

Run with a friend...

[www.mainetrackclub.com](http://www.mainetrackclub.com)

November 1999

# Aetna U.S. Healthcare Maine Marathon/Relay & Casco Bay Half Marathon

*Shelly Gauthier*  
2nd Female Overall  
3:19:25

*Eileen Dunfey (MTC)*  
4th Female Overall  
3:24:04

*Brenda Baxter*  
1st Female Overall  
3:17:25

*Pamela Hall*  
3rd Female Overall  
1st Female over 40 3:23:24

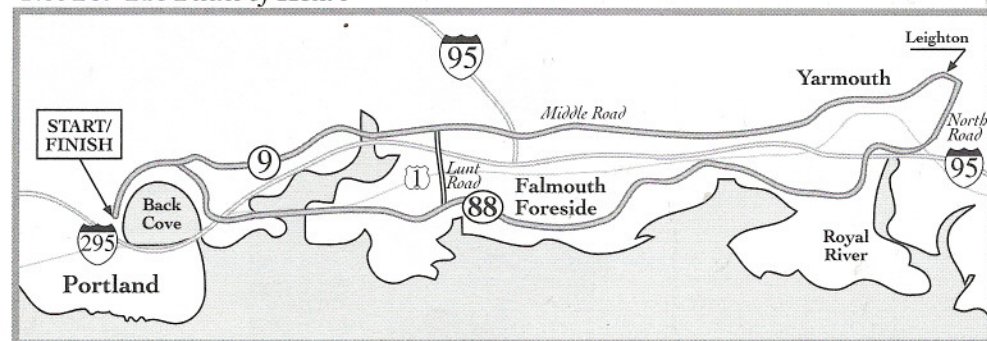
*Byrne Decker*  
1st Overall  
2:28:14  
**COURSE RECORD!**

*Gregory Hale*  
3rd Overall 2:41:41

*Robert Ashby*  
2nd Overall 2:38:48

*David T. Roberts*  
1st MTC 2:57:02

*Not For The Faint of Heart*





## Message From the President

### November Message

Dear Fellow Runners,

What a great Fall running season we have had! So many races and so few weekends!

Thank you to Christine Snow-Reaser for speaking at our October meeting. You were able to share some of your insights on running and answer our questions with ease. Hopefully our running times will start to mirror your fabulous recent race times!

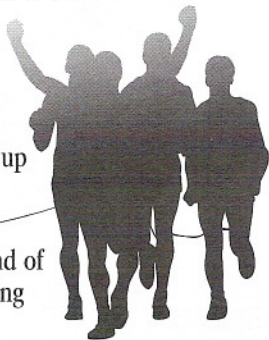
A huge thank you to Carol Hogan who generously loaned me her new camera to take slides of the Marathon to show at the pasta dinner. They came out wonderfully this year.

Please take a minute to consider running for an office in your club. Election of officers will take place at the Pasta Dinner. What better way to take an active part in the largest running club in Maine than to serve on the Board of Directors or as an officer?

The Annual Awards Banquet will be held in Cumberland Center, at Val Halla on January 22. Please join the Banquet Committee as we plan the festivities. Give a call to any of the officers to sign up for this great opportunity. Don't miss out!

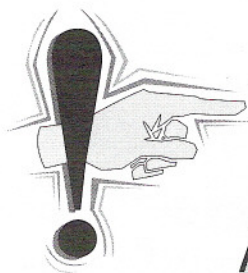
The December meeting will be a Jingle Bell Fun Run on December 21. Meet at 6 P.M. at the end of the Eastern Prom (near the automobile club parking lot) and run along the path lit with holiday lights.

Happy Running!



Marge

Our condolences go out to Marge Aube on the death of her mother



Please Renew For  
Year 2000.  
Applications enclosed

## Aetna U.S. Healthcare Maine

Saturday October 2nd

Fitness Expo

Registration & Packet Pickup

Sullivan Gym, U.S.M.



Boy Singers of Maine



MTC Volunteers



Rex Holtan and friends visit  
the MTC Table.

Some of The Fitness Expo  
Entertainment



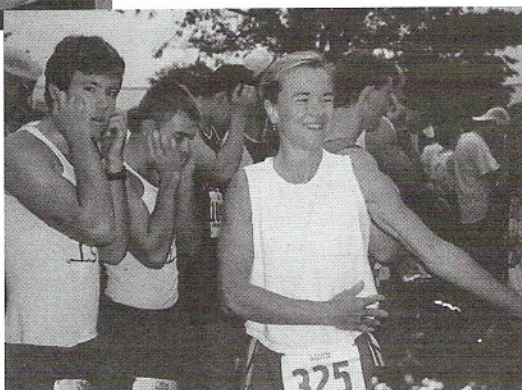


**Sunday, October 3rd**

**Many Smiles At The Start On Race Morning**



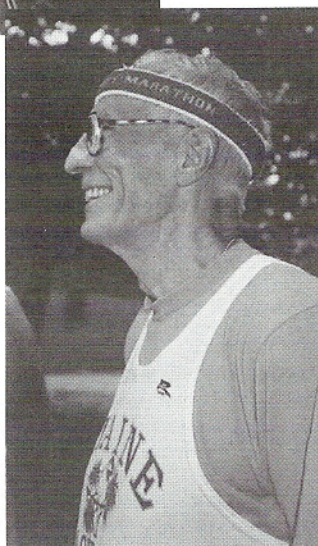
*Christine Snow-Reaser*



*Eileen Dunfey*



*Polly Kennison*



*Carlton Mendell*



*Terry Sutton*

**November 20**

Shop 'n Save Turkey Trot (5K Race & Walk), Cape Elizabeth, 9 a.m. Contact: Maine Track Club 741-2084 or Mel Fineberg 774-8868.

**November 25**

Thanksgiving Day 4-Miler, Portland, 9 a.m. Contact: George Towle 780-5595.

**February 6, 2000**

Maine Track Club Mid-Winter Classic, Cape Elizabeth, 12 Noon, Contact: Maine Track Club 741-2084 or Race Directors Don Penta 892-4526, Jeanne Hackett 766-5026, Ray Shevenell 799-4556/ray@maine.rr.com.

