michael Payson, 42, of Falmouth. Payson successfully defended his title with a time of 1:10:50, ahead of his Dirigo teammate, Keelyn Wu, 38, of Freeport (1:11:23).



And the women's half marathon featured the best race of the day, as four women were still bunched together at the midway turnaround. Kathleen Bell, 37, of Orono eventually opened a small lead and held on for the win in 1:24:44, nine seconds ahead of Christy Phillips, 43, of St. Petersburg, FL.

### Maine Marathon champions

#### Men

1992: Bob Winn 2:30:17  
1993: Patrick Sullivan 2:35:00  
1994: Tim Clark 2:35:41  
1995: Patrick Sullivan 2:34:41  
1996: Bryne Decker 2:34:56  
1997: Bryne Decker 2:36:31  
1998: Leigh Schmitt 2:34:55  
1999: Bryne Decker 2:28:14\*\*  
2000: Bryne Decker 2:31:24  
2001: Bryne Decker 2:30:53\*\*\*  
2002: Russ Fiebig 2:33:32  
2003: Casey Carroll 2:39:18  
2004: Eric Lavigne 2:31:01  
2005: Matt Frongillo 2:41:33

#### Women

1992: Cheryl Ann Buckley 2:59:10  
1993: Mary Meehan 3:05:58  
1994: Cheryl Ann Buckley 2:51:44  
1995: Cheryl Dube 2:53:16  
1996: Kristen Pierce 3:05:00  
1997: Mary Meehan-Bates 3:12:13  
1998: Cynthia Moreshead 3:04:41  
1999: Brenda Baxter 3:17:25  
2000: Mya Mangawang 2:57:48  
2001: Denise Jewell 3:03:36  
2002: Emily LeVan 2:47:38  
2003: Alison Wade 3:09:49  
2004: Emily LeVan 2:39:34\*  
2005: Brennan Liming 3:11:18

\* State record

\*\* Event record

\*\*\* Current course record

## A Huge 'Deep Bow' to the Entire Maine Marathon Race Committee

Along with the hundreds of race weekend volunteers, they are simply THE BEST. Many of the committee members did much more than their normal duties, above and beyond the call of duty as they say. It truly was a TEAM EFFORT!

Bob Aube - Co Director

Sandy Utterstrom - Finish Area  
Coordinator

Al Utterstrom - Course set up/take  
down

Phil Meech - Yarmouth Traffic  
Coordinator

Jennifer Goss - Falmouth Traffic  
Coordinator

Ron Deprez - Portland Traffic  
Coordinator

Erik Boucher - Water Stop Coordinator

Mallory Vaccaro - Food Coordinator

Lisa Depres - Relay Coordinator

Don Penta - Photographer

Dr. Bill Dexter - Medical Director

Dr. Tina Smith - Medical Coordinator

Eric Ortman - Registration Coordinator

Mike Reali - Baxter Close/Open  
Coordinator

Kelly Fernald - Awards Coordinator

Mike Doyle - Course Clean up

Colleen Redmond - Course Clean up

John Keeley - Finish Area Clean-up  
Coordinator

Ron Pelton - Achilles Coordinatoer/  
Master of Ceremonies

Charlie Scribner: Course Clock  
Coordinator

Matt Hoidal - Camp Sunshine ED

Diane Smith - TNT Campaign Manager

Frank Dirrigl - Sportshoe Center

Ward Grossman - Sportshoe Center

Marc Brunelle - Sportshoe Center

Mike Brooks - Information/Pasta  
Dinner Coordinator

Mel Fineberg - USM Parking  
Coordinator

Howard Spear - Co Director & Irrigator

Thanks,

Howard Spear

**THANK YOU!**

# SF MARATHON,

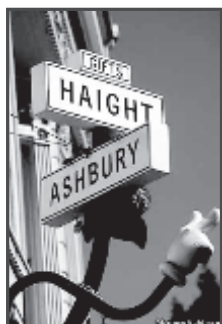
*continued from page 3*



Panhandle of the Golden Gate Park, we headed for Haight Street, where runners were each handed a paper cup with three chocolate covered raisins. Actually, three raisins if you were lucky. Tree got one raisin in her's.

After leaving the mile 10 table, still on Lincoln Blvd., we enjoyed a 95', 9/10 mile downhill. Having lived here for several years, I knew there were stunning views of the Pacific Ocean. The Golden Gate Bridge was just off to our right. I kept telling Tree, "If you can only see.....," and, "Just imagine.....," because we could barely see the eucalyptus trees just 3 rows in.