*"Please call any of the phone numbers listed above to volunteer for any of these races."*

**CONGRATULATIONS  
TO THE FOLLOWING FINISHERS  
OF THE  
MTC-50 MILER  
ON OCTOBER 16TH**

Place/Name	Time	Pace
1 Richard Wells	6:41:56	8:02
2 Craig Wilson	6:58:39	8:22
3 Phil Pierce	7:31:58	9:02
4 Frank Dudas	7:42:03	9:14
5 Rick Piermarini	9:16:30	11:08
6 Richard Fedion	9:27:28	11:21
7 Ron Paquette	9:35:09	11:30
8 Bill Rice	10:47:57	12:58
9 Bob Sansonetti	10:55:22	13:06
10 Donald Osman	11:29:32	13:47
11 Egor Egan	14:34:52	17:30



## A Record Race

For the second year in a row the Maine Marathon had near perfect weather for both runners and volunteers. Once again the MTC did their usual fine job in putting on a near perfect event. (notice the word "near", we try hard to be perfect....but who is?)

Two course records were set along with record entrants and finishers in all three races. The half marathon winners were Craig Watche of West Newburg, MA in 1:12:02 and Joan Samuelson of Freeport in 1:18:00. The Marathon winners were Byrne Decker of Yarmouth in a record smashing time of 2:28:14, (the previous record was 2:34:31) and Brenda Baxter of Groton, MA in a time of 3:17:25 (her first marathon win). Relay team winners were "TKIWEB.Com" (L. Bruyere, S. Keenan, A. Anderson & D. Drew) in a record smashing time of 2:28:31 (old record 2:43:14)

### Stat's

Total relay teams were 19 (up from 10 in '98)

Marathon entrants and finishers were 466 & 403 (up from 371 & 328 in '98)






Half Marathon entrants and finishers were 742 & 644 (up from 692 & 623 in '98)

### Thanks

Many thanks to almost 400 volunteers and the Maine Marathon Race Committee members, as well as our sponsors Aetna U.S. Healthcare, Sportshoe Center, Saucony, USM Track & Field, Orthopaedic Associates of Portland, Maine Army National Guard, RRCA, Gatorade, Lindenmeyr Munroe, Kris-Way Truck Leasing, Pine Tree Waste, Leavitt & Parris, Maine Wireless, Time Warner Cable of Maine, WJAB, WJBQ, Auburn Crystal Spring Co, Maine Sports Massage Team, Black Bear Graphics. And a special thanks to Matt Flynn & Mike Doyle for all their help.

### Help!

We are looking for Race Committee Members for the following positions next year:

-  Overall Volunteer Coordinator
-  Traffic Control Volunteer Coordinator
-  Relay & Traffic Cone Coordinator
-  Awards Coordinator
-  Sponsor Coordinator (someone to enlist local merchants to donate goods and/or services)

Again, without volunteers and sponsors, The Maine Marathon could not continue. Please Sign Up!

-Howard Spear, Race Director

## Comments on MTC & The Maine Marathon

**The support was terrific in every aspect, from the start of the race to the finish, the people, the water stop volunteers, the chute people, the medical tent professionals and the massage therapist. You did the Maine Track Club and yourself proud. That was a nice race event, good course, great organization, good "feel". Be back next year. Thank you.**

*I want to tell you folks that you ran a class act. I was impressed with the attention and care I received at the end of the race.*

**You guys do a super job. Thanks so much.**

*Just a quick note to thank you and your club for putting on such a great event, the organizers, the support people and the spectators were just super. Again thanks for a great day. PS: We had a contingent of 8 runners who had the same feelings. Thought the course was scenic, excellent aid station support. I've run marathons in 38 states and I definitely give the Maine Marathon high marks for a race its size.*

**Just wanted to say thanks for a great marathon. It was very well organized with a nice scenic course. Look forward to seeing you next year.**



*Just finished the Casco Bay Half Marathon. One of the best organized and well run races I have had the pleasure to run. Congratulations on a job well done. I can't tell you how much I enjoyed the race yesterday. You guys are excellent. The course was scenic, great job with water, traffic, snacks, giveaways, etc. I look forward to next year.*

**I just want to say that you did a great job organizing the race. I didn't hear one negative comment. There aren't too many races I can say that about. I had a blast. The marathon was a great experience for me and my family. I will highly recommend the marathon to future runners.**

*Hi there. I ran the Maine Marathon this past Sunday and had a blast. Everything I had read about your marathon, the superb organization, the friendly staff and onlookers was absolutely true. Thanks for an awesome first marathon experience. Congratulations on a job well done.*

**The marathon was one of the most organized I have run and I have run over 50. Maine is my 45th state. I want to congratulate you on an excellent run and appreciate your help.**

*Thanks for a great marathon. The support was great. I have passed the word to other marathon runners.*

**Hi - I want to thank you folks for inviting us to run in your race. The race is great and all the volunteers at the start, on the course, at the finish, and everywhere else in between. It really is a treat for the runners to be taken care of the way you treat all of us. Thank you! I'll be back next year.**

**Plus: I am very irritated. Two years in a row I have asked for a medium shirt and have received a large!**

## GROUP RUNS

The **Maine Track Club** includes all kinds of runners doing many different distances and paces ... from the weekend jogger to the daily 20-minute runner to the serious road racer. Whatever your pleasure may be (social, speed, long distance), we probably have a running/training group near your area. For more information, contact any of the following:

### Kennebunk

The Kennebunk Thursday Night group runs every Thursday night year-round, rain or shine. Welcome to MTC members and fellow runners. Our group size ranges from 7 or 8 to over 20 depending on the weather and time of year. Pace ranges from some running 7s to several running 8s to 9s and sometimes slower. Distance is up to 6.5 miles. Following the run, tradition insists on a trip to Federal Jack's Brew Pub in K'port for libations and dinner and we are always home by 9. Several of the group also run Sunday mornings in Kennebunk or in No. Berwick. Please try to join us, We would love the company. For more info Steve Jacobsen, 985-4107 PM or 985-3244 Days.

### Portland

The **Rat Pack** runs Sunday mornings at 7 a.m. from Payson Park. Contact Ron Deprez (772-4312) or Mike Reali (829-2014).

YMCA Noon Runs from the YMCA on Forest Ave. Contact Marla Keefe (775-9620) or Mike Pratico (874-1111).

The **Maine Front Runners**, a gay and lesbian running club, runs from Back Cove across from Shop & Save on Saturday mornings at 9 a.m. Contact Jim Estes (761-2059).

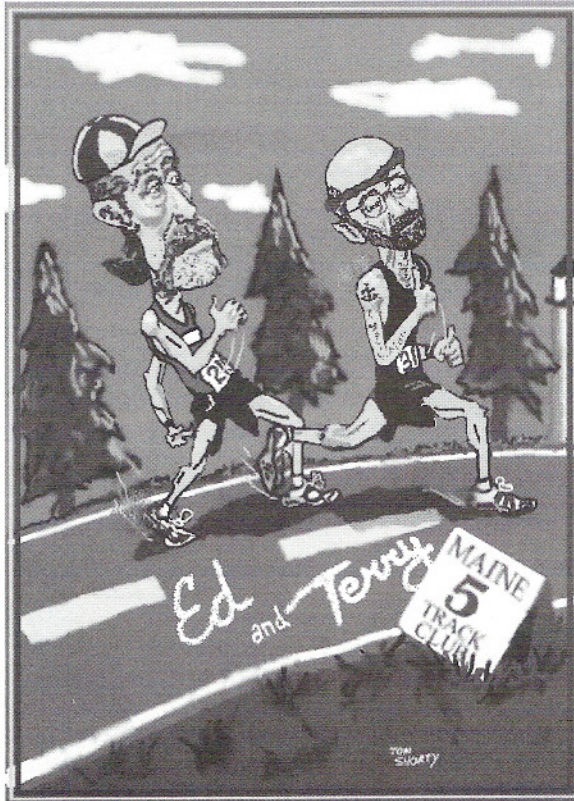
### South Portland

South Portland Road Runners run Thursday nights at 5:30 p.m. from the high school. Contact Russ Bradley (799-3864) or Donna Moulton (799-2894).

### Biddeford, Saco

Anyone interested in weekly morning runs and weekend early afternoon runs, contact Guy Roy (284-8036). If you know of a group run that isn't listed above, please contact either Bob or Marge Aube (829-5079) to let us know where, when and a contact person for inclusion in the monthly newsletter.





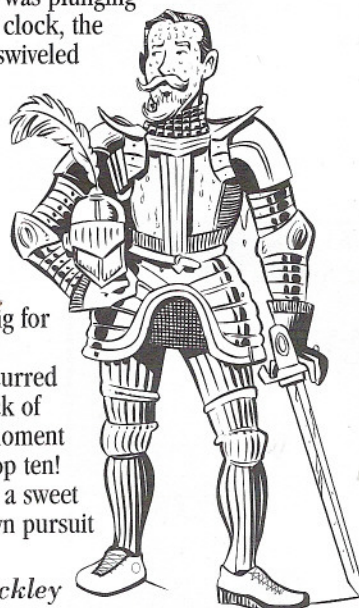
**MTC Members Ed Doughty & Terry Clark**  
by Tom Shorty



## Chivalry In Eliot

Approaching the finish line of a race, you expect to see only the backs of those who have made it to the line ahead of you. But at the recent Eliot Festival Day 5K, as I was plunging into the last ten or so feet to the clock, the man just ahead of me suddenly swiveled around, swept one arm out and said, "After you," motioning me over the finish line ahead of him. And I went! Once we were both in the chute I turned, shook his hand, and said, "That was really nice of you, but..." "Nah, that's okay," he said. ...Well," I said, "I've been racing for 25 years and I've never seen..." "That's okay." of course this occurred kind of far back in the large pack of finishers--though it's fun for a moment to imagine it happening in the top ten! Anyway, it was nice to be part of a sweet gesture outside of someone's own pursuit of the finish line.

-Pat Buckley



## UPCOMING MTC BIRTHDAYS

### NOVEMBER

17: Mike Brooks	23: Carol Hogan	29: Deborah Howe
18: John Pierce	24: Jeanne Johnson	Bridget Ramsdell
19: Kathleen Bryant	26: Lisa Gignac	30: David Roberts
20: Jackson White	27: Lynn Hughes	
21: Sandy Utterstrom	Earl Smith	
22: Melanie Collins	28: Chris Bowring	
Mickey Lackey		

### DECEMBER

1: Emily Needham	10: Ed Doughty	19: Jeffrey Lunt
Kevin Parker	Andrew Ingalls	Donna Moulton
3: Cecile Fontaine	William Sproul	Jean Thomas
Yvette Knight	11: Patrick Hennessey	21: Bill Davenney,
Seth Nielsen	12: Steve Reed	Meredith Greenlaw
5: Peter Nelson		22: Daniel G. Smith
Joseph O'Donnell	14: Alison Kisch	23: Rosalyn Randall
6: Chris Harmon	Clay Whiting	24: Annette Elowitch,
John Littlefield	15: Eric Ellis	Patrice Roy
7: Daniel Fontaine	16: Kenneth Jones	25: Joseph Guimond
8: George Cooper	John Laney	27: Sherry Grandonico
Cynthia Dexter	Renee Lathrop	Harry Mellor
Ed Haley	18: Vicki Bryant	Lennie Poulin
9: Clyde Coolidge		28: Ned Vadakin
Iain Eldredge		

### JANUARY

1: Ken Dolley	8: Thomas Hennessey	12: Edwin Quich
3: Jill Pierce	Michael Ianno	Beth Quinlan
5: Milt Dudley	Joann Thomas	Verne Weisberg
Kitty Kelley	9: Paul Nicolaides	14: Julie Bernier
Joseph Shinnick	Brit Sinclair	James M. Carroll
6: Loren Lathrop	10: Walter Penta	Whitney DeSena
7: Gary Giffard	11: Paul LaVangie	
Clare Greenlaw		

## NEW MEMBERS

**Robert Bluhm (43)** .....Waterville  
*Professor, Colby College*

**Douglas Cooper (38)**

**Leslie Cooper (36)** .....Falmouth  
*Physician*  
*Research Technician*

**Robert DeWitt (56)**

**Donna DeWitt (56)** .....Lisbon  
*Asst. Fire Chief, Auburn*  
*Cafeteria Staff, Lisbon Sch. Dept.*

**Andrew Pfeiffer (16)** .....China  
*Student, Erskine Academy*

**Ed Reagan (46)** .....Portland  
*Portland Water District*

**Christine Reaser (33)** .....Dayton  
*Honorary member through 2000*



# 1999/2000 RACE SCHEDULE

Race dates and times may be subject to change. Please check with Race Director for accuracy