Had two more small hills on 27th Avenue. At mile 12.5 we entered Golden Gate Park where Fulton Street and J.F.K. Blvd. merge. Just beyond this point, we began to notice wet, tired people wrapped in space blankets. We realized we reached the finish line of the first Half-Marathon. At mile 13.5, while watching the buffalo herd, we noticed more than a thousand people standing in a paved area to our right. This was the second Half-Marathon, and within seconds we were literally engulfed by this group of fresh runners, elite runners in front. It was somewhat jarring to be suddenly surrounded by so many people going so fast, jockeying for position, weaving between us with yells of "On your left!", "Excuse me." The two of us, being neither fresh nor elite, felt as though we were being run over. Eventually this settled down. We all settled in and again enjoyed the experience of the numerous little rolling uphill and downhills that characterize this beautiful park. We circled a boating pond, passed the Rose Garden and the Japanese Tea Garden. Two Asian women stood along the path, hands together, chanting a Buddhist prayer. A line of Asian people, lunged forward while snapping open the most brilliantly colored fans.



At mile 18.75, we received our chocolate raisins, crossed Stanyan Street and entered Haight Street. We were bathed in golden sunlight with puffy white clouds overhead. Just minutes before in the park, we were watching ground fog swirling around the knees of runners in front of us. As John "the Penguin" Bingham said at Saturday's Expo, "By the time I finish, entire weather systems have moved over." That's how we felt.

We were glad to find the first unorganized spectators of any numbers here in Haight-Ashbury. We also loved a 165', 2 mile downhill towards the Mission District, where we then went uphill at mile 20.5 then turned right onto Gurrero Street, into the Mission District, 16th Street and a steep 3/10 of a mile uphill followed by its equivalent downhill. There were a handful of spectators through the Mission, but we lost all spectators as we passed into, at mile 22, an area referred to as "The Warehouses." This was vacant lots, warehouses, and great parking areas full of commuter buses. Here we crossed under Route 80.

More hills between miles 22 and 23. At mile 22.75, we turned right, headed away from the eventual finish line, passed mile 23, then took a left on 22nd Street, and a left on Indiana Street. At mile 24, the bay was to our right and Candlestick Park exactly one mile ahead. We passed the South Beach Marina, crossed the 3rd Street Bridge, passed mile 25 at Candlestick, waved to Willie McCovey's statue, glanced inside the stadium, ran beneath the giant baseball glove while chants of "One More Mile" came from runners around us.



A man from Indiana commented on our red Maine Marathon shirts, and mentioned that he and members of his running club were going to run the Bar Harbor Marathon in October. He chatted on about Maine and marathons with us. I marveled at how he could be so outgoing at 25.5 miles.

We stepped back onto the Embarcadero after winding behind the Candlestick Park area. We could see the finish ahead. We crossed together at 5:21, thrilled that we had completed another marathon, number six for me, and five for Tree. We were handed bottles of water, had our chips clipped off, and received the coaster-sized finisher's medals! A rumor floated around that a California guy won in 2:35. We headed off in search of food. The post-race food was advertised as drinks by Starbucks and turkey snacks by something called Jenny-O. The line for Starbucks was long with at least 80% non-runners. The Jenny-O truck was locked. We were informed by two Jenny-O attendants that, "We ran out of food at 7:30 a.m." So we walked over to attend the much ballyhooed gala post race party sponsored by Michelob beer (it was now 10:50 a.m.) to find a \$5.00 admission fee. We hobbled up sets of stairs to the Hyatt, elevator-ed to our room, showered, and returned to the street to Subway and Taco Bell. The line at Subway was 80% runners. Taking the food back to our room, we listened to the announcer call in runners until approximately 12:15.

Later over dinner at Pompeii's Grotto, near Fisherman's Wharf, we analyze the day. Tree's previous best had been 4:34 at the 2004 Maine Marathon, mine 4:49 at Sugarloaf in 2003. We agreed that running to and fro over the Golden Gate Bridge was very slow. Lots of people, runners and walkers alike, in one lane, slippery footing in numerous places, and the myriad of small hills took their toll.



So, if you are going to San Francisco, bring more than flowers for your hair. Include a strategy for the slow places. Due to the pre-dawn start and route, there are very few spectators. Onlookers are more numerous, and community involvement is greater on the Maine Marathon than we saw while running San Francisco. We had a truly wonderful time, shared many laughs with fellow runners, and received many "Go Maine!" from spectators. The route was exciting and beautiful. Given a morning of visibility, it would be spectacular.