<b>November 13</b>	<i>Great Osprey Ocean Run (10K), Freeport. Contact: Charlie Scribner 781-RACE.</i>
<b>November 20</b>	<i>Shop 'n Save Turkey Trot (5K), Cape Elizabeth, 9 a.m. Contact: Maine Track Club 741-2084 or Mel Fineberg 774-8868.</i>
<b>November 21</b>	<i>Brewer Turkey Trot 5K, 1 p.m. Contact: Dave Jeffrey 825-3403.</i>
<b>November 25</b>	<i>Thanksgiving Day 4-Miler, Portland, 9 a.m. Contact: George Towle 780-5595.</i>
	<i>Gaspign Gobbler 10K/Turkey Two-Miler, Augusta, 10 a.m. Contact: John Schwerdel 623-8086.</i>
<b>November 27</b>	<i>Turkey Trot 5K, Caribou, 10 a.m. Contact: Dan Harrigan 498-3226.</i>
	<i>Burn Off The Turkey 5K, Gorham, 8:30 a.m. Contact: Don Cross 839-4139 or Gorham Rec. Dept. 839-5034.</i>
<b>December 4</b>	<i>Season's Greetings 5.5-Miler, Madison, 11 a.m. Contact: Ron Paquette 437-9237.</i>
<b>December 19</b>	<i>Bob Marley's Toys For Tots 5K, Portland, 10 a.m. Contact: 5K Sports/Jim McCorkle 81-3134/FiveKSport@aol.com.</i>
	<i>Jingle Bell 5K Run/Walk, 1 p.m., Portland, Contact: Jim McCorkle 5K Sports 781-3134.</i>
<b>December 31</b>	<i>New Year's Portland Millenium 5K, Portland, 11:45 p.m. Contact: Mike Towle 780-5776.</i>
<b>February 6, 2000</b>	<i>MTC 19th Annual Mid-Winter 10 Mile Classic, Cape Elizabeth, Noon. Contact: MTC 741-2084.</i>



## Casco Bay Half Marathon

**Craig  
Watcke**  
1st  
Overall  
1:12:02



**John  
Mollica**  
MTC  
1st 45-49  
1:20:41



**Christine  
Snow-  
Reaser**  
3rd  
Female  
Overall  
1:25:42



**Althea  
Schmid**  
MTC  
2nd  
Female  
Overall  
1:22:34



**Kimberly  
Moody**  
MTC  
2nd  
Overall  
Master  
1:31:40



**Michael  
Payson**  
1st MTC  
2nd  
Overall  
1:12:30



**Britt  
Sinclair**  
MTC



**Amy  
Tchao**  
MTC



**Maureen  
Sproul**  
MTC  
3rd  
Overall  
Master  
1:32:50



**Ronald  
Deprez**  
MTC  
1st 55-59  
1:31:24



**Britt  
Wolfe**  
MTC





# RACE RESULTS

**AETNA U.S. HEALTHCARE, THE MAINE TRACK CLUB,  
AND THE**

**SPORTSHOE CENTER**

**PRESENT**

## THE 8TH ANNUAL MAINE MARATHON

**403 RECORD FINISHERS (131 FEMALE & 272 MALE)**

**466 RECORD ENTRANTS**

**CERTIFIED LOOP COURSE FROM PORTLAND TO  
YARMOUTH & BACK**

**8:00 A.M., SUNDAY, OCTOBER 3RD, 1999**

### Top Overall Finishers

Place/Name	Age	Time	Pace
1 Byrne Decker 1st Overall <i>Course Record</i>	32	2:28:14	5:39
2 Robert Ashby 2,overall	31	2:38:48	6:03
3 Gregory H. Hale 3,overall	36	2:41:41	6:10
4 Jim Murphy 4,overall	41	2:45:36	6:19
5 Todd Allen 5,overall	36	2:47:56	6:24
46 Brenda Baxter 1,overall	37	3:17:25*	7:32
51 Shelly Gauthier 2,overall	32	3:19:25*	7:36
69 Pamela Hall (MTC) 3,overall USAT&F	46	3:23:24*	7:45
71 Eileen Dunfey (MTC) 4,overall	43	3:24:04*	7:47
72 Christie Sell 5,overall	30	3:24:11*	7:47

### Other Top Divisional Finishers

6 Richard Johnson 20-29	26	2:48:36	6:26
8 Bill Newton 1,overall master	44	2:52:47	6:35
9 Brad Lebo 2,overall master	43	2:56:16	6:43
10 David T. Roberts (MTC) 3,over. master	44	2:57:02	6:45
11 Mario Lesage 40-44	40	2:57:45	6:47
12 Joe Bowman 30-34	34	2:58:17	6:48
13 William Romito 45-49	45	2:59:29	6:51
14 Jim Toulouse (MTC) 50-54	51	2:59:34	6:51
15 Bob Brainerd 35-39	36	3:00:52	6:54
39 Philip S. Pierce (MTC) 55-59	58	3:13:56	7:24
68 Bob Coughlin (MTC) 60-64	60	3:23:06	7:45
73 Erika Rowland 30-34	32	3:24:33*	7:48
82 Mari White (MTC) 1,overall master	40	3:25:49*	7:51
86 Julie Holmes 20-29	28	3:26:13*	7:52
105 Suzie Geyer 2,overall master	41	3:30:46*	8:02
113 Sheila Hodges 3,overall master	44	3:32:25*	8:06
118 Kim White (MTC) 35-39	37	3:34:11*	8:10
125 Jesse Ecker 19 & under	18	3:37:27	8:18
150 Beth Allen 40-44	41	3:44:09*	8:33
167 Bonnie Hoag 45-49	47	3:48:38*	8:43
206 Jerry Legere 65-69	67	3:56:15	9:01
259 Polly W.Kenniston (MTC) 60-64 USAT&F	62	4:13:50*	9:41
264 Aletha Devos-Dunn 55-59	57	4:15:56*	9:46
321 Janet Fallon 50-54	54	4:35:44*	10:31
360 Carlton E.Mendell (MTC) 70&+ USAT&F	77	4:58:04	11:22

### Other Maine Track Club Finishers

17 Ken Cotton 2,50-54	50	3:01:42	6:56
25 Dick Graves 3,40-44	44	3:05:12	7:04
32 Tom Shorty	37	3:11:08	7:17
35 Hans Brandes	40	3:11:53	7:19
37 Michael A. Musca	42	3:12:22	7:20
48 Craig Wilson	50	3:18:22	7:34
49 Alburn E. Butler	45	3:18:42	7:35
55 Ron Cedrone	50	3:20:46	7:39
63 Guy Roy	48	3:21:59	7:41
84 Brendan Crowe	42	3:26:06	7:52
108 Alton Libby	41	3:31:14	8:03
112 Colleen Redmond	34	3:32:13*	8:06