See you on the roads!

## Giving...

"Volunteers are the only human beings on the face of the earth who reflect the nation's unselfishness, compassion, care, patience, need and love for one another. They are a luxury too often taken for granted. It frightens me somehow, to imagine what the world would be like without them." - Erma Bombeck

## Children's Running Program Coordinator Needed!

We are seeking an individual who can coordinate the MTC/South Portland Kids' Running Program that usually starts in May. This involves six 45-minute sessions on Saturday mornings. There have typically been 15-25 kids enrolled in past years. No experience is needed; just a love for the sport and the ability to work with kids in grades K-5. There will be 10-15 adults to assist. We had to cancel this program last year because of some last minute conflicts and would really like to see it take off again. The track sessions for the kids are held on the South Portland H.S. track, and the last session usually culminates with some type of 1 mile fun run. Please contact Mark Grandonico (773-2576) [grandm@maine.rr.com](mailto:grandm@maine.rr.com) if you are interested.

## Kevin's Marathon Challenge!

Kevin Kenerson is looking for support. This year, Kevin is looking to break all of his past fundraising records, and this requires your best effort. He is riding in the Pan Mass Challenge and running in the Dana Farber Marathon Challenge. All of the proceeds are to benefit the Dana Farber Cancer Institute in Boston. By the end of the summer, you will be able to check his progress and read stories of those who have inspired him to take on this endeavor by going to [www.kevinkenerson.info](http://www.kevinkenerson.info).

As an alternative to simple donations, Kevin is fortunate to be selling t-shirts designed by world renowned artist Daniel "Danny O" O'Connor. He has donated a color print called "Home Run at Fenway" from his Boston collection. The all-cotton t-shirts are being sold for a suggested donation of \$20.

Checks can be mailed to him at P.O. Box 1623, Bangor, Maine 04402 or you may make tax deductible donations online at [www.pmc.org](http://www.pmc.org) by giving his name, gift id kk0021, or rider id 12412-2.

## Maine Track Club Assists New Orleans Relief Efforts

The MTC sent a \$100.00 contribution to the New Orleans relief fund set up by the RRCA. The New Orleans Track Club (NOTC) was the gracious host of the RRCA Convention that Sandy Walton and I, Mark Grandonico, attended last May. It was difficult and disturbing to watch the stories of the destruction and survival which unfolded last August and September in the wake of Hurricane Katrina. It's good to see the city rebounding, with the NOTC back in action for their next race in mid-November.





## See Your Running Pictures Online...

David Colby Young has photos from numerous road races throughout the state, and beyond, posted on his personal Web site, so if you're a club member who ran any races since 2004, there's a good chance you'll find a photo of yourself.

Check out David's site at  
<http://journals.aol.com/davidcolbyyoung/MaineRunningPhotos>.



## Running Is Fun

by Dale C. Lincoln



The shades of night were falling fast.  
 As through a small Maine village passed.  
 An old runner who gave 'mid the snow and ice.  
 A silent message, along with healthy advice.  
 RUNNING IS FUN.

Icicles from his breath hung on his clothes.  
 A slippery liquid dripped from his nose.  
 Slowly but gracefully, he ran with the breeze.  
 While town folks said, "He's gonna' freeze!" .

But with three miles behind him, he was warm as a bun.  
 He had seven more miles for thoughts on the run.  
 Starting to reminisce he adjusted his stride.  
 And recalled memories that have never died.

Downeast folks had made statements in his younger days.  
 They viewed people and activities in critical ways.  
 "Play baseball or basketball, don't be a slacker."  
 And  
 "He runs so the cheese, is half-off his cracker!"

He recalled that day in a Maine Master's race.  
 The new runner ahead ran a catch-able pace.  
 But speed to catch the runner he did not find.  
 Ralph Thomas in his first race, left him behind!

During one long race, his legs "turned to jelly."  
 A leg cramp sprawled him on his belly.  
 He found a way to stand up, hobbled on his way.  
 Knowing his best marathon wouldn't happen that day.

He had seen runners drop from the summer heat.  
 And remembered his body lower than his feet.  
 When snow covered ice quickly made him inert.  
 And wondering if he was seriously hurt.

On rural highways he screamed "Insanity."  
 And instantly used profanity.  
 When drivers lost their status for being his friend.  
 Passing cars, without beeping, near his rear end!

Dehydration and "cottonmouth" were in his log.  
 Plus the times he was bitten by a dog.  
 Shoes and clothing gained improvements and styles  
 While logging his 25,000 miles.

During many long workouts he ran not alone.  
 Older veterans told stories of the Bulge and Bastogne.  
 Younger friends mentioned things to them very real:  
 Agent Orange; Vietnam; A Navy SEAL.

Coaching Cross Country he ran, made practices fun.  
 "Clip board coaches" wondered why his team won.  
 Interval running was part of his training plan.  
 Sometimes he's called "An old Fartleck man."

No women beat him in Boston's big race.  
 It didn't happen because of his fast pace.  
 In those days the rule was, KEEP WOMEN OUT.  
 About that, nobody should brag and shout!

He recalled times 'mid our country's sorrow and tears.  
 Maine gained lady runners who were "Pioneers."  
 America went running, there were races "a-plenty."  
 And women ran marathons close to Two Twenty!

When his ten-mile jog ended, snow was four inches deep.  
 He showered, ate supper, then went to sleep.  
 Dreaming of running a marathon, the whole field he led.  
 When leg cramps made him fall,--- he shuddered in bed!.

He never caught Hillgrove or Thomas in a race.  
 But God gives to us all our time and our place.  
 From running he made friends, found happiness and joy.  
 And he remembers it all in his Laz-E-Boy!

RUNNING IS FUN

- Asics
- Mizuno
- New Balance
- Saucony
- Brooks
- Nike
- Sugo
- Sport Hill

**MAINE  
RUNNING  
COMPANY**

**Maine's ONLY Running and Walking Specialty Store**

**Run.  
Walk.  
Do Something!**

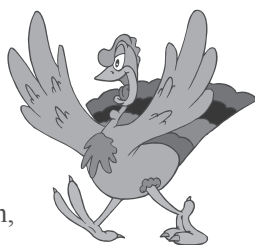
- Knowledgeable Staff
- Foot and Biomechanical Gait Assessment
- Tremendous Footwear & Apparel Selection
- 10% Track Club Discount
- Group Runs, Walks & Nordic Walks