146 Michael Doyle	35	3:43:29	8:31
159 Loren Lathrop	50	3:46:19	8:38
168 Edward Miller	49	3:48:48	8:44
174 Rex Holtan	42	3:49:36	8:45
175 Gary Giffard	40	3:49:50	8:46
176 Donald A. Russell	39	3:49:57	8:46
178 Bob Jolicoeur 2,60-64	62	3:50:29	8:47
183 Theresa Wysocki	29	3:51:33*	8:50
184 Heather D. Jones	28	3:51:34*	8:50
189 Eve Harrison	34	3:52:50*	8:53
199 Terrence Connelly	47	3:54:15	8:56
217 Mick McCall	45	3:58:54	9:07
226 Denise Robertson	38	4:01:29*	9:13
231 Emily L. Stuart	40	4:02:20*	9:15
274 Chet Matthews	53	4:19:40	9:54
291 Catherine Squires	32	4:24:51*	10:06
320 Clyde R.Coolidge	60	4:35:44	10:31
329 John Stevens	56	4:41:55	10:45
337 John Littlefield	43	4:44:3	10:51
381 Anastazy M. Moran	21	5:23:55*	12:21

**AETNA U.S. HEALTHCARE, THE MAINE TRACK CLUB,  
THE ROAD RUNNERS CLUB OF AMERICA ,**

**AND THE SPORTSHOE CENTER**

**PRESENT**

## THE 1999 RRCA STATE CHAMPIONSHIP CASCO BAY HALF-MARATHON

**644 RECORD FINISHERS (279 FEMALE & 365 MALE)**

**742 RECORD ENTRANTS**

**CERTIFIED LOOP COURSE FROM PORTLAND TO  
FALMOUTH & BACK**

**8:00 A.M., SUNDAY, OCTOBER 3RD, 1999**

### Top Overall Finishers

Place/Name	Age	Time	Pace
1 Craig Watcke 1,overall	33	1:12:02	5:30
2 Michael Payson (MTC) 2,overall	36	1:12:30	5:32
3 Stephen Sarkozy 3,overall	31	1:15:38	5:46
4 Don Legere 4,overall	37	1:16:20	5:49
5 Christian Muentener 5,overall	25	1:17:16	5:54
7 Joan Samuelson (Hon.MTC) USAT&F:open	42	1:18:00*	5:57
17 Althea Schmid 2,overall	27	1:22:34*	6:18
34 Christine Snow-Reaser 3,overall	33	1:25:42*	6:32
35 Kelly Rodrigue 4,overall USAT&F	35	1:26:12*	6:35
39 Bernadette Taylor 5,overall	32	1:27:47*	6:42

### Other Top Divisional Finishers

6 Don Hebert 35-39	35	1:17:59	5:57
9 Brian Hamill 20-29	28	1:18:32	5:59
10 Allan Muir 1,overall master	44	1:18:33	6:00
11 Randy Bartlett 2,overall master	44	1:19:20	6:03
12 Russell Wogan 3,overall master	44	1:19:50	6:05
13 Mark Steege 40-44	44	1:20:35	6:09
14 John Mollica (MTC) 45-49	47	1:20:41	6:09
16 Rusty Dollerman 20-29	23	1:22:10	6:16
22 John Gagnon 30-34	32	1:23:54	6:24
28 Bill Reilly 50-54	52	1:24:59	6:29
40 Ellie Tucker (MTC) 1,over.mas. USAT&F	44	1:27:51*	6:42
42 Marjorie Graff 30-34	32	1:28:02*	6:43
43 Terry Sutton (MTC) 35-39	38	1:28:21*	6:44
54 Andrew Pfeiffer 19&under	16	1:30:29	6:54
64 Ronald Deprez (MTC) 55-59	55	1:31:24	6:58
70 Kimberly A. Moody (MTC) 2,over.master	44	1:31:40*	7:00
75 Maureen Sproul (MTC) 3,overall master	44	1:32:56*	7:05



# RACE RESULTS (continue)

77	Hilary Murnane 20-29	26	1:33:07*	7:06
79	Jeanne Hackett (MTC) 40-44	40	1:33:22*	7:07
88	Gretchen Read 55-59 USAT&F	56	1:34:15*	7:11
100	Jennifer DeSena (MTC) 45-49 USAT&F	45	1:35:21*	7:16
214	Dillon Gillies 60-64	60	1:45:08	8:01
232	Jane R. Levesque 2,55-59 USAT&F	58	1:46:07*	8:06
293	Jeanne Butterfield 50-54	50	1:49:27*	8:21
323	Louisa Dunlap 3,55-59 USAT&F	59	1:50:47*	8:27
350	Kiero Seekins 19&under	16	1:52:57*	8:37
508	Monique Boily USAT&F	56	2:05:53*	9:36
547	Sally Paterson (MTC) USAT&F	58	2:12:20*	10:06
567	Diane York USAT&F	55	2:17:35*	10:30
579	Ann Bunce USAT&F	59	2:21:19*	10:47
601	Joan Milich 60-64	63	2:25:19*	11:05
607	Betty Ann Hamlin USAT&F	58	2:26:25*	11:10
636	Julius Marzul (MTC) 70&over	73	2:51:03	13:03
641	Janet Aldous 65-69	66	3:02:56*	13:57

## Other Maine Track Club Finishers

20	David P. Chamberlain 3,35-39	37	1:23:30	6:22
21	Michael Boucher	42	1:23:45	6:23
26	Britt Wolfe 3,30-34	34	1:24:44	6:28
59	Stewart Jordan	42	1:30:56	6:56
66	Kate Meyers 3,35-39	39	1:31:35*	6:59
84	Jim Harmon	39	1:33:54	7:10
87	Alison Kisch	33	1:34:15*	7:11
117	Gerard P. Conley, Jr.	45	1:36:32	7:22
135	Les Berry	51	1:38:16	7:30
161	John Morse	54	1:40:51	7:42
164	Amy Tchao	35	1:41:06*	7:43
173	Michael Cavanaugh	48	1:41:33	7:45
175	James Boisvert	42	1:41:44	7:46
178	George L. Cooper	43	1:42:00	7:47
182	Carrie McCusker	30	1:42:22*	7:49
188	Terry Clark	55	1:42:34	7:49
199	Deborah A. Cassidy	42	1:43:35*	7:54
226	Judy Kane	40	1:45:48*	8:04
228	Rosalyn Randall	49	1:45:57*	8:05
230	Leah L. Edwards	30	1:45:59*	8:05
252	Bob McCormack	48	1:47:04	8:10
253	Nancy Hebert	37	1:47:08*	8:10
256	Malcolm Washburn	46	1:47:14	8:11
269	Milt Dudley	47	1:47:40	8:13
287	Merle Hartford	52	1:49:13	8:20
290	Harry J. White	57	1:49:16	8:20
325	Greg Kesich	37	1:50:53	8:27
326	Rob J. Boudewijn	52	1:51:03	8:28
328	Amanda Wood	24	1:51:08*	8:29
336	Jeanie Campbell	39	1:51:42*	8:31
347	Margaret Reimann	45	1:52:24*	8:34
352	Edmund Zuis	33	1:53:18	8:39
355	Dana Brown	25	1:53:25*	8:39
358	John Laney	30	1:53:44	8:41
360	Susan Guerin	34	1:53:47*	8:41
363	Tully Derby	36	1:53:54*	8:41
366	Lynn Shorty	36	1:54:01*	8:42
367	Chris Bowring	36	1:54:08	8:42
368	Ronald Dubois	45	1:54:09	8:42
372	Bob Green	51	1:54:24	8:44
398	Brit Sinclair	26	1:56:05*	8:51
412	Ron Chase	58	1:57:21	8:57
428	Bob LaNigra	57	1:58:27	9:02
429	David Everest	33	1:58:29	9:02