**563 Forest Ave. Portland  
773-6601**  
[www.runwalkcompany.com](http://www.runwalkcompany.com)



## November/December & Beyond Races...

- Nov 5 24th Annual Great Osprey 10K Ocean Run, Freeport, Wolfe's Neck State Park, 10:00 a.m.  
Contact: Beth Taylor (865-6171)
- 4 Mile Turkey Trot & 1 Mile Turkey/Dog Jog, Sanford, Gowen Park Gazebo, 9:00 a.m.  
Pre-registration required by 10/28  
Contact: Sanford Recreation (324-9130)
- 4th Annual Fall Into Fitness 4-Miler, East Hampstead, NH, Hampstead Health & Fitness, 45 Danville Rd, 9:00 a.m. Contact: Carol Stevenson (603-382-9291) HHF2005RoadRace@comcast.net
- Bruce Ellis Memorial 5K, Exeter, NH, Synergy Health & Fitness Ctr @ Exeter Hospital, 10:00 a.m. Contact: Richard Evans (603-580-7034) revans@ehr.org or 51 Hooper Shores Rd, York, ME 03909
- Nov 6 Black Mountain of ME 5K Trail Run, Rumford, Black Mtn Headquarters, End of Glover Rd, 9:30 a.m. Contact: Paul Jones (562-7172) paj2@megalink.net or P.O. Box 451, Dixfield, ME 04224
- Maine USATF XC Meet, University of ME Augusta Registration @ 12:30 p.m., Course walks @ 1:00, First race @ 2:00 Contact: Taylor Harmon (622-3229)
- Nov 11 Capital City Veteran's Day 5K & 1-Mile Fun Run, Augusta, Hodgkins M.S., Malta St, 10:00/9:30 a.m. Contact: Shawn Totman (626-2460 ext. 1109) or Taylor Harmon (622-3229 or 242-9247)
- Nov 12 Girls on the Run Community & Family 5K, Bethel, Crescent Park E.S., Contact: (824-3459) goldberg@megalink.net
- Nov 13 Larry Robinson 10-Miler & Alex Miliotis 5K, Andover, MA, Andover H.S. Field House, 9:00/9:05 a.m. Contact: Roy Dennehy (978-937-4200) rkd6@msn.com
- Maine USATF XC Meet, University of ME Augusta, 11:00 a.m. Contact: Ron Kelly (883-2747)
- Nov 19 Jingle Bell Run for Arthritis 10K, Portsmouth, NH, Little Harbour School, 50 Clough Dr, 10:00 a.m. Contact: Janet Bourne, (603-224-9322 or 800-639-2113) info.nne@arthritis.org
- 5th Annual Great Confluence 5K/10K Race, Brunswick, Check-in at Mid-Coast Hospital for all races 7:15-8:15 a.m. Buses to starting points in Bath or Brunswick leave at 8:30 a.m.  
Contact: Donna Clukey (373-6745) www.midcoasthealth.com/race
- Nov 20 37th Annual Hannaford Turkey Trot 5K & ½ Mile Kid's Fun Run, Cape Elizabeth, Pond Cove M.S., 9:00/8:30 a.m. Contact: Maggie Soule (846-3631)
- 24th Annual Brewer H.S. Turkey Trot 5K & Kid's 1 Mile Fun Run, 1:00/12:30 p.m. Contact: David Jeffrey (825-3403)
- Nov 24 24th Annual Thanksgiving Day 4-Miler & 1K Fun Run, Portland, 1 City Center, 9:00/8:30 a.m. Contact: George Towle (780-5595) gtowle@usm.maine.edu
- Nov 26 8th Annual Burn Off the Turkey 5K, Gorham H.S., Morrill Ave, 9:00 a.m. Contact: Don Cross (893-9082) or Cindy Hazelton (839-5034)
- Caribou Turkey Trot 5K, Caribou H.S., 10:00 a.m. Contact: Dan Harrigan (498-3226)
- York Rotary Turkey Trot 5K, York Village E.S., 11:00 a.m. Contact: York Parks and Rec. Dept, (363-1040) parks-rec@yorkmaine.org or www.yorkmaine.org
- Dec 3 Bates College Men's/Women's Pentathlon & Invitational, Lewiston, Noon Contact: Al Fereshetian (786-6360) afereshe@bates.edu
- Dec 4 Jingle Bell Run/Walk for Arthritis 5K, Freeport H.S., 30 Holbrook St, 10:00 a.m. Contact: Janet Bourne, (603-224-9322 or 800-639-2113) Fax:(603-224-3778) info.nne@arthritis.org
- Dec 11 11th Annual Santa's Toy Trot: 2-Miler, 4-Miler, 6-Miler & Kid's Fun Run, Merrimac, MA, Sweetsir School, Church St, 1 p.m. Contact: Sharon Yu (978-521-9389) shly17@msn.com or 6 Perkins Ct, Haverhill, MA 01832
- Jan 21 MTC Pre-Banquet Handicap 5K Run, Buxton, The Bungalow, Rte. 22 & Broadturn Rd, 8:00 a.m.
- The Thaw 4.5-Miler, Belgrade, TBA
- Feb 5 Mid-Winter 10-Mile Classic, Cape Elizabeth H.S., 9:45 a.m. Contact: Don Penta (892-4526), Ray Shevenell (799-4556), Chris Boynton (775-3060), or Erik Boucher (774-2654)





**LORNA "TIKI" HUMPHRIES**  
207.781.7116

Strength Training  
Core Conditioning  
Running Programs  
Sports Specific Training



# MTC Board Meeting Minutes 10/12/05

**Attendance:** Mark G., Cathy B., Ward G., Lisa D., Sandy W., Mike B., Hazel W., David Y.

**Secretary's Report:** Board Meeting Minutes (8/18/05) accepted.

**Treasurer's Report:** Account Balance as of 10/12/05: \$12,652.  
\$5,500 expenditures for equipment. \$11,000 received from races (\$4,500 Peak's Island Race, \$3,000 Maine Marathon, others.) Check for \$45,000 will go to Camp Sunshine this year from Sportshoe Maine Marathon.

**News\*Run Report:** Sandy has developed a detailed Standard Operating Procedure for the Newsletter. This will be a guide for current and future editors. Sandy is also working on one for the Membership position. These will be a big help when positions change hands.

The issue of manually identifying MTC Members from race results was discussed. With a growing membership, members are occasionally overlooked and not posted in the News\*Run. Mark suggested using Microsoft Access, which should be able to pick out all names of MTC Members when the appropriate queries are set up. He will be looking into this project in January, as it is somewhat complicated.

The new printing company, "Mailings Unlimited", is working out well.

## **Race Committee Report:**

*Hall of Fame, St. Peter's Race, Dan Cardillo:* Went well this year.

*Maine Marathon:* Overall went well. Plan to have two trucks for course clean-up next year to speed up the process and save wear and tear on vehicles and equipment (and people).

*Sea Dogs Race:* Robin Carlson and John Keeley will work as Co-Directors with Howard Spear this year.

*Safe Passage:* New race. MTC has been asked to do the results and finish line for the Safe Passage Race on April 29th. Mark agreed to take this race over, with a co-director who will be the Director for next year.

*Camp Meridian:* MTC has been asked to help with a new race for Camp Meridian, a weekend retreat camp for families of children cardiac disease. This is still in the planning stages, but will be sometime in the months of April-June.

*MTC Race Fees:* \$250 plus \$1.00 over the first 100 runners.

*Next Year's Race Committee:* Any member who has an interest in being on this committee next year is welcome.

## **Special Events Committee:**

*Pasta Dinner:* To be held Friday, Nov 18. The current Board will remain in place for another year, so no elections are necessary this year at the dinner.

*MTC Banquet:* To be held January 21st at Keeley the Caterer in Portland. Discussion was held about ways to make the event more fun. The slide show was very popular, and David will put together a new show this year. Beyond that, in the interest of time for the Social Hour, Buffet, the President's presentation, and Awards, nothing was added to this year's agenda.

**Equipment Update:** All equipment has been purchased. Looks and works great. Equipment Trailer is old, and new equipment takes up more space. May be able to get \$500-\$1,000 for our old one in trade, and buy one for \$2-\$3,000. Also can check into sponsors to help out with cost, such as New Balance, in trade for advertising on the trailer. Board feels a new trailer is a good idea. Mark will check into it and present to General Membership for approval.

**MTC Website:** "Maine 26.2" stickers will be put on our website for sale. Next year plan to also have "Maine 13.1" stickers.

## **Board/Club Positions:**

*Equipment Manager:* still needed. Trailer is being passed from driveway to driveway currently.

*Mt. Washington Race Director:* still needed.

*MTC Bus Trip Director:* still needed. Mark has been looking into races for a bus trip. Suggestions welcome.

*Board Member at Large:* Erik Boucher volunteered for this.

**Club Raffle:** Mark is planning on contacting Marathon Tours and Travel to inquire about a donation of a Dublin Marathon package in exchange for a purchase of another ticket by the MTC and some specific advertising. Raffle tickets would be printed with sponsor's name, and would be sold starting at the Midwinter Classic 10-Miler in February.

**Boston Entries:** Mark has sent a letter to the BAA/Boston Marathon inquiring about 2 Boston entries to the marathon. These would be used for MTC members. Exactly how will be determined later.

**Storage Space-Trailer-Equipment:** Board discussed the need for a central location for the Equipment Trailer. Ideally, this would be at least a 10'x20' enclosed space to house the trailer and all equipment, with space to store equipment outside the trailer. Cost of rented storage is high. So far, no one knows of a club member who has such a space. Cathy is going to check with the Cumberland Fairgrounds about renting out a barn on the grounds, as some fairgrounds do this.

**RRCA Convention-Houston 3/8-12/06:** MTC bylaws state that the President and Race Committee Chairperson attend this convention. Phil Meech is Race Committee Chairperson now, but position may open up in the future. If there is no Race Committee this year, the Board will select 1 Board Member to attend.

**Club-supported Donations:** MTC often receives requests to sponsor or donate to a specific cause. The Board discussed and decided to allow people to write an article for the News\*Run if they would like to ask for donations, so that individual members can donate if they wish. The club receives too many requests to honor each one.

**Kids Running Program-South Portland:** This has been posted on the Volunteer Opportunity Tab on Website, and will be placed in the News\*Run, for person willing to head this up.

**MTC Logo:** Response to changing the Logo has been that members like the chickadee, but a few others would like to see a change. Brief discussion to keep the old logo, but also have an additional design for a club singlet and/or t-shirt, which may result in more members wearing some kind of a MTC shirt at races. Official logo shall remain the original.

**Running Dog Sports and Maine Running Company** have upcoming seminars and/or Group Runs that they would like to list in the News\*Run and on our website. Board approved, since the events being advertised are not for profit and in the best interest of the running community.