450	Shelley Lathrop	23	1:59:48*	9:08
466	Kelly Fernald	37	2:01:07*	9:14
480	Jessica M. Berry	22	2:02:14*	9:19
483	Donald Derby	55	2:02:31	9:21
488	Karen Connolly	40	2:03:32*	9:25
492	Donna Gillis	29	2:03:58*	9:27
499	Jennifer Warriner	38	2:05:01*	9:32
506	Mark V. Grandonico	40	2:05:40	9:35
524	Bill Davenney	54	2:08:37	9:49
531	Diane Dusini	37	2:09:35*	9:53
557	Tom O'Connor	48	2:14:27	10:15
565	Theresa Brown	39	2:15:48*	10:00
573	Robb Cotiaux	43	2:20:00	10:41
589	Jeanne Johnson	43	2:23:25*	10:56
595	Sherry Grandonico	45	2:24:12*	11:00
596	Burt Kettle	64	2:24:12	11:00
618	Marby Payson 2,60-64	61	2:33:10*	11:41
622	Donna Moulton	50	2:35:57*	11:54

Many thanks to Bob Aube and the MTC computer team for complete results to the Aetna U.S. Healthcare Maine Marathon and RRCA State Championship Casco Bay Half Marathon!

## THE 7TH ANNUAL ELIOT FESTIVAL DAY 5K ROAD RACE TIMING CONDUCTED BY GRANITE STATE RACE SERVICES 829 FINISHERS FAST CERTIFIED LOOP COURSE IN SCENIC ELIOT, MAINE 8:30 A.M., SATURDAY, SEPTEMBER 25TH, 1999

### Top Overall Finishers

Place/Name	Age	Time	Pace
1 Chris Teague 1,30-39	30	15:00	4:50
2 Nivaldo Filho 2,30-39 USAT&F	39	15:03	4:51
3 Craig Fram 1,40-44 USAT&F	41	15:04	4:51
4 Eric Beauchesne 1,19-29	29	15:05	4:52
5 Ethan Crain 2,19-29	26	15:21	4:57
30 Terri Anne McGettrick 1,30-39 USAT&F	35	17:09*	5:31
37 Susannah Landreth 2,30-39	31	17:29*	5:38
44 Christine Snow-Reaser 3,30-39	33	17:49*	5:44
45 Kara Malloy 1,19-29	28	17:51*	5:45
47 Simonetta Piergentili 4,30-39 USAT&F	35	17:55*	5:46

### Other Top Divisional Finishers

7 Robert Dabrieo 2,30-39 USAT&F	37	15:25	4:58
8 Michael Payson (MTC) 3,30-39 USAT&F	36	15:28	4:59
22 Ron Newbury 45-49 USAT&F	49	16:42	5:23
23 Ryan Russell 15-18	18	16:42	5:23
28 Bob Sholl 50-54 USAT&F	52	17:07	5:31
32 Steve Reed (MTC) 2,50-54 USAT&F	51	17:12	5:33
72 Donna Hurley 40-44	42	18:37*	6:00
73 Bryan Phelan 11-14	14	18:38	6:00
76 Mark Page 2,11-14 USAT&F	13	18:39	6:00
109 Jennifer Goransson 15-18 USAT&F	16	19:41*	6:21
123 Philip Pierce (MTC) 55-59	58	19:55	6:25
148 Ben Roberts 10&under USAT&F	10	20:26	6:35
151 Heather Fogg 11-14 USAT&F	12	20:30*	6:36
154 Marie Sperl 45-49	46	20:35*	6:38
162 DSONald Bell 60-64	62	20:44	6:41
212 Nicole Slane 10&under USAT&F	10	21:36*	6:58
271 Hannah Rothermel 50-54	51	22:40*	7:18
287 Walt Gale 65-69	68	22:53	7:22
298 Bob Davidson 70-74 USAT&F	70	23:05	7:26
345 Kenneth Folsom 2,70-74 USAT&F	73	23:59	7:43
445 Martin Losier 75-79 USAT&F	76	25:37	8:15
460 Patricia Terrill 60-64	64	25:52*	8:20
491 Jerri Bushey 55-59	55	26:23*	8:30



# RACE RESULTS (continue)

567	Bill Tribou 2,75-79 USAT&F	78	27:50	8:58
599	Carlton Mendell (MTC) 3,75-79 USAT&F	77	28:31	9:11
652	Sally Strazdins 65-69	65	29:36*	9:32
721	Elizabeth Irwin (MTC) 70-74 USAT&F	72	31:13*	10:03
785	Louise Rossetti 75-79 USAT&F	78	35:16*	11:22
827	Fern Spring 80&over	83	51:20*	16:32