**MTC Membership Fees:** Discussion about raising membership fees beginning Jan 1st, 2006. Suggestion was to raise from \$25 to \$30. The Board also discussed discounted, multi-year membership fees of \$50 for 2-yr, \$70 for 3-yr. The final decision was to keep dues the same for the 1 year membership at \$25 and actually lower dues for the 2- or 3-year membership to \$45 and \$65 respectively. Lifetime memberships were discussed, no decision made.

**Online Ordering of Clothing:** Question whether we can/should do this.

**General Membership Meetings:** Hazel suggested having Race Director and Timing Info/Training Sessions as part of the bi-monthly meetings for those members who might be interested in learning 'the ropes', possibly including a shared CD. She also suggested that we ask Running Dog Sports and Maine Running Company to conduct seminars or speak at our meetings.

**Next Board Meeting:** Wed. December 7th, Norway Savings Bank - Falmouth 6-8 p.m.

**Next Membership Meeting:** Pasta Dinner Fri. November 18th, Columbia Club - Portland 6 p.m.  
(Wed. November 16th Meeting at SMCC - CANCELLED)

Submitted 10/16/05

*L Despres*  
MTC Secretary

## Group Runs...



MTC  
Roasters Run  
& Envelope  
Stuffing Party  
8/21/05  
Thank You,  
Volunteers!  
"Many hands  
make light work."



### Kennebunk

**The Kennebunk Thursday Night Group** runs 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 8's to 9's 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 9:00 p.m. Several members of the group also run Sunday mornings in Kennebunk or in North Berwick. Contact: Steve Jacobsen (985-4107 - nights) or (985-3244 - days)

### Biddeford-Saco

For anyone interested in weekly morning runs or weekend early-afternoon runs. Contact: Gene Roy (284-8036)

### Portland/South Portland

**The Rat Pack** runs Sunday mornings at 7:00 a.m. from Payson Park. Contact: Ron Deprez (772-4312) or Mike Real (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 (671-7733)

**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 1:00 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 (773-8854)

### MTC Roasters Runs

The Maine Track Club hosts a weekly "Roasters Run" on Saturdays at 7:00 a.m., starting from the parking lot of Maine Roasters Coffee on Route 1 in Falmouth. Runners group themselves based on pace and then go out for runs ranging from 2-20 miles through Falmouth and Portland. Pace ranges from 7-minute miles to walking. The runners congregate back at Maine Roasters Coffee after finishing to continue discussions over a cup of Joe. The runs are very informal, with the only formality being that they always start at exactly 7:00 a.m. all year long. Not a Saturday has been missed since its inception on March 6, 2004. Contact: Sandy Walton (846-6577) [swalton2@maine.rr.com](mailto:swalton2@maine.rr.com)

### New Gloucester

This group meets Sundays at 7:00 a.m. in the parking lot of the Pineland YMCA for runs of various distances. It might be helpful to add your name to the e-mail list for weekly updates, as times and places sometimes change. Contact: Maureen Sproul (926-4681) [msproul@unumprovident.com](mailto:msproul@unumprovident.com)

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



# RUNNING DOG SPORTS



**KNOWN BY WORD OF FOOT**

SHOES • CLOTHING • EQUIPMENT

166 NARRAGANSETT ST., GORHAM, MAINE

**207-839-4786**

Do you feel that nip in the early morning air?  
It can only mean one thing. . . . Fall is here!  
**RUNNING DOG SPORTS** has cool weather  
clothing to keep you warm from head to toe.

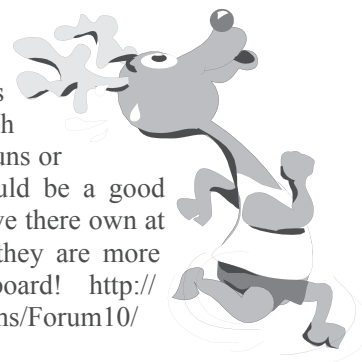
Let us help you choose the layers  
that work for you.