## Other Maine Track Club Finishers

34	Jim Toulouse 3,50-54	51	17:24	5:36
36	Britt Wolfe	34	17:26	5:37
58	Craig Wilson 4,50-54	50	18:12	5:52
76	Russell Boisvert	48	18:40	6:01
84	Kevin Parker	17	19:00	6:07
111	Kate Meyers	39	19:42*	6:21
121	William Sproul	41	19:55	6:25
138	D. Scott Hamilton	44	20:12	6:30
141	Maureen Sproul 4,40-44	43	20:17*	6:32
148	Kurt Parker	17	20:27	6:35
178	Brent Graham	30	21:08	6:48
185	John LeRoy 2,60-64	62	21:12	6:50
196	Gary Punskey	41	21:22	6:53
197	Bill Punskey	29	21:22	6:53
247	Kathy Hepner	39	22:15*	7:10
249	Merle Hartford	52	22:16	7:10
273	Laurie Bowring	36	22:42*	7:19
281	Sarah Parrott	40	22:48*	7:21
290	Harry J. White	57	22:59	7:24
300	Diane Daley	43	23:06*	7:27
302	Thomas Carll	55	23:07	7:27
375	Chuck Burnie	45	24:33	7:54
378	John Littlefield	43	24:35	7:55
417	Dennis Morrill	60	25:04	8:04
427	Mike Pugh	61	25:13	8:07
428	Sherry Carll 3,50-54	52	25:18*	8:09
446	Hap Hazzard 4,65-69	67	25:38	8:15
449	Jeff Flynn	43	25:40	8:16
480	Cathy Burnie	50	26:16*	8:28
483	Karen Connolly	40	26:17*	8:28
573	Marge Aube	48	27:57*	9:00
595	Alice Mellor	54	28:29*	9:11
603	Mel Uchenick 5,65-69	68	28:36	9:13
610	Nick Anastasi	64	28:44	9:15
611	Kenneth T. Spirer	56	28:45	9:16
732	Pat Buckley 5,60-64	61	31:46*	10:14
788	Jane Flynn	42	35:38*	11:28
789	Audrey Flynn	17	35:38*	11:28
797	Julius Marzul	73	36:49	11:51
810	Maggie Soule 2,55-59	58	37:55*	12:13
819	Don Penta	53	42:58	12:50

## THE 6TH ANNUAL GREAT ISLAND 5K ROAD RACE

**TIMING CONDUCTED BY GRANITE STATE RACE SERVICES  
810 FINISHERS**

**CERTIFIED ROLLING LOOP COURSE**

**ON SCENIC HISTORIC NEW CASTLE ISLAND: SITE OF  
THE SIGNING OF THE TREATY OF PORTSMOUTH**

**10:00 A.M., SUNDAY, OCTOBER 10TH, 1999**

Place/Name	Age	Time	Pace
1 Eric Morse 1,30-39 New Course Record	34	14:51	4:47
2 Forrest Newman 2,30-39	34	15:14	4:54
3 Eric Beauchesne 1,20-29	29	15:15	4:55
4 Dave Parsel 1,40-49 USAT&F	44	15:34	5:01
19 George Towle (MTC) 5,40-49	49	17:27	5:37

23	Marie McMahon 1,20-29	24	17:34*	5:39
27	Christine Snow-Reaser 1,30-39	33	17:51*	5:45
36	Liz Mooney-Arcieri	37	18:25*	5:56
44	Cathleen Allen 3,30-39	33	18:40*	6:01
45	Bryan Towle 1,15-19	16	18:48	6:03
52	Duke Hutchinson 1,50-59	52	18:5	6:07
56	Linda St.Laurent 1,40-49	40	19:08*	6:10
63	Craig Wilson (MTC) 3,50-59	50	19:20	6:14
66	Peter Goransson 1,14&under	14	19:24	6:15
110	Jennifer Goransson 1,15-19	16	20:30*	6:36
139	Sydney Moland 1,14&under	12	21:23*	6:53
161	Jim Lynch 1,60-69 USAT&F	69	21:56	7:04
177	Peggy Buxton 1,50-59	51	22:21*	7:12
190	Donald Derby (MTC)	55	22:33	7:16
209	Sam Daniell 1,70-79 USAT&F	70	23:00	7:25
228	Jay Evans 2,70-79 USAT&F	74	23:29	7:34
249	Kenneth Folsom 3,70-79 USAT&F	73	24:00	7:44
270	Tully Derby (MTC)	36	24:29*	7:53
319	Dennis Morrill (MTC) 5.60-69	60	25:16	8:08
338	Martin Losier USAT&F	77	25:35	8:14
364	Ann Rawnsley 1,60-69	61	26:11*	8:26
462	Carlton Mendell (MTC) USAT&F	77	28:07	9:03
501	Marge Aube (MTC)	48	28:38*	9:13
538	Brittany West USAT&F	7	29:19*	9:22
628	Bobby McDonough USAT&F	6	31:42	10:13
638	William Stern 1,80&over USAT&F	80	32:10	10:22
663	Phil Campbell 2,80&over USAT&F	81	33:10	10:41
677	Heather Thompson USAT&F	5	33:37*	10:49
683	Billiejeanne Clow USAT&F	6	33:53*	10:55
703	Ruth Hefflefinger (MTC) 1,70-79	70	35:55*	11:34
704	Louise Rossetti 2,70-79 USAT&F	78	35:57*	11:35
722	Julius Marzul (MTC)	73	38:19	12:20
743	Maggie Soule (MTC)	58	40:51*	13:09
747	Don Penta (MTC)	53	42:33	13:42

*Many thanks to Granite State Race Services for complete results to the Eliot Festival 5K and Great Island 5K.*

## We Need Your Input

**NEWS•RUN** features news of interest about fellow MTC members. If you have some news to share about yourself or someone else in the club, please pass along the information by calling Mike Doyle at 871-0051, sending e-mail to [mduoye@mainecul.org](mailto:mduoye@mainecul.org), or by mail to:

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

## Notice About Race Fliers

Anyone who wishes to have their race fliers included in the Maine Track Club newsletter must submit the fliers and a payment of \$40 by the 15th of the month. Fliers will not be included in any mailing if not accompanied by the \$40 service fee. The fee applies only to races not run by the MTC, so if the race fee is already being paid to the club, there is no charge for race fliers. Please call or e-mail Mike Doyle to arrange for flier inclusion.



# "Run Easy Run" - by Michael A. Musca (Back of the Pack)

Race Report: Maine Marathon 99, Portland, ME October 3rd, 1999

## Summary:

Time: 3:12.22 (7:20 pace)

Place: 37th overall

Weather: Perfect. Overcast skies, slight breeze, cool temperatures.

## Preamble:

Race strategy was to hold a 7:15/mile pace for the first 2 hours, then take it home with whatever was left in the tank. Best case scenario would be a sub 3:10 finish time and the drop dead goal was to at least get a Boston qualifier of 3:20.59. Training runs of 22 miles at 8:00/mile pace, miles at 7:15 pace and 10 miles at 6:50 pace were solid indicators that I could maintain the intended race pace through the first 2 hours - everything thereafter would be a gut check. I set my Timex countdown timer to 29 minutes and only checked it every 4 miles. Let's get it on.