**Don't forget the BROOKS SPORTS  
"COTTON FOR TECH" PROMOTION -  
Bring in a clean, cotton race shirt and purchase a  
long sleeve technical shirt from Brooks for \$10<sup>00</sup>.  
Perfect for Fall!**

## Maine Running Forum on Cool Running

by *Richard Bouthillette*

This is a place where members can communicate with each other and talk about future runs or other running needs. It would be a good idea, and the club should have there own at some point, but until then they are more then welcome to use this board! <http://www.coolrunning.com/forums/Forum10/HTML/002994.shtml>



## Maine Track Club Members Start Running Club at Saint Joseph's College

by *Sean Ireland*

On September 5, 2005, over 180 students, faculty, staff and alumni showed up for the inaugural fun run of the Sebago Striders, a new running club at Saint Joseph's College started by President David House and Sean Ireland, Maine Track Club Members. The three mile fun run for many was their first introduction to the miles of running and skiing trails that exist on the 365 acre campus located in Standish on Sebago Lake.

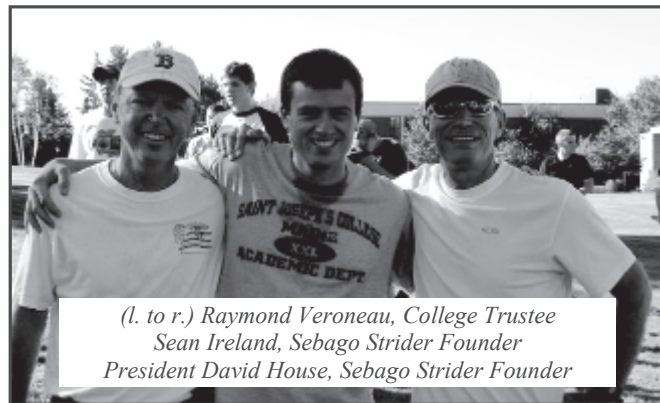
The goal of Sebago Striders is to create fun running opportunities for students, faculty and staff. The club also hopes to promote healthy choices to the entire campus community by sponsoring educational speakers and field trips that emphasize the importance of fitness and well-being.

"As a liberal arts college, we have an obligation to create learning opportunities for our students both in the classroom and outside of the classroom. The Sebago Striders seemed like such a natural extension to some of the club programming that already existed at the College. Plus, it gives me a great opportunity to regularly interact with the students in a relaxed and less formal way" said, President House.



The club recently filled its leadership positions with students and hopes to be approved as an official college club in the very near future. Matt LeBlanc '07, Sebago Strider President, feels confident that the club will be a success, "there are already all kinds of students running by themselves, all we need to do is come up with some different times and different runs and make it fun-there definitely needs to be a social component to the Striders-it is college!"

So there you have it, the next generation of Maine Track Club Members-the Sebago Striders, right in your own back yard-catch them if you can!



(l. to r.) Raymond Veroneau, College Trustee  
Sean Ireland, Sebago Strider Founder  
President David House, Sebago Strider Founder



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



Non-Profit  
Organization  
U.S. Postage  
PAID  
Portland, ME  
Permit No. 403

## MAINE TRACK CLUB UPCOMING EVENTS:

**FRIDAY NOVEMBER 18, 2005 @ 6:00 P.M.**

### **ANNUAL PASTA DINNER**

**Columbia Club • Wordsworth St. • Portland**

Mike Reali and his crew will be preparing their famous spaghetti & meatball dinner again this year. How could you resist?? Bring the whole family... Fine Food and the Company of Running Friends and their Families

**MENU:** Salad, Spaghetti & Meatballs, Italian Bread, Soft Drinks, Coffee, Cake (Meatless sauce also available.)

**COST:** Adults \$7.00 • Children under 12 FREE

**DIRECTIONS:** From 295, take Washington Ave. West exit, Turn right onto Veranda St. Go about half a mile and turn left onto Wordsworth St.

Columbia Club is the 3rd building on the right.

**SATURDAY JANUARY 21, 2006 @ 8:00 A.M.**

### **ANNUAL HANDICAP RUN**

**The Bungalo • Corner of Rte. 22 & Broadturn Rd. • Buxton**

**SATURDAY JANUARY 21, 2006 @ 5:00 P.M.**

### **ANNUAL MTC BANQUET**

**Keeley the Katerer • 178 Warren Avenue • Portland • 797-3550**

Come with your family/friends and enjoy a special evening with other MTC members. The Special Events Committee is working hard to make this a memorable evening for you!!

**SOCIAL HOUR 5:00-6:00 p.m.**

**DELICIOUS BUFFET 6:00-7:00 p.m.**

**AWARDS PRESENTATION 7:00-8:00 p.m.**

**COST:** Adults \$16.00 • Children \$8.00

**RSVP by JANUARY 1st to Cathy Burnie**

**(829-5208) cburnie@maine.rr.com**