## Start:

If Boston is the Woodstock of marathons, the Maine marathon is a warm coffeehouse of friends on an open-mike night. 398 marathon finishers, 644 half-marathon finishers. Where else can you sign up on race morning, wait 30 seconds for a port a potty, stand 5 feet behind the start line, wave howdy to Joan Samuelson, and find yourself running with a pack of only 3 others by the third mile? Downeast racing personified.

## Miles 1-8 57:24 (7:10 pace)

The perfect weather, lack of crowds, mixed marathoner and half-marathon racers and generally flat terrain made this portion of the course a tempting area to speed up. I took in fluids, chatted with other runners and waved to a few friends along the curbside. I felt healthy, loose and relaxed. This was going to be my day if I could just stay calm and be patient.

## Miles 9-12 28:57 (7:15 pace)

From this point forward, with few exceptions, I ran alone. The half-marathon racers had peeled off, leaving the marathoners to commence work at the task at hand. The silence was awesome. Running through the back roads of Cumberland and Yarmouth, the sound of my own footsteps was only twice interrupted. Once by an elderly gentleman retrieving the Sunday paper and another time by a young boy in his jammies clapping to the runners as we passed his driveway. My mantra became: "Easy - Run - Easy". Strung together, these three words take on many different meaning. Easy run, easy. Easy, run easy. Run, easy easy. Easy, easy run. You get it.

## Miles 13 - 17 38:44 (7:44 pace)

I hit the 1/2 way point at about 1:35, keeping my hopes for a 3:10 finish time intact. Passing the Yarmouth little league fields where the kids played this spring, and waving to friends along the way propped my psyche and caused me to miss the 16 mile marker. Looking back at these splits, averaging 7:45, I can only blame lack of focus. If I try to remember any parts of this interval I draw mostly blanks, which is a shame because this is a relatively flat road. As I neared the 17 mile mark I eyed my family holding a bright yellow "Go Dad" sign. They had the full supply of pre packed goodies; water, socks, shoes, shirt, Vaseline, drinks. I waved then on and reported, truthfully, that "I feel good." My son yelled that I was in 58th place. About one hour into the race I told myself that, no matter how good I felt, I would run the second hour 'easy'. Thus the Run Easy Run mantra. As the 17 mile mark approached I knew the 2 hour time hack would expire. What to do now? Hmm, I hadn't thought that far in advance. How about 5 minutes hard, 10 minutes easy. Let's see, I would only need four of those time chunks to eat another hour. Let's go.

## Miles 18 - 20 22:31 (7:30 pace)

Here the race course offers long, rolling hills at a time when most runners would rather be sticking needles in their eyes rather than climbing on their toes and pounding quads on the downhill. This also happens to be the site of most of my training runs. I dialed in my auto pilot and began the first of my four '5 minutes hard' running intervals. It sure paid off as I passed about 10 racers who either slowed or stopped altogether. I reached the 20 mile marker in 2:25.35 for an overall pace of 7:16.5/mile. A 3:10 wasn't going to be easy but was still in the realm of being. Aesthetically, the roads of Falmouth are beautiful. Occasionally I peeked at the tall, leafy trees turning fall colors. Then it was back to the task at hand. Look down and grind it out.

## Miles 21 - 24 29:59 (7:30 pace)

Wall? what wall? I tip my hat to the Payson Park gentlemen who dragged me through the 20+ mile Sunday long runs for this part of the race was the payoff. Sure I missed my chance at a sub 3:10, probably due to an overly conservative beginning, but I have \*never\* before felt as confident and strong in the latter part of a marathon race. Mile 23 is punctuated by a hill, aka 'The Crusher', leading up to a cement quarry. As luck would have it, one of my 5 minute hard intervals commenced at the bottom of this hill. As I pushed up the hill, more corpses and walking wounded came into view. On, on.

## Miles 25 (7:53), 26 (7:27), 26.2 (1:26) Finish time 3:12.22 PR

Wall? Oh yeah, there it is. Mile 25 was a ball buster. The finish line is in sight and every Portland runner has run this route a million times. But not with 24 race miles under his belt. As I hit the 3:00 hour mark somewhere between the 24th and 25th mile, the oxygen-depleted-junior-mathematician in me tried to calculate finish times. 'Ah, screw it - just run.' Once I passed into the 26th mile a little life returned to my legs and I played the 'let's see if we can push the pace to the next tree' game. I passed two runners in the final 100 meters and smiled for the cameras. A PR and a BQ (Boston qualifier). Git it. Rumble!

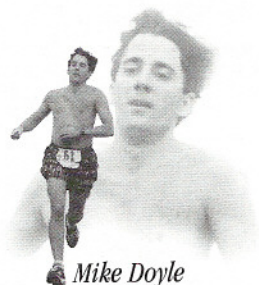
## Post race thoughts.

As mentioned throughout, I was probably too conservative from the get-go. That's okay, I'm a notoriously slow learner. I'll get better. How would I have trained differently? No differently for this race. Now that I know the workload I can handle, I'll throw in a Will Brown-type midweek 12 mile tempo run for the next one. Overall: A satisfying affair.





# Maine Marathon



**Mike Doyle**  
**NEWS & RUN** Co-Editor  
Still Running

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Butler*  
MTC



*Catherine  
Squires*  
MTC



*Brendan  
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*Theresa Wysocki*  
(#103)  
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*Heather B. Jones*  
(#97)  
MTC

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<b>Colleen Redmond</b>	.....NEWSLETTER & CLOTHING	.....871-0051

## 1999 UPCOMING EVENTS

### NOVEMBER 12

*Pasta Dinner* • 6:30 P.M. Columbia Club, Portland

### DECEMBER 14

*Board Meeting* • 6 P.M. Cumberland Library

### DECEMBER 21

*Jingle Bell Fun Run*

6 P.M. Eastern Prom by the Holiday Lights

### JANUARY 22

*MTC 20th Anniversary Awards*

6 P.M. Val Halla Golf & Recreation Center, Cumberland



## 1999/2000 Membership Information

Send check or money order to:

**Maine Track Club • P.O. Box 8008**

**Portland, Maine 04104**

or call Maggie Soule (846-3631) for more information


*Individual or Family=\$20.00 • Student=\$12.00*





If you would like to become an individual News•Run sponsor, please send \$10 to: Maine Track Club, P.O. Box 8008, Portland, ME 04104. Or, if you would like to have your business card included in News•Run, you can do so for just \$5 per month. Please send card and check to the above address.

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